

Are You Strong?

# A story created as part of the Picture Book Program

# Supported by ArtPlay and Family Services

Do you have strong legs for taking lots of steps?

Do you have strong teeth for munching carrots and peas?

Do you have a strong brain full of questions and games?

You are just so strong!

Children develop a strong sense of well-being when they make choices, accept challenges, and embrace the

unexpected. Use this book to reflect on just how strong your children are, in so many ways!

## The Families Who Made This Book

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## About This Project

The Picture Book Program 2018 is a partnership between two branches of the City Communities Group within the City of Melbourne – Community Services (Family Services) and Arts Melbourne (ArtPlay).  
The program is designed to engage families from within the municipality. It aims to encourage an awareness and enjoyment of literacy and the creative process, in a fun and supportive environment.  
The illustrations and text in this book were created by the attending families, using everyday materials, curiosity, and experimentation. The result is a book to be enjoyed again and again.

### Family Services

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# Are You Strong?

Do you have strong legs for taking lots of steps?

Are you zebra-gallop strong?

Clip clop clip!

Yes, zebra-gallop strong.

Do you have strong teeth munching carrots and peas?

Are you bird-beak strong?

Crunch crunch munch!

Yes, bird-beak strong.

Do you have strong hands so you can climb and hang?

Are you monkey-grip strong?

Oo oo ah!

Yes, monkey-grip strong.

Do you have strong feet for skipping down the street?

Are you deer-hoof strong?

Tiptoe leap!

Yes, deer-hoof strong.

Are you strong when you are angry

because you are so hungry?

Are you hunting-lion strong?

Roar Roar Roar!

Yes, hunting-lion strong.

Do you have a strong brain full of questions and games?

Are you puppy-fun strong?

Ruff-ruff woof!

Yes, puppy-fun strong.

Are you strong when you fall?

Do you cry then stand up tall?

Are you elephant-tears strong?

Waaa-waaa-oooo!

Yes, elephant-tears strong!

Are you strong when you are sleepy?

But maybe not so speedy?

Are you slow-turtle strong?

Yaaaaaaawn!

Yes, slow-turtle strong.

Do you have strong arms to hold me snuggled and calm?

Are you koala-cuddle strong?

Hug me tight!

Yes, koala-cuddle strong.

Are you just so strong?

Are you right where you belong?

Are you warm-heart strong?

Ba-ba-boom, ba-boom, ba-boom

Yes warm-heart strong.

# Activities

## PLAYDOUGH WITH NATURAL COLOURS AND SMELLS

### You will need

* 2 cups flour
* 2 cups warm water
* 1 cup salt
* 2 tablespoons vegetable oil
* 1 tablespoon cream of tartar
* Mortar and pestle
* Sieve
* Saucepan

### Choose some of these

* Ground spices such as cinnamon, nutmeg, turmeric, or whatever you have
* Fruit and vegetables such as spinach, beetroot ends, raspberries, or blueberries
* Flowers, leaves, and anything you can find in the garden
* Instant coffee

### Instructions

* Grind vegetables, berries, leaves, or flowers in a mortar and pestle
* Strain vegetable and berry juice through a sieve
* Put flour, warm water, salt, vegetable oil, and cream of tartar in a saucepan
* Stir over a low heat
* When dough is half mixed, add vegetable or berry juice for colour
* When the dough comes away easily from the side of the pan, remove from heat
* Let it cool and then mix in spices or instant coffee

## INSECTables - VEGETABLE INSECTS

### You will need

• Playdough

• Vegetable scraps leftover from cooking, such as spring onion roots, carrot ends, spinach root, beetroot ends, eggplant, tomato, cucumber

• Toothpicks or wooden skewers

### Choose some of these

• Small twigs and leaves from the backyard

• Gumnuts

• Whole spices such as cloves or star anise

### Instructions

• Shape the playdough to make the main

part of the insect’s body

• Stick spices, leaves, or twigs into the

playdough for the insect’s eyes and legs

• Using the toothpicks or skewers, attach

vegetable scraps to give your insects

other body parts, such as feet and wings

• Use your imagination to make any insect,

animal, or creature you like