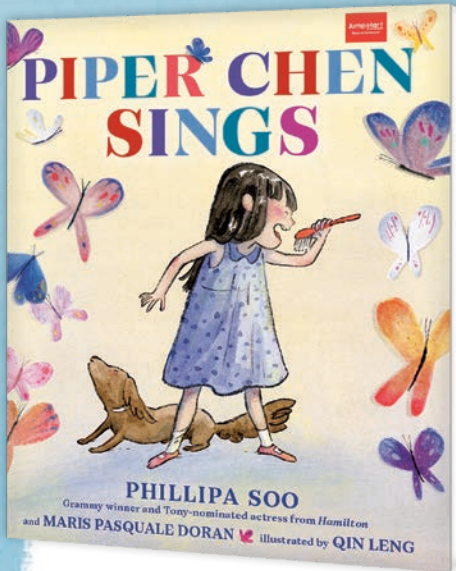


CLASSROOM READING AND ACTIVITY GUIDE



BUILD VOCABULARY

Providing a simple explanation for words that a child may not be familiar with can help build their language skills. You can describe the meaning of a word, point to an illustration, or use your tone of voice to convey the word's meaning.

Here are some words to talk about while you read

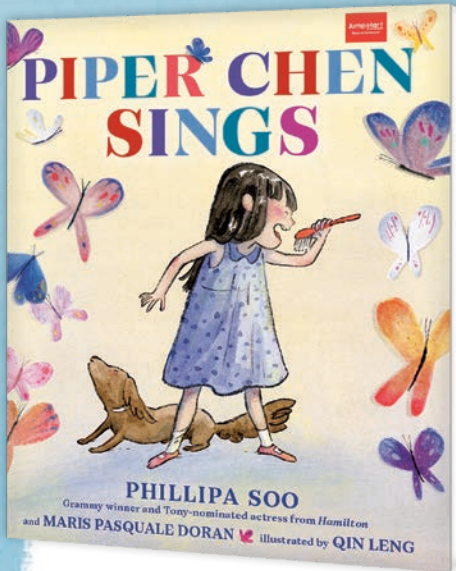
Piper Chen Sings:

- 🦋 **Twirl:** to spin in circles
- 🦋 **Tune:** song
- 🦋 **Orchestra:** a big team of musicians who play different instruments together to create beautiful music
- 🦋 **Whistle:** a sound produced by forcing breath between lips
- 🦋 **Focused:** paying close attention to one thing without getting distracted
- 🦋 **Chorus:** a group of singers
- 🦋 **Vibrating:** when something shakes or wiggles rapidly
- 🦋 **Solo:** a single voice singing
- 🦋 **Recital:** a public show where people perform what they've been practicing
- 🦋 **Reflection:** the production of an image as if by a mirror

ACT IT OUT: BUTTERFLY LIFE CYCLE

Set up a play area where children can act out the different stages of a butterfly's life cycle. Create stations or areas for each stage. For example, you could have an egg-laying corner with plastic eggs, a munching area with construction paper green leaves and pipe cleaner caterpillars, a chrysalis space with a hanging cloth or sheet, and a butterfly garden with flowers and butterfly wings. Encourage children to take on different roles, pretend to be butterflies, and act out the various stages. This activity promotes imaginative play, social interaction, and a deeper understanding of the butterfly life cycle.

CLASSROOM READING AND ACTIVITY GUIDE



FAMILY PICTURE FRAMES

Piper has a beautiful relationship with her nai nai (grandmother) that empowers her to conquer her fears. Help children make and decorate a picture frame using popsicle sticks. Attach a family picture or invite children to draw a family picture to add to their frame. Talk with children about the people in their families and the family members who make them feel capable of conquering their fears.



DRAW YOUR HÚDIÉ (BUTTERFLIES)

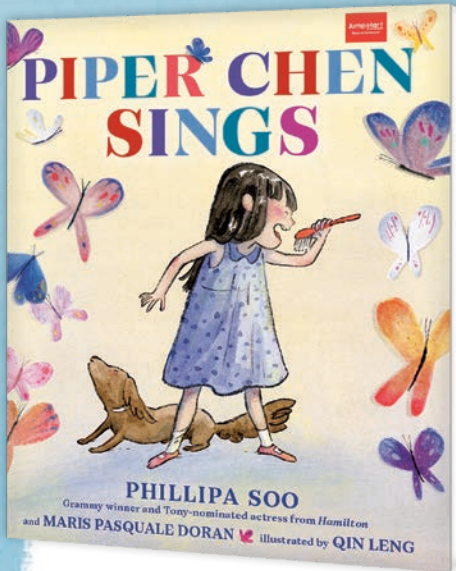
Naming feelings and emotions is a foundational social-emotional skill. Open the book to the page where Piper stands on the stage and says hi to the húdié. Invite the child you are with to draw a picture of a time when they felt a sense of nervousness, uncertainty, or excitement. Children could draw an event that has already happened or something they wonder about in the future. Talk together about their emotions and label them. Notice what the child did to navigate their emotions or discuss strategies they might try next time.

PAPER BUTTERFLIES

Using colorful paper, glue, scissors, pipe cleaners, and a stencil, help children create and decorate paper butterflies. Ask children, “What are some things that make you feel like butterflies are in your stomach?” Validate their emotions and experiences while discussing how the child can navigate them.



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KARAOKE

Turn on some music for you and the children to sing and dance to! Use props like microphones to get into the spirit!



FURTHER READING OPTIONS

Books About Being Afraid:

- 🦋 *B Is for Breathe: The ABCs of Coping with Fussy and Frustrating Feelings* by Dr. Melissa Munro Boyd
- 🦋 *My Mind Is a Mountain* by Cindy Montenegro
- 🦋 *My Monster and Me* by Nadiya Hussain
- 🦋 *As Brave as a Lion* by Erika Meza
- 🦋 *Jabari Jumps* by Gaia Cornwall

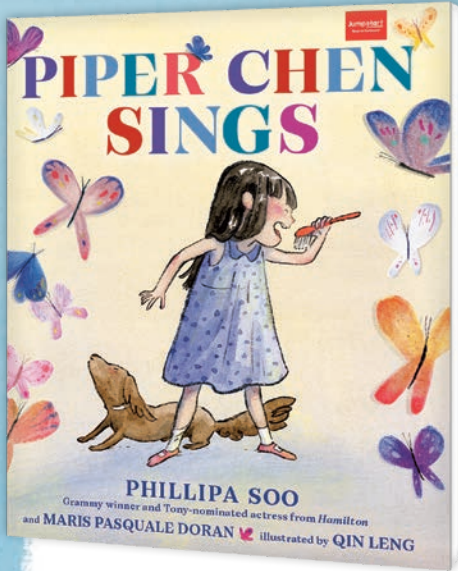
Books About Performing:

- 🦋 *Etta Extraordinaire* by Roda Ahmed and Charnaie Gordon
- 🦋 *Danbi Leads the School Parade* by Anna Kim
- 🦋 *Timid* by Harry Woodgate
- 🦋 *Téo's Tutu* by Maryann Jacob Macias
- 🦋 *Finding My Dance* by Ria Thundercloud

Books to Learn About Chinese Culture:

- 🦋 *Amy Wu and the Ribbon Dance* by Kat Zhang
- 🦋 *Grumpy New Year* by Katrina Moore
- 🦋 *Scroll* by Hui Li
- 🦋 *Ten Blocks to the Big Wok* by Ying-Hwa Hu

CLASSROOM READING AND ACTIVITY GUIDE



BUTTERFLY BOX BREATHING

When you're feeling nervous, try saying "hello" to the butterflies in your belly. Then use your finger to trace the butterfly paths. Breathe in for a count of four, hold for a count of four, breathe out for a count of four, pause for a count of four.

