

# Teaching and Reading Guide

# HUGLESS DOUGLAS



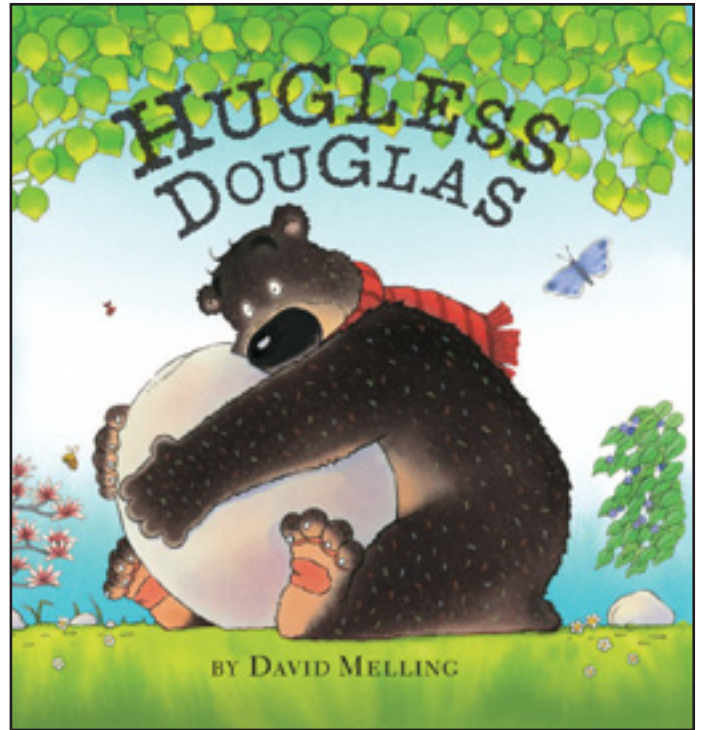
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# HUGLESS DOUGLAS

by David Melling



## Synopsis:

Douglas the bear wakes up in need of a friendly hug. Off he goes in search of someone (or something) who can honor his wish. He tries everything from rocks to leaves to a flock of sheep, but no one and nothing is able to give Douglas the hug he needs. Finally, Douglas is lead to . . . his mommy! Douglas finds exactly what he needs and learns that the best hugs come from the ones he loves most (and the ones who love him)!

## Content Themes:

- **Love:** We all need love. It is a basic human (and bear) need. Douglas needs love in the form of a big bear hug and searches until he finds it. Ask: What is love? This open-ended question evokes genuine (and sometimes funny) answers. Be prepared to take notes!
- **Perseverance:** Douglas does not give up. He tries again and again to find the hug he needs, and his determination pays off in the end. Ask: Can you think of a time when something didn't come easily to you, and you had to work and work?
- **Home:** We don't need to go far to find the love we need. Douglas searches high and low and finally realizes that what he needs is close to home—a hug from his mommy!

## Extension Activities:

- Greetings, Earthling!
- Bear Hug Cards
- What's My Hug?



# Activity 1 – Greetings, Earthling!

## Objective:

Students will learn about different ways of saying hello. They'll discuss familiar, international, and regional greetings. Then they'll create their own greetings with partners.

## Materials:

- Just yourselves!

**Time:** 20-25 minutes

## Directions:

1. Talk with the students about greetings. Ask: How do we say hello to our grandparents? How do we greet our best friends? How do we greet our principal?
2. Together, explore and demonstrate lots of greetings including waves, peace signs, hand-clap games, high fives, shy smiles, handshakes (firm and not-so firm), etc. This activity can be really fun if everyone has a chance to greet and be greeted.
3. Share greetings from other cultures—China: nod or bow; India: press palms together and nod (called “Namaste”); Japan: bow from the waist with heels together. Ask if anyone knows of other greetings from different countries (“hola”) or regions of the US (“howdy”).
4. Now ask students to imagine that they are not only from another place, but from another planet! Tell them to find a partner and create a brand-new greeting that is used on their home planet.
5. They will then demonstrate their greeting to the class and teach everyone how to do it.
6. If time permits, ask two students to come to the front of the class and pretend to be aliens that don't know how to hug. They also don't know English. Now ask the rest of the students to individually explain to them how to perform this greeting. (It's not as easy as it sounds!)



# Activity 2 – Bear Hug Cards

## Objective:

Students will create a bear hug card for someone they think could use a hug.

## Materials:

- Construction paper
- Scissors
- Glue
- Tape
- Crayons and markers



**Time:** 35-40 minutes

## Directions:

1. Ask the students to trace their hands onto construction paper and then cut them out. (Age depending, this could be a tricky task.) The cutting doesn't have to be exactly around each finger; it could be mitten-style.
2. Have students choose another piece of construction paper in a different color and fold it in half to make a card.
3. They'll then glue the cut-out hands to both sides of the front of the card, so the card looks like it's offering a hug to the recipient.
4. In the middle of the hands, students can tape a pre-made certificate that states "GOOD FOR ONE FREE HUG" and the name of the person who will receive the card.
5. On the inside, students can write a thoughtful note, such as "A Big Bear Hug for You!"



# Activity 3 – What’s My Hug?

## Objective:

Using the pictures of various hugs in the back of *Hugless Douglas*, students will participate in a game of Hug Charades. Then, they’ll all play Hug Tag together.

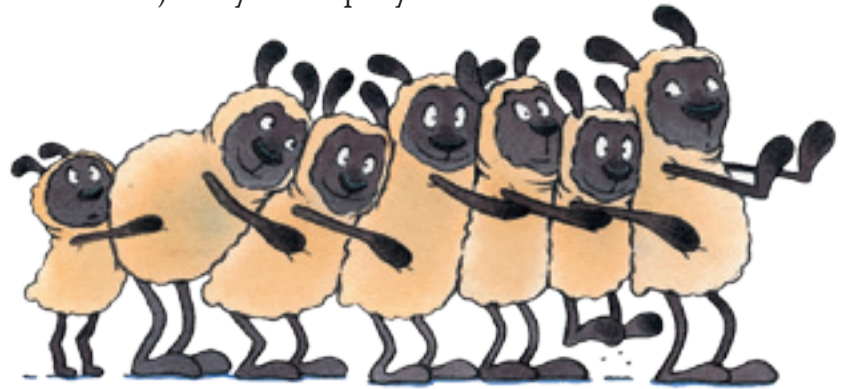
## Materials:

- A copy of the book, *Hugless Douglas*

**Time:** 20-30 minutes

## Directions:

1. As a class, study the different types of hugs depicted in the back of the book.
2. Assign partners and ask them to choose one of the hugs. Warn students not to tell which hug they’ve picked.
3. Partners then take turns coming to the front of the class to perform their hug without talking (or giggling, if possible)!
4. The rest of the class will try to guess which hug each pair is performing.
5. When everyone has had a turn, students can switch partners and try another kind of hug.
6. If time permits, organize a game of Hug Tag, which is just like Blob Tag.
7. One student is “it” and runs around tagging the others. Whomever gets tagged, or “hugged,” becomes part of the Hug Team and has to hold hands with those who’ve been tagged.
8. The game ends when everyone is part of the Hug Team and all are holding hands. This game is extra fun if the teacher plays!



# More Fun Activities

## Related Reading:

- *Big Bear Hug* by Nicholas Oldland
- *The Giant Hug* by Sandra Horning
- *HUG* by Jez Alborough
- “Hug o’ War,” a poem by Shel Silverstein
- *A Very Special Hug* by Steve Smallman



## Bulletin Board Idea:

Create a bulletin board with the title “Greetings, Friends!” Post photos of students greeting each other in both familiar and made-up ways, as well as pictures of greetings from around the world. This board can also be used to show examples of good character. Include sayings like “To get a friend, be a friend!” and “Be the first to say hello!”

## Journal/Notebook Question:

If an alien from another planet came to your house one day, how would you greet them? What would you say, and what would you show them?

## P.S.:

National Hug Day is January 21<sup>st</sup>! You could time the introduction of *Hugless Douglas* and its activities accordingly.



Also, while some kids love to be hugged by classmates, others might feel silly or even embarrassed. Be sensitive to your students’ comfort levels when it comes to activities that involve contact such as hugging.

