



Guiding Questions/Activities for Jack and Jill

How do you feel after seeing/hearing the story of Jack and Jill? What did you see or hear that makes you feel that way?



Jack falls down and starts to frown. Point to the face that shows how Jack feels when he frowns after falling down. What words would you use to describe that feeling? How do you feel when you fall down?

Jill shows empathy when she realizes Jack is hurt and she tries to help him. Jill makes Jack feel better and they start to giggle. What do you think Jill might have said or done to make Jack laugh and feel better? Point to the face that shows how Jack feels after Jill helps him feel better.

Jack and Jill take turns carrying the pail back down the hill. Taking turns doing something hard is a way to be helpful and kind. Do you ever take turns to help someone out at home or at school? How does that make you and the people you're helping feel?

Activities:

Act out the story. Fill a toy bucket with some blocks or other heavy objects. Recreate the situation that Jack and Jill faced by having one child at a time try to carry the bucket across the room (or up a hill outside) alone. Then repeat the exercise with another child taking the bucket at the halfway point and carrying it the rest of the way. Prompt discussions around what was easier and how being helped and/or being helpful made each child feel.

Tell some jokes! While it's important to acknowledge our feelings of sadness, frustration and hurt, it's also great to have a "tool box" of actions to make ourselves and others feel better. Telling jokes can be fun and change one's mood.

Start a smile train. Science has shown that the mere act of smiling can lift your mood. Have one child start to smile and then have the next one imitate them, going down the line until everyone is smiling! Ask the children how they are feeling after completing the activity. Try the same thing again, substituting laughing for smiling.

Taking turns is an essential part of sharing and of self-regulation. It's fun to take turns singing different parts of songs. At home, try singing along to the Jack and Jill song with a parent or caregiver singing the first verse, and the child singing the next. Do it again and switch verses. At school, create two groups of singers and have them take turns singing one verse and then the other. The teacher can be the music "conductor", pointing to each group when it's their turn to sing.

Rhyme Time:

Name some words that rhyme with "hill."

Name some words that rhyme with "pail."

Name some words that rhyme with "play."



Lyrics for **Jack and Jill**

Trad., adapted by Pam Gittleman & Raffi

Music by Raffi

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Jack and Jill went up the hill
To fetch a pail of water
Jack fell down and began to frown
'Til Jill helped him feel better

Giggling they did laugh and play
And filled the pail with water
They took turns to carry it back
Helping one another