

# THE GIRL WHO LIVED IN A SHOE

and other

**Torn-UP Tales**



**Discussion Questions  
and Activities**



## “The Girl Who Lived in a Shoe” Discussion Questions and Activities

1. What happened at the beginning of this story? In the middle? At the end?
2. What was your favorite part of the story? Why?
3. Why did the giant capture other characters in the story? Was that okay for him to do? What should he have done if he had problems he needed help with?
4. Why do you think the story says that a wishing spell is the most potent kind of spell?
5. What are some examples of characters working together to help one another in this story? How can you use your strengths and abilities to help other people around you?
6. Lizzie lives in a cottage shaped like a giant hunting boot. When I designed the cottage, I wanted it to feel fun and exciting, like a tree house and outdoor playground combined. Use your imagination to draw a shoe cottage of your own.
7. Write a torn-up tale based off of your favorite story from *The Girl Who Lived in a Shoe and other Torn-Up Tales*. Make a collage illustration to go with it.



## “Hector and the Three Granny Goats” Discussion Questions and Activities

1. Have you ever built a rock tower (also called a cairn) like Hector? Rock cairns have several purposes and have been used by many cultures around the world. They mark hiking trails and burial sites. They are also used as monuments or to show where ceremonial grounds are located. You can make a picture of one. Use colored paper to cut out rocks of different shapes and sizes, then glue them in a stack.



2. Pretend you are Tillie and tell or write a story about a troll under a castle bridge.
3. Do you have any memories of fun things you’ve done with your grandparents or family friends who are like the granny goats? Draw a picture of what you did and send it to them along with a letter, if you can.
4. When you get upset, use this simple breathing exercise to calm your feelings. You can repeat it as many times as you need to. You can even pretend you are breathing into a huge lavender bouquet, just like Hector, or that you are blowing up a balloon.
  - a. Slowly breathe in and count to four in your mind.
  - b. Slowly breathe out for four more counts.
5. Here’s an easy way to make frog eye cookies:

Use pre-made chocolate chip cookie dough or make your favorite recipe. Before you put them in the oven, press two green M&Ms close to each other in the dough. When they bake, it will look like the cookies have frog eyes. (Remember to have an adult help you when you are cooking.)

6. Here are three yoga poses to try:



Child's pose – Kneel on the floor and sit back on your heels. Lean forward and place your forehead on the floor with your arms stretched out long in front of you or beside your legs with your hands by your feet. Take several deep breaths before you sit back up.



Tree pose – Stand tall on your right foot. Put your left foot against the inside of the leg you're standing on. You can put it however high or low you'd like. Place your hands together in front of your chest like you are saying a prayer. You can leave them there or grow your tree by moving your hands above your head. Repeat by standing on the left leg and putting your right foot against the inside of your left leg. Place your hands in front of your chest or grow your tree.



Warrior II – Stand with your feet spread wide. Turn the toes of one foot out and bend that knee. Lift your arms at your sides and stretch them straight out. Turn your head to look over your fingertips on the same side as your bent knee. Repeat on the other side.

7. Does goat yoga sound like a crazy idea? It's a real thing where people go to a yoga class, and there are kids (baby goats) who interact with them. Sometimes they jump on the humans' backs while they are doing yoga poses. Other times they just lie down on the nearest yoga mat. Does that sound like fun? I think it sounds VERY fun!

*I would love to hear from you. You can email me at [michelerietzwrites@gmail.com](mailto:michelerietzwrites@gmail.com). You can send me pictures of you and/or your family doing any of these activities, especially goat yoga. ☺ If you write a memory or a story and would like to share it with me, I'd love to read it. (Please make sure your parents know you are sending me an email.)*



## “Rita Van Winkle” Discussion Questions and Activities

1. Draw a picture or write a paragraph describing your neighborhood or town far into the future.
2. Write or tell someone your own ending to “Rita Van Winkle.” Does Rita return to the year 2020 or not? What happens next?
3. Does the magic penny actually transport Rita to the future? What are some other possibilities?
4. If you could travel BACK in time, what year or period in history would you travel to, and why?
5. List other time travel stories you have read.
6. Using objects around your house (e.g., building blocks, toilet paper or paper towel rolls, boxes, bags, discarded spice jars, oatmeal containers, etc.), build a futuristic vehicle. You could also use a computer program to do this project. Be imaginative.
7. Start picking up pennies when you see them on the ground. Notice if you have extra good luck that day. Collect the pennies and see how many you have in a week, a month, or a year! The rule is to pick up pennies that are “heads up” for good luck. If you find one “tails up,” turn it over for someone else to find.

8. Sort through your pennies and make a chart or graph showing how many you have from each year. Research how pennies have changed over the years (the design, what they are made of, etc.). Which pennies are more valuable than others? How many pennies are made each year? Has that number gone up or down in recent years? What else can you learn about the penny? Share your findings with your family or friends.
  
9. Create a time capsule. Items you might include:
  - Favorite fashion trends from magazines
  - A newspaper published on your birthday
  - Awards and certificates
  - School papers and art projects
  - Photos
  - Anything meaningful to you
  - Be sure to include a penny from the year you create your capsule!

## **“Tara and the Wolf”**

### **Discussion/Journaling Questions**



1. Were you surprised when the villagers didn't believe Tara? Why or why not?
2. Why do you think the villagers trusted the voice they did not know instead of Tara?
3. What does the villagers' behavior show about their biases?
4. What are some common biases we see today? Come up with a list.
5. How can we become aware of our own biases? If you feel comfortable, share some of the biases you may have noticed in yourself.
6. Have you ever told the truth but other people didn't believe you? If you feel comfortable, share about it.
7. What can you do if you're in danger or being mistreated but you're afraid people won't believe you?

8. Have you ever known someone else was telling the truth but people didn't believe them? What can you do to help if you see someone being gaslit?
  
9. What are some ways to tell if someone is untrustworthy or if doubts come from a biased outlook?

## Vocabulary

**Bias:** A tendency to believe that some things, people or ideas are better than others. Biases make it hard to make fair judgements.

All people have biases. It is important to try to be aware of them so we can be more fair in our judgements. The villagers showed bias when they believed Tara was lazy or scared instead of believing her when she said the wolf had come.

**Skepticism:** An attitude of doubting the truth of something.

Some skepticism is healthy and can keep us from being deceived. But when there is extra skepticism because of bias, there is usually unfair treatment like when the villagers believed the unknown voice instead of Tara.

**Gaslight:** to try to get a person to doubt their own experiences, to make them appear untrustworthy or crazy to themselves and other people.

The wolf made Tara look untrustworthy when he told the villagers she was scared and lazy. The villagers agreed with the wolf and added to that gaslighting. Tara continued to believe in her own experiences but many times when people are being gaslit, they begin to doubt themselves. For example, the wolf would have succeeded at gaslighting if Tara had doubted she saw the wolf and believed she had imagined him instead.

Definitions adapted from:

"Bias." *Merriam-Webster Learner's Dictionary*, 2020 Merriam-Webster, Incorporated  
<https://learnersdictionary.com/definition/bias>

"Skepticism." *Merriam-Webster Learner's Dictionary*, 2020 Merriam-Webster, Incorporated  
<https://learnersdictionary.com/definition/bias>





## “Beau and the Belle Rose” Discussion Questions and Activities

1. The beast in “Beau and the Belle Rose” is wearing a dress from the 1770s. Draw a picture of a beast or any animal wearing clothes that you would wear today. Belle turned into a beast that looked like a wolf; how might you draw a beast like a cat, an alligator, or a stork?
2. Toby is an African Grey parrot. People keep them as pets because they are good talkers. Parakeets are also good talkers. You may have seen them in pet stores. If you had a parakeet or an African Grey parrot, what words would you teach him? Be careful what you choose; they may embarrass you in front of your friends.
3. Do you know about herbs? There are probably many that grow wild where you live. Did you know that dandelions are edible? When my father was a small boy during the Great Depression of 1929, his mother had no vegetables to feed her six children, so she cooked dandelion leaves for them. Dandelions are rich in vitamins and minerals.

Here are some common herbs and spices that you may find in your yard or in the food people cook. Unscramble the words to discover what they are. If you have a spice cabinet, you can look in it for help. (Check your answers against the answer key on the next page.)

lild _____	asbil _____	ggneri _____	semorary _____
carilg _____	yba flea _____	ldvaenre _____	geas _____
lovec _____	yawcraa _____	goiramdl _____	ragtaron _____
isean _____	hivce _____	noion _____	meyth _____
timn _____	neldaniod _____	yelspar _____	menol bmal _____

4. Many stories have a message within the story. What might the message be in “Beau and the Belle Rose”?
  
5. Beau was uncomfortable around the beast at the beginning of the story—is that how he felt at the end? Why or why not?

Do you know someone in school who is different from you in the way they look or behave? How do you feel when you’re around them? Why do you think that is?

How can you change the way you think or act toward people who are different from you? What may happen inside you or that person if you do change?

6. “Beau and the Belle Rose” is a story altered from “Beauty and the Beast,” written by Gabrielle-Suzanne Barbot de Villeneuve in 1740. Did you know that there was a real beauty who married a beast? It happened in the middle of the 16th century. The beauty’s name was Catherine, and she married a man named Petrus Gonsalvus, who looked like a beast. The Queen of France arranged their wedding. Catherine didn’t know about her new husband’s appearance until their wedding day. (It was common for marriages to be arranged by someone other than the bride and groom in those days, and some cultures today still practice arranged marriages.) When Catherine met her groom on their wedding day, she was quite shocked, but she did marry him and grew to love him because of his nice personality. Together they had seven children and were married for 40 years until he died.

If you want to learn more about their life, google the “beast’s” name - Petrus Gonsalvus. He actually wasn’t a beast but had a skin disease called Ambras Syndrome, also known as Werewolf Syndrome.

Answer key for herbs and spices:

ਸਮਰਾਜ - samaraj	ਜਨਰਲ - jangal	ਪੋਲਿਸ਼ - polis	ਕਿੰਗਡਮ - kingdom
ਸੈਮੋਰਾਰੀ - semorari	ਜਨਰਲ - jangal	ਪੋਲਿਸ਼ - polis	ਕਿੰਗਡਮ - kingdom
ਸੈਮੋਰਾਰੀ - semorari	ਜਨਰਲ - jangal	ਪੋਲਿਸ਼ - polis	ਕਿੰਗਡਮ - kingdom
ਸੈਮੋਰਾਰੀ - semorari	ਜਨਰਲ - jangal	ਪੋਲਿਸ਼ - polis	ਕਿੰਗਡਮ - kingdom