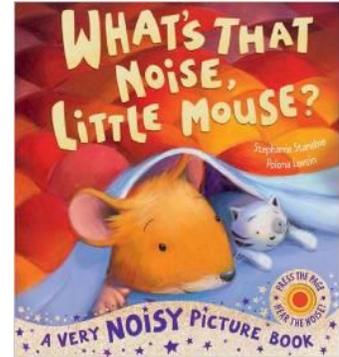


# What's That Noise Little Mouse?

By Stephanie Stansbie & Polona Lovsin

*“Little Mouse is tucked up in bed when suddenly he hears a strange sound: 'TOO-WHOO! TOO-WHOO!' He tiptoes through the house to find out what it is, but there are scary noises and shadows everywhere! 'CREEEEAAAANK! RATTLE! RATTLE!' What can they be? Is there a ghosty coming to get him?” – GoodBooks*



Before you read the book talk about how some noises sound scary. Give some examples of what noises sound scary but are not scary once you see what is making the noise (ex. Footsteps on the floor when in the basement, a crying baby, a frying pan sizzling). Ask the children what they did when they were scared. Did they get an adult for help? How did they help themselves to feel calm again?

**Art:** Create noise makers with jars, bottles, or boxes. Make sure the container is not see-through so that when it is shaken you cannot see what's inside. Get the children to add small familiar objects (pasta, rice, beads, rocks etc.). Have the children guess what is making the noise. Talk about how some of the noises sound loud or scary, then ask if the things inside are scary too.

**Gross Motor:** Make a rainstorm using your body while sitting on the floor. Staff can lead the children to do each of the following actions for about 5-10 seconds each:

- Rub hands together
- Snap fingers
- Clap hands
- Slap thighs
- Stomp feet
- Slap thighs
- Clap hands
- Snap fingers
- Rub hands
- Hands on lap

Talk about how some of our actions with our hands were quiet and some were loud. Ask the children if the rainstorm was scary at the beginning, middle, and end.

**Games:** Create a matching game using the pictures in the book. Have the children work together to have one child press the sound button while another child guesses what picture is making the sound.

**Sensory Play:** Go on a noise hunt in the room. Find things in the environment that make noise. Talk about the noises they hear and how they feel when they hear them. After the noise hunt, turn off the lights and listen to the same noises again. Ask the children if the noises sound the same. Do they feel the same when they hear them in the dark vs the light.

Help the children to think of ways to calm themselves when they are scared. They can look at the visuals for ideas (deep breathing, get an adult, hug a teddy bear, count to 10 etc.). Offer the children a copy of the visuals for them to take home for them to look at in bed when they are feeling scared.

### Include Families!

Send a message or note home to parents to talk about the noises in their house. Listen to things like the furnace, the dishwasher/washing machine and the neighbours through the window. Encourage the parents to talk to their children about the noises in their house and how some things sound scary but are helpful to keep their house warm, their clothes clean etc. Include a resource for parents to read and use with their children at home by ordering it online, <http://www.amazon.com/Whats-That-Noise-Little-Mouse/dp/B0085SJM76>, or at their local library.

