



## **Shubert Extensions: “Shubert and Sophie Stay Home” for Older Children**

**These questions for older children are designed to accompany the story “Shubert and Sophie Stay Home.”**

In the free printable story “[Shubert and Sophie Stay Home](#),” your favorite lightning bug siblings learn to navigate their big feelings about COVID-19 with help from their parents. The story highlights useful strategies like deep breathing and practicing gratitude.

After reading the story, older children can answer these questions to reflect on family fun, helpful solutions to grumpy actions, and creating a family gratitude ritual.

Like other Shubert stories and extensions, this activity promotes literacy, character building, and the development of helpful lifelong skills.

# Shubert and Sophie Stay Home

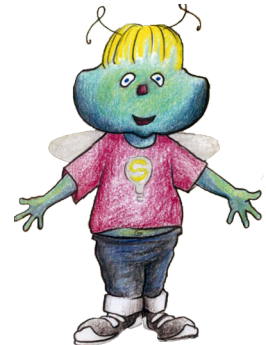
Since you have been home, what are some of the fun things you have done as a family?

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Do you have ideas for other fun family activities you might like to try?

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Have you had grumpy feelings like Shubert and Sophie? Did they turn into grumpy actions? What happened?


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What are some helpful ways you could solve the problem?



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Start a family gratitude ritual:

- Choose a time each day the family is gathered together (Mealtime, Storytime, or Bedtime)
- Take a moment to have each person share one gratitude
- Consider recording gratitudes in a notebook, journal or copy paper

