



## Quack & Wabbit Presents: “Mortimus Returns”

Quack and Wabbit Puppet Theatre presents: “Mortimus Returns”, the second video in the Mortimus series. This is a fun musical puppet theater program, where children learn specific tools to help with self-care, self regulation, and dealing with strong emotions. This program teaches belly breathing, body scanning and how to use the tool HALT which helps us to know when to stop and take care of ourselves. Students will learn the importance of healthy habits and activities which fill their “self-care balloons”.

On the HCOE.org website, there are links to the video and printable teacher and student worksheets and handouts.

With these links we offer:

- A 12 minute video: Our musical story opens up with Waskal the Wabbit making a choice to stay up all night on his laptop...uh oh...what will happen when a hungry, angry, lonely and tired Wabbit heads off to school? Will he find the help that he needs when our hero, “Mortimus Returns”?
- A teacher/student follow-up worksheet: Reviews lessons and ideas for discussion, to help reinforce and cultivate a healthy lifestyle.
- After discussing a healthy lifestyle the students can fill out the coloring sheets for k-3rd or 4th-6th grades: Students may write their healthy habits and activities on their “self-care balloons” and reference this sheet when they need to improve their self-care habits.
- “Thank you to our Sponsors” handout: Students may write a thank you to our sponsors and list the lessons that they learned in the program. Please send these sheets to the address at the bottom of the handout and we will pass it on to the sponsors.

Thanks to HCOE, Garfield school, Humboldt Sponsors, Piersons, Tom and Stephanie Perrett Foundation, McLean Foundation and the Humboldt Area Foundation and the Wild Rivers Community Foundation for their support of this program.



**Website:** [www.quackandwabbit.com](http://www.quackandwabbit.com)  
**Email:** [quackandwabbit@hotmail.com](mailto:quackandwabbit@hotmail.com)