Walker Finds His Wiggle: Formative Process in **Developing a Picture Book to Foster Physical** Literacy in Young Children

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BACKGROUND

In Northwest Florida (Escambia County), rates of overweight and obesity in young children are of concern. Additionally, there is a history of extreme poverty, crime, and health disparities. To address the health implications of overweight and obesity, 5-2-1-0 Escambia! was implemented as a multi-setting obesity prevention initiative involving the local Florida Department of Health. At the same time, stakeholders from education, non-profit agencies, business, faith, community, civic, and philanthropic sectors supported initiatives to assist early learning (birth to 5 years) with the promotion of parents as the child's first literacy teacher.

Phase 1: Research & Brainstorming

This phase focused on determining what approach to take when writing a picture book that promoted physical activity targeting children ages 3 to 5 years old. Key events in this phase centered on the following themes: 1) world of children books; 2) reading & literacy; and 3) mechanics of writing a picture book.

World of Children's Books

- Surveyed the different types of children's books
- Assessed the different sizes of books and fonts/illustrations
- Reviewed books with health-related topics Limited children's books related to physical activity

Reading & Literacy

- Community efforts to promote reading as the building block of a child's educational journey Support parents as child's first
- literacy teacher

With these local initiatives supporting physical activity and reading, researchers at the University of West Florida became interested in the use of picture books as an intervention strategy to promote physical literacy in young children. There is a growing body of research on picture books in children's learning (Heath, Houston-Price, & Kennedy, 2014; Lu, Cheng, & Chou, 2016). Picture books enhance language and academic literacy; expand life experiences; promote creativity; explore/regulate emotions; and nurture parent/caregiver interactions. When learning health-related behaviors, studies have investigated children's vegetable consumption using picture books. However, the use of children's picture books to foster physical literacy in preschool children is unknown. To begin to answer this question, the researchers developed the picture book, *Walker Finds His Wiggle*.

OBJECTIVES

The purpose of this study was to describe the formative process in developing the children's picture book, Walker Finds His Wiggle.

METHODS

Phase 2: Drafting Storyline

The writing team presented the initial storyline with the main character as a weasel. A concept storyboard and script was presented to our research team.

A UWF faculty, with expertise in reading education, was consulted. In addition, the content was shared with Program Directors from the local Early Learning Coalition and Department of Health. There was a consensus that the main character and tone of the script needed to be revised.

Phase 3: Revising to Improve Storyline

After many brainstorming sessions, the research team decided that the author and illustrator needed to gain an understanding of

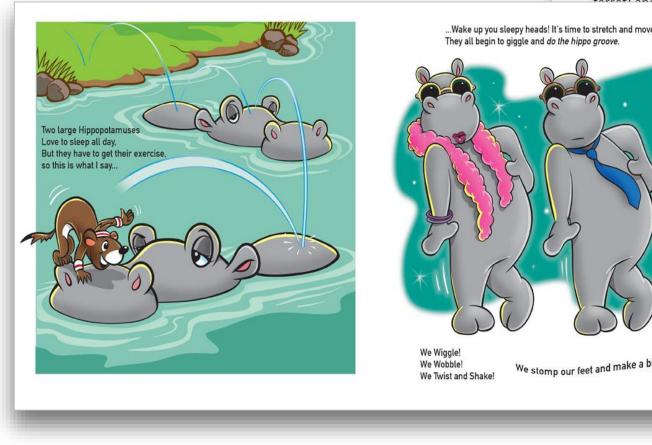
Mechanics of Writing a Picture Book

- Identified consultant to coordinate the project
- Considered animals as central characters in book
- Decided on the size of book and number of pages
- Finalized book author and illustrator

. Below I have outlined some points to make it easy to follow. I have also included a sample from the script as well as a couple of illustrated pages. Please keep in mind that the script is just a "sample." It will have a beautiful connection when it's tied together and come alive with the illustrations. We are also going to play with other fonts for the

• The book will be a 32 page, fully illustrated, soft cover picture book. Every page will have an illustration as well as the front and back cover..

 The concept is to create a book that gets kids moving, laughing and learning. The storyline and illustrations will reinforce counting to 10, animals at the zoo, healthy eating, rhyming, using their imagination and exercising. The main character is a weasel. We chose a weasel because they are tiny (preschoolers) but they can still be strong and have fun. A weasel is cute (like a pet



to illustrate because they are bendable. Also, being that alker Wiggle, it's perfect because when a weasel walks, it's ne main character small will allow him to engage with the

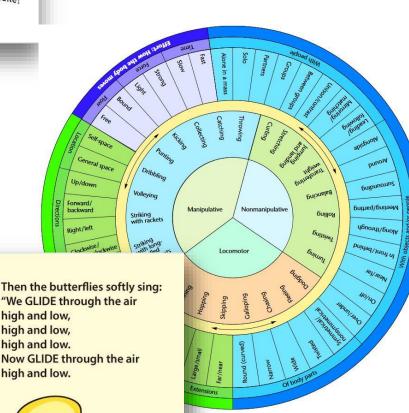
> from ONE weasel to the number Ten. We are using ligators, giraffes, tigers, monkeys. elephants and penguins. ouble spread of all the zoo animals doing the wiggle-wobble ill be a whole lot of fun.

ve stomp our feet and make

Walker Finds His Wiggle - July 17, 2017 Meeting Notes Project Coordinator responded in Red, Book Author responded in Green

Will look at fonts They liked the one they found in another book (see photo I sent you) I talked to Norris and he said the reason why he used the font that he did was because there is so much going on with the pictures and especially with the text inlay within the pictures of some. The more straight and simple a font is, the cleaner it will look and easy on the eye. He said to "trust him on this." Stay away from decorative, curvy and thick

Wondered why we are capitalizing letters that are not starting a new beginning of the lines. Because it's poem style and it's traditional a so. Not everyone does this but I prefer because it makes it easier to flow better. The song isn't poetry so therefore it's not capitalized t Front cover scene needs to look like the rest of the book. Norris sai wants a page to look different from every other page so the child lo pictures has more variation. First page, should Walker be coming from a house? I personally L



This qualitative study examined the timeline of events in order to describe the formative process that occurred in developing a children's picture book promoting movement and physical activity. Data collection included the research team's e-mails, meeting minutes, field notes, and reflective diaries from the inception of the project to completion. These records were analyzed thematically to gain an understanding of the sequence of events that occurred in developing a children's picture book.

RESULTS

The development of the picture book took place over 16 months and consisted of four phases: Phase 1: Researching and Brainstorming; Phase 2: Drafting Storyline; Phase 3: Revising to Improve Storyline; and Phase 4: Printing and Publishing of Book.

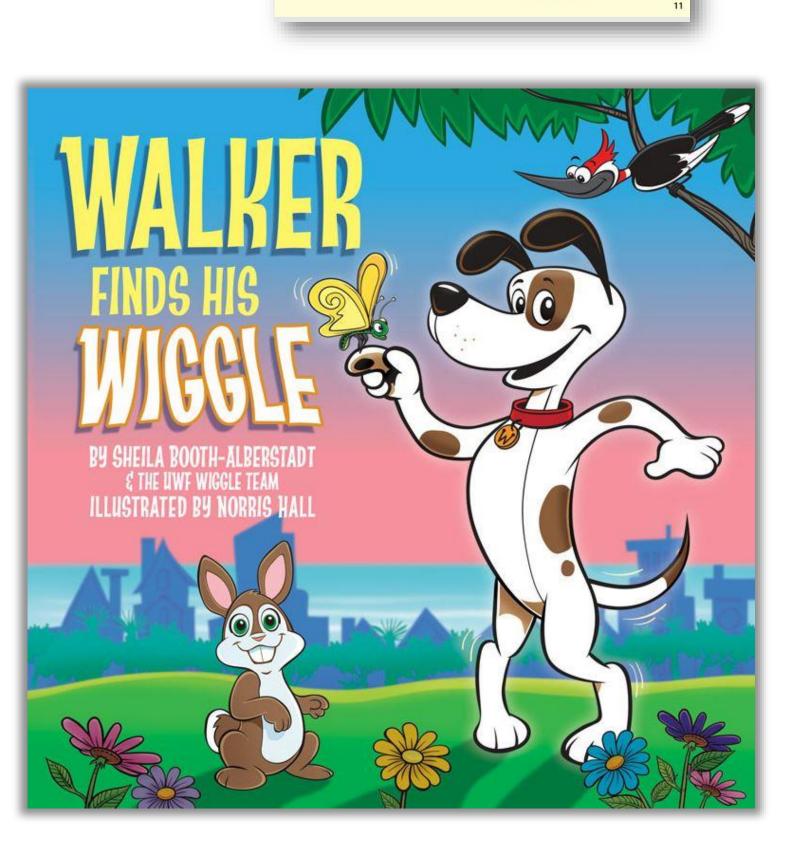
Phase 1 focused on the approach to writing a children's book resulting in identifying a writer and illustrator with expertise in publishing picture books. Phase 2 involved a collaborative process between the research team and writing team in developing the storyline for the book. This iterative endeavor included the rejection of the initial animal character and storyline by the research team, recommendations for the main character, and integration of movement concepts into the storyline. Phase 3 concentrated on improving the storyline and illustrations and Phase 4 researched and finalized the printing and publishing of the book.

physical literacy (Whitehead, 2010) and movement concepts in relation to space awareness, effort, and relationship (Graham, Holt-Hale, & Parker, 2010) for the script to reflect our philosophy related to physical activity targeting children 3 to 5 years old. We also recommended that the main character be a dog and include animals that children would be familiar with in Northwest Florida. Once the revised script was approved, we continued to provide feedback to the author and illustrator.

Phase 4: Printing & Publishing the Book

The funding for this project included printing 5000 copies of the book to be free to childcare centers, schools, and families in Escambia County. A local printing company was selected for the project. This company selected the quality of paper to use that would be more "child proof". The illustrator provided the final proof to the printer. There are future plans to work with the author to publish the book for sale via the Internet. Funds from book sales will go back into the project for future books and curriculum.

beautiful park and great story.) This page is such a great way of inv







This study described the formative process used in the development of the picture book, Walker Finds His Wiggle, a story providing themed physical activity to promote movement development in young children. Next steps include investigating the impact of the picture book on the nurturing of physical literacy in young children.

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