

What If...?

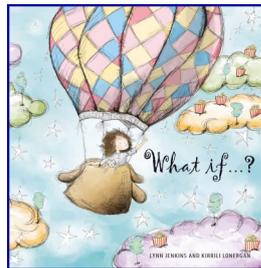
By Lynn Jenkins & Illustrated By Kirrili Lonergan

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'What if' are two small words that often cause feelings of uneasiness in little worriers, but... what if... they could lead to happiness and adventure?! Join Issy as she discovers our power to choose words that change how we feel for the better. A colourful, playful, and accessible adventure where 'what ifs' become springboards for imagination!



Teacher Notes have been based on those supplied by the publisher. A full version is available on our website.

Themes:

- Anxiety
- Imagination
- Adventure
- Creativity
- Freedom
- Mental Health

Discussion Questions and Activities:

Before Reading:

- Write 'What If...?' on the board. Ask children what they think this means. Can they finish the sentence with their own scenarios? Discuss whether their responses are based on imaginative questions, or ones of worry / anxiety.
- Look at the cover of 'What If...?' What do you see?
- What do you think the girl is feeling? What might she be thinking about? Why might she ask, 'what if...?'

During Reading:

- Why do you think Issy thinks of scary 'what ifs'?
- Do you think these things can actually happen?
- What would you do if that scenario did happen?
- What do you think of Mum's 'what ifs'?

After Reading:

- What was the story about? What is the main idea?
- What did you like / dislike about the story?
- How did the story make you feel?
- What does the word 'anxious' or 'anxiety' mean? Have you ever had thoughts or worries like Issy's?
- How were Issy's first thoughts different to Mum's ideas / wonders?
- How did Mum help Issy? What does Mum mean by 'you can choose the direction they (the words 'what' and 'if') take us'? What direction would you choose?
- How did Issy's busy mind change from the beginning to the end of the story?
- Do you think Issy made good choices in the end?
- Why is it important to have a positive mindset, or to make 'fun' choices instead of 'scary' ones? What are some other good ways to turn worries into wonders?
- What are some of the words and actions that Mum used to ease Issy's worries? For example, 'listened', 'held her hand, smiled..', 'What if... two powerful little words'

Rain Cloud in a Jar Experiment:

- 'What if, clouds in the sky were purple and orange and green?'
- Explore clouds and rain with this simple science activity, and turn your clouds whatever colours you like!
 - ◇ You will need a large jar, shaving cream, food colouring or washable paints, droppers, water.
 - ◇ Observe what is happening below the shaving cream cloud as you squirt coloured water (rain) on top. Note that the cloud gets heavy and drops the rain through the air.
 - ◇ As an optional extension, squirt scented rain on the clouds for a sweet experience!
- Instructions for this experiment can be found at: <https://funlearningforkids.com/rain-cloud-jar-science-experiment>