

Pre/Post Activities

Use these activities to accompany the author's reading on RallytoRead.org.



Hattie Harmony: Worry Detective

Authors: Elizabeth Olsen & Robbie Arnett

Illustrator: Marissa Valdez

Grades: PK–3

Pre-Reading Activity

Tell students that the story they are about to listen to is about worries you may have at school. Create a short list of general things that may cause worry at school (do not focus on individual students, who may be sensitive to having their unique worries shared). Talk about the value of being aware of others' worries as well as your own.

Post-Reading Activity

In this story, Hattie teaches us that breathing slowly and deeply is a way to calm our worries. Teach this breathing exercise to your class so they can calm their worries whenever they need. Have your students sit on the floor with legs crossed or straight up in their chairs. Then take a deep breath focusing on keeping shoulders still and filling up the belly. Ask your students to place their hands on their bellies and imagine there is a balloon inside. As they breathe in deeply through their noses, try to fill up the balloon. Then as they exhale through their mouths, let the air out of the balloon. Repeat as often as you would like.