



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 dad's 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!

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 GIRL LEARNS ABOUT PATIENCE & IMAGINATION



Catie "Aunt Kiki" Greene, PhD, LPC

Dedicated to 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 Girl Learns about Patience and Imagination**

**Catie "Aunt Kiki" Greene, PhD, LPC  
Animal Party Kiki ©**

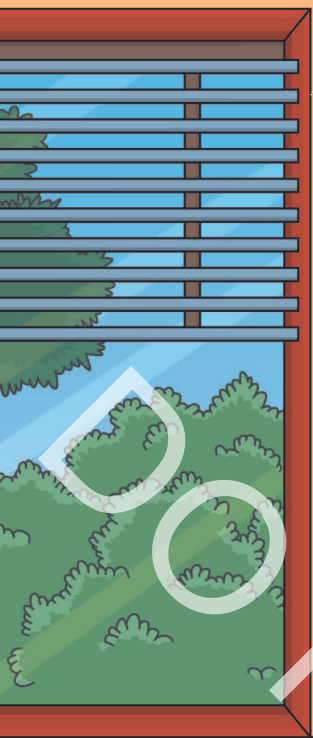
**Illustrated by K.K.P Dananjali**

Daddy B is in the kitchen, early  
before the sun.  
Being ever so quiet, trying not to  
wake anyone.



The little girl has waited a long time for this day to come, so is feeling very excited. Have you ever waited a long time for a special day? How did you feel?

The tea kettle peeps and out of bed  
she LEAPS. The little girl is so excited.  
She's waited many sleeps.



"Daddy B!" she yells.  
"It's beach day let's go!"

"Good morning, baby," he said with a hug so very slow. She couldn't hold still. "I know you're feeling impatient but we have a few more hours to fill."

Hours!? but I want to go right now!



Because the little girl is so excited for the beach, she wants the whole family to leave as soon as she wakes up!



I understand,  
let's make a schedule,  
I'll show you how!


Why do you think her family may not be able to do that? When she is feeling impatient, the little girl's body gets wiggly. How does it make your body feel?





She climbed on Daddy B's lap  
and said "we do this at school!"  
Daddy B nodded;

Making a schedule can help our brains tell our bodies that it's okay to slow down. Instead of focusing on getting rid of our excitement,

An illustration of a man with a beard and a young girl sitting at a table. The man is wearing a red shirt and holding a blue pen over a white piece of paper. The girl is wearing a green polka-dot shirt and has a pink headband. To their right is a dark brown bowl filled with various fruits: a banana, an orange, a yellow lemon, a green apple, and a red apple. In the background, there is a wooden chair, a framed abstract painting on the wall, and a large wooden door. A speech bubble is positioned above the man and girl.


Knowing what to expect  
is such a helpful tool!

we can feel our excitement while focusing on our tasks. That helps us build patience. How else do you cope when you feel impatient?

"Let's see, first we'll feed our bellies,  
With food that will fuel us up.  
But before that let's wake Daddy Y."

Yeah! Let's bring  
him coffee in  
his cup!





Great idea!

"Then we can pack the trunk,  
with our towels, blanket, and chair.  
Don't forget our bathing suits!  
and swim caps to protect our hair!"

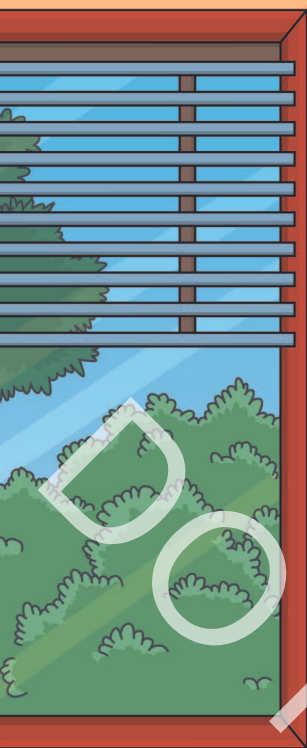
Can you think of any other tasks that you and your family would need to do before going to the beach for the day? Which tasks do you like to help with most?

"See if we rushed, we wouldn't have much fun. Our pj's would get wet, our tummies hungry, and we'd leave without someone!"



What else do you think could have happened if they left for the beach as soon as the little girl wanted to without doing their steps on the schedule?

Daddy Y entered the kitchen with a yawn as big as he smiled.



When might a schedule be helpful coping tool for you? When do you think a schedule would not be a helpful coping tool for you?

Together they did their tasks and  
into the car they piled.  
They drove right along, as her  
excitement grew, when suddenly  
the car slowed to a stop with  
traffic in their view.



What do you think the little girl might be feeling at this point of the story? When has a sudden change in schedule happened to you?

The little girl pointed,  
"Daddy, green light means go!"  
"It sure does, sweetie, but this  
traffic is slow. We won't get to  
the beach for an hour or so."



How did that make you feel? What are some tools that you use to help you calm when a sudden change in schedule may be upsetting for you?



"But that's not in our plan!" she cried in disappointment, suddenly everything felt too tight. Daddy B consoled her; "Honey, it will be alright"



When have you felt disappointed recently? Where did you feel it in your body? It is okay to feel disappointed! We can experience disappointment in healthy ways that do not hurt ourselves or others.

Schedules help us prepare  
for transitions big and small.  
But we need more tools for coping,  
when we can't predict them all



Some kids find crying helpful, others find help sharing their thoughts with their words or drawings. What are healthy ways that you use to express disappointment?!

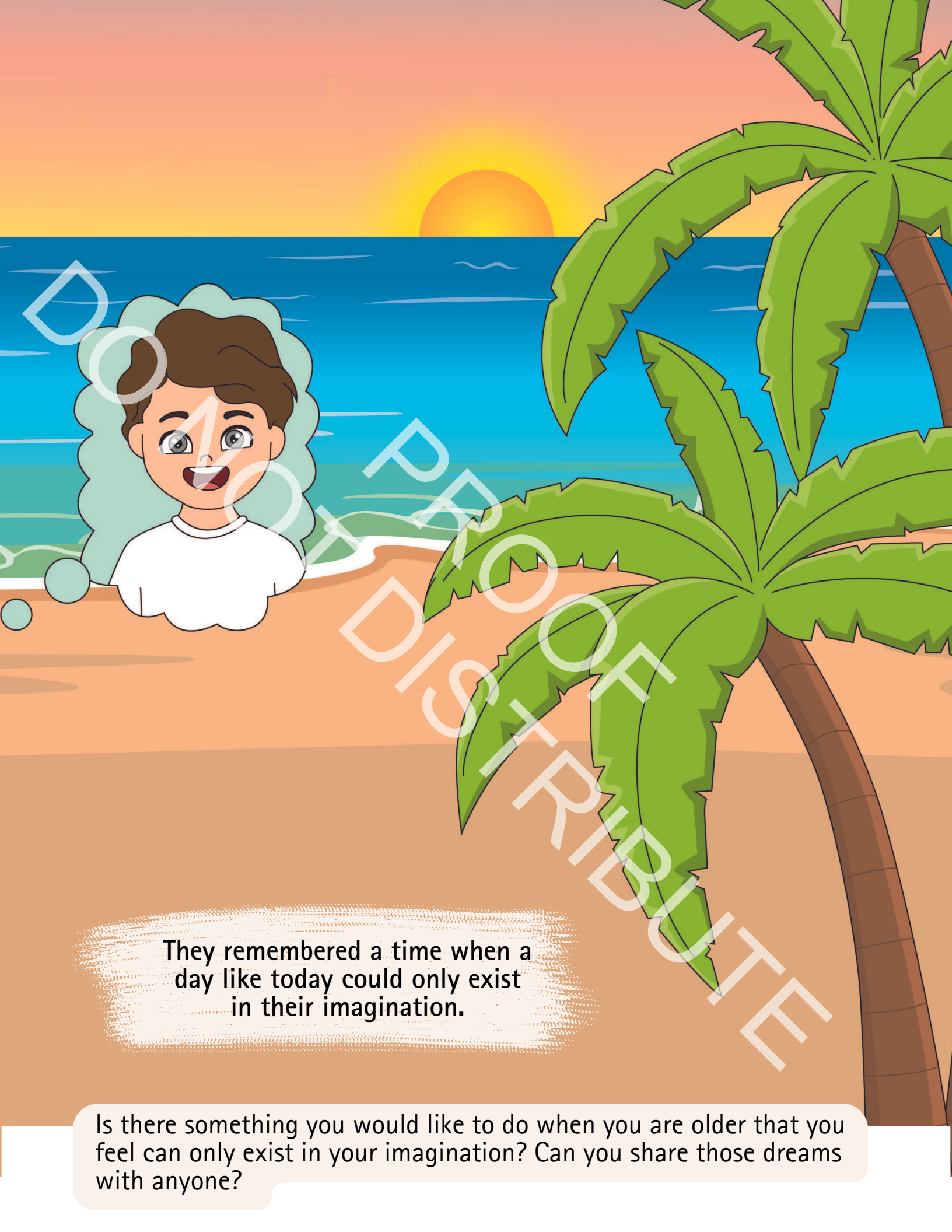
Traffic crawled slowly with no end  
in sight, When Daddy Y said "Look  
an octopus to our right!"



As the sun began to set.  
Daddy Y placed his hand  
on Daddy B's wedding band.  
They both exhaled in relaxation.



How do you think they are feeling here? Why do you think they believed that a day like today could only exist in their imaginations when they were young?



They remembered a time when a day like today could only exist in their imagination.

Is there something you would like to do when you are older that you feel can only exist in your imagination? Can you share those dreams with anyone?

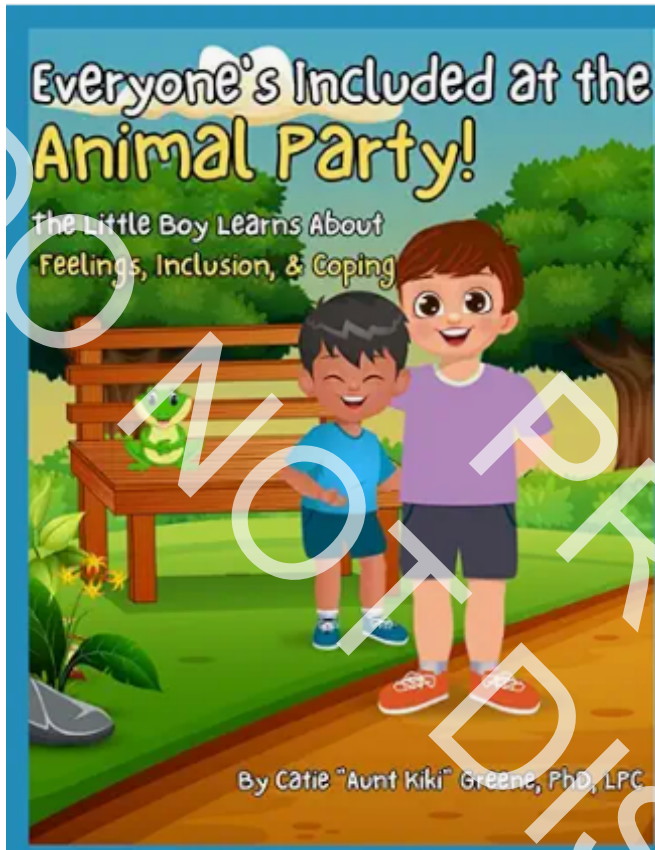


**Check out more from the author!**

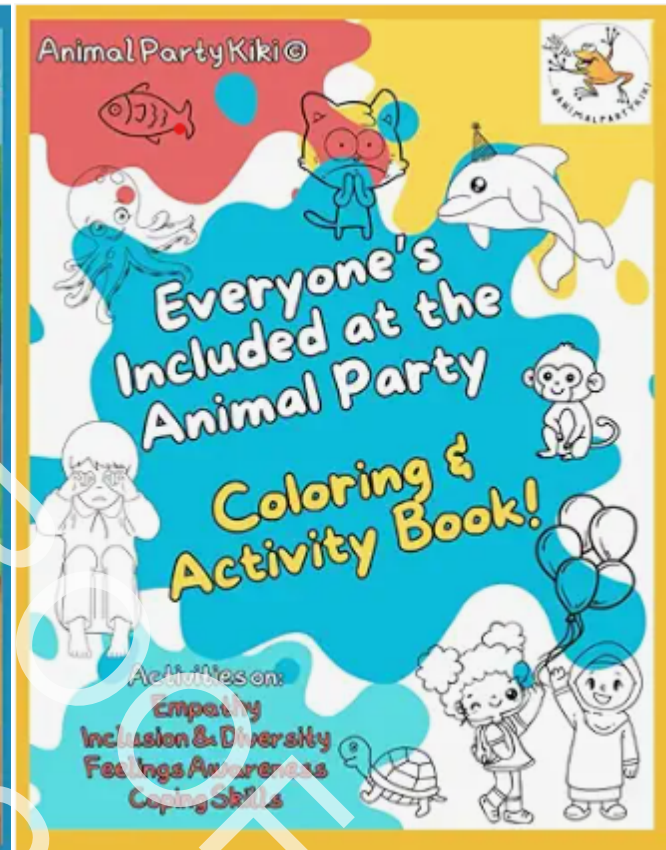
**The Everyone's Included at the Animal Party series is for kids to learn socioemotional skills in the context of diversity, equity, and inclusion. The series can be found on amazon.com and other retailers.**

**Follow @animalpartykiki on Instagram for more!**

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



In *The Little Boy Learns about Feelings, Inclusion, and Coping*, 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.



*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.