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Abigail the Whale (Hardback)

By Davide Calai

Owlkids, 2016. Hardback. Condition: New. Translation. Language: English . Brand New Book. Abigail dreads swimming lessons. Every time she dives into the pool, she makes a big splash, and all the girls in her class shout: -Abigail s a whale!- Abigail can see that she is larger than the other girls. She feels huge, heavy, and out of place. Abigail s swimming teacher takes her aside and points out: we can change how we see ourselves. He offers a creative visualization technique she can use to feel bolder, more confident, and more accepting of herself. Abigail tries it out in challenging situations that week--walking home in the dark, eating her vegetables, trying to fall asleep. Illustrations in the book show her perspective morphing powerfully to match her new thought patterns. Next time she s in swimming class, instead of feeling heavy, Abigail thinks sardine, eel, barracuda, shark! She starts to figure out how to draw on mindfulness, creative thinking, resilience, and positive self-esteem to embrace exactly who she is. This picture book supports social/emotional learning and serves as a perfect jumping-off point for topics like bullying, empathy, confidence, and creative problem solving. LEVELING Grade Range: K-4 Fountas Pinnell: K Reading...



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Reviews

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