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Teacher's Resource Guide for *Tap-Tap-Tap* by Dawn Renee Young

Synopsis

Tap-Tap-Tap is a heartwarming story dedicated to children who feel full of energy and to the adults who support them. The book encourages kids to understand and manage their feelings and offers practical strategies for both children and adults.

Learning Objectives

- 1. Social-Emotional Development:** Help students recognize and manage their emotions, especially when feeling overwhelmed or energetic.
- 2. Self-Regulation:** Teach calming strategies and healthy outlets for high energy.
- 3. Communication Skills:** Encourage open conversation about feelings with trusted adults.
- 4. Empathy:** Build understanding and support for classmates who might have extra energy.



Lesson Plan

Pre-Reading Activities

1. Class Discussion: Ask. “How do you feel when you have lots of energy? What do you do?” Chart responses on the board.
2. Prediction: Show the book cover and title. Have students predict what the story might be about.
3. Vocabulary Preview: Introduce key words: energy, calm, feelings, strategies, breathing exercise.

During Reading

- Active Listening: Ask students to listen for ways the main character, Gracie, manages her energy.
- Heart Hunt: Challenge students to find the heart hidden in each illustration (per the author’s special note).
- Pause & Reflect: After key pages, ask:
 - “How do you think Gracie is feeling right now?”
 - “What would you do if you felt like Gracie?”

Post-Reading Discussion

1. Feelings Check-In: Use a feelings chart or emojis. Ask each student to point to how they feel after reading the story.
2. Strategy Brainstorm: List the strategies Gracie tries. Ask students which ones they’d like to try when they feel energetic or upset.
3. Role Play: Practice calming strategies as a class (see below).



ACTIVITIES & EXTENSIONS

1. Breathing Exercise

Guide students through the “deep breath and count to five” exercise from the book.

Repeat three times together.

2. Creative Movement

Allow students to run in place or do jumping jacks for 1 minute, then practice calming down with breathing.

3. Safe Place Visualization

Have students close their eyes and imagine a safe, calm place (like a cloud or favorite spot). Let them draw or write about it afterward.

4. Energy Journals

Provide journals for students to track their feelings and what strategies help them.

5. Classroom Calm Corner

Set up a space with sensory bottles, music, and soft seating for students who need a break.



Look for the heart hidden on every page it reminds children to always be kind to each other

Family Connection

Send Home Tips

- Share the book's parent tips (summarized below) in your newsletter or at conferences:
- Set clear limits calmly.
- Teach calming skills (like breathing or using a glitter jar).
- Encourage healthy outlets (playgrounds, sports).
- Praise positive changes and progress.
- Spend distraction-free time together.

Home Activity

- Suggest families read the book together and look for the hidden hearts.

Discussion Questions

1. Why do you think Gracie felt like a balloon about to burst?
2. What are some things that help you calm down when you have lots of energy?
3. How can you help a friend who is feeling overwhelmed?
4. Why is it important to talk to an adult about your feelings?

Reflection for Teachers

1. Which strategies worked best for your class?
2. How did students respond to the calming exercises?
3. Are there students who might benefit from extra support or a personalized calming plan?



Additional Information

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