

It Was Supposed To Be Sunny | Educational Bundle

Dear Educators, Therapists and Caregivers:

In *It Was Supposed to Be Sunny* by Samantha Cotterill, a child eagerly awaits her perfectly planned birthday party with friends. When an unexpected weather event moves the party inside, her disappointment and frustration boil over, and she struggles to adapt to the unexpected changes. This gentle story provides a wonderful opportunity to help children identify feelings, navigate unexpected changes, and learn coping strategies. While not explicitly stated, like Samantha Cotterill's other *Little Senses* books, the story touches on neurodiversity and aims to develop empathy in all who read it.

This bundle of creative and engaging materials is designed for all learners: kinesthetic, visual, auditory, and tactile. Use it to support children and families across a variety of settings in their quest to understand emotions and navigate change.

All materials are suitable for the classroom, the home, the library, and the community!

- The attached *Feeling Better...* strategies visual from the story can be used both as a poster and/or cut into cards, providing a simple method for choosing strategies when frustrated, overwhelmed, or upset. The strategy cards can be embedded into a child's routines.
- We explain the eight activity cards and fun bookmark project below, and provide varied developmentally engaging opportunities to extend learning in most any setting. This Educational Bundle also offers caregiver suggestions for increasing the development of their child's social and coping skills.

Enjoy!

Suggestions for using this bundle of activities:

Read *It Was Supposed To Be Sunny*

As you read the story together, use the *Questions To Ask* activity card to help the child process the story.

Activity Cards

All eight of the downloadable activity cards relate to the story. Choose which activities work to extend learning for your child(ren). Print the cards double sided and laminate. Hole punch each and connect them all with a ring.

Bookmark

The downloadable bookmark is double-sided; one side for children to decorate and the other side for parent/caregiver education. We recommend you print in color and attach a string to each bookmark.

Use the *Feeling Better...* Strategies Poster

After reading the story, download, color print, and use the attached *Feeling Better... Strategies* poster in several ways:

- Print the *Feeling Better...* strategies poster. Laminate, and share in your learning space or in a visible spot at home, such as the fridge, so your child can choose from a menu of coping strategies. Add images of other strategies that work for your child.
- During pre-determined transition times, when change is likely (entering/exiting a space, a change in routines), identify and model a positive strategy that might help. Model for your child(ren): "Wow. *Things are different than we expected. Let's take 3 deep breaths and give ourselves a hug.*"
- Encourage children to choose their own strategy; point to or move a small magnet with their name or photo on it to a strategy they would like to try.
- If developmentally ready, show children the poster and ask them to notice which strategies their friends or adults may have used.



This Educational Bundle was created by [Room 228 LLC](#) with Erin E. Rich MS OTR/L as lead educator and designed by [Tim Henderson](#). Photos by Evelyn Kennedy and Elise Kennedy. We at Room 228 think self-hugs are essential.

