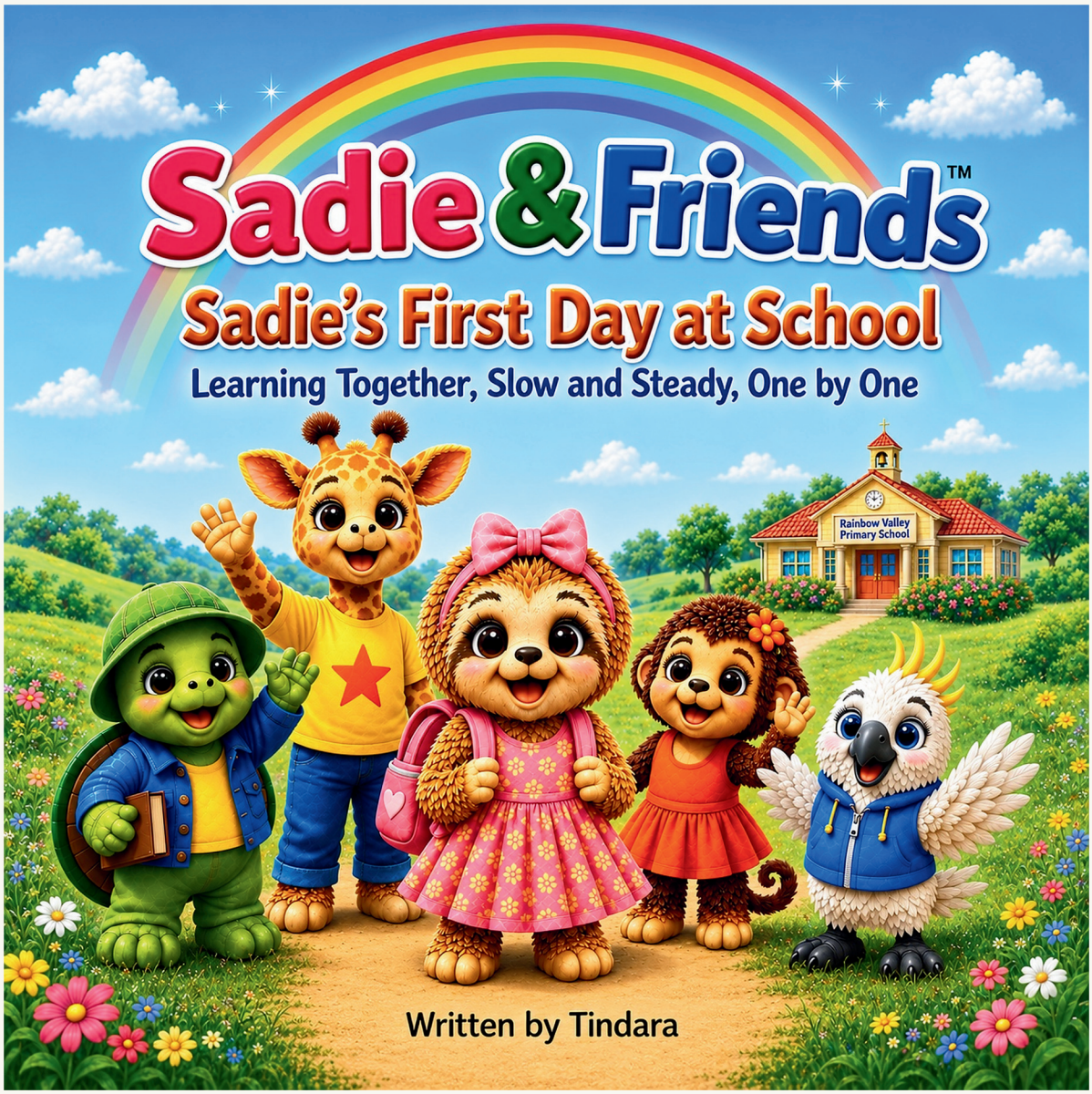
TEACHER RESOURCE PACK

Teaching with Sadie & Friends™

A Lesson Plan for Early Readers



Based on the book

Sadie & Friends: Sadie's First Day at School

Exploring Friendship, Story Structure & Social and Emotional Learning (SEL)

Learning through

Story · Song · Rhyme · Discussion · Creative Activities

Suitable for Foundation to Year 2

Contents

Teacher Resource Pack	1
Welcome	4
Meet the Characters	5
Learning Objectives	6
Lesson Overview	7
Before Reading	8
During Reading	9
After Reading	10
Story Discussion	11
Activity Pages	12–19
Emotional Journey	20
A Peek at Our Premium Teaching Resources	21
Well Done!	22
About the Author	23



Welcome

Welcome to Book 1 - Sadie & Friends: Sadie's First Day at School - the beginning of the Sadie & Friends™ series!

Sadie's First Day at School is a heartwarming story that explores friendship, kindness, feelings and belonging.

As Sadie begins her first day at school, she learns that starting school can be a mixture of excitement, nervousness and uncertainty. Sadie experiences a moment of feeling left out and alone. When Sadie notices Terri experiencing similar emotions, a beautiful friendship forms through kindness and understanding as they discover that being yourself and showing kindness to others are things to be proud of.

Guided by Sadie's gentle motto 'Slow & Steady', children discover that we all learn and make friends at our own pace and that kindness, patience and believing in yourself can make all the difference.

This Teacher Resource Pack has been designed to extend children's learning beyond the story itself. Through discussion, song, rhyme, fun activities and Social and Emotional Learning (SEL), children are encouraged to explore their own emotions, develop positive relationships with others, while strengthening their literacy and communication skills along the way.

We hope these resources inspire thoughtful and meaningful conversations and encourage creativity while making learning fun!

Learning together, Slow & Steady, one by one!



Meet the Characters



Learning together, Slow & Steady, one by one!

Learning Objectives

By the end of this lesson plan, students will be able to:

- 👥 Identify the main characters in the story.
- 📖 Recognise the beginning, middle, and end of the story.
- 💬 Describe how the characters feel throughout the story.
- 🗣️ Participate in discussions and share their own feelings and ideas.
- ❤️ Discuss the importance of kindness, sharing, friendship, and including others.
- 🤝 Develop empathy through Social & Emotional Learning (SEL).
- 🧠 Discuss how the characters are feeling and explain why they acted in certain ways.
- ✏️ Respond to the story through speaking, listening, drawing or writing.



Lesson Overview

Welcome to Teaching with Sadie & Friends™

The Sadie & Friends™ Literacy Approach — Combining storytelling, music, rhyme, rhythm, repetition, and Social & Emotional Learning to build confident early readers. Song lyrics and audio versions are available to further support classroom learning and reinforce these concepts in a fun and engaging way.

This lesson plan has been designed to accompany Sadie & Friends™: Sadie's First Day at School and provide teachers with engaging, flexible learning experiences for Foundation to Year 2 students.

The lesson may be taught as one extended session or divided across several shorter lessons to suit your classroom timetable and the needs of your students.

Learning Through Song & Repetition:
Singing along with the songs encourages children to recognise familiar words through repetition. As children listen, sing and revisit the story, they build vocabulary, strengthen word recognition and develop confidence in their early reading skills.

Through storytelling, discussion and meaningful classroom activities, students will explore:

- Friendship and kindness
- Feelings and emotions
- Belonging and inclusion
- Story structure
- Social and Emotional Learning (SEL)
- Early literacy and communication skills

We hope this lesson plan inspires meaningful conversations, encourages creativity, and helps every child discover that learning is most rewarding when we learn together.

Suggested Year Levels: Foundation–Year 2
Suggested Delivery: 1–5 classroom lessons

Before Reading

Before reading Sadie & Friends™: Sadie's First Day at School, take a few moments to introduce the story and encourage students to think about starting school, making new friends and their feelings about these experiences.

Teacher Discussion Prompts

Ask students:

- What do you think the story will be about?
- How did you feel on your first day at school or kindergarten?
- What does the word kindness mean to you?
- What feelings do you think Sadie might experience in this story?

Picture Walk

Before reading, explore the cover and illustrations.

Encourage students to:

- Describe what they can see.
- Predict what might happen in the story.
- Identify the different characters.



Vocabulary

Introduce some key words before reading:

- Friendship
- Kindness
- Feelings
- Belonging
- Different

⭐ Let's Think Together

"Today, listen carefully for a moment when a character shows kindness. Be ready to share what you noticed after the story."

During Reading

As you read the story aloud, pause at key moments to encourage discussion, build vocabulary, and help students make connections with the characters and their emotions.

There are no right or wrong answers. Encourage every child to share their thoughts and ideas.

📖 Pause and Discuss

🌱 At the Beginning
- How do you think Sadie is feeling today?
- What clues tell us how she feels?
- Have you ever felt the same way?

🤝 When Sadie Meets Her Friends
- What makes someone a good friend?
- How can we help someone feel welcome?

💔 When Sadie Feels Left Out
- How do you think Sadie feels?
- Why is she feeling this way?
- What could her friends do to help?

💬 When Terri Shares His Feelings
- What do Sadie and Terri have in common?
- Why is it important to talk about our feelings?

⭐ At the End of the Story
- What did the characters learn?
- How did kindness help everyone?
- What lesson can we learn from Sadie and her friends?

✏️ Vocabulary Check

As new words appear in the story, encourage students to:

- Discuss their meaning.
- Use the words in a sentence.
- Connect the words to their own experiences.



🌟 Teacher Tip

Allow time for students to think before answering. Encourage children to listen respectfully to one another and remind them that everyone may have different ideas and feelings.

After Reading

Now that you have shared Sadie & Friends™: Sadie's First Day at School, take time to reflect on the story together. Encourage every child to share their thoughts and remind them that everyone's ideas are valued.

Story Reflection

Use the following questions to guide your class discussion.

📖 Understanding the Story

- What happened at the beginning, middle and end of the story?
- Who were the main characters?
- What was your favourite part of the story?

💛 Feelings & Emotions

- How was Sadie feeling on her first day?
- Why did Terri feel left out?
- How did the characters help one another?
- Have you ever felt the same way?

🤝 Friendship & Kindness

- What does being a good friend mean?
- How can we help someone who feels lonely or left out?
- Have you ever felt left out? Who helped you when you felt this way?

🌍 Making Connections

- What lesson did you learn from the story?
- Is there something you could do this week to show kindness to someone else?

🌟 Teacher Tip

Finish the lesson by asking each student to share one kind thing they can do for someone this week. This helps children connect the story's message to real-life actions and reinforces the themes of friendship, kindness and belonging.

Story Discussion

Encourage students to share their thoughts, listen to one another respectfully, and explain their ideas. There are no right or wrong answers—every child may have a different perspective.

Let's Talk About the Story

Understanding the Characters

- Which character did you relate to the most? Why?
- What qualities made the characters good friends?
- How did the characters help each other throughout the story?

Feelings & Emotions

- How did Sadie feel on her first day at school?
- Why do you think Terri felt left out?
- How did the characters' feelings change as the story progressed?

Friendship & Belonging

- What does it mean to include others?
- How can we help someone who is feeling lonely or nervous?
- What are some ways we can be a kind friend at school?

Making Connections

- Have you ever started something new and felt nervous?
- What helped you feel more confident?
- What can we learn from Sadie's motto, "Slow & Steady"?

Thinking Beyond the Story

- If you could add another page to the story, what would happen next?
- What advice would you give Sadie on her first day?
- What do you think is the most important message in this story?

🌟 Teacher Tip

Encourage children to support their answers by referring to events or characters from the story. This helps develop comprehension, oral language skills, and confidence while reinforcing the story's key themes.

Activity Page

How does Sadie feel about going to school?

Excited

Trace the letters to reveal how Sadie feels



Colour me in!

Activity Page

Match the names to the animals

Sadie	•	• Monkey
Molli	•	• Sloth
Gerri	•	• Cockatoo
Cody	•	• Giraffe

Draw a line to match each name to the correct animal



Colour me in!

Activity Page

How is Sadie Feeling?

- ☐ Happy
- ☐ Scared
- ☐ Sad
- ☐ Angry



Tick the correct answer

Colour me in!

Activity Page

What is Terri feeling?

- ☐ Happy
- ☐ Scared
- ☐ Sad
- ☐ Angry



Tick the correct answer

Colour me in!

Activity Page

How do you feel?

Draw a picture of you in each box.

Draw a picture of you being sad.



Draw a picture of you being happy.



HAPPY

Activity Page



Activity Page

COLOUR • CUT • PASTE

Put Sadie Back Together!

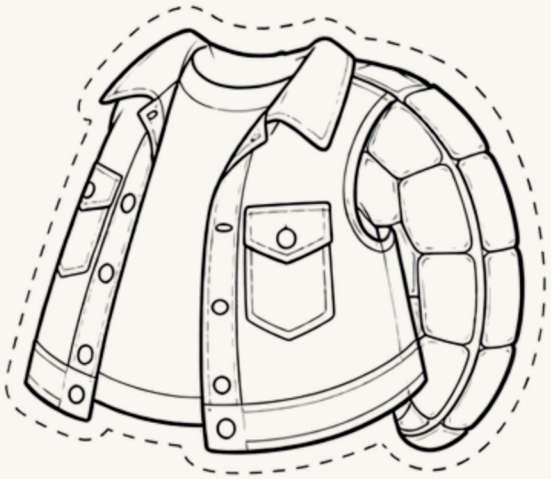


Activity Page

COLOUR • CUT • PASTE

Put Terri Back Together!











Emotion Journey

Follow Sadie & Friends' Emotional Journey

A simple story-based look at how feelings can change as events unfold.

Excited

Sadie feels excited as she gets ready for her first day at school.

Happy

She feels happy when she meets up with her friends.

Sad

Sadie feels sad when she cannot keep up and begins to feel left out.

Worried

Sadie becomes worried when she notices that Terri is having a difficult time.

Frustrated

Terri feels frustrated because he wants to join in and play with the others.

Caring

Sadie shows Terri kindness and lets him know he is not alone.

Connected

Sadie and Terri discover something they have in common and begin to feel understood.

Happy & Included

Together, they rejoin their friends feeling happier, included and ready to enjoy the day.

A Peek at Our Premium Teaching Resources

More ways to learn, create and have fun with Sadie & Friends™.

All About Me

Celebrate what makes you, you!

Children answer simple questions about themselves and add a drawing to share a little more about who they are.

Being a Good Friend

What makes a good friend?

Children choose, cut and paste friendship words onto the page, then complete the activity with their own drawing.

Sadie & Friends™ Puppet Show

Colour • Craft • Create • Perform!

Create character stick puppets, then bring a scene from the book to life or make up a brand-new Sadie & Friends adventure.

Learn the "Say Hi" Song & Dance

Sing • Move • Dance • Have Fun!

Learn the "Say Hi" song and follow along with the Sadie & Friends dance for a fun music-and-movement extension.

Explore the Premium Teacher Resource Library at

www.sadieandfriends.com.au

Well Done!

Finish the lesson by recognising every student's effort and participation.



About the Author

Tindara is the creator of the Sadie & Friends™ series, where storytelling, music and Social & Emotional Learning (SEL) come together to create meaningful learning experiences for young children.

Inspired by a love of creating memorable characters, Tindara developed Sadie & Friends™ to help children build confidence in reading while exploring important values such as friendship, kindness, empathy and inclusion.

Each story is accompanied by engaging classroom resources designed to extend learning beyond the pages of the book. Through discussion, songs, creative activities and literacy experiences, children are encouraged to strengthen their communication skills, emotional understanding and love of learning.

Above all, Tindara hopes children, teachers and families come to love the Sadie & Friends™ characters as much as she has. Every adventure is created with care, with the hope that these lovable friends become familiar companions who inspire curiosity, kindness and confidence in every child they meet.

Thank you for welcoming Sadie & Friends™ into your classroom. We hope these stories and resources create joyful learning experiences and inspire children to keep reading, singing and learning together—Slow & Steady, one by one.

With warm wishes,

Tindara

Creator of the Sadie & Friends™ Series

🌈 Learning together, Slow & Steady, one by one!

Continue Learning with Sadie & Friends™

Download a FREE printable A4 version of this Teacher Resource Pack at

www.sadieandfriends.com.au

Looking for more Teaching Resources?

Explore our premium Teacher Resource Library featuring original songs, Social & Emotional Learning (SEL) resources, printable activities, games, assessment tools and much more.

Thank you for supporting early learning, friendship and kindness in your classroom.

🌈 Learning together, Slow & Steady, one by one!

Contact us: hello@sadieandfriends.com.au



© 2026 Tindara Creative Studios. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form without prior written permission, except for classroom use by the original purchaser where permitted.