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Teacher Tips

Will You Carry Me?
By Heleen van Rossum
Illustrated by Peter van Harmelen

Before Reading:

- Show students the cover of the book and the inside endpapers. What animals do you see? Where do you think Thomas and his mom are? Do you ever want to be carried?

After Reading:

- Why did Thomas want his mom to carry him?
- What did she suggest they do instead? Name all four actions.
- All of the animals joined them in their adventure home. Which animal is the only one that could perform all four actions?
- Thomas was really tired after playing in the park. What makes you really tired?
- Show children the end papers where Thomas and his mom are sitting on the couch. Who do you think is more tired?
- Discuss the importance of exercise and physical fitness. Ask the children if they exercise. (Examples might include: playing on soccer teams, tee ball, gymnastics, ballet, dance, bike riding, riding scooters, playing at the park, etc.)

Activities:

- Make a chart: Write the words, jump, swim, fly, and run in separate columns. Ask if there any other ways that animals move. (e.g. a snake slithers) Add the new actions to the list. Ask children to name animals and tell where they should be placed on the chart. Do any animals fit in more than one category?
- Take students outdoors to reenact the story: Begin at one end of the playground and make that the park. Home should be at the opposite end. Teacher will lead the class by saying, "Hitch up your pants and bend your knees and let's JUMP…. past the ond, through the grass, until we reach the park gate. Now let's SWIM with our arms and kick our legs…past the school, past the soccer field, until we get to the crosswalk. Let's stick our noses straight up in the air and flap our wings and FLY…. past the shops, past the library, until we reach the corner. Now let's RUN… all the way down the street, until finally we're home." (And fall to the ground!)
- Teach students how to feel their pulse. Bring in stethoscopes so they can actually listen to their hearts. Have them compare their "resting" heart rates to their heart rates after exercising.