Getting Ready for School Booklist
August 2019

Monthly Activity
Starting school can bring strong emotions for children. Help your child express and manage their emotions with these ideas.

- **Name that Feeling**
- **Sharing Emotions**
  Add a time to share about an emotion you felt during your day to your family’s daily routine.
  When adults share their feelings, children learn to do the same.

**Building on Books**
Ask your child about the characters’ emotions in the books you read. This will help your child learn more about their own feelings.
Ask:
- "How do you think this character feels?"
- "Why do you think they feel this way?"
- "When have you felt this way?"

This activity was inspired the Sesame Street in Communities activity "Expressing Emotions". Visit [sesamestreetincommunities.org](http://sesamestreetincommunities.org) for more!

**Monthly Family Reading Tip**
When picking a book to read, consider your child’s age, their attention span, and their interest in the topic. Talk to your librarian to learn about more book recommendations.

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**Twindergarten**
Nikki Ehrlich

**Wemberly Worried**
Kevin Henkes

**I Love You All Day Long**
Francesca Rusackas

**David Goes to School**
Davis Shannon

**Sometimes You Fly**
Katherine Applegate

**The Kissing Hand/Un beso en mi mano**
Audrey Penn

**The Name Jar**
Yangsook Choi

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**Monthly Activity**

**Start a love of reading, one book at a time!**

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An early learning collaboration by: