

Caterina and the Perfect Party - Reading Guide

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Themes: unexpected change, psychological flexibility

Lesson/Notes: *Sometimes things don't go the way we expect or plan. That can feel disappointing. It's helpful to make plans, but it's okay to do things differently when plans don't work out like we had hoped.*

Discussion Questions

- *Did Caterina's party go as she planned? (no)*
- *What is more important than food or decorations or perfect plans? (friends)*
- *How did Caterina's party end up? (fun, better than she could have planned)*

Activity: Lego Building Plans

Supplies: Legos (or other building blocks)

- Provide most of the blocks available for child to use for building. Save the rest of the blocks for later in the activity.
- Give child a minute to plan before they start to build. Encourage them to think about which blocks they will use for what parts of their building. Older children may want to sketch out their plans.
 - Note: A warning may be needed for children who struggle with psychological inflexibility (e.g. angered easily by sudden or small changes in routine or plans). For example, you might say, *"We are going to practice responding well to change. I am going to change something while you are building, and your job is to keep calm and find a way to work with the change."*
- Start building! After the child has been following his/her plan for a few minutes (or approximately halfway through), disrupt the child's plan:
 - *Oh no! A big storm blew away some of the construction materials. You were able to buy some new materials, but they are different from what you had earlier. Can you change your plan and use the new blocks for your building?*
 - Take away some of the blocks the child has been using. Replace them with different blocks reserved from the beginning.
- Discuss how it felt when the activity changed and how the child responded. Was (s)he still able to make a cool creation even though there was an unexpected change? Hopefully yes!