

FLUFFY AND THE STARS A CONVERSATION AROUND BIG FEELINGS AND HOW TO MANAGE THEM



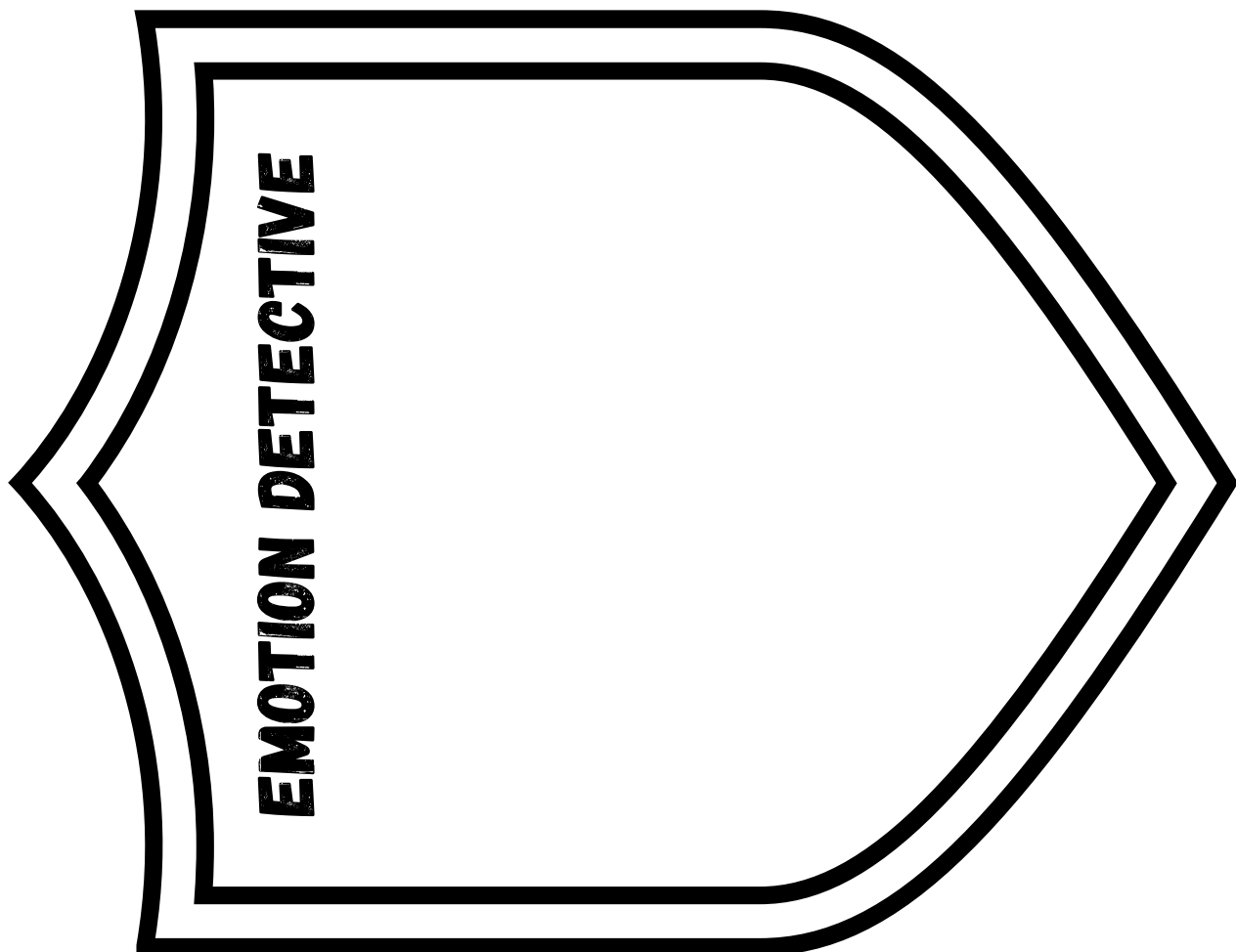
MOOSE HIDE
CAMPAIGN
CAMPAGNE
MOOSE HIDE

T'áncháy Redvers [they/them] is a Dene & Métis two-spirit writer, creator, speaker and multidisciplinary performer belonging to Deninu K'ue First Nation in Treaty 8 territory. With a background in international and community development, youth empowerment, mental health advocacy, and creative facilitation, they have been nationally and internationally recognized for their work and advocacy. At the age of 21, T'áncháy and their brother, Kelvin, founded We Matter – a national Indigenous-led campaign and non-profit dedicated to Indigenous youth hope and life promotion. We Matter has become an international model for Indigenous youth life promotion efforts, garnering the Redvers siblings the Lawson Foundation's Emerging Leaders Award and a Governor General's Meritorious Service Medal. Join them as they read from their book "Fluffy and the stars" and help young ones learn about processing big feelings. Fluffy and the Stars is a book about a young Indigenous girl who has to cope with the loss of Fluffy, her best friend and beloved pet dog. The story speaks to how hard grief can be and navigating how to handle big feelings like grief.

Activity: Emotion Detectives

Objective: To help children aged 5-7 learn about coping with big emotions in a fun and interactive way.

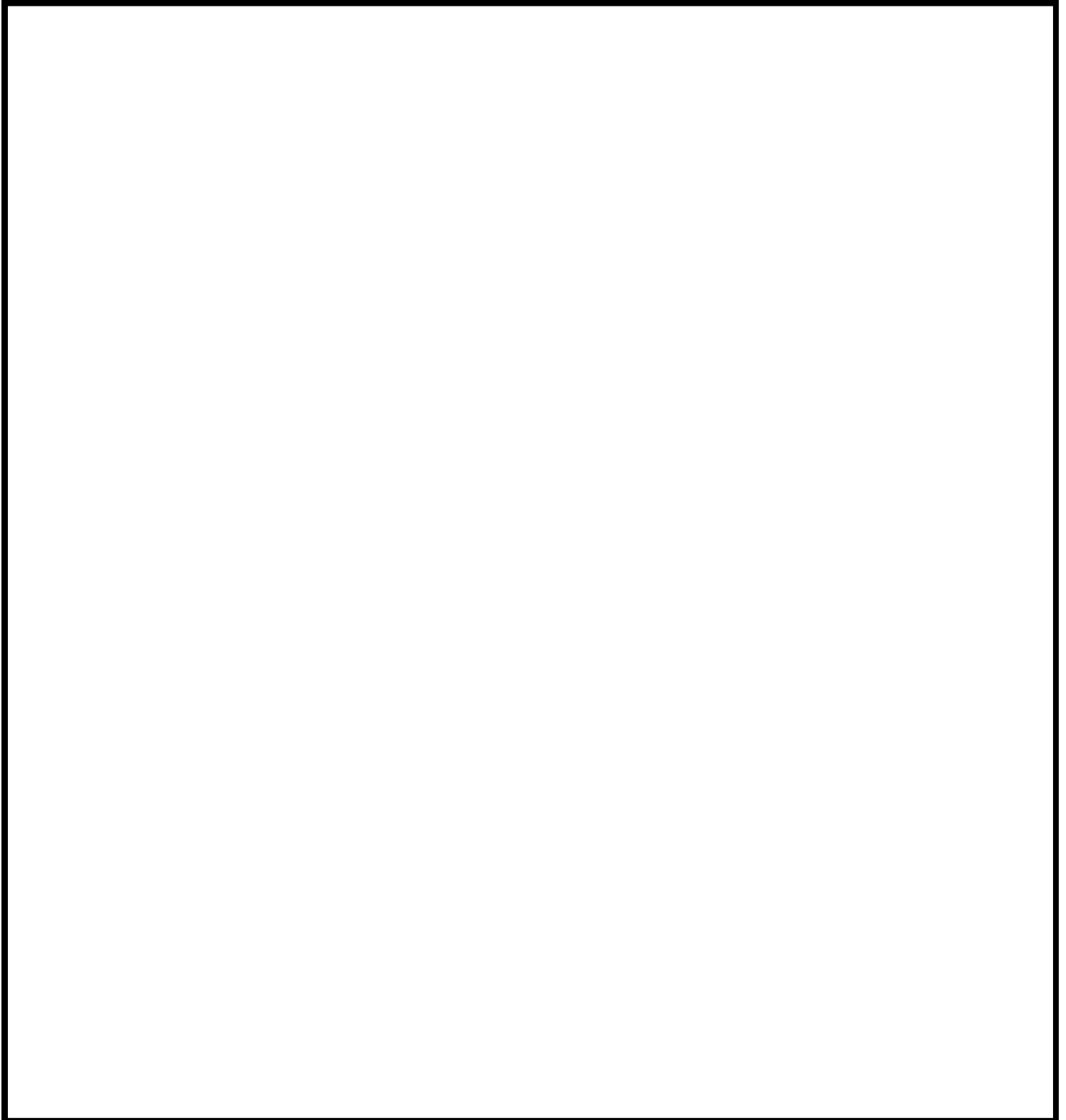
- 1. Introduction: Gather your students in a circle and explain that today they will become "Emotion Detectives!" Emotion Detectives are experts at understanding and coping with big feelings.**
- 2. Brainstorm Emotions: Begin by discussing different emotions. Ask them to name emotions they have felt, such as happiness, sadness, anger, excitement, and fear. Write these emotions on a large sheet of paper.**
- 3. Emotion Detective Badges: Give each child a piece of paper shaped like a badge and let them decorate it with markers, stickers, and their name. Explain that they are now official Emotion Detectives!**
- 4. Watch the video "Fluffy and the Stars" before completing the following pages.**



On this page you will see a few different scenes. As emotion detectives we want you to list as many emotions as you think the character(s) in the scene is/are feeling. In Fluffy and the Stars, the character feels many emotions from sadness to grief to happiness. Sometimes we can feel a lot of emotions at once and that is okay! It can also sometimes be difficult to understand our own emotions and the emotions of others, and that is okay too.



As an Emotion Detective, it is important that you listen and try to understand other people's feelings, but it is also important to listen to yourself and understand your own feelings. In the box below draw a scene from the book "Fluffy and the Stars" and label the emotion that you felt when you were listening to the story.

A large, empty rectangular box with a black border, intended for a student to draw a scene from the book "Fluffy and the Stars" and label the emotion they felt while listening to the story.