

Andy & Ghost Boy by Karen Tyrrell

Teacher Notes: Andy & Ghost Boy by Karen Tyrrell

A read-aloud book suitable for children, teachers, parents and counsellors.

Age Level: 7 – 11 years Word Count: 30K

Schools, teachers & counsellors focussed. Aligned Kids Matter Australian curriculum

Themes: worry thoughts, bravery, resilience, mindfulness, bullying, self-care, PTSD, coping skills, friendship.

Discussion Ideas

Knowledge and Literal Understanding

- Andy dreams of finding one true friend and his forever school.
- Andy shows worry thoughts and behaviour.
- Zany Ghost Boy tries to help Andy.

Inferential and Critical Thinking

- What problems did Andy have, BEFORE he started Stanmore School?
- Who or what is Ghost Boy?
- What strategies did Andy use to control his worry thoughts?
- List all the characters who show worry thoughts in *Andy & Ghost Boy*? Next to each name the possible cause.
- Everyone experiences worry thoughts sometime in their lives, including teachers and parents.
- We can live strong by being brave and facing our fears.
- Humour is a powerful tool to cope with tough times.
- How or why did Ghost Boy come into being?
- What's the relationship between Andy and Ghost Boy?

Literacy Skills

Word Building

- Word Endings – adding 'ed' *wiped, clenched, cleared, labelled, chanted, pointed, whispered, glowed, tapped*. Ending rule – change y to i –studied, tried,
- Adding ING: *quivering, shaking, trembling, bouncing, scanning, clutching, burning,*
- Vocabulary *School: playground, classroom, whiteboard, undercover, uniform,*
- Emotion Words: *frightened, trembling, frightened, snarled, embarrassed,*
- High Frequency Words – *bully, stop, race,*
- Onomatopoeia – *ring, groan, knock, giggle, thump, rush, ouch, burp, crunch, bang, zoom, snap, whimper.* (see Drama)

Grammar

- Naming Words – nouns – school, home, teacher, note, bag, desk, bus, smile. Find the naming words in the story.
- Action Words – shake, whisper, run, verbs – (see also Word Endings and Drama)

Comprehension

- Find the HUMOUR in *Andy & Ghost Boy* - Activity sheet
- *Andy & Ghost Boy* comprehension questions - Activity sheet
- FEELINGS - Choose the BEST answer - Activity sheet
- Character Study *Andy and Ghost Boy* - Activity sheet
- Student survey- *Andy & Ghost Boy*

Writing

- Have you ever been brave and challenged yourself? Write a story.
- You find someone who's upset and worried. What do you do and say?
- Create a bravery plan for Andy.
- Acrostic Poems – BRAVE, RESILIENCE. - Activity sheet. Also try Self-Care

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Literature

- Read non-fiction texts about worry thoughts.
- Study resilience/ Be STRONG posters: message/ slogan, design, colours, artwork
- Compare with other fiction books --Hey Warrior, Wonder, Guts, Gold Fish Boy.

Cross Curricular

Social Skills

- Discuss how to make and keep a friend.
- **Group activity:** Children sit in a circle. One child (child 1) starts by saying "If I was feeling worried". The child next to them (child 2) offers a solution "you could ask someone to be your buddy". Then child 2 turns to the next child (child 3) in the circle and says "if I was feeling worried and child 3 offers a solution, and so on around the circle. This activity is fun and also generates options that children in the group may not have thought of.
- **Kindness Day:**
Initiate a special day where the focus is being kind to each other. Encourage kids to share and be involved with each other.

Maths/ Science

- Take a class survey on how many kids have ever felt worried, stressed upset etc
- Take a survey of which coping skills work and don't work for worry thoughts.
- Measure your heart beat when your worried/ AND when you're relaxed

Craft

- **Create Andy & Ghost Boy posters (SEE Literature) Use textas, crayons, paint, pencil, collage, art paper, cardboard,**
- **Make a double-sided paper plate mask of Andy & Ghost Boy. Draw Andy: nervous, worried ... other side Ghost Boy: playful, silly & confident.**
- **Friendship tree**
Cut out leaf shapes and a large tree from paper. On the leaves, get children to write suggestions about how to help someone make friends. Pin leaves on the tree to create the sense that 'Together we can be BRAVE!'

Art

- Illustrate a scene from the text.
- Colour-in *Andy & Ghost Boy* colour sheets using bright colours. Activity sheets

Drama

Act out how you can ...

- Walk a straight-line showing self-confidence: walking tall, shoulders back, chin up.
- Comfort a worried child. Give him/ her some tips for action.
- Ignore the bully, and walk way.

Present an *Andy & Ghost Boy* PLAY

Show range of emotions using facial expressions and hand gestures ...

Anxious, confident, worried, positive, scared, assertive, sad, friendly, unfriendly, mean, aggressive, guilty, proud, nervous, caring, sorry, kind, relaxed.

Class Activities for Kids: Teacher explains & Sets up.

1| Worry box

Kids create a “worry box”. This activity can be as simple or as elaborate as you would like. Children decorate a box –with glitter, markers, stickers, etc. They write their worry on a piece of paper and place it in a box to be addressed at a later time. It gives kids a sense of control over their worries, and parents can set aside a certain time of day to talk to kids about their fears. When they no longer feel as though they need to address a certain worry that is in the box, the piece of paper can be ripped up and thrown in the garbage, which is a positive activity in itself.

2 | Create a journal

Children decorate a journal that is personal to them using stickers, markers, or even magazine cut-outs of positive phrases. Teachers encourage children to write down their worries.

3 | Stress balls

Kids LOVE Stress balls! Fill a balloon with flour, rice, or play dough using a small funnel, tie the end, and make sure to double wrap it into another balloon for extra security (Mum and Dad will thank you!). Stress balls make for a great fidget for our nervous kids.

4 | Slime

Slime is all the rage lately and a quick google search will produce hundreds of recipe variations. The cool part about making slime is that kids find the process super fun, but it’s an awesome therapeutic tool for our sensory seeking kids. Add some lavender oil into the slime as an additional bonus to calm them as they play. Just a few minutes of running the slime through their fingers can bring a child’s baseline level of worries down a few notches.