



Meena's Mindful Moment

Activity Guide

Meena is excited to visit Dada and explore all the exciting sights and sensations of his home with him. But Meena has so much energy, it becomes a whole imaginary character she calls her hurly-burly hullabaloo. Wherever Meena goes, her hurly-burly hullabaloo goes too. Together they're never calm, as they run and cartwheel and make a lot of noise!

But when Meena makes a mess, her grandfather is there to teach her how to handle it with deep breaths and meditative poses—after all, he has a hurly-burly hullabaloo too.

With playful art and engaging characters (real and imagined), this charming story all about mindfulness will be wonderfully relatable to anyone with a rambunctious hurly-burly hullabaloo of their own.

Tina Athaide is an educator and the author of middle grade novel *Orange for the Sunsets* (HarperCollins), and multiple easy leveled readers. Born in Uganda, she grew up in London and Canada. She now lives in California with her husband, Ron, and their daughter, Isabella.

Åsa Gilland works in graphic design, packaging design and illustration. She has illustrated multiple picture books, including *Flibbertigibbety Words* (Page Street Kids). Originally from Sweden, she has lived in Indonesia for over twenty years.

SELF-REFLECTION

What does your hurly-burly hullabaloo look like?
Draw it below.



A large, empty rectangular box with a black border, intended for drawing a response to the prompt above.

Meet my hurly-burly hullabaloo.



My hurly-burly hullabaloo feels _____.

When does your hurly-burly hullabaloo come out?

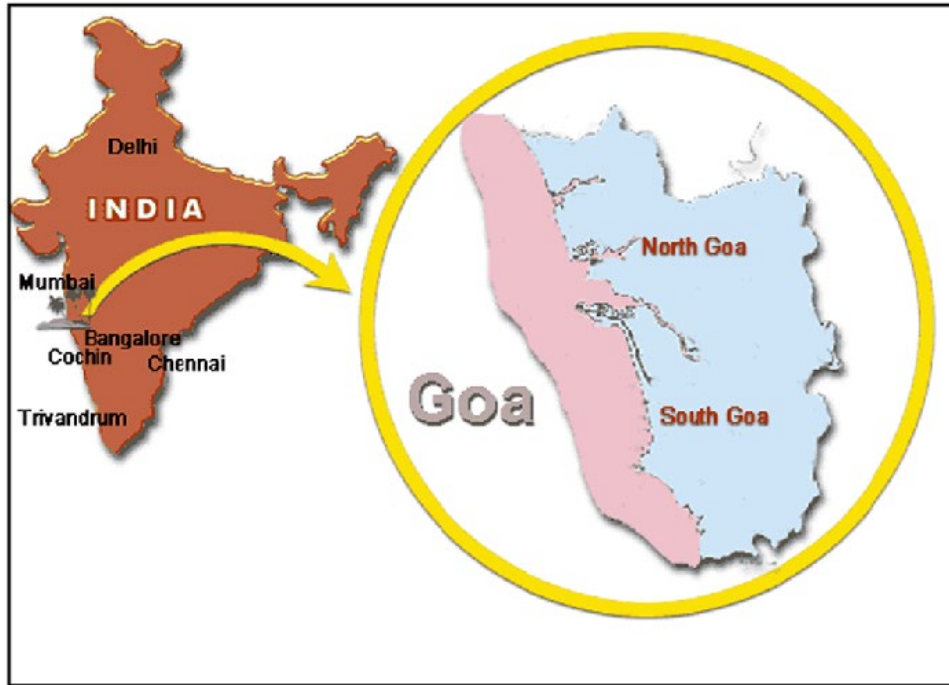
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What do the story and the illustrations tell you about the characters?
 Add information in the organizer below. In the description column,
 list traits about the character (age, interests, qualities, heritage etc.).

Character(s)	Description
Meena	
Hurly-burly hullabaloo	
Dada (Meena's grandfather)	
Shopkeepers	
People by the sea	
People in the park	



Dada lives in Goa, India (pictured below).



What do the illustrations in the book show and tell you about the place that Dada lives? List words that describe Goa.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Look at Dada, Meena, and her hurly-burly hullabaloo in the image above.
In each box, write how you think they are feeling.

Meena

Dada

Hurly-burly Hullabaloo

I am the author of this book and this is my hurly-burly hullabaloo.
How do you think it is feeling?



Use words, sentences, and/or pictures to describe its feelings.



In each box, write what Meena noticed once she calmed her hurly-burly hullabaloo.
What does she see/feel/smell/hear/touch/taste?

The Park:

The Market:

The Sea:

Illustrator Åsa Gilland and her grandfather:



Author Tina Athaide and her Grandpa:



Learn more about the author and illustrator at this link:
[Meet Tina Athaide and Åsa Gilland](#)

SEL Standard 1, Self Awareness: Individual has the ability to identify their emotions, personal assets, areas for growth, and potential external resources and supports.

BENCHMARK 1A: Demonstrates awareness and understanding of one's own emotions and emotions' influence on behavior.

SEL Standard 2, Social Awareness: Individual has the ability to take the perspective of and empathize with others.

BENCHMARK 2A: Demonstrates awareness of other people's emotions, perspectives, cultures, languages, histories, identities, and abilities.

SEL Standard 3, Self-Management: Individual has the ability to regulate emotions, thoughts, and behaviors.

BENCHMARK 3A: Demonstrates the skills to manage one's emotions, thoughts, impulses, and stress in constructive ways.

BENCHMARK 3B: Demonstrates a range of communication and social skills to interact effectively with others.

BENCHMARK 3C: Demonstrates the ability to identify and take steps to resolve interpersonal conflicts in constructive ways.

BENCHMARK 4D: Demonstrates the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and ability.