

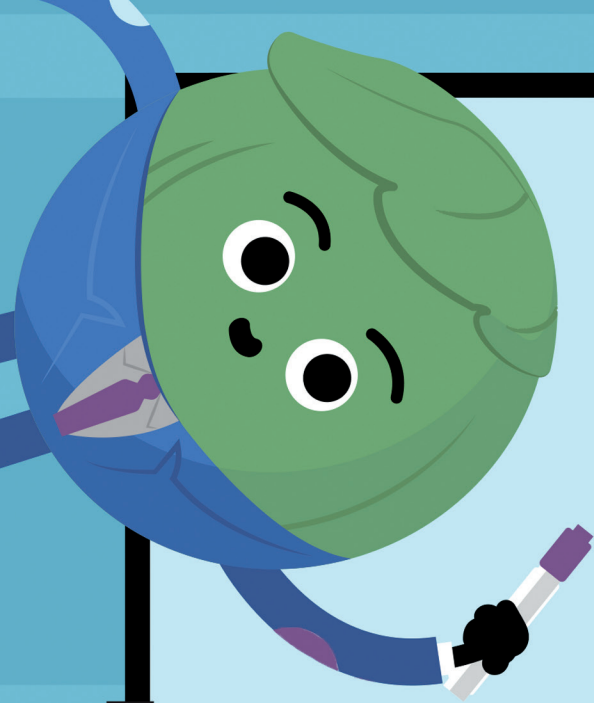
# Harold the Iceberg MELTS DOWN

DOWNLOADABLE ACTIVITY KIT



## THIS KIT INCLUDES

a maze, a matching game,  
coloring sheets, and more.

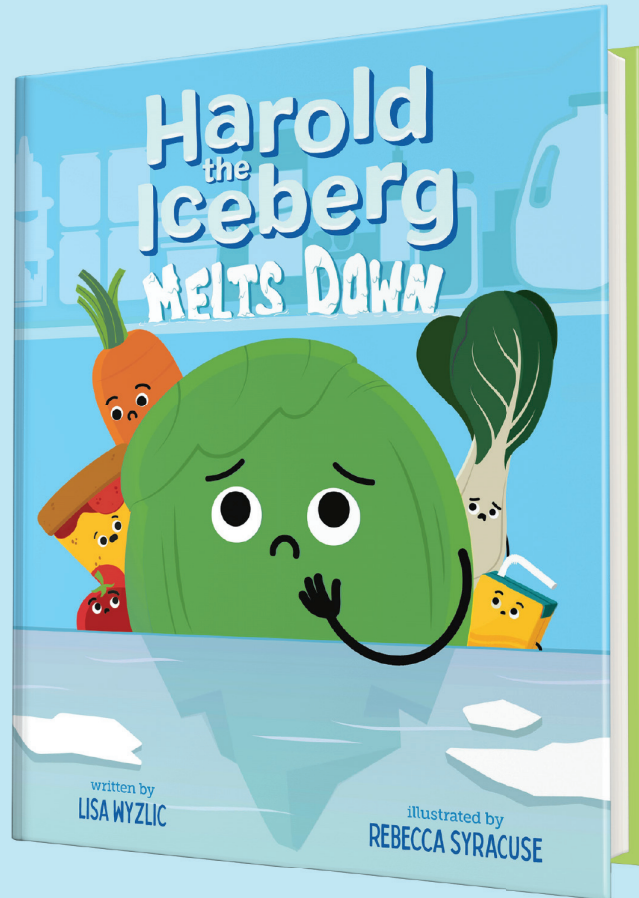


## ABOUT THE BOOK

Harold is an iceberg . . . lettuce. (But he doesn't realize the "lettuce" part because some of his sticker has ripped off.) So one day when he sees a documentary about how the icebergs are melting, Harold starts to worry, thinking that he's melting too.

As his anxiety grows and grows, and he tries to find a way to stop melting, his fellow food friends try to help him cool down in a different way.

Accompanied by Rebecca Syracuse's bold, whimsical artwork, Lisa Wyzlic's debut picture book, *Harold the Iceberg Melts Down*, is all about the importance of friendship and self-care, perfect for any young reader who is worried about the planet's future.



**About the Author** Lisa Wyzlic enjoys imagining creatures and objects with Strong Feelings and telling their stories. Like her characters, Lisa often has her own Strong Feelings, though normally not about melting. She lives with her husband, two kids, and two rescue cats in Manitoba, Canada. *Harold the Iceberg Melts Down* is her debut picture book.



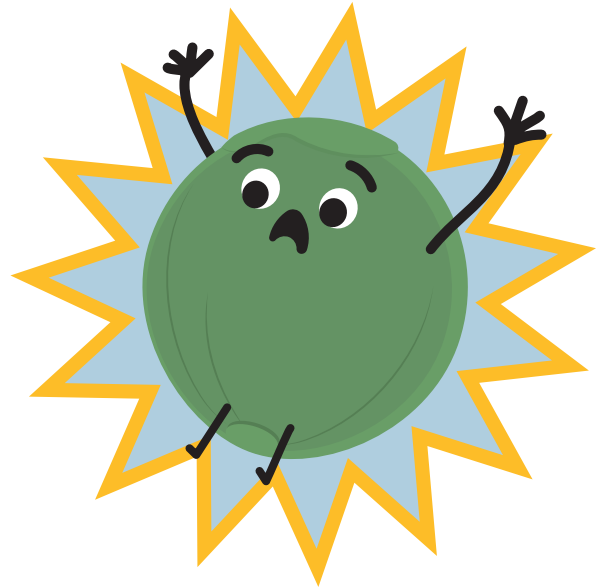
**About the Illustrator** Rebecca Syracuse is an illustrator and children's book designer based in Jersey City, New Jersey. She received a BFA in illustration from the University of the Arts in Philadelphia, Pennsylvania. After graduating, Rebecca got her start designing children's products, but quickly discovered her real love: BOOKS! When she isn't drawing faces on vegetables, you might find her scoping out the shelves of her local bookstore, or trying to pet a stray cat. *Harold the Iceberg Melts Down* is her picture-book illustration debut.

# WORRY-LESS CHECKLIST

Harold often worries about things, both big and small.  
Do you ever feel anxious like Harold?

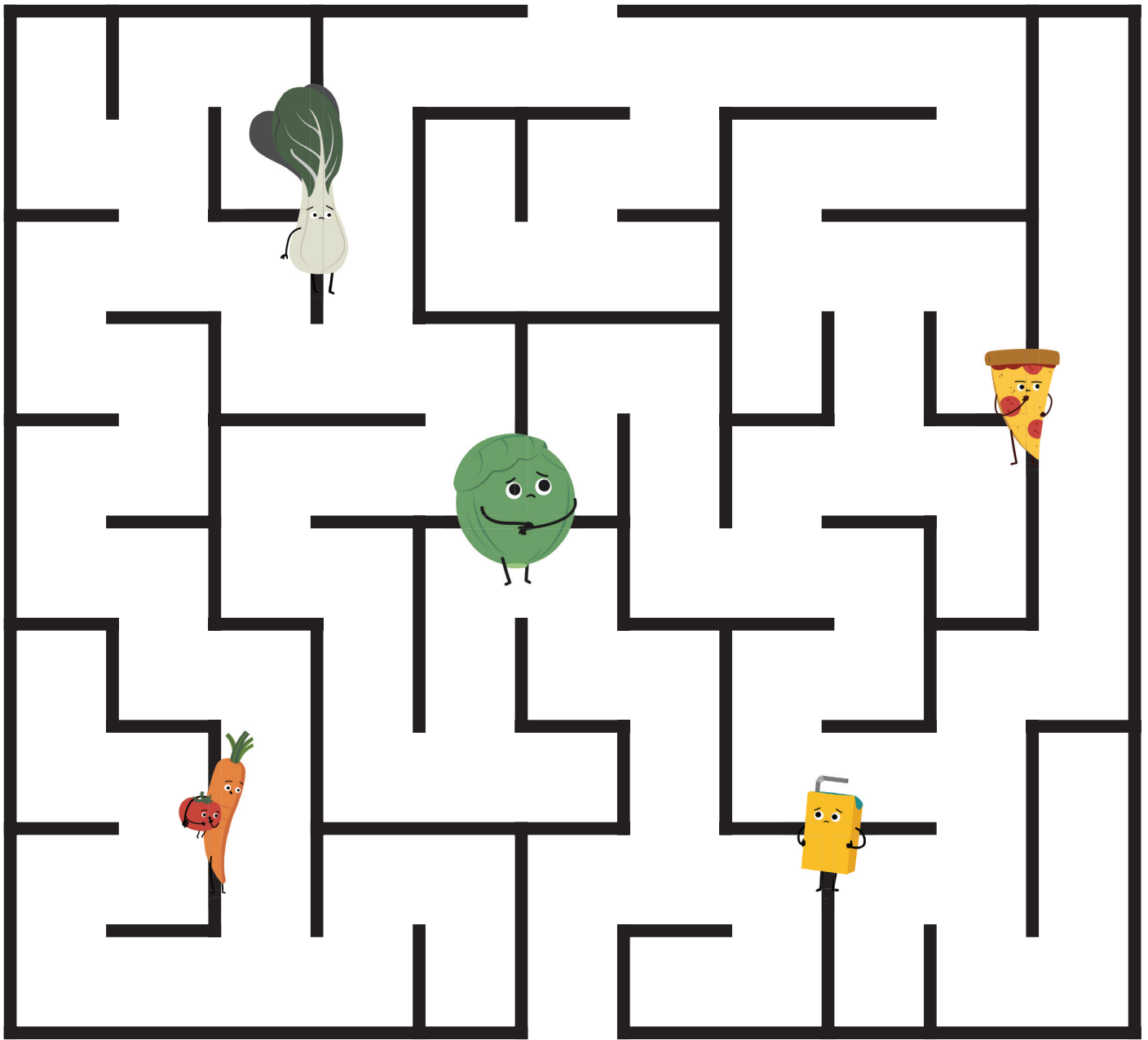
Listed here are a few things that help Harold feel calm and in control.  
What would you add to this list?

1. Count to ten.
2. Take a deep breath.
3. Play a game with friends.
4. Draw a picture.
5. Make a plan.
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



# SAVE THE PLANET MAZE

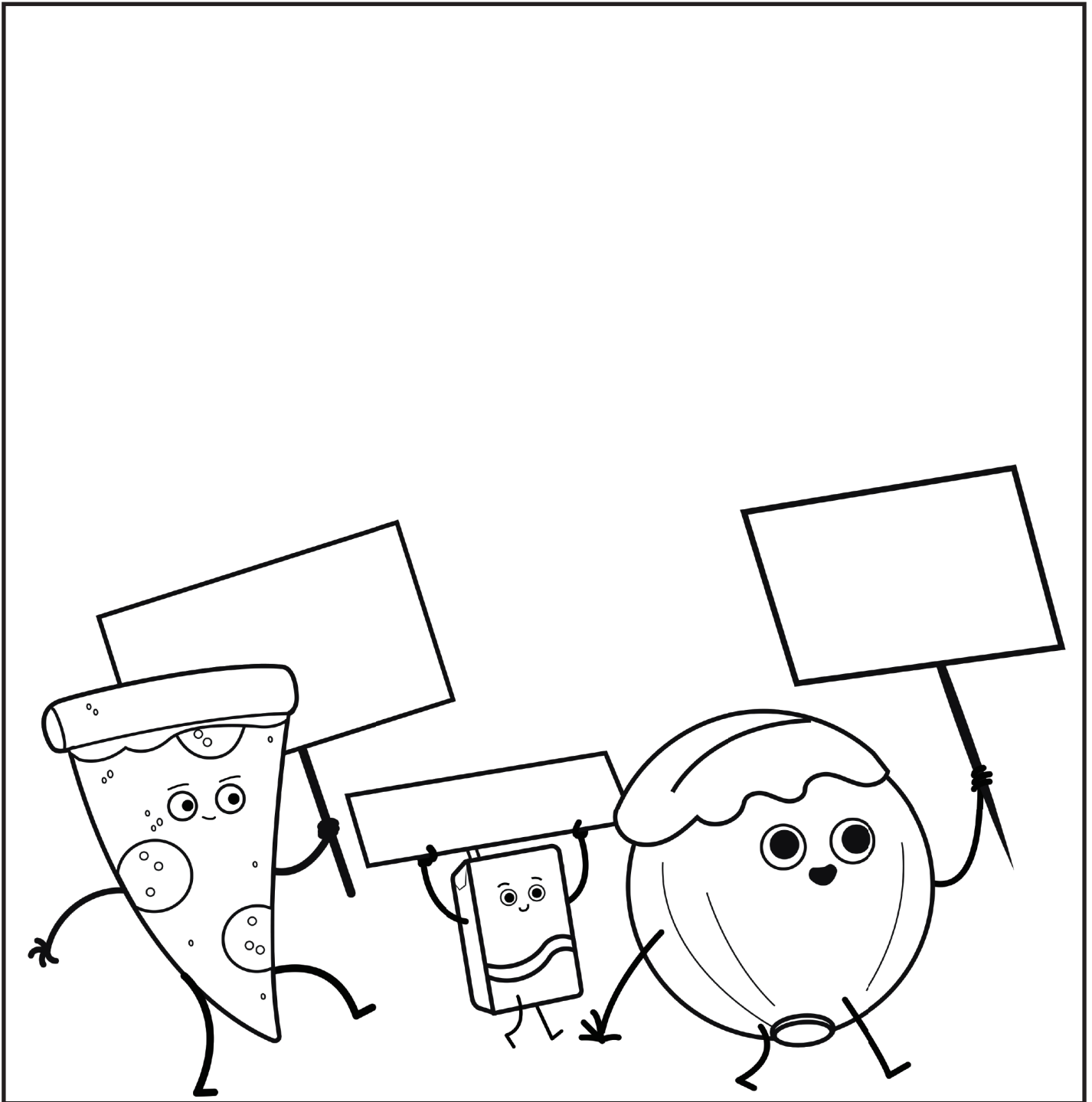
Harold and his friends are worried about climate change and want to make a difference. Help them get through the maze so they can save the planet!





# DRAW A POSTER

Do you want to help Harold and his friends fight climate change?  
Create a poster design that shows how you'd make  
a plan to help our planet.



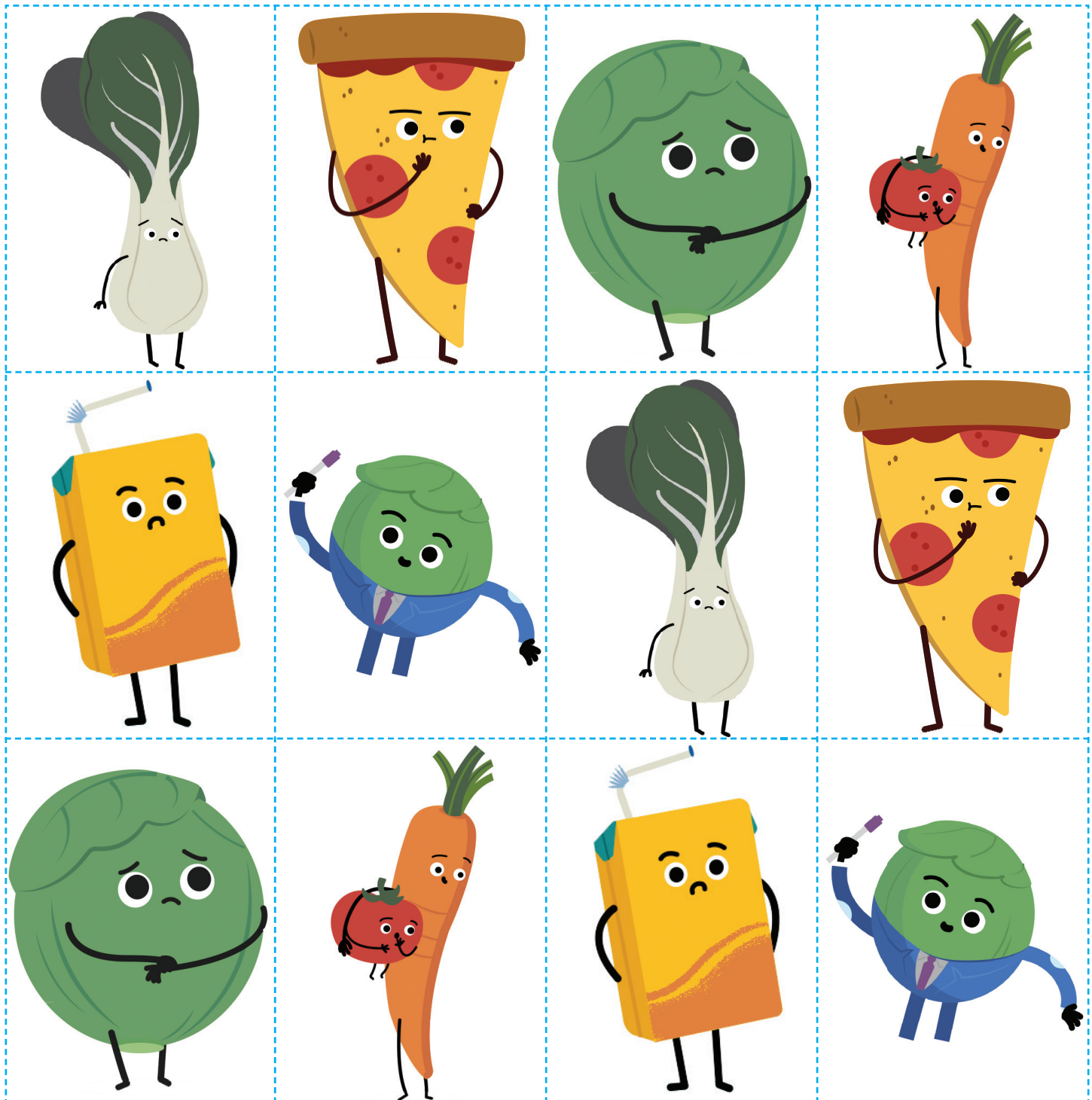
# MATCHING GAME

To play, have a grown-up help cut out all of the cards, mix them up, and lay them facedown.

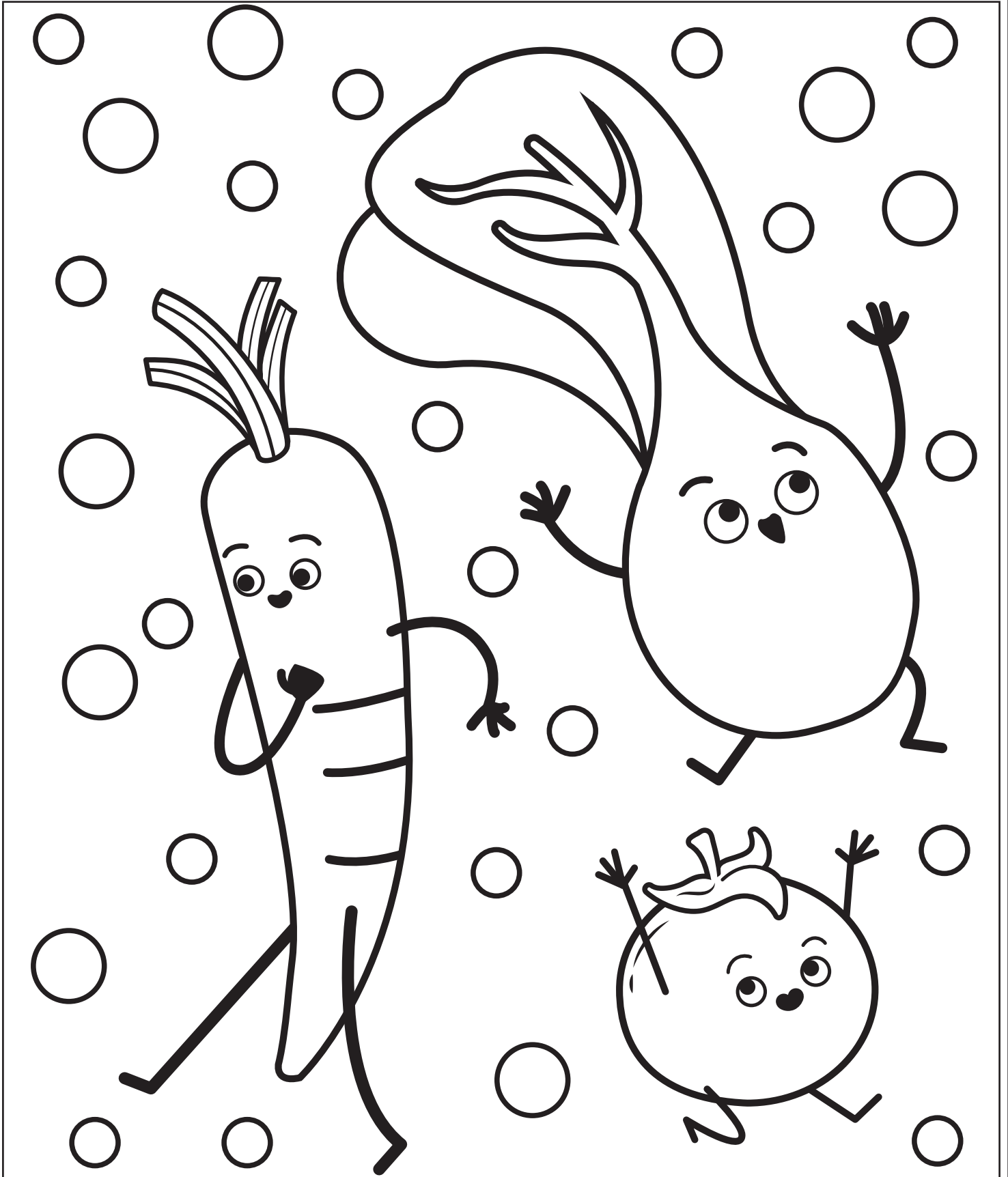
The first player flips over two cards. If the cards match, you have made a pair!

Keep those cards. If they don't match, turn them back over and the next player gets a turn.

When all the pairs have been found, the player with the most cards wins!



# COLORING PAGE





# COLORING PAGE

