



# Coltale's

## NEWSLETTER

### WINTER 2024



## Book for the Winter



This book tells the story of Gretel starts to feel a little overwhelmed and learns that the bravest thing a mammoth can do is ask for help. The story demonstrates the importance of talking about and sharing our feelings. Talk to your child about feelings. Talk about times when they felt excited, surprised or left out. After reading a story together, ask open-ended questions about how Gretel might be feeling at different points in the story and why? This will help your child gain insights on empathy and learn how to understanding others' emotions.

In association with  
Dolly Parton's  
Imagination  
Library!

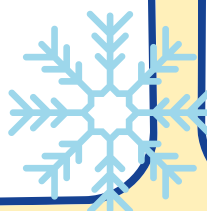


## Activity



Put small plastic toys in a small container and fill it with water. Put it in the freezer overnight. Encourage your child to try and get the toys out of the ice just like Gretel does!

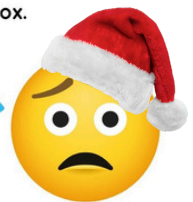
Talk to your child about which tools are the best to use and why.



## Activity



Can you tell their emotions? Choose from the words on the box.



sad  
angry

worried  
silly

happy  
tired