



### **DISCUSSION QUESTIONS**

Questions can be discussed with children under 3rd grade, and older children can develop answers to respond. These are built to spark conversations.

- When Little Bear got dressed, he added so many items of clothing, but what happened in the end?
- When Little Bear thought that Mother forgot his birthday, how did he react? Was he happy in the end?
- Little Bear likes to pretend. What was your favorite part of his trip to the moon?
- Little Bear says goodnight at the end of the book after his mother tells him a story. What do you like to do before bed to help you get in the mood for sleeping?



### **ACTIVITY 1 - Birthday Soup**

This recipe is modified from one by “Cookabook” - a group of cooks who pair books with really yummy recipes! They made Little Bear’s soup and perfected the recipe for us! Because this recipe requires chopping and a stove, you should get help from someone with kitchen experience and permission from your adult. It’s also vegan!

Tsp = teaspoon      tbsp = tablespoon

You will need:

- A large saucepan
- A knife and chopping board
- 2 tbsp olive oil
- 1 large yellow onion, chopped
- 2 carrots, chopped
- 2 celery stalks
- 3 14.5-ounce cans low-sodium chicken broth
- ½ pound Yukon gold potatoes, peeled and cut into 1-inch chunks
- 1 tbsp fresh thyme leaves or 1 tsp dried thyme
- ½ t kosher salt
- 1 14.5 oz can diced tomatoes
- 1 cup frozen green peas
- bread for serving

Directions:

1. Chop the onions, carrots, and celery into small pieces, about the size of a pencil eraser
2. Cut the potatoes into pieces a little bit larger, about 1” or the size of a bouncy ball
3. Heat the oil in a large saucepan or pot over medium-high heat. add the onion, carrots, and celery and cook until softened but not browned, about 5 minutes.
4. Add the broth, 1 cup of water, the potatoes, thyme, and salt. Bring to a boil.
5. Reduce heat, cover partially, and simmer for 15 minutes.
6. Add the tomatoes and peas and return to a simmer, and cook until the vegetables are tender, 5 to 10 minutes.
7. When everything is hot, serve it with bread or crackers, and sing “Happy Birthday” to Little Bear (and anyone else you so desire!)



**ACTIVITY 2 - Flight Plan**

Where would you go if you could fly?

Well, now is your chance! Put on your flight suit (make sure you have a helmet if you are going into space) and head outside to fly!

Make sure that you observe things during your flight. What is that over there by the house? Is it a bird like the birds that live near you, or is it a different kind of bird?

Does the sky look different?

Is the weather the same?

What else do you see in this new place?

Have you met anyone that is the same as people back home?

What else do you notice?

When you get back home, tell someone the story about your flight adventures!