

# Storytime Activity Guide



## Mix It Up!

by Hervé Tullet

Mix It Up is a fun, interactive book for children which helps them to learn about color mixing, while developing their self-regulatory skills. By following the simple and engaging instructions given in the book, readers are able to mix a rainbow of colors from red, yellow, and blue, and to make them vanish, splatter and dance with ease.

### Did you know?

Kindergarten Readiness is more than just academics! Self-regulation, or being focused on a task, managing emotions and controlling impulses, is all a part of succeeding in school. While sharing Mix It Up, you can practice starting and stopping simple activities, taking turns, and following instructions. This will help your child develop their self-regulation skills.

### Talk about it!

Interactive books that ask readers to follow specific instructions are great for helping to develop children's self-regulation, or impulse control. Ask your child what happened when they followed the directions?

You can help develop your child's critical thinking skills by asking them lots of questions while you share books together. What do they think will happen? What do they think will happen next? Remember that it's not really about the right answer. If they get it wrong, help them to think through the problem.

Emphasize that the magic of the book only worked because they were so good at following the directions. Can your child remember another time when they followed directions and something good happened?

### Play: Simon Says

"Simon Says" is a fun group game that helps children develop self-regulation skills. One person is designated "Simon", the others are the players. Standing in front of the group, Simon tells players what they must do. However, the players must only obey commands that begin with the words "Simon Says". If Simon says, "Simon says touch your nose," then players must touch their nose. But, if Simon simply says, "jump," without first saying "Simon says," players must not jump. Those that do jump are out. The last player standing gets to be the next Simon. To make the game extra challenging, try to figure out ways to encourage your child to activate both sides of their body at once.

### Find More Online

Scan this QR code to find book recommendations, online activity guides, and other fun resources.



Scan this QR code with your phone's camera to see our Read Aloud of this book!



## Create!

There are two main types of colors: primary and secondary. Primary colors are ones that can't be created by mixing. They are: red, yellow, and blue. There are also 7 colors that naturally occur in a rainbow. They are: red, orange, yellow, green, blue, indigo, and violet. The seven colors of the rainbow can be created from the three primary colors. Can you and your child mix the 7 colors in the rainbow?

### Materials needed:

- Fingerprint: red, yellow, and blue (primary colors)
- Several scraps of white paper

### Directions:

1. Take a plain piece of paper and fold it in half.
2. On one half, have your child smear a dab of blue, yellow, and red paint in a vertical stack.
3. On the other half, have them smear a small dab of yellow, red, and blue.
4. Ask your child what color they think they will happen when you fold the paper closed. Fold the paper closed and smooch it around. Open it back up. What colors did you get? Talk about what happened with your child.
5. Take another piece of clean paper and let your child fingerprint freely. When they are done, see if you can find any of the colors that were made by free mixing

