

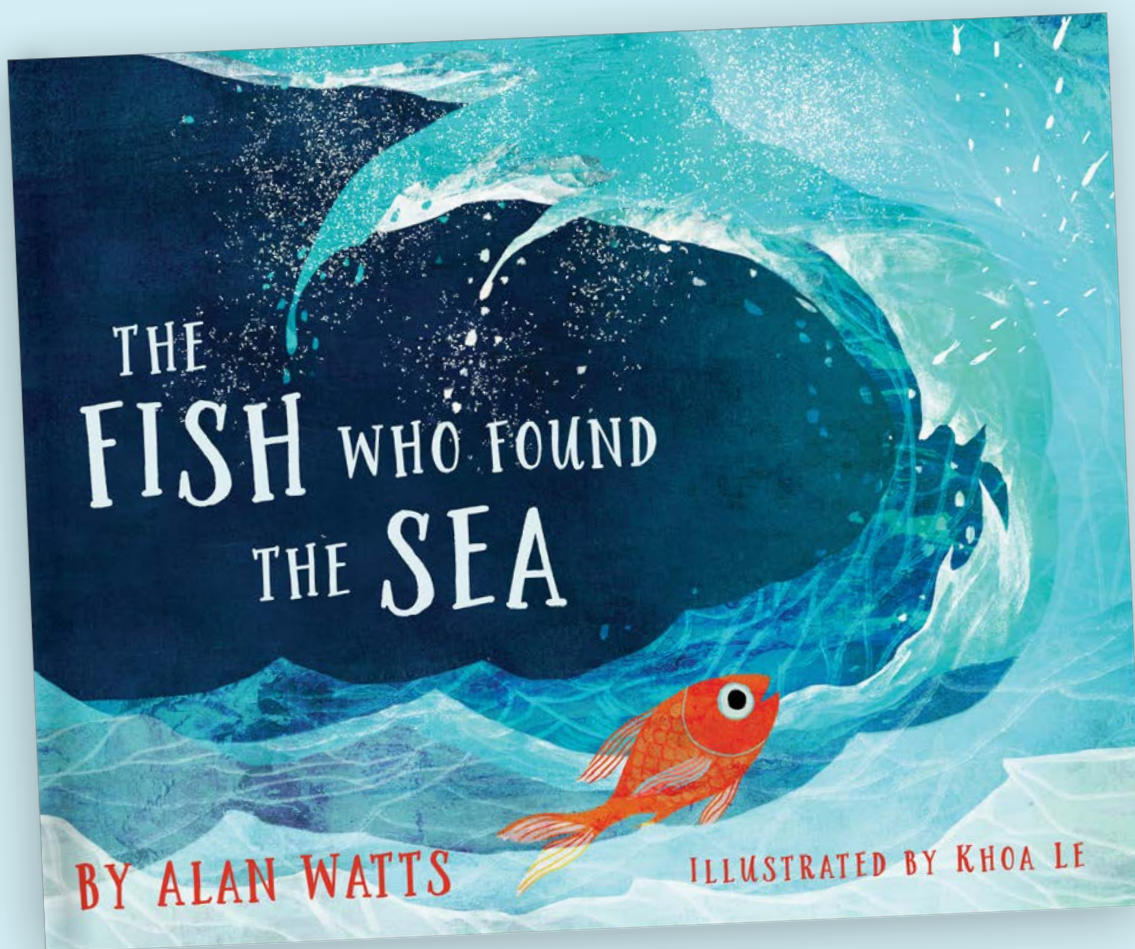
Six activities to explore
a colorful new world
under the sea

THE FISH WHO FOUND THE SEA

STORY TIME KIT

HOST A STORY TIME AT YOUR LIBRARY, BOOKSTORE, OR ORGANIZATION—OR ENGAGE IN THESE ACTIVITIES AT HOME.

In this tale of a tail, we meet a fish with a curiously familiar problem—he's gotten himself so mixed up that he spends all his time chasing himself in circles! Only the Great Sea knows how to help our poor fish get out of the mess he's created with his own runaway thoughts.



ISBN: 978-1-68364-289-3

STORY TIME TIPS

1. **Promote your story-time event.** Use the last page of this story time kit as a promotional flyer, poster, or invitation.
2. **Prepare a comfortable space with any resources you'll need.** Choose a spot where all kids can sit in a circle as well as have space for engaging in activities. Some involve coloring, drawing, and writing, while others involve only their presence and imagination.
3. **Read the story first.** Read the book to the group to help them get acquainted with the story, character, and illustrations.
4. **Participate in the activities alongside the children.** As the facilitator, be open and willing to share your experiences and ideas. Model activities and present real-life examples.
5. **Share the kit with parents and caregivers.** Feel free to provide the URL so that they can download it and engage in the activities with their children at home: soundstruekids.com.



DID YOU KNOW?

The oceans hold about 96.5% of all of earth's water, and 70% of the earth's surface is covered by oceans.

Q: What other water sources may make up the 3.5% of the rest of earth's water?

A: Rivers, creeks, lakes, glaciers, and icebergs.

The deepest known area of the earth's oceans is known as the Mariana Trench. Its deepest point measures 11 kilometers or 36,000 feet!

Q: Do you know where the highest point on earth is?

A: Mount Everest. This mountain stands at 8.8 kilometers or just over 29,000 feet.

About 70% of the oxygen we breathe is produced by the oceans.

Q: What other things produce oxygen for us to breathe?

A: Trees, flowers, grasses, and other plants.

The blue whale, *Balaenoptera musculus*, is the largest known animal ever to have lived on sea or land. Individuals can reach more than 110 feet long and weigh nearly 200 tons!

Q: Do you know what the largest animal on land is?

A: An elephant. In fact, a blue whale can weigh up to the same as 50 elephants put together!

Green turtles can migrate more than 1,400 miles to lay their eggs.

Q: What other animal do you know that migrates to breed and lay their eggs or give birth to their offspring?

A: Nearly all animals migrate in some way to breed and give birth to their offspring!



CAN YOU RELATE TO THE FISH'S EXPERIENCE?

Like the fish forgetting how to swim, we all have times when we feel unsure of ourselves or we feel discouraged when we're learning something new. Sometimes we even know how to do something, but we forget because we haven't done it in a while. It could be learning to ride a bike, solving a math problem, or learning a musical instrument. But with practice and time—and a little trust in ourselves—these things become easier.



Think of some things that you enjoy doing now that didn't always come so easy to you. Write or draw them down below, or invite one another to share.

CAN YOU RELATE TO THE FISH'S EXPERIENCE?



What did you do to keep trying these things instead of giving up?

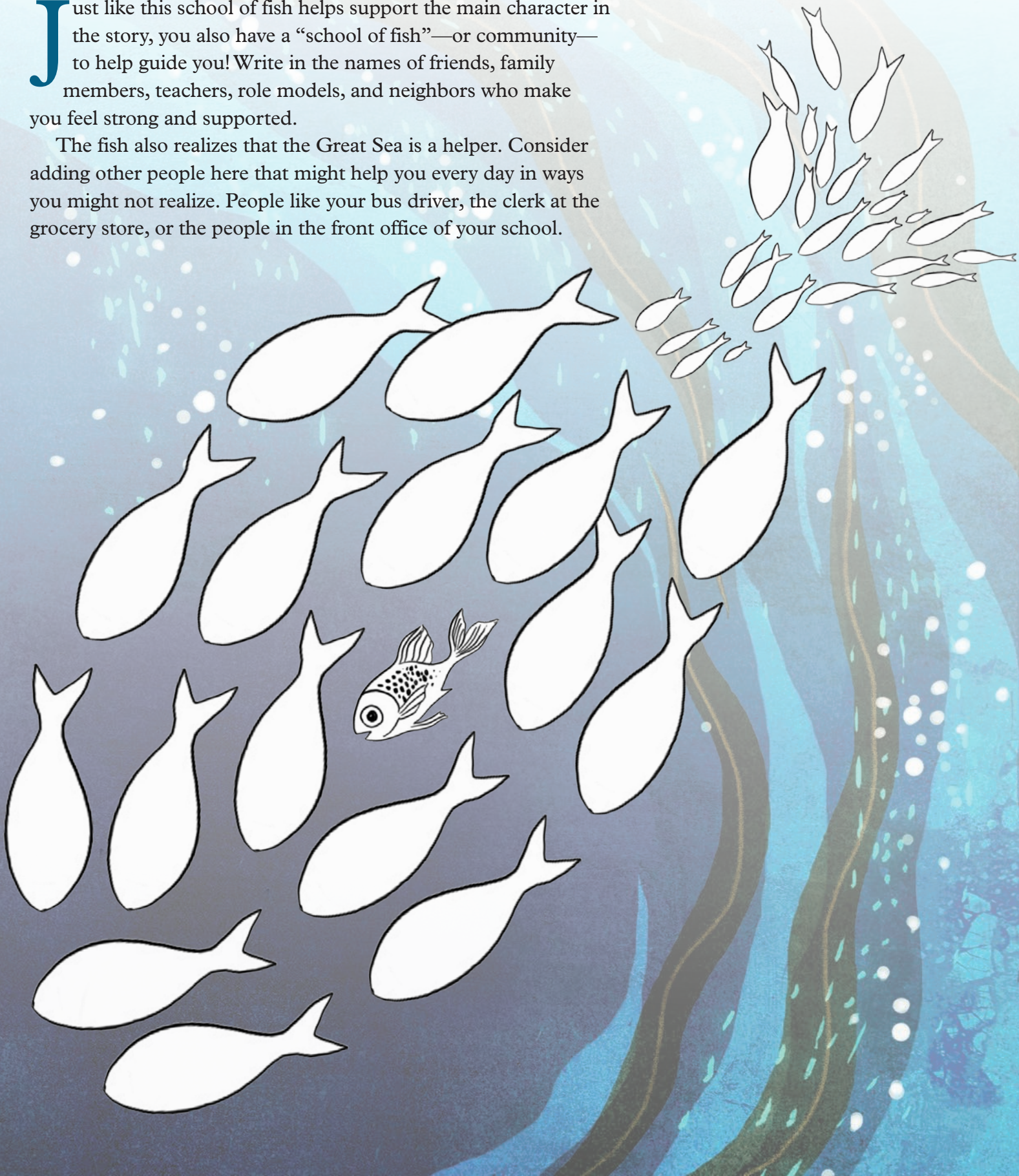


How do you feel about where you started and how far you have come?

FINDING YOUR SCHOOL OF FISH

Just like this school of fish helps support the main character in the story, you also have a “school of fish”—or community—to help guide you! Write in the names of friends, family members, teachers, role models, and neighbors who make you feel strong and supported.

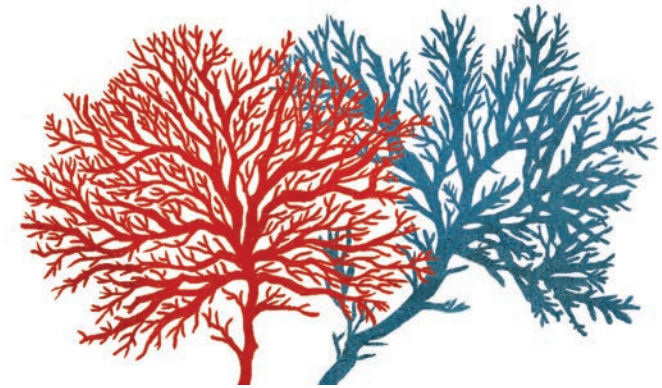
The fish also realizes that the Great Sea is a helper. Consider adding other people here that might help you every day in ways you might not realize. People like your bus driver, the clerk at the grocery store, or the people in the front office of your school.



WORD SEARCH

Our favorite fish has gotten lost in a forest of kelp. Can you help him find his sea creature friends in the word search below by circling their name so they can guide him back home?

WORD BANK: Jellyfish Turtle
Whale Stringray
Seaweed Seahorse
Wave Coral
Swim



B	B	H	T	W	H	J	Y	G	N	L	H	G	R	B
E	S	Z	O	A	T	W	A	U	N	I	R	N	G	E
H	L	V	A	V	A	N	R	I	W	E	Q	S	S	D
J	W	A	T	E	L	X	S	T	I	N	G	R	A	Y
B	E	Z	X	L	J	B	N	T	V	U	O	J	J	R
W	D	L	W	Z	U	J	I	M	E	H	R	G	O	L
M	R	Z	L	M	T	Y	R	H	A	E	T	W	T	H
I	Z	I	T	Y	C	K	T	E	A	B	G	H	K	V
T	L	H	E	U	F	X	S	E	P	I	F	W	Z	G
C	O	R	A	L	R	I	S	T	Y	V	I	H	B	K
L	X	D	F	G	H	T	S	Y	C	Y	P	A	I	J
C	F	B	M	A	W	F	L	H	B	S	L	L	N	T
C	V	C	F	O	X	S	B	E	C	W	G	E	Y	T
C	I	T	L	X	Q	Y	T	J	E	I	V	Z	P	E
S	E	A	W	E	E	D	Z	F	G	M	A	P	B	M

PRACTICE: SEEKING STILLNESS

Excerpted from *Growing Up Mindful*
by Christopher Willard, PsyD

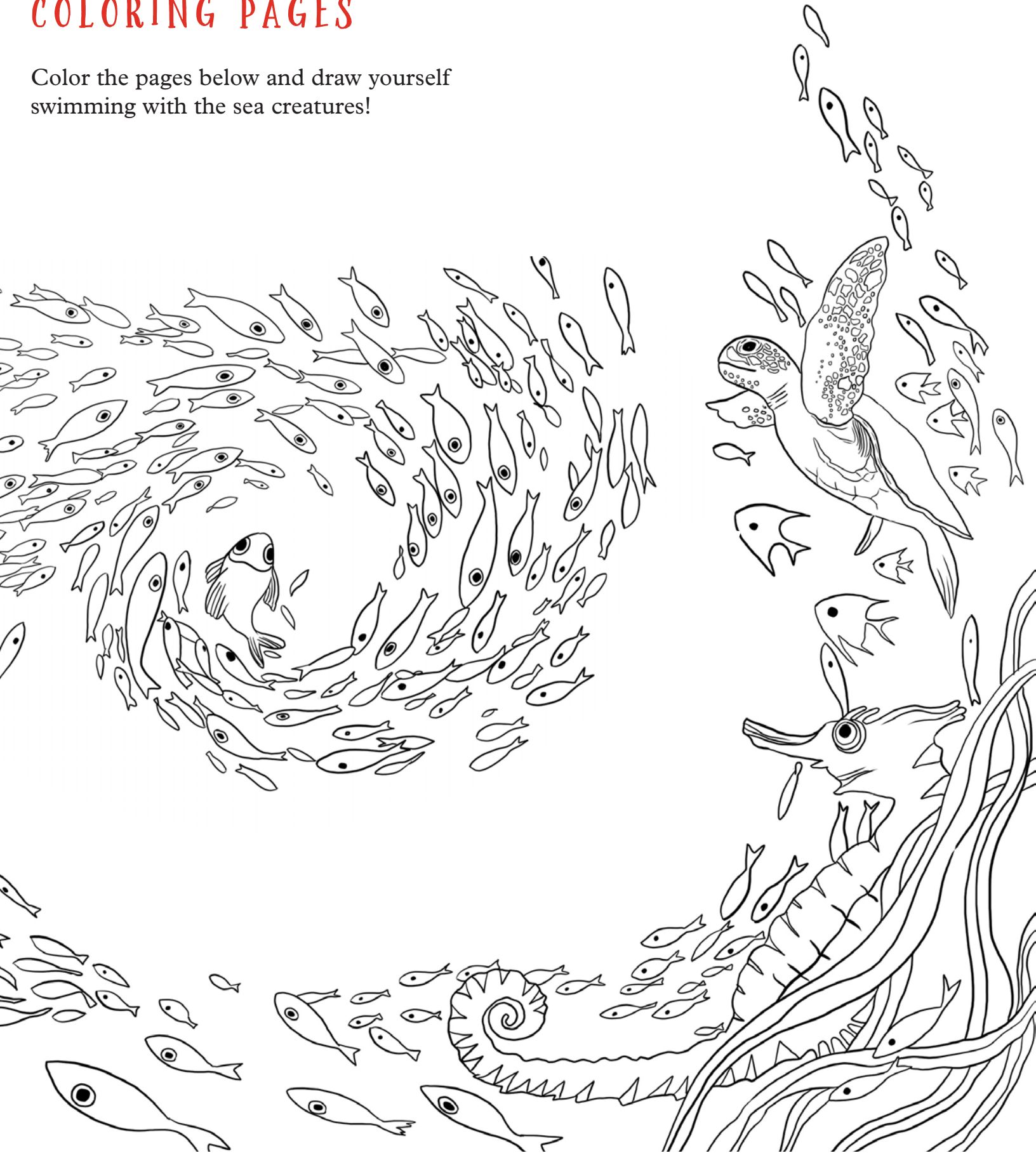
Much like the fish chasing his own tail, when we feel scared, stressed, or unsure, it can seem like we are on an endless merry-go-round. When the world feels like it is spinning inside, it can help to look for examples of stillness outside.

Find some stillness in the world around you—perhaps a building, a boulder, a statue, the base of a tree, or something else unmoving. Rest your awareness there and breathe for a few moments until you can connect that external stillness with a stillness inside.



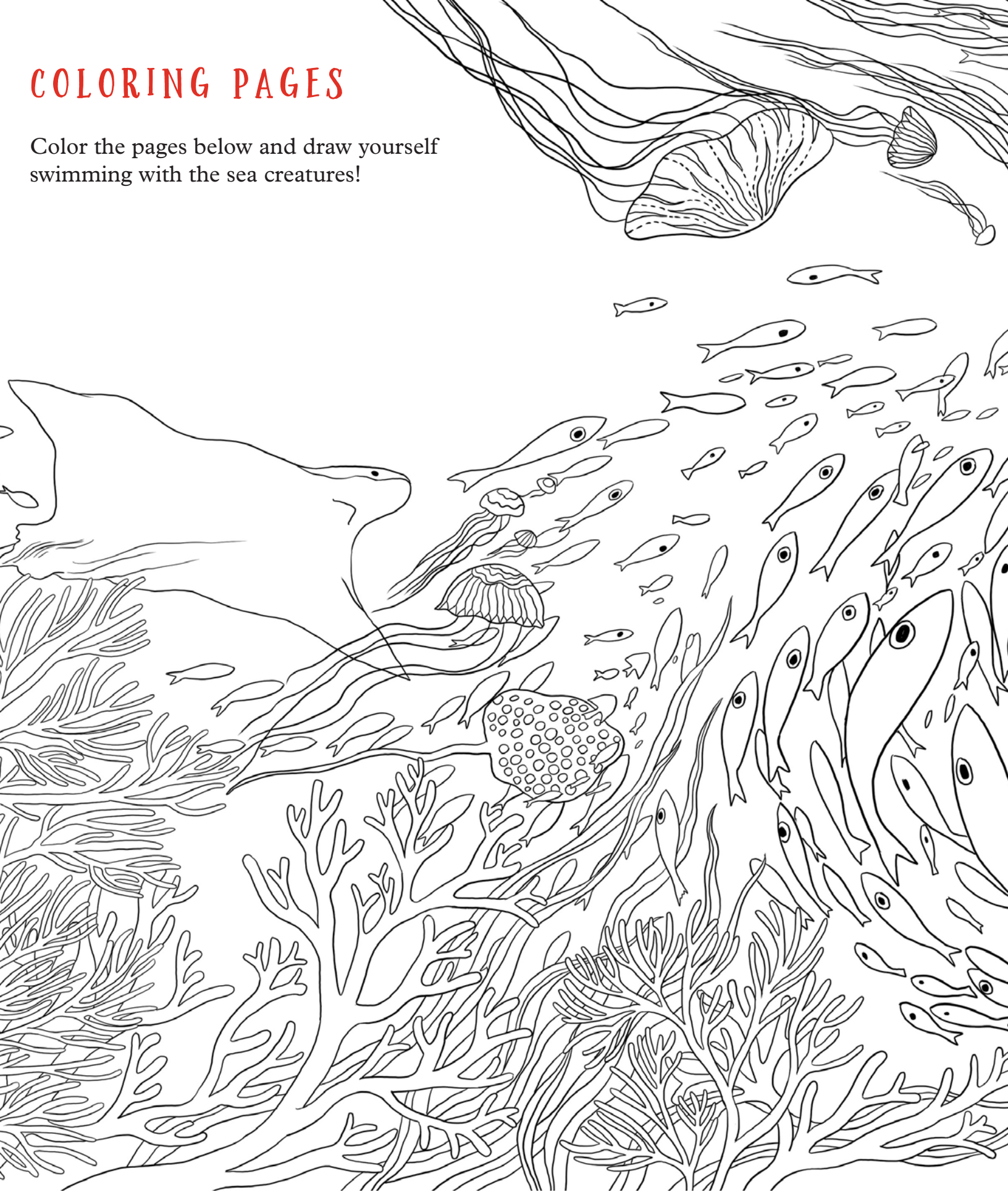
COLORING PAGES

Color the pages below and draw yourself swimming with the sea creatures!



COLORING PAGES

Color the pages below and draw yourself swimming with the sea creatures!



WHO WAS ALAN WATTS?

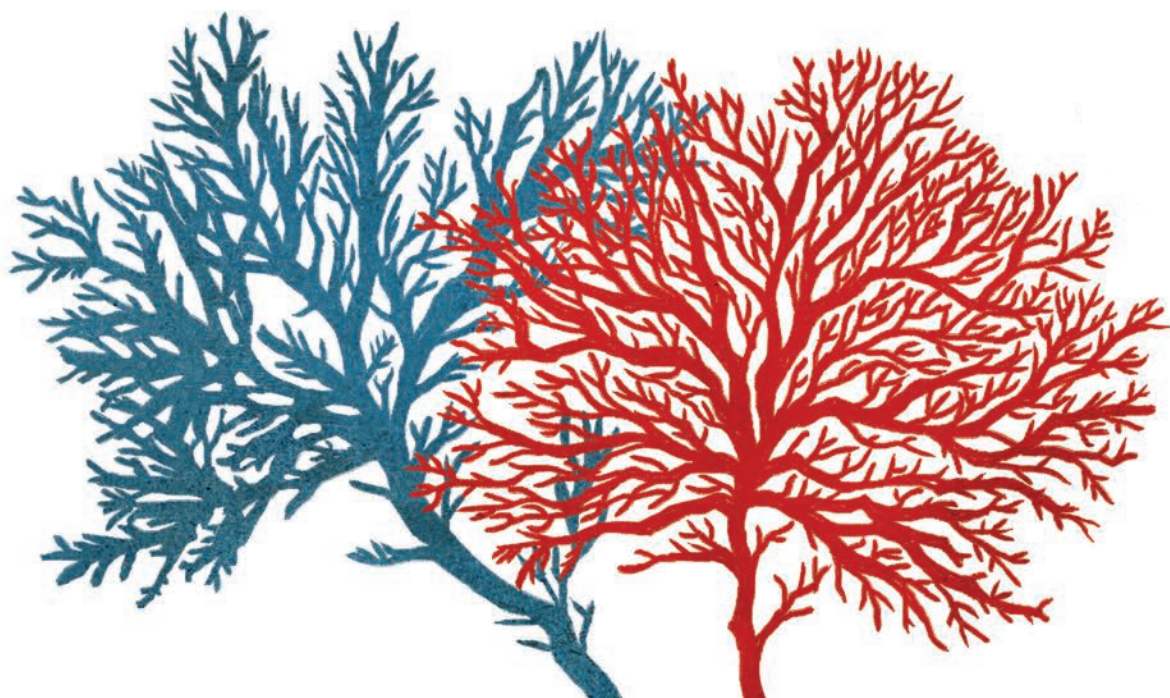
Alan Watts (1915–1973) was one of the most well-known and entertaining writers and speakers to bring ideas and wisdom from many Asian traditions to North America and Europe.

Alan was born near London, England, in 1915. From a young age, he was fascinated by Asian art, books, and philosophy. His parents recognized that he was bright and curious, and encouraged Alan to write.

In 1938, Alan moved to the United States, teaching and studying in New York and Chicago, and finally settling in San Francisco. Drawing quite a crowd, his classes on Buddhism (a major religion in Asia) soon turned into evening talks open to the public that would often spill over to local coffeehouses.

By the early sixties, Alan's talks aired on the radio, reaching the entire country, and his teachings on Asian wisdom inspired many writers, poets, and teachers in San Francisco and New York. Alan Watts continued to write and travel regularly until he died in 1973, and his teachings live on in his books, talks, and videos.

He used to read this story of the fish and the Great Sea to his children, and they are a big part of the reason you are reading this book today.



COME JOIN OUR STORY TIME HOUR!

A tale of a tail and the great, wise sea

DATE AND TIME:

LOCATION:

