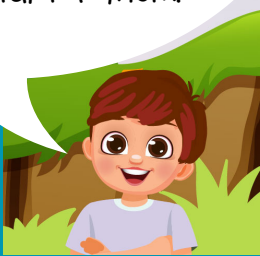


"As a special education teacher, I'm always looking for new resources that promote inclusivity as well as social emotional development. This book does a fantastic job of utilizing talking points to promote acceptance of all feelings and normalizing discussions surrounding them as well as opportunities for role playing."



"My five year old was able to thoughtfully answer the questions at his own pace, and my partner who is unlearning the parenting style they were raised with said it is really helpful for them!"



A little boy gets some help from a magical frog to face typical playground challenges such as using our words, identifying emotions, using empathy and coping skills, practicing inclusion, and celebrating diversity and authenticity. While the two-year old provided the magic, character development, and scenes, his Aunt Kiki couldn't help but add a therapeutic twist to help little readers learn important socioemotional skills.

As is the signature of the Everyone's Included in the Animal Party series, each page has recommended reflective questions to engage young readers to connect with the character's emotions and challenges. The book is designed to encourage children to problem solve and elaborate on their feelings and coping skills with or without the guidance of a supportive adult.

Grounded in relational cultural theory and inspired by conversations with the author "Aunt Kiki's" toddler nephew, *Everyone is Included at the Animal Party* is a series of stories created for little ones to learn socioemotional skills in the context of diversity, equity, and inclusion.



Owner of Animal Party Kiki ©, Catie "Aunt Kiki" Greene is a licensed professional counselor with a PhD in counselor education. Catie's practice and research is grounded in relational cultural theory. When not counseling, teaching counseling, or writing, you can find Catie on a soccer or kickball field or trail running with a mutt named Mojo.



Everyone's Included at the Animal Party!

THE LITTLE BOY LEARNS ABOUT FEELINGS, INCLUSION, & COPING



By Catie "Aunt Kiki" Greene, PhD, LPC

Dedicated to my co-author, my creative, kind, smart,
and sensitive nephew.

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Hey adults, pause here!

How to use the Everyone's Included at the Animal Party book series

Reflective Questions

- Research has found that engaging children in reflective dialogue while they read or watch stories helps build their socioemotional, cognitive, and moral development significantly more than no reflection. In *Everyone is Included in the Animal Party*, each page has reflective questions to engage young readers to connect with the characters' emotions and challenges. You may want to simplify or add complexity to the reflective questions to best suit the child's developmental level, make up your own, or skip whatever does not feel useful. You can even have the child come up with their own!

Feelings are to be Felt!

- Throughout the story, feeling words are highlighted. At any emotion, it can be helpful to ask the child questions such as; "have you ever felt this feeling before? what does it look like when you feel that way? where do you feel it in your body? when have you seen [insert guardian's name] feel that way?"

Self-Regulation and Coping

- Then you can ask questions about tools they use to self-regulate when they are feeling big feelings—or you can share your own tools! The purpose of this is not to teach children that they must control or suppress their emotions, or that having big emotions means we cannot control our behavior. Instead, we want to normalize and validate that we all feel emotions and that it is important to learn to express and process them in safe ways for ourselves and others.

Inclusion and Difference

- Inclusion and celebrating difference are important themes of the Everyone's Included at the Animal Party series. These themes are always woven throughout the stories, as diversity, equity, and inclusion are the contexts within which children live.
- When a child is not included because of an identity difference, this has the potential to affect the way a child views themselves, especially if that difference is not reflected in the dominant culture (i.e. their community, country, tv/media). Children with many identities that align with the dominant culture will experience this less often, and thus it is our responsibility to teach them empathy and how to interrupt the exclusion of others based on identity difference.
- While such experiences will be hurtful to the excluded child, it is important that they are taught how to affirm themselves. Affirmations from loved ones and self-affirmations can interrupt the child from cognitively internalizing negative messages and instead replace them with messages about their worthiness. This is vital for building self-esteem, love, and confidence to shield them from taking on the beliefs of those "hurt people who choose to hurt other people too" that they may encounter.

Learn more by following @animalpartykiki on Instagram!





**Everyone's Included at the Animal Party:
The Little Boy Learns about Feelings, Inclusion, and Coping**

Catie "Aunt Kiki" Greene, PhD, LPC

Illustrated by Zeeshan Toqueer

"Why don't they want to play with me?
I am so much fun!"

"Is it because I'm a little boy?
And not big like everyone?"

The little boy felt **frustrated**,
sad, and all alone.

He felt some tears come to his eyes
and sat down on a stone.

He turned and faced the forest
and took *deep breaths* to get calm...



How would you feel if the big kids did not notice that you wanted to play with them? The little boy takes deep breaths to help himself get calm. What else helps you feel calm when you are frustrated? Why do you think the little boy is wondering if he is not included because of how he is different?

When a big big frog hopped right into his
palm!

Why so sad?" said the frog,
surprising the little boy.
"I know about feelings
and those aren't tears of joy"



If you could talk to any animal in the world, which animal would you like to talk to most? Why? Who are some humans in your life that you can talk to when you are feeling sad?

The little boy sniffled; "Those big kids don't want to play with little me."

"Sounds like you don't feel included," said the frog, "that's a hard place to be."

"What does included mean?" said the little boy with a shrug.

"It's feeling part of something just as you are, like a warm hug!"

Here in the forest we have animal parties. Including is what we do."

The little boy pleaded; "can I go to the animal party with you?"



Have you ever heard of the word included before? What does being included feel like to you? Describe a time that you were included for who you are.

The frog said "of course you can,
and those big kids can too!"
The little boy frowned and said
"no, they can't!"
and stomped his shoe.

"They didn't include me.
So let's tell them
'we're having a party
and everyone's invited but you!'"



Have you ever felt like you weren't included before? How did that feel? What did you do? Why do you think the little boy didn't want to invite the big kids to the animal party? Describe a time that you helped someone else feel included.

"It's okay to feel hurt," said the frog.
"But what good is it when hurt people,
hurt other people too?"

The little boy took some more deep breaths
and practiced empathy.

"You're right," he said, "the big kids would
feel not included just like me."

"Let's try something else," said the frog,
"trust me and come along!"

He hopped over to the big kids
who were still so fast and strong.



Have you ever seen someone hurt other people because they were feeling hurt? What happened? What do you do when you are feeling hurt? Empathy is showing that you understand how someone else is feeling. Why do you think taking deep breaths helps the little boy practice empathy?

Moe parked the tractor and the kids were
amazed at what they found!

There was a swimming pool, a mudslide,
birds flying in the sky and snakes dancing
on the ground.

There were pandas with hula hoops,
turtles playing *duck duck goose*.
There were snacks, bubbles, and confetti.
Even an alligator riding a moose!



What else can your imagination come up with about the animal party? What other animals do you think were there? What else do you think they were doing together?

"Hey kids!" yelled the Owl.
"We're so happy you are here today!
If you feel shy, take a deep breath,
and we'll help you find words to say."

The big kids all thanked the little boy
for including them in his amazing day.

He smiled with pride
because when he was hurt,
he didn't make others feel that way.

For years to come Moe brought the little
boy back to the parties
with everyone he knew.

What other adventures does your
imagination think
the kids and animals got into?



How do you think the little boy would have felt if he made the choice to tell the big kids 'everyone's invited to the animal party but you!' at the park?" Describe a time when you made a hard choice and felt proud of yourself for it.



Check out more from the author!

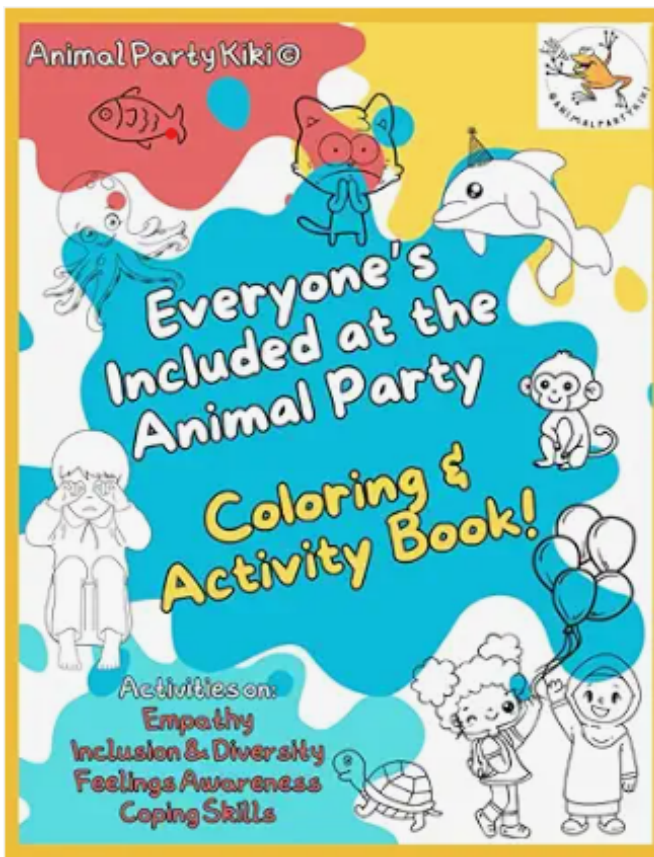
The Everyone's Included at the Animal Party series is for kids to learn socioemotional skills in the context of diversity, equity, and inclusion. The series can be found on [amazon.com](https://www.amazon.com) and other retailers.

Follow [@animalpartykiki](https://www.instagram.com/animalpartykiki) on Instagram for more!

Merchandise can be found at <http://tee.pub/lic/AnimalPartyKiki>



In *The Little Girl Learns about Patience & Imagination*, a little girl is so excited for a long awaited day at the beach with her parents that her body just can't wait! Her dads help to teach her skills to manage big feelings of excitement and impatience such as slowing down to create a schedule and working together to complete the family's tasks. However, when faced with unexpected changes to the schedule, innovative coping skills are needed. With the help of her family, the little girl is able to tap into her imagination to cope with feelings of impatience and frustration. Together they find an under the sea animal party!



The Everyone's Included at the Animal Party Coloring & Activity Book is a coloring book with a socioemotional skills twist! This can be used as a companion book along with the *Everyone's Included at the Animal Party* series or on its own. Kids will enjoy making their own creations out of the engaging pictures. They will also be able to learn about and practice empathy, emotional awareness, coping strategies, inclusion and diversity. Practicing inclusion and respecting diversity go hand in hand with emotional intelligence - this book is designed to help kids build both at the same time.