



LOOKING AFTER ME

By Denise Lecoy

A young quail learns from his mother that everyone's heart has a special place that helps them feel happy or sad. He learns from his father that everyone has a sacred circle around them that no one can enter without permission. Together, they teach the young quail to stay close to his parents until he grows up. Then it will be his turn to look after other young quails, keeping their sacred circles safe.



WITS Connection: Talk it out, Seek help

Questions and Activities



PRE-READING ACTIVITY

- Learn more about different types of quails by performing a search for the term "quail" at www.enature.com/fieldguides/ and browsing through the results.



PRE-READING QUESTIONS

1. What is a quail?
2. Why are both birds crying on the front of the book?
3. Why do you think the book is called *Looking After Me*?
4. What are some ways you look after yourself? What do you need help with in order to look after yourself?



POST-READING QUESTIONS

1. What does Baby Quail do when he feels happy? *He loves to dance and twirl.*
2. What does Father Quail say about Baby Quail's dancing and twirling? *This is your sacred circle.*
3. When do you like people to respect your personal space?
4. What happened when Baby Quail was angry? *He said mean words to his mother.*
5. How did Mother Quail use her WITS after Baby Quail said those mean words? *She talked it out, telling him it wasn't okay to try to hurt her with mean words.*
6. How did Brother Quail use his WITS when Yellow Dog tried to steal one of his feathers? *He sought help by yelling loudly to draw attention and then going to his mother for comfort.*



POST-READING ACTIVITIES

- Distribute the [Quail Family handout](#) and ask students to draw a speech bubble above the head of each quail to describe how the quails talk it out in their favourite part of the book.
- Distribute the [Happy, Sad, Afraid handout](#) and have students complete it by describing their feelings and responses in words and pictures.

Looking After Me: Quail Family Handout



<http://www.first-school.ws>

Name _____

Looking After Me: Happy, Sad, Afraid Handout

Name _____

<p>When I am happy I like to _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>When I am mad or sad I talk it out with _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>When I am afraid I seek help by _____</p> <p>_____</p> <p>_____</p> <p>_____</p>