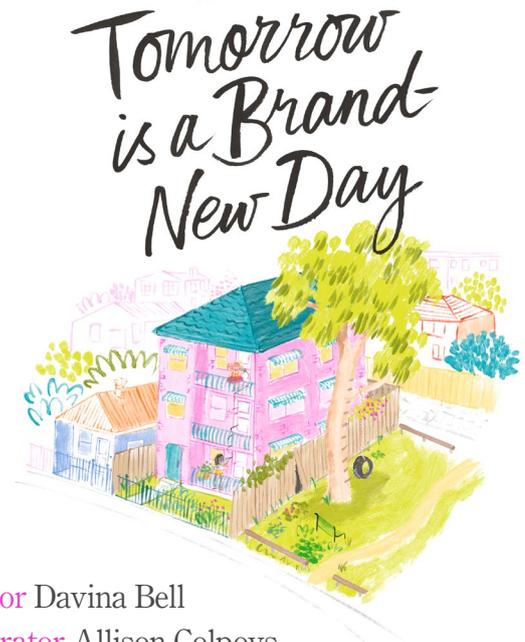


TEACHING NOTES



Author Davina Bell
 Illustrator Allison Colpoys
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PLOT

The follow-up to bestselling *All the Ways to be Smart* by Davina Bell and Allison Colpoys.

Good or bad, the things you do are all a part of being you — of learning how to take your boat on stormy seas and stay afloat.

From the creators of *All the Ways To Be Smart* comes a message of hope: hard days come and go, but love is with us always. A healing and uplifting tribute to learning and growing — to making mistakes and making amends.

THEMES

emotional intelligence

overcoming challenges

difficult feelings

equanimity

compassion

humour

unconditional love

friendship

forgiveness



DISCUSSION TOPICS

Close reading of the cover

Critical Engagement: Look at the cover and describe what you see. Now read the title: *Tomorrow is a Brand-New Day*. What do you think this story will be about? Now take a closer look at the people in the cover illustration. Who do you think these people might be? What are they doing? How might they be feeling? How do you know?

Personal enjoyment: What's your favourite thing about this cover? (For example, the colour palette, the rope swing, the rainbow, the houses, one or both of the kids, or the butterflies.) How does this favourite element make you feel?

Close reading of textual elements

Emotional Intelligence conversation for younger students (best for ages 5+): Look through the book and make a list of all the challenging emotions that the main characters have (feeling mad, disgraced, tired, worried, scared, disappointed, embarrassed, disgusted, jealous, cranky, 'snatchy', rotten, worried, sorry/regretful, hurt). Talk about how when challenging feelings come, it can feel like they'll never leave ... but they always do. Work as a group to make a big list of different emotions (this could be collated under headings of 'pleasant' and 'unpleasant'). Talk about how it's important to honour and accept our feelings, whether they're pleasant or unpleasant, and to be kind to ourselves if we're experiencing an unpleasant feeling, and remind ourselves that it really will pass.

Using RAIN to think about the text (best for ages 7+): Internationally renowned mindfulness teacher Tara Brach has developed a wonderful approach to caring for ourselves when we're experiencing challenging feelings, called RAIN (Recognise, Allow, Investigate, Nurture). RAIN is a great lens with which to take a close look at this story and its message.

1. Introduce children to the practice of RAIN:

Think about a time recently when you experienced an unpleasant emotion. Don't choose a big, scary one — please just choose one that was a bit unpleasant.

R: Recognise the feeling, and try to name it if you can (maybe it was sadness, anger, frustration, disappointment, or embarrassment). Sometimes naming an emotion can make it feel more manageable.

A: Allow the feeling to just be there — sometimes it's easier to do this if you remind yourself that it will pass.

I: Investigate the feeling — be gentle and sweet with yourself as you do this, as you would be with a best friend. Where in your body do you feel it? What does it feel like? What thoughts does the feeling bring up (for example, sometimes a really unhelpful thought is connected with a tough feeling, like 'I'll never be good at this').

N: Nurture — take care of yourself! If this was happening to a best friend, what kind words would you say to them (for example, 'You absolutely *are* good at this, and with practice you'll get even better at it!')? You can remind yourself that the feeling will pass, and give yourself whatever you need to feel better (for example, time out, listening to music, a glass of water, a snack, or asking someone for a hug).

Explain that sometimes when we're having an unpleasant emotion, we make choices that we regret later. If we're able to take time out and practice some or all of RAIN, we can make choices from a calmer place — and those will probably be choices we feel better about.





DISCUSSION TOPICS

← Close reading of textual elements cont.

2. Now read this extract from the text:

*I know your world is feeling grey,
but it won't always be this way.
And everyone alive can say
they've felt the way you do today.
[...]
This hurt won't last.*

*And good or bad, the things you do
are all a part of being you —
of learning how to take your boat
on stormy seas and stay afloat.*

*No matter what you did today,
how much you wish it all away,
it doesn't change the stars above,
it doesn't change that ...
you are loved.*

3. Conversation time!

What connections can you draw between the message of this extract and the practice of RAIN? Share your findings with one another.





ACTIVITIES

Laughter circle

Hilarious pictures of cranky kids and their shocked caregivers fill this book, helping us all to laugh about some of those tricky moments we all face. It can be such a huge relief to laugh! Here's how to make a laughter circle. You need at least three people.

1. Lie down on the ground on your backs and find someone else who's willing to let you lie with your head on their tummy, using it like a pillow. Once everyone is settled with their head resting on someone else's tummy-pillow, you should all be lying in a circle (if there are three of you it will be a triangle, and if there are four of you it will be a square).
2. Everybody take it in turns to tell a joke. When someone laughs, their tummy will puff up and down, and whoever has their head resting on it will be jiggled about. That usually makes the other person laugh and before you know it, all of you will be making each other laugh!



Make a paper-cup telephone

On the title page of *Tomorrow is a Brand-New Day*, the two main characters are talking to each other using a tin-can telephone. Here's how to make one with paper cups!

Materials:

- Two paper takeaway cups (they can be used ones that have been washed clean!)
- At least 7.5 metres of string
- 2 paper clips (optional)

Method:

- Poke a hole in the middle of the bottom of each cup, just large enough for you to thread your string through it.
- Thread the string from the outside of the cup through to the inside, then tie a knot in the end of the string to firmly secure it. Alternatively, tie the end of the string to a paperclip to hold it in place. Do this for both cups, so that you have one at each end of the string.

You'll need two people to test out your new, highly advanced communication device! Ask a friend or family member to hold one end and walk as far away from you as they can get without putting too much strain on the string. Now take it in turns: one person speaks into their cup while the other holds theirs to their ear. Congratulations — you've formed a new connection!

Paint or draw a 'You are loved' poster

Make a 'You are loved' poster for someone you love. Perhaps you'd like to replicate the image on the final page of the book, with you and your friend or family member in a treehouse looking up at the stars, or maybe there's another way you'd like to illustrate this message for your important person.

MEET THE AUTHOR

Davina Bell is an award-winning author of books for young readers of many ages. She writes picture books (including *Under the Love Umbrella* and *All the Ways To Be Smart*), as well as junior fiction, middle-grade fiction, and YA. Davina lives in Melbourne, where she works as a children's book publisher. She talks to kids and adults around the country about the enchanting world of books and ideas.

Davina, *Tomorrow is a Brand-New Day* is so funny, helpful, and heart-warming! What was your inspiration for writing this book?

Thank you! I wrote this book because sometimes it's really hard to be a good person, even when you try really hard. At some point, every single one of us will be selfish and mean, greedy and jealous — sometimes even on the same day! But what is important is what happens afterwards. It's how you are able to forgive yourself, admit you're not perfect, and make it up to the people you hurt. We are not our mistakes — they're just things we do — but if we can learn from them and grow, our mistakes make us who we are our whole lives through. Perhaps I wrote this book as a way to say to myself, 'I forgive you' for all the times I haven't been the best version of myself. There are still so many things I wish I had done differently, from the time I sat on my dog to ride her like a horse when I was seven (she's a really small dog!) to last week, when I forgot to get my godson a birthday present.

You've written lots of rhyming picture books, including this one. What do you enjoy about storytelling that uses rhyme?

I think I love the energy of rhyme — when I read it, it feels full of fizzy energy. I like how it helps kids be able to predict where the words of the book will go, giving them a chance to join in and feel a part of it. When you write in rhyme, there are only so many words you can choose from, so finding the exact right one is like solving a tricky puzzle. When I finally get it to work, sometimes I do a little happy dance.

Can you tell us about a few picture books you've loved recently?

At the moment, I am obsessed with a picture book called *Green on Green* by Dianne White, illustrated by Felicita Sala. It is the most simple, beautiful rhyming ode to the seasons. I wish I could live inside the illustrations, they are so beautiful! I wonder if there is a picture book that YOU wish you could live inside.

I recently re-read Sophie Blackall's *Hello Lighthouse* for a work project. Every time I open it I am filled with wonder at how she captures the ocean in all its moods and from so many breath-taking angles. What a masterpiece.

And recently I read *I Am the Subway* by Kim Hyo-eun for the first time. Wow. It is a book written from the point of view of a subway train, introducing the reader to some of the people who ride along. What an incredible idea! The words read like poetry and each illustration is like a precious piece of art. It made me realise that there are picture books all around us, all the time.

Do you have some tips for young writers?

I am sure you will have heard this many times, but my number one tip is: READ! As much as you can, whatever you can, whenever you can. Your imagination is like a garden in your mind and every time you read, it is like you are growing that garden. Who knows what marvellous ideas will bloom there your whole life if you are dedicated to growing it when you are young.

MEET THE ILLUSTRATOR

Allison Colpoys is an award-winning designer and illustrator based in Melbourne, Australia.

Allison, we love your bright, hilarious, and uplifting illustrations in *Tomorrow is a Brand-New Day* so much! Can you share with us what sort of atmosphere or mood you were hoping to create with your illustrations in this book?

Thank you, that's very nice of you to say! I think Davina and I wanted to highlight just how much can happen on any given day. The highs and lows, the small things, the big things and all the emotions that go along with them. I think I was also hoping that some of the illustrations might make readers smile or laugh a little, and that some others might make readers feel a bit sad or cross. But, ultimately, Davina and I hope the feeling that the reader is left with is an uplifting and happy one.

How did you first become an illustrator?

I have always loved and appreciated illustration but I didn't have any real experience until I started working in publishing as a book cover designer (which I have been doing for many years now). It was there that I was able to experiment a bit and gain a bit of confidence over time. I started just doing a bit of hand-lettering for book covers here and there, until eventually I got the courage to try illustrating whole covers. It was around that time that Davina and I started dreaming about making a picture book together. I honestly didn't know if I could illustrate so many pages, but I was keen to see if it was possible, and so we got to work and that is how we made our very first book together, *The Underwater Fancy-dress Parade*.

What are some of your favourite picture books?

I love so many picture books it's hard to list just a few, so maybe I'll focus on books that are mostly just pictures to narrow it down! One that springs to mind instantly is *Du Iz Tak?* by Carson Ellis. It is exquisitely illustrated, with very few words, and the words that are in the book are a made-up language that the characters (who are all different kinds of insects) speak to each other. The stunning illustrations guide you along as you watch a year in the life of these excellent characters unfold.

Pool by JiHyeon Lee is another favourite, wordless picture book of mine. JiHyeon's illustrations are incredibly beautiful and highly detailed, using a limited number of coloured pencils (mostly red, blue and black) to illustrate a story about a young boy who goes to his local pool and dives deep under all of the other swimmers. Down there he comes across a friend and together they discover a wild, imaginary underwater world, full of strange fish and an enormous white fluffy whale.

Another book that relies solely on illustrations to tell the story is... *Another!* By Christian Robinson. This book has the reader following a young girl who wakes up to discover a portal into another dimension! Christian is one of my favourite illustrators because of the clever way he is able to create so much joy and energy with just a minimal amount of cutout shapes, or painted lines.

Do you have some tips for young artists?

If you love making pictures, then my number one tip is something that I am sure you are already doing – keep making pictures! There are so many ways you can make a picture. For example, you might like to draw with pencils, or crayons, or you might prefer to paint with ink or acrylic, or make stamps out of potatoes, or you might like to use cut-up bits of paper or leaves or fabric. You might even like to use all of these techniques in the one image! The more you experiment the more you will discover and the great thing is you will only keep getting better and better!