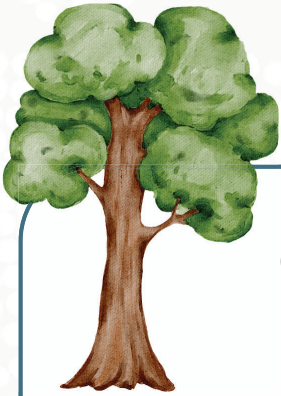


ELCC ADVISORS' BOOK CLUB



Our Book Recommendation:

Sometimes I Feel Like An Oak

By: Danielle Daniel

Synopsis

Sometimes I Feel Like an Oak is an inviting picture book that supports young children in exploring emotions and identity through connections to nature. Using poetic language and vibrant illustrations, this book highlights how different trees, across the seasons, reflect a range of feelings, strengths and ways of being. This story encourages self-regulation by helping children identify their emotions and understand that all feelings are natural and valued.



Danielle Daniel & Joshua Traverser

Purchase from GoodMinds

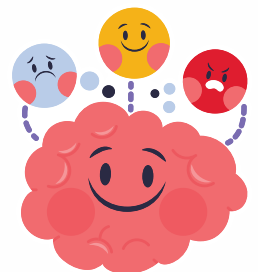


Age Recommendation

Preschool, Kindergarten &
School Age

Why We Love It

This book explores feelings with the help of trees and the changing seasons. It brings awareness to the idea that each tree is unique, with its own characteristics that make it special. The story invites children to talk about their emotions, helping them connect to another living thing. Trees may appear strong, resilient, or still, yet each is beautiful in its own way, just like children.



The book also introduces children to different kinds of trees, such as birch, maple, oak, while offering simple facts to spark curiosity. This encourages children to be curious about the natural world around them and explore the feelings they experience within themselves.



Métis Connection

Trees have played an important role in the daily lives and seasonal practices of many Métis families and communities. Different species have been used for travel, food, shelter, medicine, and other practical needs, while also supporting relationships with the land and the natural world. This book offers educators an opportunity to explore those connections with children by learning about local trees, noticing seasonal changes, and discussing the many ways people have used and cared for the land over time.



Birch: Birch bark was traditionally used to build canoes, supporting trade and travel along waterways. Young twigs were sometimes used as toothpicks and known for their mild and minty taste.

Maple: Maple sap was, and continues to be harvested for maple sugar and syrup. This was an important source of food for families and a valuable trade item.



Cedar: Cedar trees have many uses. Cedar trees were used medicinally, often boiled to make tea. The needles could be placed in your boots to feel grounded or used to create outdoor bedding while camping. When burned, cedars acts as a natural insect repellent.

HDLH Foundation Well Being

Children can explore a range of emotions through connections to trees and nature. By naming and reflecting on their feelings, they develop self-awareness, emotional intelligence and a sense of value for their own identity. This process supports children in recognizing that all emotions are natural and valid. Through guided discussion, storytelling, and hands-on learning, children can learn strategies for self-regulation. Children can build confidence in expressing their feelings, and strengthen their sense of belonging within their learning environment.

HDLH Foundation Engagement

Children are invited to explore different trees and emotions through play-based inquiry that sparks curiosity. Through investigation and hands-on exploration, children develop skills of observation and questioning. These experiences support children in actively engaging with their environment and deepening their understanding of the world around them in meaningful ways.



Let's Chat About the Book!

Join us on the MNO Education Hub's "ELCC Professionals" discussion area! Don't have the app? Download it by scanning the QR code.

Métis Nation
of Ontario

[CLICK HERE >](#)

Extension Activities

Tree Walk

Take the children on a tree walk with the labelled photographs. Explore your outdoor play space, bring them on a community walk or to a nearby forest. Encourage children to match the picture to the trees they see. Notice the seasonal changes in the colour of the leaves, buds, and needles. Support respectful observation by reinforcing the idea that the land takes care of us, and we take care of the land.

Tree Exploration

Create an exploration station indoors or outdoors. Provide a variety of natural materials, such as bark, leaves, needles, cones, and small branches, for children to touch, observe, and compare. Include labelled real photographs of the trees as a visual reference. Invite the children to explore using their senses: looking closely, feeling textures, and noticing shapes, sizes and colours.

TVO-Kids

Secrets of the Forest

Learn about the Boreal Forest. Check out other videos in this series to learn more such as topics as: Tree Doctor, Colour of the Forest and so many more.



Emotions Song

Every emotion is a good emotion.



Sesame Workshop

Investigating Emotions

Emotion Guessing Game, Elmo and his friends are detective using their observation skills to guess how they are feeling.



YouTube

All About Tree!

This education song is all about what makes trees special- from the trunks, branches, and leaves to fruits, forests, and animal homes.



A Little Scibble Spot

A song about our emotions and how to identify how we may feel.



Storybots

Explore emotions with songs about happy, sad, silly and more



Become a co-learner with the children in your early learning environment using the Michif-Fransè app

The Michif-Fransè app!

Android

iOS



English	French	Michif-Fransè
Maple	Érable	Èrab
Birch	Bouleau	Boulo
Cedar	Cèdre	Sèd
Oak	Chêne	Chèn

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