

Wisp Book

Lesson Plan Ideas

Learning objectives:

Mental Health

ocean depths

ocean environments

endangered species

animal adaptations

Jacques Cousteau

Lesson ideas:

Mental Health resources

Check with your local City, County or State to connect children, teens and adults for appropriate mental health resources

This book does not have words on purpose so that the viewer can interpret how it makes them feel. Wisp starts as a small spark at the darkest, deepest point of the ocean looking for others that are similar. Wisp goes through some rough the way that is right for Wisp. That is the way I drew it but I too see different things when I look at it depending on my mood. Both of my adult children interpreted it differently than me.

Being Bipolar is a part of who I am (the author/illustrator) and I drew this because it was the way I feel sometimes. How I first felt when I was diagnosed.

Write a paragraph about how this makes you feel.

Draw a picture about how this makes you feel using the ocean. Show the children images of the ocean in all forms (flat, waves, stormy, against rocks etc)

How deep is the ocean?

<https://oceanexplorer.noaa.gov/ocean-fact/ocean-depth/>

<https://science.howstuffworks.com/environmental/earth/oceanography/how-deep-is-ocean.htm>

Draw different layers and label

Draw three animals that interest you and write about them. Or one and do a research report.

Ocean environments

coastal, open ocean (pelagic), deep-sea

Biodeversity

<https://education.nationalgeographic.org/resource/marine-ecosystems/>

<https://www.nps.gov/subjects/oceans/ocean-habitats.htm>

<https://www.usgs.gov/science/science-explorer/ocean/marine-biology-and-ecosystems>

<https://www.fisheries.noaa.gov/species-directory/threatened-endangered>

Label and learn differences

What is the main reason affecting life at the different levels? The reason they have these adaptations. There are some animals that can travel through the levels because of adaptations!

Who was Jacques Cousteau? What did he invent and why was he important to ocean exploration & conservation

<https://www.cousteau.org/>