

# “Kłopot” (“The Trouble”) – an amazing picture book of a polish famous book illustrator and writer Iwona Chmielewska

Iwona Chmielewska defines a picture books “guest books”: you can go inside and just hang out with your experiences.



You will find activities:

A1: 1a, 1b; A3 addressing 3-6 years old children  
A1: 1b; A2; A3 addressing 7-12 years old children

## What is the book about?

“The Trouble” is ... about building bridges between adult and child, between words and images, building bridges within yourself, about emotions, anxiety and tension, and about dealing with them. The book also talks about the bond between the generations of three women: grandmother, mother and daughter. The artist emphasizes that it is possible to talk about complex feelings in simple words. By choosing one color and shape we are able to explore the depths of thoughts, feelings, emotions.

## When we can use the book?



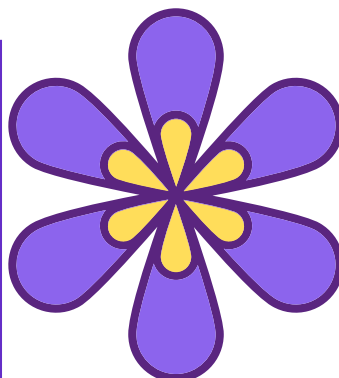
We can use the book as a tool facilitating discussion about emotions, difficulties, challenges, stressful situations (stress connected to family life, school mates, events happening in our daily lives, overwhelming news heard from media) faced by our children. It helps to understand emotions they feel at the moment, without neglecting their importance.



A pleasant way to explain that the night is always making way to the day light, that there is always a solution, that a “trouble” can turn to be an opportunity, we just need to be able to see it. Going to the books you discover how the “Kłopot” reveals to be a positive a funny adventure.

## Which skills we make flourish?

- empathy
- resilience
- problem-solving
- creativity



## Which Method we use?

- Collective reading
- Meaning making  
discussion and reflection
- Creative expression



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## Activity - let's put it into practice!

Visual narratives in picture books can be seen as small-scale worlds that welcome and take us through the complex dynamic of reading and interpreting cultural, natural and inner images that we see.

Duration: 30-45 min

### Structure

1

Collective reading

Before you start, make sure that children are comfortable and relaxed. Invite all to sit in a circle. If you don't know the children you are working with, start the workshop by presenting yourself and get to know the children. Present the book, start from the cover page.

Pass the book around and invited children to browse the book for several minutes in silence.

After that make some introductory questions:

- What do you think the book is about?
- What do you think about the cover page? Is it possible to discover the topic of the book from the cover?

Remember: There are no wrong or right answers :)

We go through the whole book together and stop to hear and exchange reflections

After reading the book we can ask more focused questions:

- Have you ever been in trouble?
- How did you feel? – you can share with children the [worksheet 1a/1b](#) with “emotions” they can find the face presenting how they felt when facing the difficulty and after once the obstacle was overcome.
- Was it difficult to find a solution? etc.

How would you solve the “Kłopot”? – share with children the [worksheet 2](#) “iron shape” and ask them to draw on it their own solution based on the ironshape. Let them unleash their imagination :)



2

Meaning making discussion and reflection

3

Creative expression

### Do you know that...

The country where the book was first published is...

- Poland
- Korea (right answer, in Poland the book arrived 2 years later).

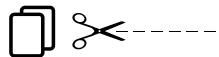
Do you know where those countries are located?

### Practical Tip

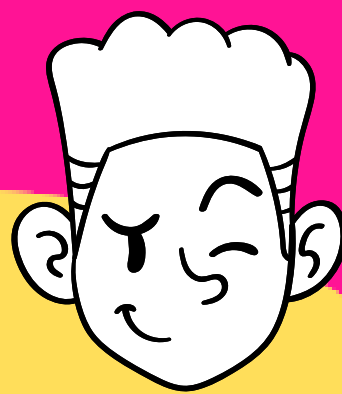
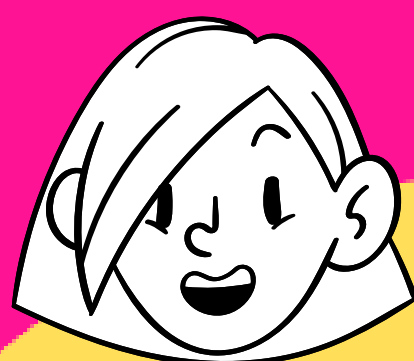
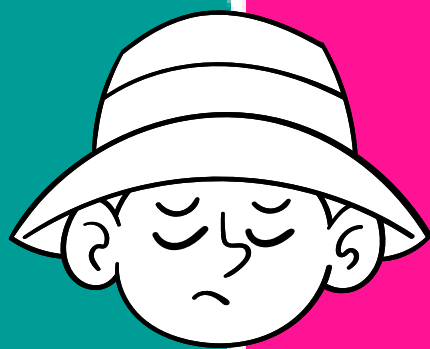
Having the book is essential for this activity, what if in my country the “Kłopot” is not available?

You can watch a presentation of the book available on [YouTube](#) (start watching from minute 7:26) presented by the National Museum in Poznan.





# EMOTIONS

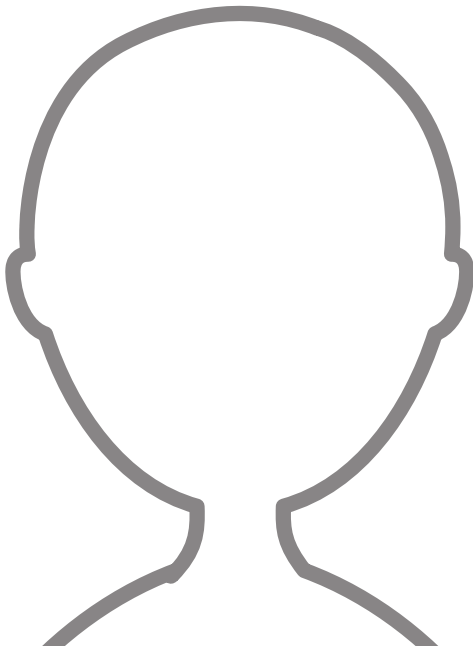




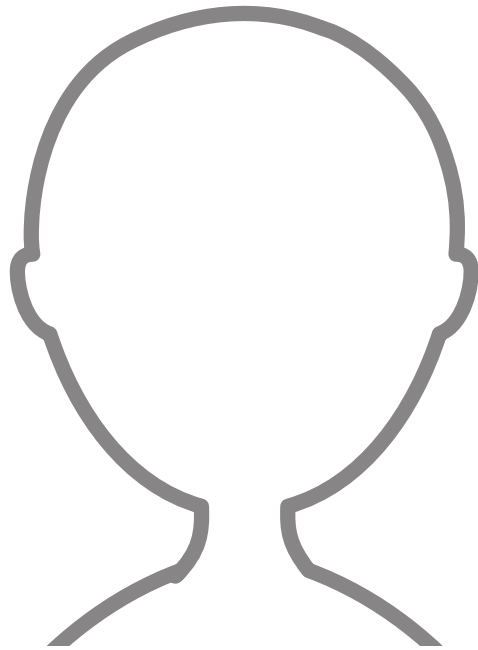
Name: \_\_\_\_\_

# My emotions

Complete your expressions according to how you felt when facing the difficulty and after once the obstacle was overcome.



before

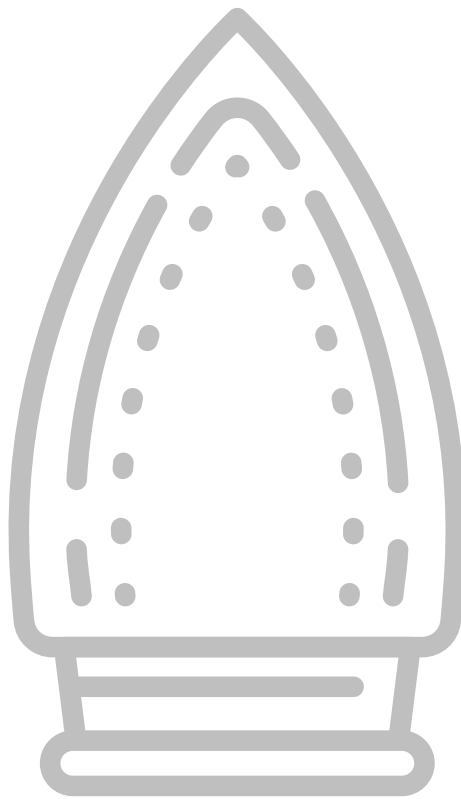


after

How much did you like the activity?



A2: Worksheet 2: "iron shape" - How would you solve the trouble ("Kłopot")?  
In what would you transform the iron burn hole?



How much did you like the activity?



Follow up worksheet 3: "mandala" (as a gift after the session give a copy for each participant)

ages  
3 - 6

Coloring mandalas promotes well-being at all ages. For children is an activity that helps develop hand-eye coordination, trains the mind to recognize shapes, develops creativity, stimulates the sense of patience and attention, helps the development of intelligence and reasoning.

ages  
7 - 11

# Mandala

