

My Heart Fills with Happiness Class Book Lesson  
 Created by Anja Dressler, 2018 Werklund Graduate

Resources used and possible concerns	Picture/board book My Heart Fills With Happiness by Monique Gray Smith and illustrated by Julie Flett.
Author/creator and/or literature background	<p>Julie Flett</p> <ul style="list-style-type: none"> <li>- Is Cree and Metis</li> <li>- Has both written and illustrated many children’s books</li> </ul> <p>Monique Gray Smith</p> <ul style="list-style-type: none"> <li>- Is Cree, Lakota, and Scottish</li> <li>- Her books have been nominated and won numerous awards, such as the 2014 Burt Award for First Nation, Métis and Inuit Literature, and the the TD Canadian Children’s Literature Award</li> </ul>
UPE course connections (not exhaustive)	<p>EDUC 435</p> <ul style="list-style-type: none"> <li>- This lesson where students read and respond to literature by creating their own book pages fits well into this course. My Heart Fills with Happiness is an example of diversity in literature that is an important part of EDUC 435.</li> </ul> <p>EDUC 450</p> <ul style="list-style-type: none"> <li>- In Diversity in Learning, pre-service teachers learn about the importance of representing a multitude of races, backgrounds, and genders meaningfully in the classroom. This lesson is an example of how teachers can begin to bring Indigenous families and cultures into their classroom, such as the young girl in this book and how she is fulfilled and loved by her family.</li> </ul> <p>EDUC 460 and EDUC 535</p> <ul style="list-style-type: none"> <li>- Many specializations involve either younger students, or finding opportunities to facilitate students responding and interacting with literature. Also, by using the book to showcase Indigenous art and allow students to create their own, this lesson plan also fits into the fine arts specialization.</li> </ul>
K-12 connection	<ul style="list-style-type: none"> <li>- Target age range: grades 1-3. While this book easily suits younger audiences, the extension of creating a class book requires students to write a sentence (or more), which means that even if they are copying, it is too much to ask of kindergarten aged students.</li> <li>- Subjects: language arts, fine arts, health</li> </ul>
Materials	<ul style="list-style-type: none"> <li>- My Heart Fills With Happiness book</li> <li>- Art supplies (crayons, pencil crayons, paints, etc)</li> <li>- Pre-cut squares of paper</li> </ul>

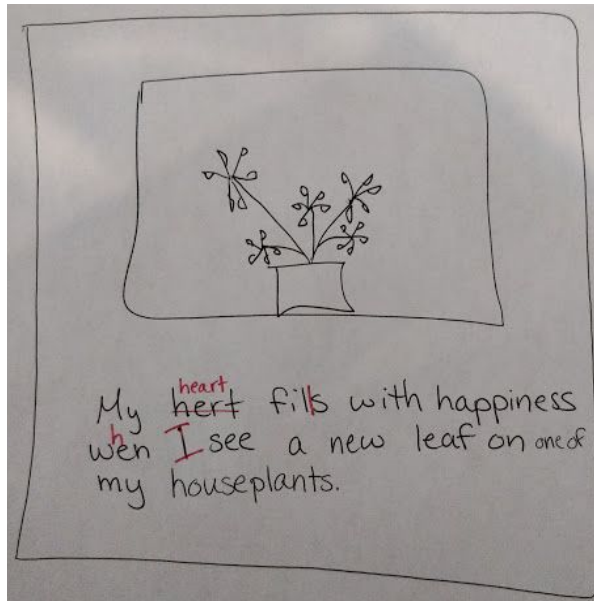
	<p>- Binding material (yarn, staples, etc)</p>
<p>Rational</p>	<p>Big idea: Build community and emotional awareness by leading the example of the young girl in the book.  Purpose: Students engage with the importance of nature, family, and food (specifically bannock) to Cree culture as they contemplate happiness in their own lives.</p> <p>This lesson and book is an easy fit into language arts, art, and health in division 1 (grades 1-3). By reading about a young, happy girl, students can identify with her and see the value in her life and traditions. Many versions of this book are also dual-language books, where either the teacher can read the Plains Cree, or coordinate with a recording so that students can listen to both languages. This adorable video includes the book being read to a little baby in Cree  <a href="https://www.youtube.com/watch?v=4v2kuQLu_Ss">https://www.youtube.com/watch?v=4v2kuQLu_Ss</a> Here is the author reading her book in English:  <a href="https://www.youtube.com/watch?v=Hu1oeuDlikg">https://www.youtube.com/watch?v=Hu1oeuDlikg</a></p> <p>OPTION: It is great for students to learn and embrace languages. Depending on their background, they may have little to know knowledge of languages other than English, so teaching students about Plains Cree, one of the languages that the book comes in, is a great learning opportunity. This website has some pronunciation guidelines, it may be a good activity to practice reading one of the pages together  <a href="http://www.native-languages.org/cree_guide.htm">http://www.native-languages.org/cree_guide.htm</a>.</p>

Lesson/activities

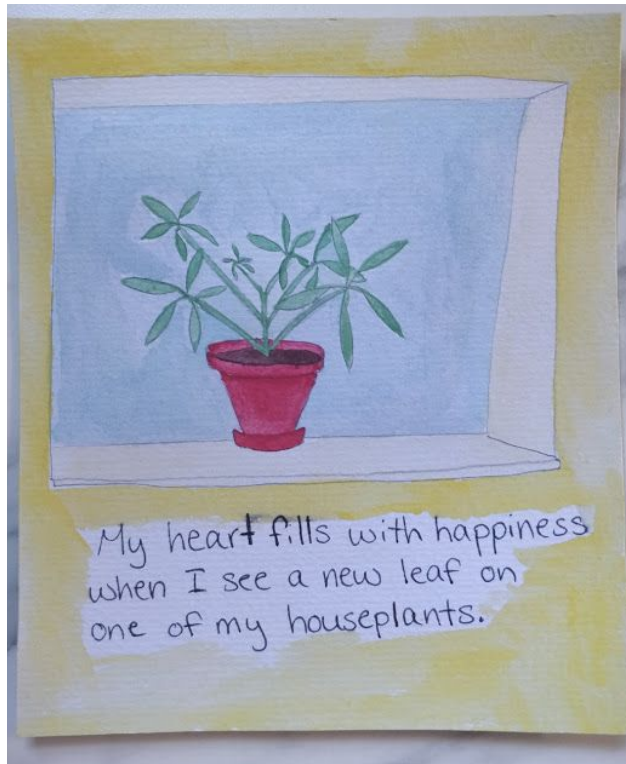
1. Read My Heart Fills With Happiness together as a class. There are many options for reading, such as reading the English, watching a read aloud in English, or even watching the Cree version as well [https://www.youtube.com/watch?v=4v2kuQLu\\_Ss](https://www.youtube.com/watch?v=4v2kuQLu_Ss)
2. Discuss as a class, perhaps creating a mind map together, what makes the characters in the book happy, and what makes the students happy.



3. Now it is time to create a class version of the book! Show students a page that you have created (such as below), and let them know that each student will be deciding what they want to share that fills their heart with happiness in a sentence and illustration. Before students write anything down or do any art, have them sit in a circle and go around the circle completing this sentence: "My heart fills with happiness when..." Students can plan their pages by completing a draft where they can have their spelling and grammar proofed. With a draft first, students will be able to use their time more wisely once the art supplies come out.



4. With their drafts close by, students can each create their book page on “good” paper, such as with watercolours. Let students know how you will be binding the book so that they leave enough room on the left side (such as for punch holes).



5. Bind the book together with a nice cover and then finish the project by doing a read aloud of your class book!

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Supporting Sources (APA):

Flett, J. (n.d.). About. Retrieved from <https://www.julieflett.com/contact>

Gray Smith, M. (n.d.). About. Retrieved from <https://www.moniquegraysmith.com/about>