



Raj's Rule for the Bathroom at School Teaching Guidelines

Created by author and early childhood educator, Lana Button- author of *Raj's Rule for the Bathroom at School (Owlkids)* illustrated by Hatem Aly

Let's Brainstorm:

Things That are Hard to Do

Getting out of bed in the morning when you are tired

Taking medicine

Eating food that you don't really like

Saying goodbye to a parent at the school gate

*What can you add?

Encourage students to share strategies for how they get through uncomfortable situations. This can empower the child, can provide tips for their friends, and can further illustrate that we all face difficult situations.

Strategies that make it easier

Let's Make a List:

"AFTER I have faced something hard, and I've done it anyway, I feel..."

Encourage might suggest feeling proud, happy, excited, relieved, more comfortable, ready to play.

Tell Your Own Story

Using the "Things that are hard to do" Brainstorming ideas, write a story (Or draw and label pictures, for younger students) of someone facing something that is hard for them. Show what their day is like when they are avoiding it. Then show them overcoming it and how proud they feel when they "do it anyway." Share these stories with your class.

Let's Get Creative

Design a diagram of the perfect school bathroom!

Provide each student with paper and encourage them to let their imaginations go wild in designing the perfect school washroom. What colour would the walls be? Would you put a flat-screen TV on a wall or add a video console? Have students label their diagram.

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