

# Educator Resource Guide

## OLD TO JOY

Written and Illustrated by  
Anita Crawford Clark

*When Joy goes to spend the day with Grandmama, she struggles to find beauty in all the old things at Grandmama's house. But as the day passes, Grandmama patiently helps Joy discover how the "old" ways can bring joy to any heart.*

Juvenile Fiction

32 Pages ~ 10 x 10

Grades Pre-K to 2nd ~ Ages 3+

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**Key Concepts:** Healthy aging perspectives, intergenerational relationships, African American experience and heritage.

**About the author-illustrator:** Anita Crawford Clark is a writer and illustrator of fiction and nonfiction books for children. Anita grew up chasing butterflies and fishing crawdads from a nearby creek during scorching Sacramento summers. Her stories and illustrations often reflect those memorable childhood years. Anita began formal art training at Parsons School of Design before transferring to The University of California - Davis where she earned her undergraduate degree in Sociology. She went on to earn graduate degrees in Creative Writing and in Psychology. A veteran teacher, Anita has taught nearly every grade and especially takes pleasure in directing musical theatre productions for her students.

### Using this guide:

This educational resource guide can be used by anyone interested in sharing enthusiasm about *Old to Joy* with children of all ages. If you are a teacher, librarian, home school instructor, camp counselor, or super cool parent, grandparent or guardian, this guide is for you! Feel free to adapt the suggested learning projects and activities according to your needs, interests, time, audience, and goals.

*We have done our best to provide information, discussion points, and resources that may be useful for you and your learning participants. However, this is not an exhaustive list of ideas or topics. Also, website content and accessibility is subject to change. Please review all*

***suggested resources and websites prior to sharing them in your learning environment to ensure they meet with your individual standards and contain age-appropriate content for your participants.***

This guide is broken down into two general categories: 1) learning opportunities (with associated activities) related to intergenerational relationships and healthy aging perspectives and 2) learning opportunities (with associated activities) related to African American lived experiences. These are broad categories with overlap between subjects, and each activity will vary in complexity depending on the age of the participants. Please modify as you see fit.

Suggested learning activities can be found for each category and are intended to align with appropriate Common Core, NGSS and/or National Core Arts Standards. To inquire about additional materials or if you have questions about this guide, please view our website at: [www.gnomeroadpublishing.com](http://www.gnomeroadpublishing.com).

## **PART 1: INTERGENERATIONAL RELATIONSHIPS AND AGING**

### **Learning Opportunity #1: Let's Talk About Grandparents!**

- In *Old to Joy*, Grandmama is a very important person to Joy. When Joy is dropped off to spend the day with her, she gets to know more about Grandmama and her daily life. For some kids, grandparents may live close by. Other times they live far away. Sometimes grandparents are no longer around or they have medical issues that make it difficult to see them. There are also times a close friend or neighbor steps in as a grandparent-type figure. This means everyone may feel differently about their grandparents, and this is okay. If you feel like it, share something you love about the grandparents or older adults in your life.
- The author of *Old to Joy* drew upon her personal family experience with what it means to be a grandparent to write the story. Her author's note in the back of the book shares more about the people in her life that specifically inspired the character of Grandmama. If you were writing a book about your grandparent, what would your main character like to do? How would they act? Where would they live and what would they have in their home?
- Grandmama gives Joy a gift at the end of the book. What was it? (Hint: She tries on several of these before discovering the empty box.) Grandmama tells Joy that the hat was her grandmother's hat and is giving it to her. What a special gift! Does your family have any heirlooms or special traditions that have been passed down in each generation? What are they?

### **Suggested Activities ~**

#### *Celebrate Your Family!*

- Families come in all shapes and sizes and each person's family "tree" will look different. Using one of the Family Tree handouts at the end of this resource guide (pine tree or leafy tree), write the names or draw pictures of the people in your family. They can go anywhere on the tree; you don't have to put the oldest ones at the top. Be sure to add the colors and pictures you feel celebrate your family relationships.

### *Write a Letter to Someone Special!*

- In the book *Old to Joy*, we find out that Joy thinks some of Grandmama's ways of doing things are old-fashioned. But then Joy comes to discover that old-fashioned ways can be fun and rewarding. One thing that might be considered "old-fashioned" these days is writing letters. It seems easier to text, call, message or send photographs on our phones when we want to connect with a loved one. That makes writing and sending letters all the more special now. Can you think of someone, like a grandparent or elderly friend or neighbor, who would like to receive a letter? Or maybe a trusted adult can find out if someone in a nursing home (where people who need extra care go to live or recover from illnesses) would like to receive one, too. Once you finish writing (or drawing) your letter, you can deliver it to your special person. If they live far away, have an adult help you mail it to them.

### **Learning Opportunity #2: *Let's talk about Aging and Positive Growth!***

- Everyone gets older. That's something we all have in common! One thing Grandmama helps Joy discover in *Old to Joy* is that there is a lot to appreciate and love about being older. What do you think is great about getting older? What do you admire about older people?
- As we age, we need to take care of our minds and bodies. We saw in *Old to Joy* that Grandmama stays in touch with friends, likes to care for her garden and enjoys being outside. Those are all healthy activities. What are things you do now that will help you grow up to be healthy and strong?
- Grandmama also has a furry friend that follows them around in the book. Having a pet can help with healthy aging, too (for people who aren't allergic and are able to care for them). Do you have any pets at home? What kinds and what are their names? Do your grandparents or older family friends have any pets? Have you asked them about pets they had growing up? Try it and see what they say.

### **Suggested Activities ~**

#### *The Life Cycle*

- Did you know humans go through stages of development just like animals? We thought so! Here's a video that helps explain human growth from infancy, childhood, adolescence, adulthood and into our elderly years: <https://youtu.be/LeCDQ5Y8N5Q>. You can see that in all stages we need to eat well, exercise, sleep well and have people in our lives that care. Using the handout provided at the end of this resource guide, can you write the names or draw people in your life that are in each stage?

#### *When I'm Older, I Will . . .*

- There is a page in the book *Old to Joy* where Grandmama tells Joy she can be whatever she wants to be when she grows old. What do you think Joy might want to do? What do you want to do or be like when you are older? Use the handout provided with this resource guide to draw a picture of yourself when you are older. You can add words to describe yourself!

## PART II: AFRICAN AMERICAN LIVED EXPERIENCES

### Learning Opportunity: *Let's Talk About African-American History and Lived Experiences*

- By writing *Old to Joy*, the author has shared part of her lived experience as an African-American woman. Although it is a fictional story, it is a product of her memories, feelings and authentic self. In addition to fictional stories like hers', there are nonfiction stories about African-American life, culture, history and experience available for you to read, too. Have you read any of these books? If not, it's time for a trip to the library!
  - If you need help finding some of these books, here are some resources to get you started: <https://www.whatdowedoallday.com/african-american-history-books-for-children/>; <https://www.pbs.org/parents/thrive/childrens-books-to-celebrate-black-culture>)
- With the help of a trusted adult, see if you can find more books about African-Americans at the library. Find three that you would like to read, and if in a group setting, share something you love about each book after you read it. Did you learn anything new? What was it?

### **Suggested Activities ~**

#### *Compare & Contrast*

- Now that you've read more books as part of this learning opportunity, it's time to sharpen your critical-thinking skills by creating a Venn Diagram. Compare the main character (or group of characters) in each book. This can be done individually or in groups on a computer, a piece of paper or whiteboard. How were the characters alike (overlap)? How were they different? Be sure to share with others when your diagram is complete. You can use this example **Venn Diagram** here if you are unsure how to make one yourself.

#### *Grandmama's Word Search*

- We want to revisit *Old to Joy* one more time and focus on all the wonderful things about Grandmama. Complete the word search provided in this resource guide to remember all that we learned about her.

### **Websites about healthy aging perspectives, grandparents and combatting ageism:**

#### **Healthy Aging Activities For Kids and Seniors**

#### **50 Tips to Age Gracefully**

**<https://www.verywellfamily.com/purpose-of-grandparents-day-1695673>**

**<https://oldschool.info>**

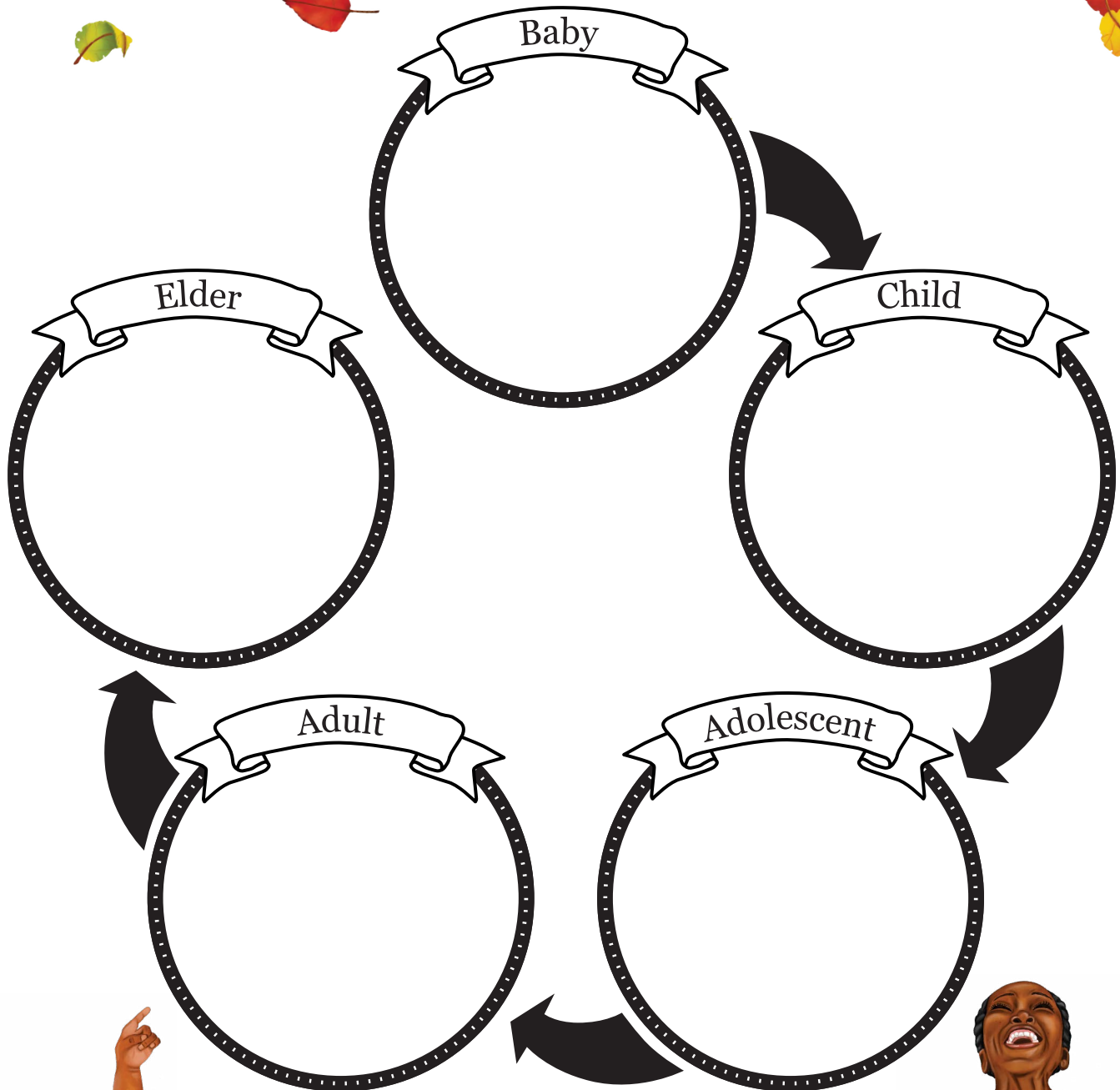
**<https://eapon.ca/grandparents-day-activities-and-celebration-ideas/>**

Wonderful websites about African American history and lived experiences:

- Stories About Lived Experiences
- African American History Facts and Timeline
- <https://kids.nationalgeographic.com/history/article/black-history-month>
- <https://www.teachingexpertise.com/classroom-ideas/black-history-month-elementary-activities/>
- <https://www.weareteachers.com/black-history-videos/>
- <https://www.pbs.org/parents/black-history-month>

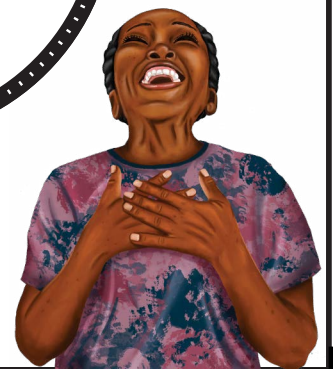
# Human Life Cycle

List names or draw pictures of people you know  
in each stage of the human life cycle.



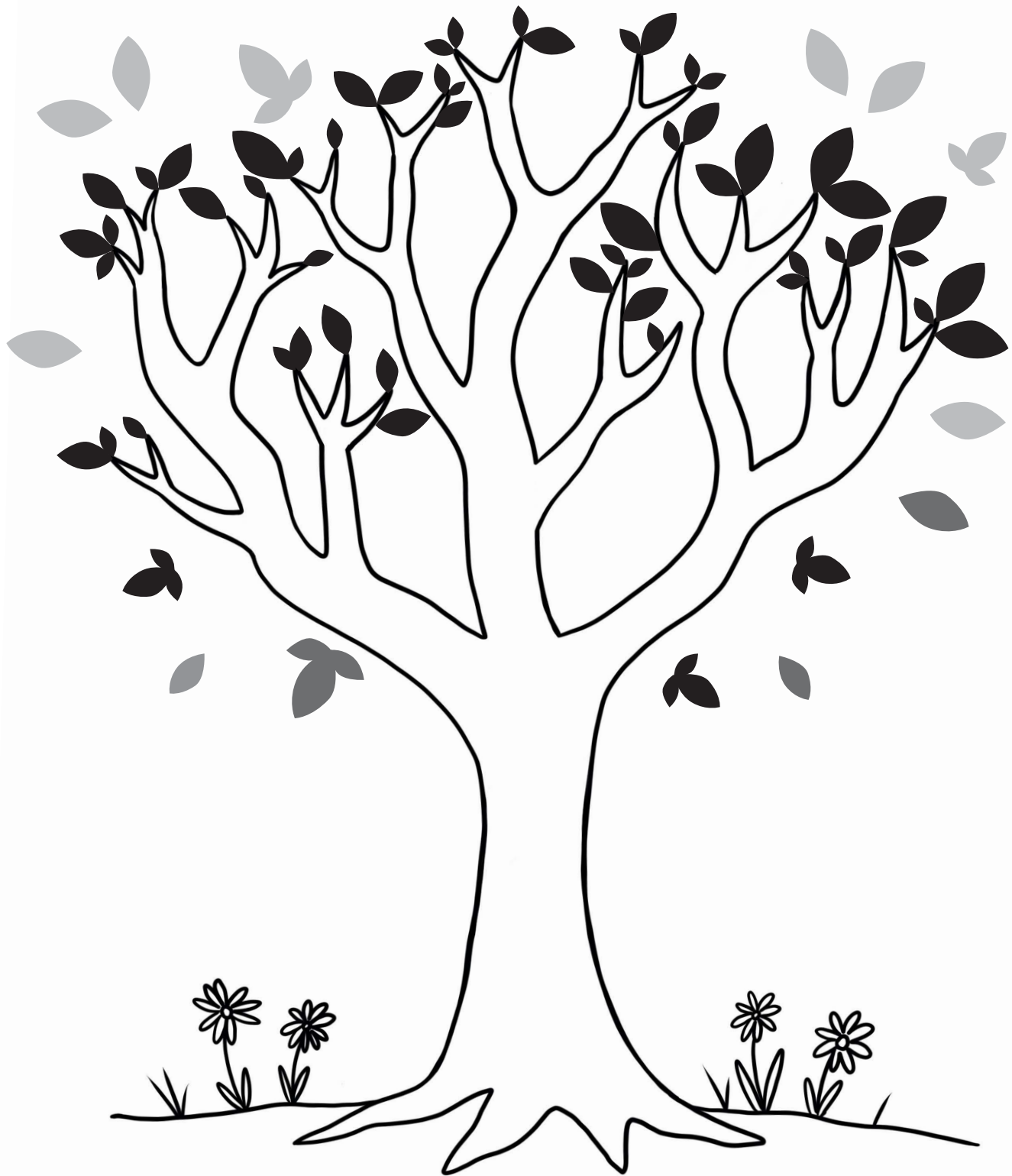
**Old to Joy**

Anita Crawford Clark



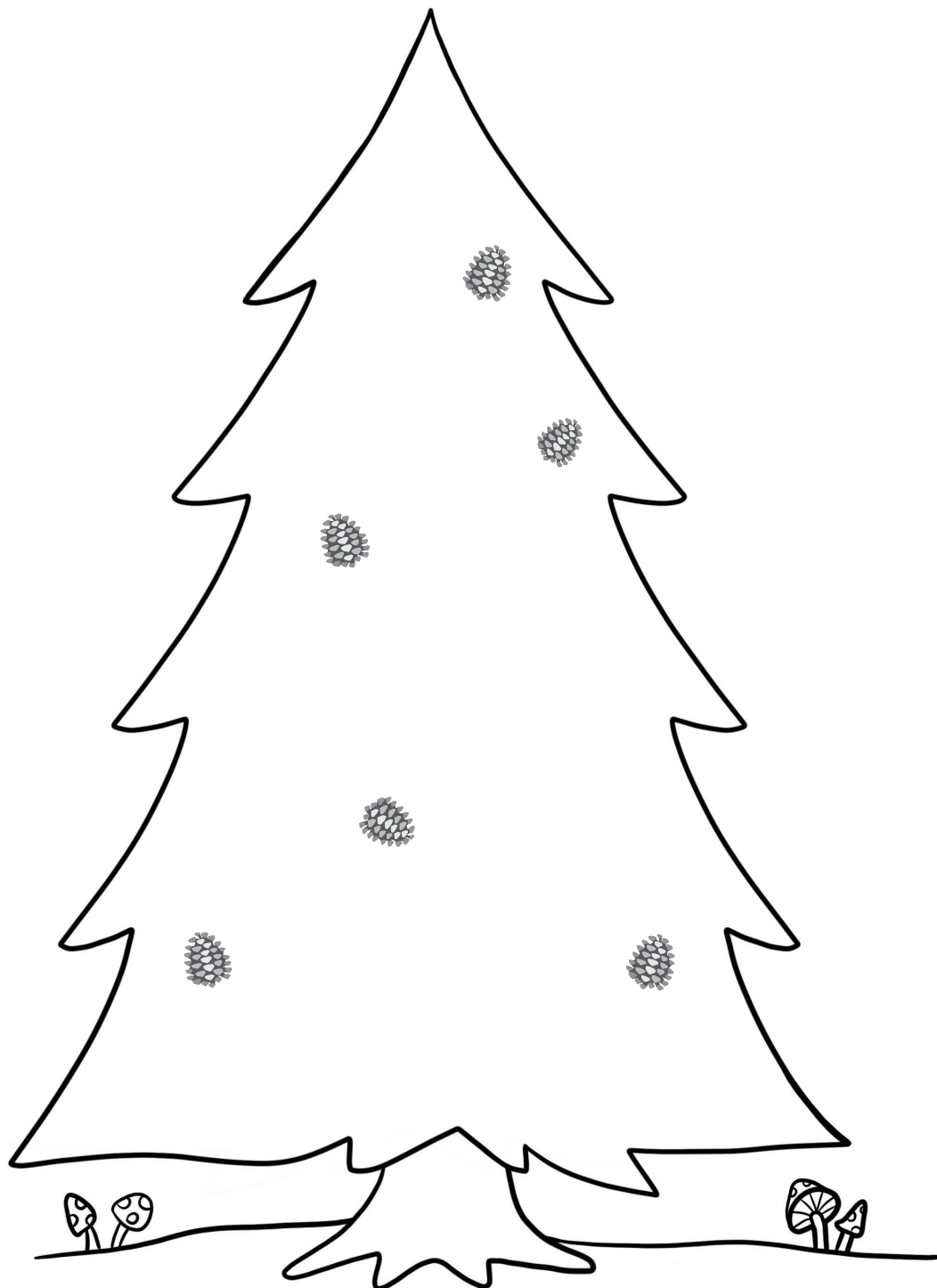
# My Family Tree

Write names and paste drawings of your family members onto the tree.  
They can go anywhere you want them to.



# My Family Tree

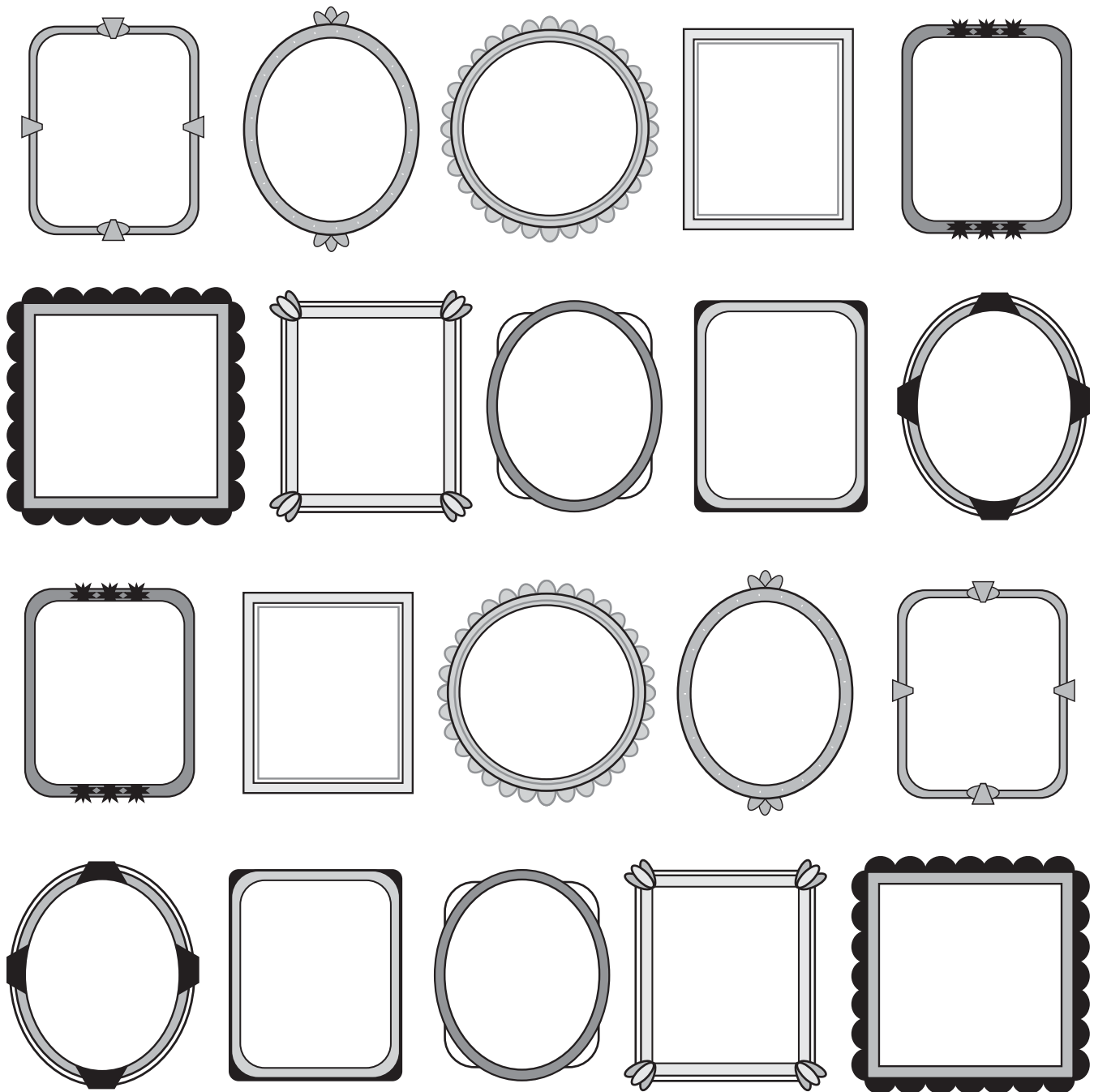
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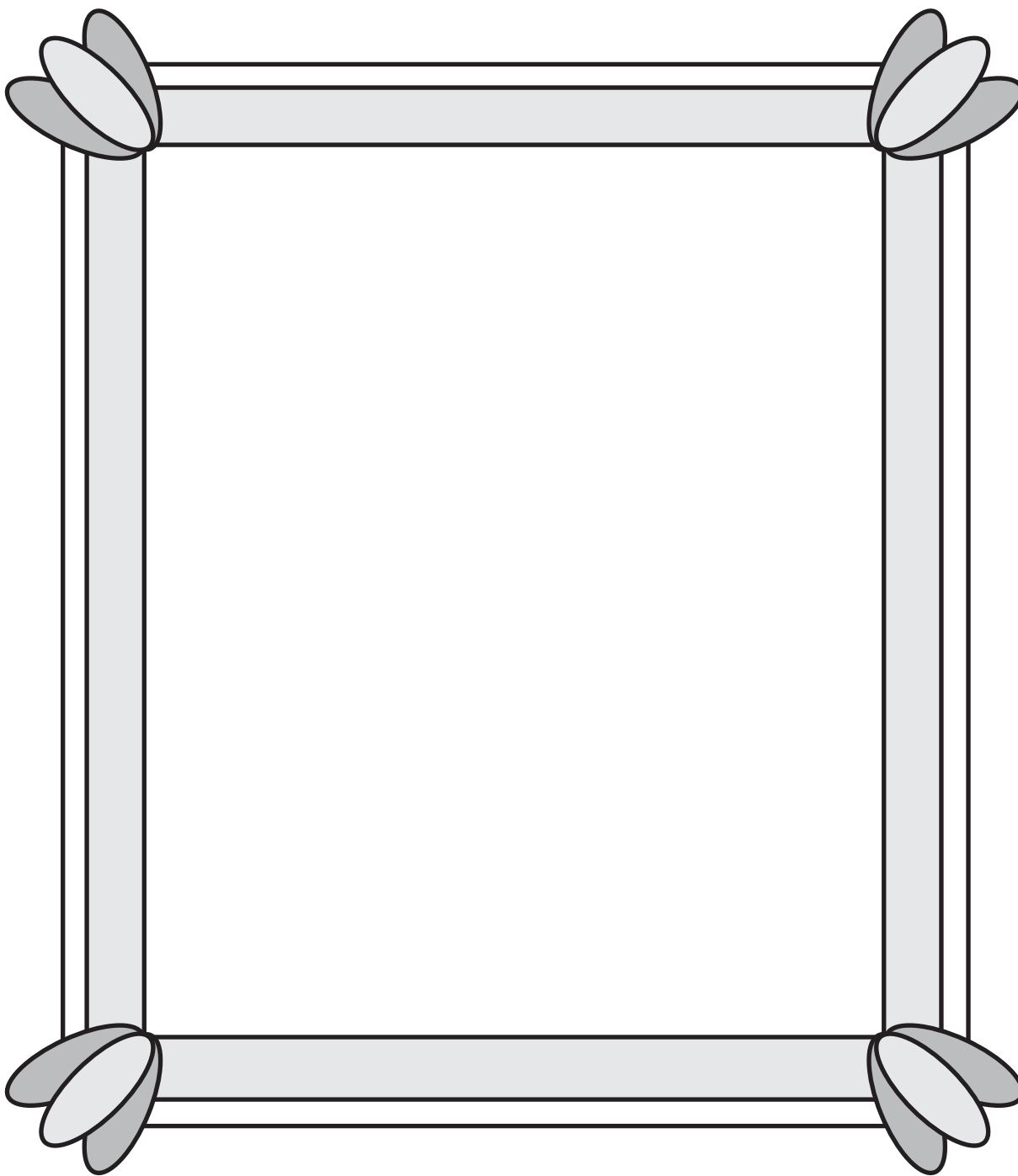
# My Family Tree

Draw your family members in the frames.  
Cut out the frames and paste them onto your tree.



# When I am Older...

What will you look like when you are older? What will you be doing?  
Draw or write words to show your future self.



# Old to Joy Word Search

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



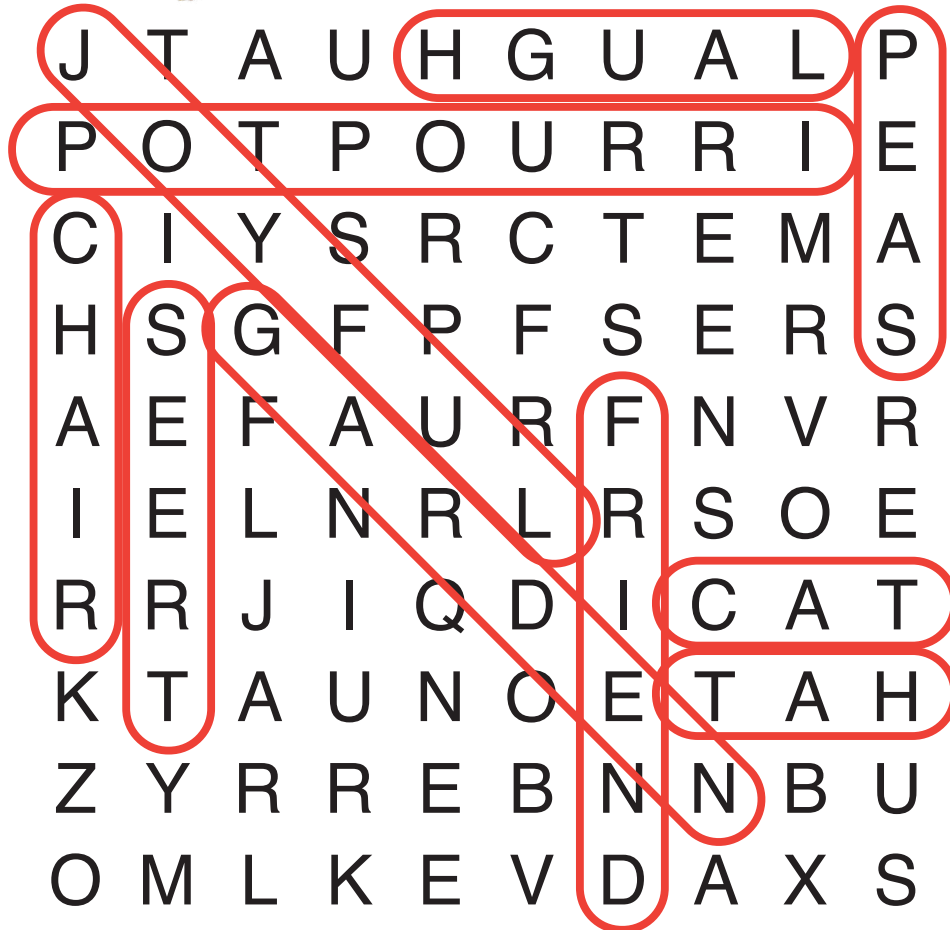
hat  
cat  
chair

garden  
joyful  
laugh  
potpourri

friend  
trees  
peas

# Old to Joy Word Search

**Answer  
Key**



hat  
cat  
chair

garden  
joyful  
laugh  
potpourri

friend  
trees  
peas