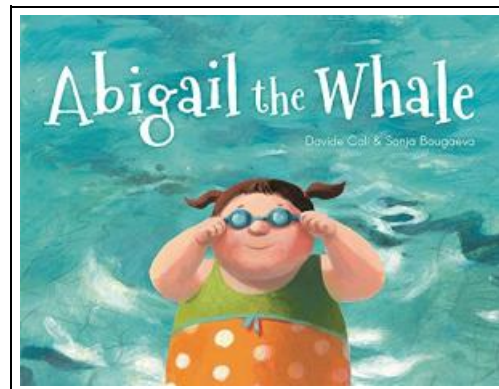


Abigail the Whale (Hardback)



Filesize: 6.43 MB

Reviews

This created book is wonderful. This is for all those who statte that there was not a worth reading. Your way of life span will likely be enhance as soon as you comprehensive looking at this publication.
(Jesse Yundt)

ABIGAIL THE WHALE (HARDBACK)



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 Recovery: 18 Lexile: AD 430L COMMON CORE RF.2.3,3c,3d,3e,4,4a,4c W.2.1,3,5,6,7,8 L.2.3,4,4a,4d,5,5a,5b,6 SL.2.1,1a,1b,1c,2,3,4,6 RL.2.1,2,3,4,5,6,7,10.



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