

# How the Moon Regained Her Shape



by Janet Ruth Heller

illustrated by Ben Hodson

## How the Moon Regained Her Shape

From the days of early humans, people have used folklore to explain why events of nature occur. Influenced by Native American folktales, this fascinating story explains the phases of the moon, while providing a life lesson for children as they observe how the moon was able to overcome adversity and build self-confidence. After the sun insults her, the moon is very hurt and disappears – much to the chagrin of rabbits who miss their moonlight romps. With the help of her many friends and admirers, the moon regains her self-confidence until she is back to her full size.

It's so much more than a picture book . . . this book is specifically designed to be both a fun-to-read story and a launch pad for discussions and learning. Whether read at home or in a classroom, we encourage adults to do the activities with the young children in their lives. Free online resources and support at [www.ArbordalePublishing.com](http://www.ArbordalePublishing.com) include:

- For Creative Minds as seen in the book (in English & Spanish):
  - Moon Observations & Fun Facts
  - How to Deal with Bullies
  - Lunar Calendar
- Teaching Activities (to do at home or school):
  - Reading Questions
  - Language Arts
  - Science
  - Math
  - Geography
  - Coloring Pages
- Interactive Quizzes: Reading Comprehension, For Creative Minds, and Math Word Problems
- English and Spanish Audiobooks
- Related Websites
- Aligned to State Standards (searchable database)
- Accelerated Reader and Reading Counts! Quizzes
- Lexile and Fountas & Pinnell Reading Levels

eBooks with Auto-Flip, Auto-Read, and selectable English and Spanish text and audio available for purchase online.

Thanks to Wesley R. Swift, Jr., Observatory Director of the Von Braun Astronomical Society for reviewing the “For Creative Minds” section and verifying its accuracy.

**Janet Ruth Heller** teaches at Western Michigan University. Over the years, she has taught a wide variety of classes, including creative writing and literature for children. Janet is a prolific writer of poetry and stories that have been published in a wide variety of anthologies, magazines, and journals. Janet is a member of the Society of Children’s Book Writers and Illustrators, Vice President of the Michigan College English Association, and a past President of the Society for the Study of Midwestern Literature.

**Ben Hodson** illustrates full time from his home in Ottawa, Canada. He loves a good adventure, like hiking the Pacific Crest Trail with a team of wild burros or living in a small village in Nepal. Ben created the artwork for *How the Moon Regained Her Shape* using acrylic paints, handmade papers, wallpaper, pencil crayons, gesso, ink, and glue on watercolor paper. This art won the Ben Franklin Award for best interior art and was selected for the Society of Illustrators’ 26th Annual Original Art Exhibition. In addition to illustrating this book, Ben illustrated *In Arctic Waters* and *'Twas the Day Before Zoo Day* for Arbordale.

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I would like to dedicate this book to my parents, Bill Heller (may his memory be a blessing) and Joan Heller, and to Charlotte Dillon and Marilyn Terrill. — JRH

To my mom, and to all those who look up at the moon and dream. — BH

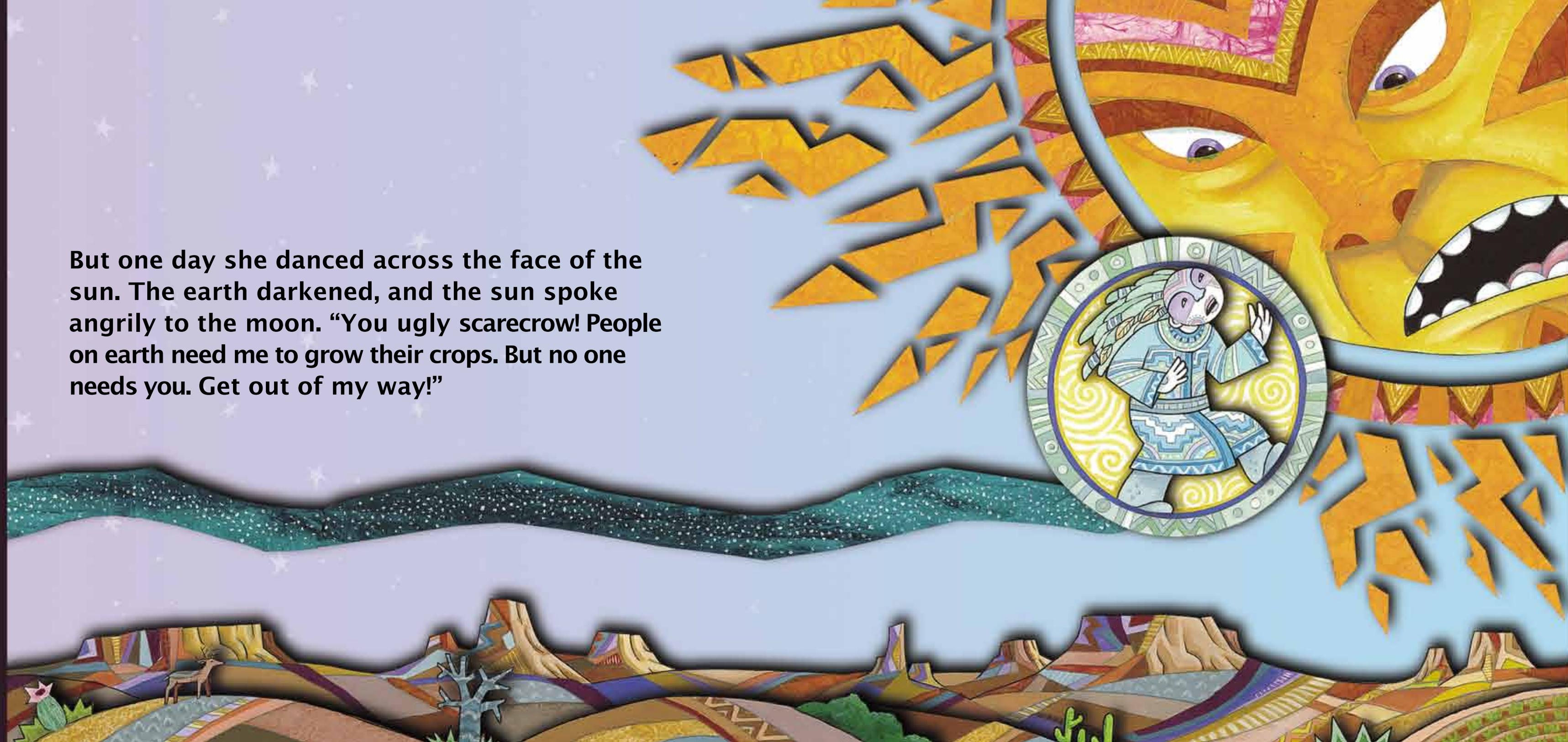
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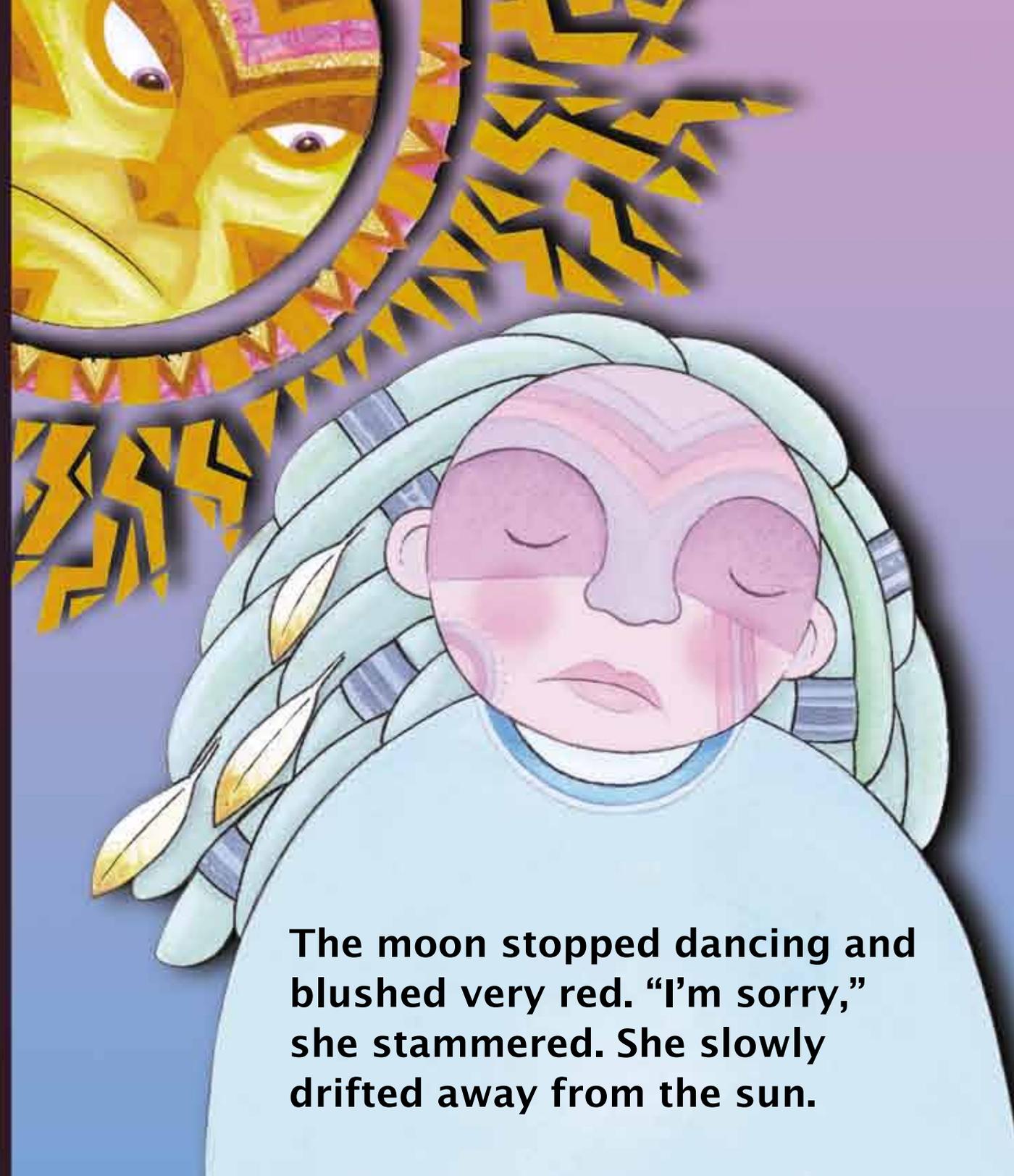


Once the moon was round and full, proud of her gentle light. She did not fear the darkness around her. She danced across the sky, laughing as she twirled her skirts.

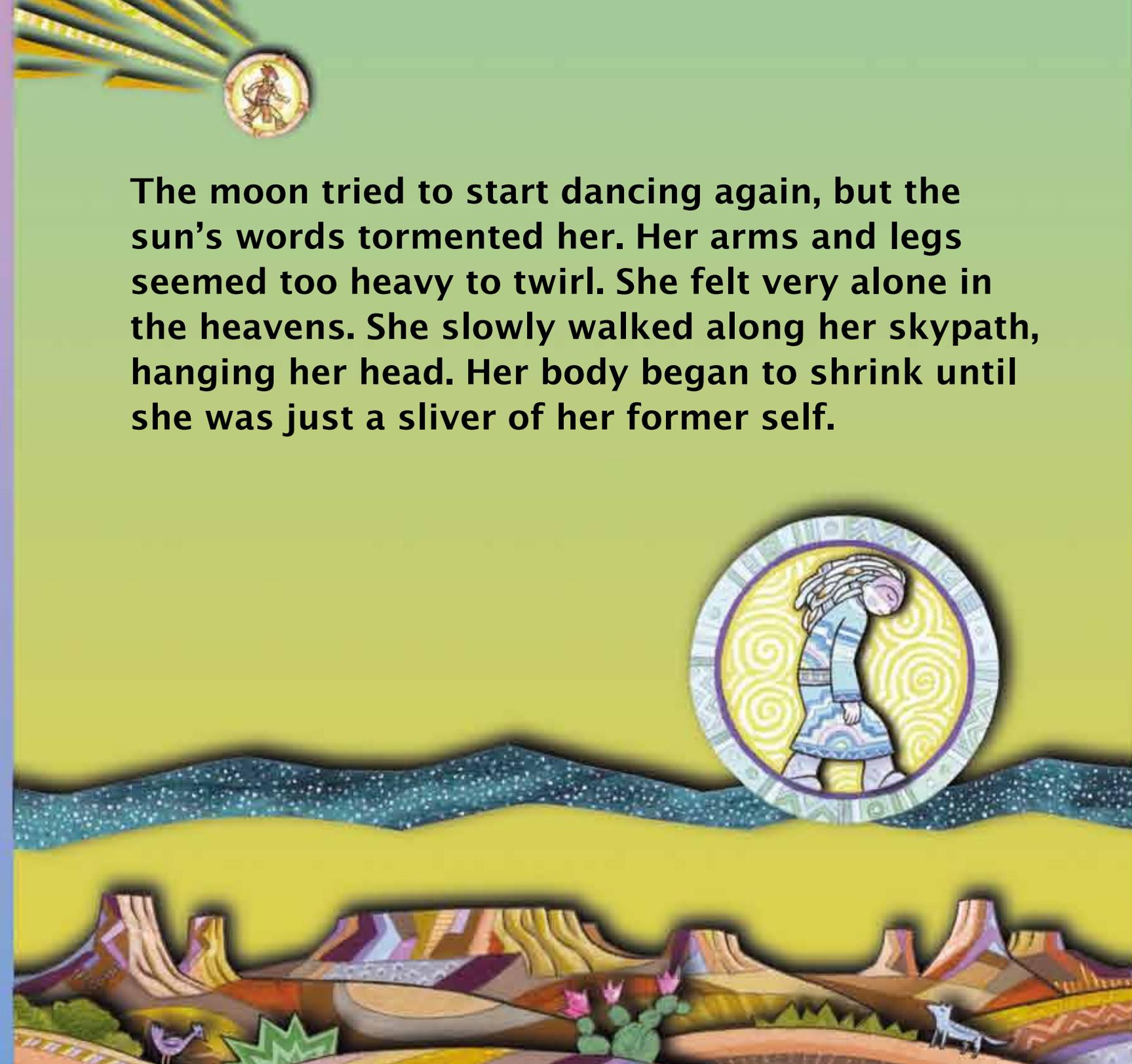


But one day she danced across the face of the sun. The earth darkened, and the sun spoke angrily to the moon. "You ugly scarecrow! People on earth need me to grow their crops. But no one needs you. Get out of my way!"





The moon stopped dancing and blushed very red. "I'm sorry," she stammered. She slowly drifted away from the sun.



The moon tried to start dancing again, but the sun's words tormented her. Her arms and legs seemed too heavy to twirl. She felt very alone in the heavens. She slowly walked along her skypath, hanging her head. Her body began to shrink until she was just a sliver of her former self.



A comet saw the dwindling moon dragging herself across the sky. The comet worried about his friend. "I will go to visit the moon," he decided.



# For Creative Minds

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## Moon Observations

The months as we know them (January, February, etc.) are **solar**, based on how many days it takes the earth to revolve around the sun, roughly divided by twelve. A **moon-th**, or **lunar (moon) month**, is based on how long it takes the moon to orbit around the earth.

The **phases** (shapes) of the moon change according to its cycle as it rotates around the earth, and the position of the moon with respect to the rising or setting sun. This cycle lasts about 29 ½ days.

A (moon) month starts on “day one” with a **new moon**. The sun and the moon are in the same position and rise and set together. We can't see the new moon.

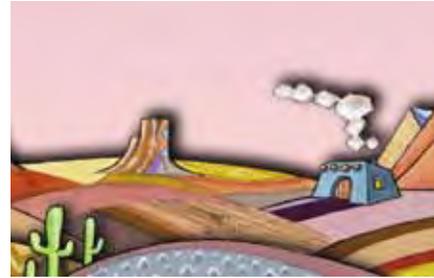
The moon rises and sets roughly 50 minutes later each day.

The moon appears to “grow” or it **waxes** each day from a new moon to a full moon. The waxing moon's bright side points at the **setting sun** and can be seen in the late afternoon on a clear day.

A **crescent moon** is between new and half (less than half full), and may be waxing or waning.

The **half-moon waxing** or **first quarter moon** occurs about a week after the new moon. The moon is a quarter of the way through its rotation, but it looks “half full.” The first quarter moon is highest in the sky when the sun sets.

A **gibbous (fat) moon** is between half and full (more than half) and may be waxing or waning. As it approaches full, the moon appears to be getting bigger and is visible in the east in the afternoon.



About two weeks after the new moon, the **full moon** rises when the sun sets and sets when the sun rises. The full moon reaches its highest point in the sky at midnight.

The moon appears to get smaller, or to **wane**, after the full moon. The bright side of the moon points to the rising sun.

The half-moon waning is also called the **third-quarter moon** because it is three-quarters of the way in its rotation around the earth. The third-quarter moon is highest in the sky when the sun rises and can be seen in the morning on a clear day.

As the moon approaches its new moon phase once again, its sliver (or crescent) is visible in the eastern sky just before sunrise, then after the new moon, in the western sky just after sunset.

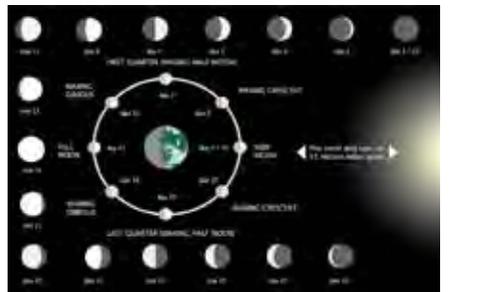


## A Lunar Project

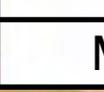
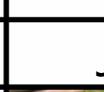
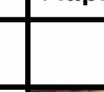
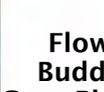
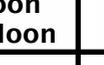
Look up the moon-rise in your newspaper, in an almanac, or on the Internet. Mark the new moon as “day one” on a calendar. Each day, keep your eyes open to see whether you see the moon. Draw a picture of what it looks like on your calendar. Do this for one full lunar month.

## What is a “blue moon”?

The phrase “once in a blue moon” means something that happens occasionally or not very often. A blue moon happens when there are two full moons in one calendar month. For example you might have a full moon on the 1<sup>st</sup> or 2<sup>nd</sup> of a given month and then another one on the 30<sup>th</sup> or the 31<sup>st</sup>. The second full moon is the blue moon.



Native Americans kept track of the seasons by naming each of the full moons. Different tribes had different names based on their lifestyles or surroundings. See if you can figure out why the tribes used these names and which part of the country these tribes might have lived in. Check the links at [www.ArbordalePublishing.com](http://www.ArbordalePublishing.com) for the answers.

						
	January	February	March	April		
	 Wolf Moon Old Moon	 Snow Moon Hunger Moon Opening Buds Moon	 Worm Moon Crow Moon Crust Moon Maple Sugar Moon	 Grass Moon Planter's Moon Fish Moon		
	May	June	July	August		
	 Flower Moon Budding Moon Corn Planting Moon	 Strawberry Moon Rose Moon	 Buck Moon Thunder Moon Sturgeon Moon Green Corn Moon	 Fruit Moon Barley Moon		
	September	October	November	December		
	 Sap Moon Harvest Moon	 Harvest Moon Hunter's Moon Falling Leaves Moon	 Frost Moon Beaver Moon	 Long Nights Moon Cold Moon		
						

## How to Deal with Bullies

In this story, the sun bullies the moon. A bully is someone who hurts other people either physically or verbally. Sometimes the bully acts this way to get something or to feel important. Usually bullies feel bad about themselves, and they act out their angry feelings on others.

If someone bullies you, you may need the help and support of your friends, just as the moon does in this story. Here are some ideas to help you deal with a bully:

- Try to avoid the situation or place where you are being bullied, or try to avoid being alone.
- Don't show anger or fear; that is exactly what the bully wants. Try to keep a neutral expression, to laugh, or to make a joke if you can.
- Ask the person to leave you alone and then walk away.
- Talk about the problem with your best friends. Maybe they have some ideas for you. For example, a friend might tell you that the kid who annoys you also mistreats other people. Or your friend might tell you how he or she handles the bully.
- It is very important that you talk to your mother, father, grandparent, teacher, principal, or the school's counselor about the problem, especially if someone in your class frequently hurts your feelings, threatens you, or physically attacks you. Nobody deserves to be treated badly by others. It is not tattling to talk to an adult about a bully.
- Consider taking a class in self-defense. There are many classes for young people in karate, judo, or other martial arts. Such training can give you self-confidence and teach you how to block blows and frustrate attackers.
- A group of kids may help you to stand up against bullies and to find a way to prevent bullies from hurting anyone else.
- Remember that one person's insults or punches do not make you a bad person. Think about your friends and family members who like and care about you. If someone bullies you, tell other people about it until someone helps you.



Thanks to Laura Goldberg, PhD, Child Psychologist, Newburyport, MA for her help with this section.



Publisher's Cataloging-In-Publication Data

Heller, Janet Ruth.  
How the moon regained her shape / by Janet Ruth Heller ;  
illustrated by Ben Hodson.

p. : col. ill. ; cm.

Summary: After the sun bullies her, the moon gets very upset and disappears, but with the help of her friends, the moon gains more self-confidence each day until she is back to her full size. Includes "For Creative Minds" section with facts about the moon's phases and related activities.

ISBN: 978-0-9764943-4-8 (hardcover)

ISBN: 978-1-60718-704-2 (paperback)

ISBN: 978-1-607180-04-3 (English eBook)

ISBN: 978-1-934359-39-6 (Spanish eBook)

Also issued in eBook format featuring auto-flip, auto-read, 3D page-curling, and selectable English and Spanish text and audio ISBN: 978-1-60718-2504

1. Moon--Phases--Juvenile fiction. 2. Self-confidence--Juvenile fiction. 3. Bullying--Juvenile fiction. 4. Folklore--Juvenile literature. 5. Moon--Phases--Fiction. 6. Self-confidence--Fiction. 7. Bullying--Fiction.

I. Hodson, Ben, ill. II. How the Moon Regained her Shape.

PZ7.H374267 Ho 2006

[E] 2005921093

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Arbordale Publishing  
formerly Sylvan Dell Publishing  
Mt. Pleasant, SC 29464  
[www.ArbordalePublishing.com](http://www.ArbordalePublishing.com)



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learning activities.  
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