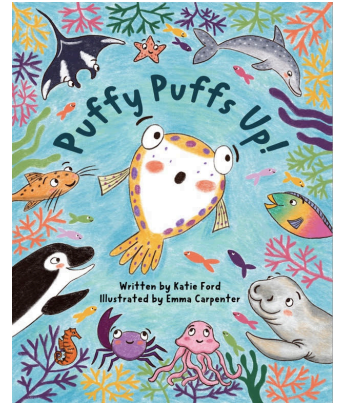


PUFFY PUFFS UP!



HERE ARE SOME PUFFY-THEMED ACTIVITY IDEAS

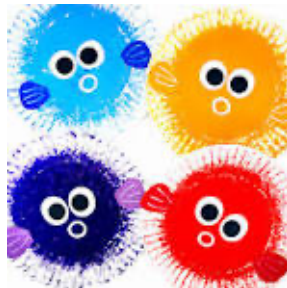
ARTS & CRAFTS ACTIVITIES

1. Paper plate pufferfish

Decorate your own paper plate pufferfish using paints/crayons/colouring pens.

What colour will your pufferfish be? Why have you chosen that colour?

How is your puffer feeling? Can you capture this emotion in your puffer's facial expression.



2. Paper fan pufferfish

<https://youtu.be/iFNeR12XJjU?si=w1B2iSdqX7Y5WERq>

You will need paper, string and glue.

Make Puffy with yellow & white paper, pink and purple spots or design your own puffer!

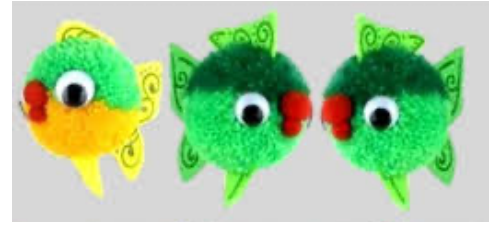
3. Draw Puffy or design your own pufferfish! You could draw a puffed up pufferfish on one page and a relaxed pufferfish on another.

You could write or draw the things that make you puff up and things that make you feel calm!



4. Pom Pom Puffers

You will need wool, glue and eyes.



Step by step example:

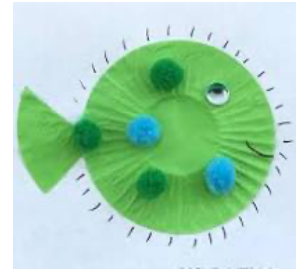
<https://onelittleproject.com/pom-pom-fish/>

5. Paper cup cake holder puffers

Step by step example:

<https://simplytodaylife.com/pom-pom-puffer-fish/>

You will need paper cup cake holders, pens, pom poms, eyes and glue.

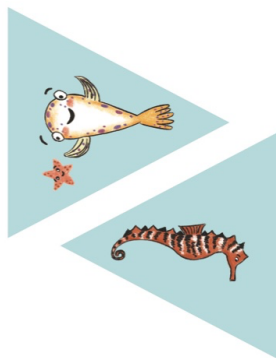


6. Design a seahorse!

Seahorses are such colourful creatures! You could draw and colour in your own seahorse. Will it have a smooth or spiky back? What type of fin(s) will it have? Will it have horns? Will it have a curly tail? You could draw two versions, one before and one after your seahorse changes colour!

7. Puffy bunting

It helps Puffy to have a visual reminder in her classroom of the strategies that help her to feel calm. You could make bunting to help you remember too!



There is some ready-made bunting in *The Puffy Activity Book* that you could cut out and stick to ribbon or string.

SCIENCE ACTIVITY

The **pufferfish balloon activity** is a science experiment that demonstrates how vinegar and baking soda react to inflate a balloon. The reaction produces carbon dioxide gas, which fills the balloon.



How to do the activity:

1. Put a sealed bag of vinegar inside a balloon.
2. Decorate the balloon to look like a pufferfish.
3. Add baking soda to the balloon without mixing the two ingredients.
4. Stomp on the balloon to burst the vinegar bag and inflate the balloon.

What you'll need?

Balloons, baking soda, vinegar, gloves, and a Sharpie.

What happens?

The vinegar and baking soda react to create carbon dioxide gas. The gas fills the balloon because it can't escape through the balloon's seal. The balloon inflates, mimicking how a pufferfish inflates.

LITERACY ACTIVITIES

1. Puffy-themed activity sheets

You are welcome to print and use the PDF activity sheets from *The Puffy Activity Book*. These include a mindful colouring sheet, wordsearch, code cracker, crossword, maze and other activities that help children to develop their use of self-regulation strategies.

2. Write a poem inspired by *Puffy Puffs Up!*

This could focus on a character or idea from the story or you could write about your own strong emotions and how these make you react. You could write a poem filled with positive mantras then you can read it whenever you need to feel good about yourself!

Title ideas: *I can ...* *Things that make me me!* *When my feelings rise up ...*

You could write an acrostic poem using the name of your favourite sea creature or you could use an empowering phrase like "I can achieve".

3. Create your own story

Can you think of an animal or sea creature that has a cool or unusual characteristic? Does this remind you of anything that people do, e.g. a spiky porcupine captures that prickly feeling you might have when others come too close and you're just not in the mood, a clam peeking out from inside its shell might capture that feeling when you're shy or embarrassed.

Have a go at writing your own story with animal or sea creature characters – it's so much fun!

4. Make a fun fact sheet about an animal or sea creature of your choice

Research is really important when writing any book. You could create your own fact sheet about an animal or sea creature of your choice. I found out some great facts through the process of writing *Puffy Puffs Up!* and those are incorporated in the story so that readers can learn them too! My favourite one was finding out that manta rays can communicate with each other using their horns. I love using British Sign Language (BSL) so I was delighted to find a way of including signing characters in my story!

AUDIO-VISUAL ACTIVITY - MEET THE ILLUSTRATOR!

Check out the 33-minute-long video created by Emma Carpenter, illustrator, about the process of illustrating *Puffy Puffs Up!*

How to illustrate a picture book - <https://youtu.be/z07m9CzdVno?si=gi04jxcWtXHHSOmE>

What were some of the challenges that Emma faced when bringing *Puffy* to life? How did Emma overcome those challenges? Would you want to be an illustrator one day? Why?

