

SLEEPY HAPPY CAPY CUDDLES

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Illustrated by **Jaimie Whitbread**
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Activity Guide

The rainforest roars with squeaks and squawks, alive with a rumpus of animal noises. Can any creature get a moment of rest and calm amidst this horrible hubbub? Not until . . . the **blurbly** blowing of bubbles, the **fwippa fwip** of flickering ears, and the **shookita shimmy** of a shaking booty bottom announce the arrival of the largest, friendliest rodent around (which really exists in the wild) who calls for something new: cuddles!

But, the animals wonder, can cuddles de-harden a shell? Don't they look weird? Will that closeness feel uncomfortable? Capy has gentle answers to all these questions, helping every cuddler feel safe and happy. Because when others feel happy, the capy feels happy too. And when capy is happy, she floofs!

Curl up with this book and learn that no matter how you do it, everyone can appreciate a cuddle.

Mike Allegra is an author, editor, and creative writing teacher for children and adults. His books include *Sarah Gives Thanks* and *Scampers Thinks Like a Scientist*. As a pro-rodent ("prodent") person, he is captivated by capybaras and believes the human race could learn a lot from their peaceful, inclusive ways. He lives in Scotch Plains, New Jersey.

Jaimie Whitbread is the author and illustrator of *A Tiger Without Stripes* (Innovation Press). She loves all animals and strives to be as chill and calming as a capybara in her own life. When she isn't illustrating, she forages for edible plants and spies on local animals. She lives in Coppell, Texas.

Capy Facts!

- Capybaras are the world's largest rodent.
- They are highly social creatures and usually live in packs of 10-40.
- Capys need water to keep their dry skin moist and are found only in areas with abundant water sources, mostly in South America.
- Capybaras have partially webbed feet, making them great swimmers. Their eyes, ears, and nostrils are located at the top of their heads, like hippos, enabling them to keep most of their bodies below water while they watch out for predators.
- Capybaras can stay underwater for up to five minutes at a time.
- They are usually about 39 to 51 inches long and about 20 inches tall from foot to shoulder. They tend to weigh 60 to 174 lbs, depending on gender. Females are usually a little larger than males.
- The capybara's scientific name, *Hydrochoerus hydrochaeris*, comes from *Hydro chaeris*, which means "water hog" in Greek.
- Capybaras are most active at dawn and dusk.
- Capys are herbivores and only eat vegetation. A typical day of eating can include 6 to 8 lbs. of fresh grass and water plants.
- Capybaras have two long, front teeth and they never stop growing. They wear them down by grinding and chewing on food or bark.
- Capybaras have been called "moving chairs" or "nature's ottoman." Birds, rabbits, monkeys, and other animals have been spotted taking a ride or a nap on their backs. Birds and capys have a symbiotic relationship, as birds eat the insects they find in the capybara's fur.
- They love to cuddle! You can often find capybaras cuddling with each other or with other animals in the wild or at zoos, or even with cats and dogs as pets at people's homes.
- Capys floof when they're happy! When a capybara is happy, their hair stands on end, making it look especially fluffy.
- Capybaras express themselves by purring, barking, cackling, whistling, squealing, whining, grunting, and teeth-chattering, depending on what they're trying to communicate.



Match the Cuddle

Draw a line from the image to the type of cuddle!



Self-snuggle



Group cuddle



Hug



High five



Dance party



Holding hands

What Does Consent Sound Like?

Cut out the phrases below, decide whether they mean “yes” or “no,” and tape or glue them into the correct columns.

Yes

No

“Not right now.”

“No, thank you.”

“Maybe another time.”

“OK!”

“I would like that.”

“That would be great!”

“Yes, please.”

“I don’t like that.”

“I don’t feel like it.”

“Stop doing that.”

“Yeah!”

Show Your Happy

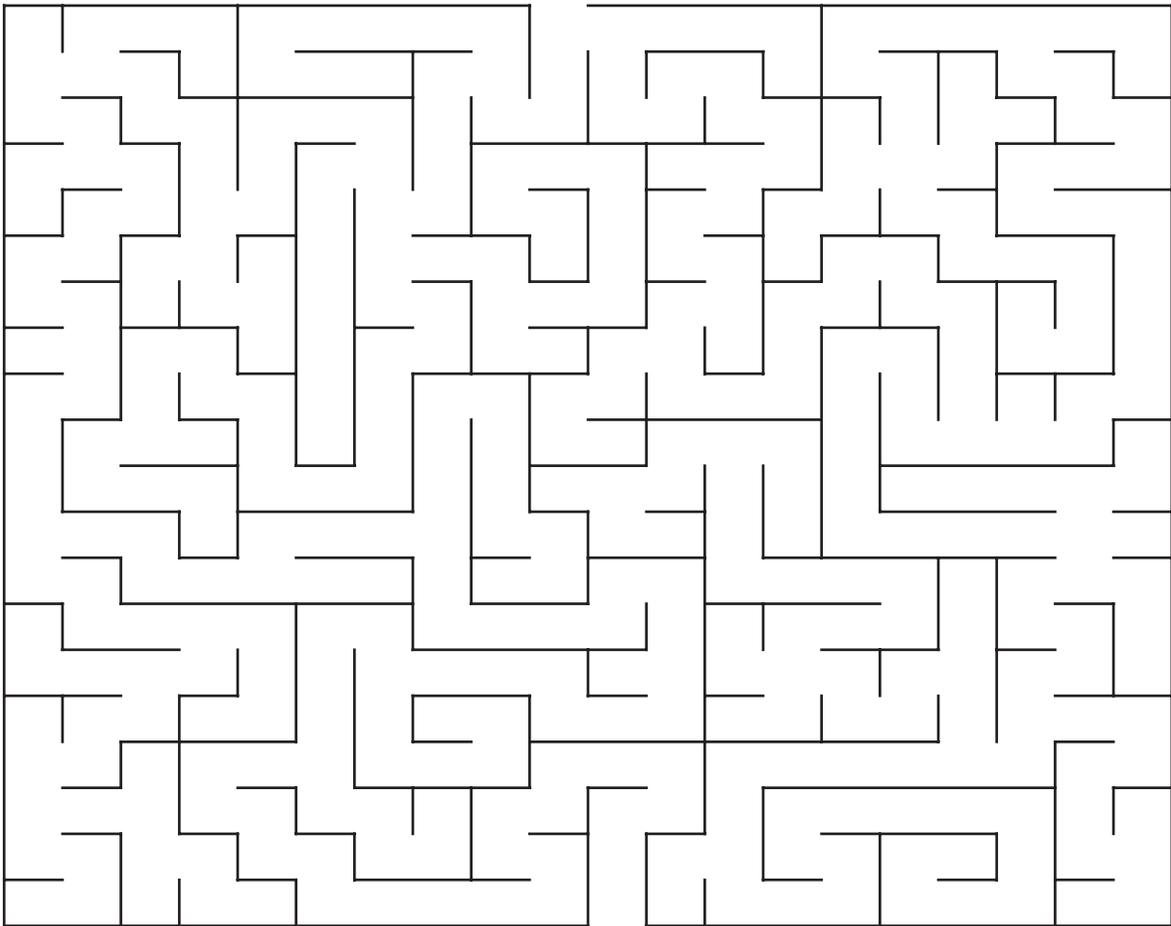
Capybaras **floof** when they're happy. How do you like to show that you're happy?

Now draw it in the box below!



Cuddles are A-maze-ing!

Help the capybara get to the other animals for snuggles!

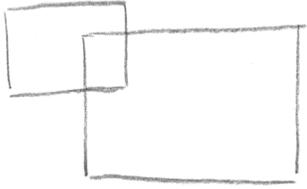


Who Do You Cuddle?

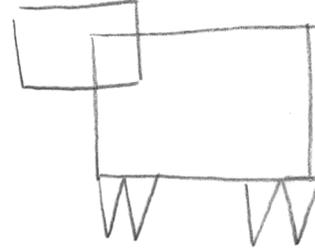
Draw a picture of the person or stuffed animal you like to cuddle in the box below!



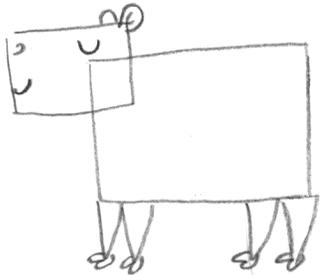
How to Draw a Capybara



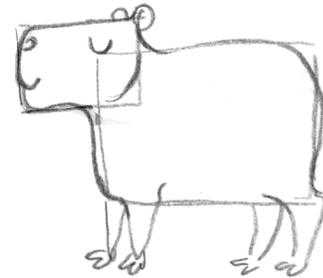
1. With a pencil, draw a rectangle. Draw a second, smaller rectangle overlapping the upper corner of the first rectangle. Make these lines very light, because you will be erasing them later.



2. Add four small, narrow triangles to the bottom of the larger rectangle, as pictured. These are your capybara's legs.



3. Inside the small rectangle, add a small "U" shaped line just above the overlapped corner of the large rectangle. This is your capybara's eye. Make a backwards "c" in the upper outer corner of the small rectangle, then another "U" shape below it. These are the nose and mouth. Add two semi-circle shapes to the outside of the upper inner corner of the small rectangle for the ears, as shown. Make long, narrow "c" shapes on the ends of the triangles for your capybara's toes, as shown.



4. Soften the sharp edges of your rectangles with curved lines around the nose, chin, neck, cheek, back, chest and tummy, as shown. These should still be light, as parts of them will be erased. Then erase the lines of the original rectangles.



5. Add fluff using small curved lines radiating out from your capybara's cheek, back, chest and tummy, as shown. Carefully erase the lines in between the fluff.



6. Add a few radiating lines around your capybara's nose to make whiskers, then lightly shade around your capybara's nose, ears and legs. Your capybara is complete!