



Teacher Follow-Up Worksheet

Review of “Mortimus to the Rescue” Video

Question 1

-What could Waskal the Wabbit do if he is frustrated with his schoolwork on his computer or if his laptop isn't working? What do you do when frustrated?

Discussion:

-Talk about things to do if frustrated and how Waskal can calm down his body. Waskal could stop, “breathe in, calm down, breathe out, smile” (sing the song from the video for reinforcement), identify his feelings, talk to someone about his feelings.

-Because of his anger, Waskal the Wabbit ripped his beloved Teddy. His frantic frustrated typing on his laptop could have caused damage to a very expensive and important tool that needs to be treated with gentle care.

-This is an opportunity to talk about ways to prevent our feelings from escalating. Know our own body and know when we need our own “Time Out” or moment of calming. It is helpful to recognize when you need help and to make a plan so you can stop yourself before you are extremely frustrated or angry.

-Things may have gone very differently and feelings might not have escalated if Wabbit had carefully shut his laptop, taken a break and a deep calming breath, and asked for help.

Question 2

- Waskal the Wabbit experienced many feelings throughout the video. What are some of the feelings you could identify?

Website: www.quackandwabbit.com

Email: quackandwabbit@hotmail.com

Discussion:

-Have the students talk about the feelings they observed in Waskal, how they knew he was feeling this way, and why he might have been feeling this way.

-At the beginning of the video, Waskal “seemed” calm, but Waskal said that he had been having a lot of “bad days,” and could not take another bad day. He was trying to make this day a perfect day. It is very difficult to make a day “perfect” and can be a recipe for disaster. When he struggled with his schoolwork on his laptop, Waskal looked like he was feeling angry, and frustrated. Waskal ripped his Teddy, his anger turned to sadness, and he began to cry. He became so distraught that he cried out for help. Some of his sadness and anger may have been because he stated that he missed going to school, and he missed his friends and teacher. Waskal also mentioned that schoolwork was difficult for him on his laptop.

-Sometimes we get angry and then we cry. Sometimes, we cry and then we get angry. Anger and sadness can be felt closely together. When we feel strong feelings, it can be helpful to talk to an adult or other trusted person about our feelings, and do activities to help “cool down” or calm down.

-When Waskal’s Teddy Bear was magically repaired and they were spinning in the grassy field, they seemed happy and full of joy. Enjoy feelings of happiness and acknowledge and celebrate them.

Question 3

- Was Waskal the Wabbit able to identify or name his feelings?

Discussion:

-This is a good time to talk about how mysterious emotions can be! We may not know what we are feeling or why. What we can do is identify what is happening in our bodies. We can feel our heart beating fast, our muscles tensing, sensations of heat or cold. Sometimes we can feel overly sensitive or overly stimulated and aggravated.

-Waskal the Wabbit seemed confused about what he was feeling. He said “I don’t know what happened to me, I went koo koo, bonkers, nutso and I ripped my teddy....I have so many feelings all muddled up inside of me!”

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Question 4

- Is it okay to feel angry, frustrated and sad?

Discussion:

-This might be a good time to review the song in the video. "It's okay to feel angry, okay to feel sad. This happens every day."

-Ask the students: How many of you have experienced the feelings that the children were feeling in the photos on the chalkboard during the music video?

-The students can talk about what makes them feel happy, sad, frustrated or angry. They can discuss what helps them feel better when they are sad, frustrated or angry.

-Discuss how feelings are universal and that everybody feels this way sometimes. That we are not alone, and can all relate to having these feelings at one time or another.

Question 5

- Is it okay to damage your laptop or rip your teddy or hurt anything at all with your words or actions?

Discussion:

-As the lyrics in the song say, "we must never use our hands to hurt anything, take a breath when we feel this way."

-Discuss what Waskal the Wabbit could have done instead of going "bonkers" and yelling and pounding his fists and ripping his Teddy? Did these actions help his situation?

Question 6

- Why weren't Mortimus and Waskal the Wabbit wearing masks when they were together?

Discussion:

-This question could facilitate a discussion about why *people* are wearing masks. Mortimus is an imaginary magical character and both Mortimus and Waskal the Wabbit are puppets and are unable to contract Covid.

Quack and Wabbit Puppet Theatre
Tanya Crowley and Yumi Ozaki
Phone: (707)407-7154 & (707)834-2037

Website: www.quackandwabbit.com
Email: quackandwabbit@hotmail.com