

Learning Emotions Booklist

October 2019



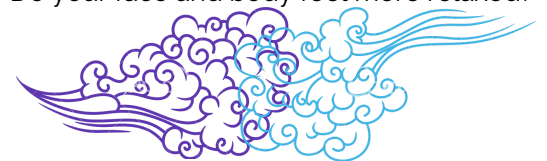
Start a love of reading, one book at a time!

Monthly Activity

Teach your child how to self-regulate and calm down, by showing them how to use mindful breathing to relax.

Breathing Through It

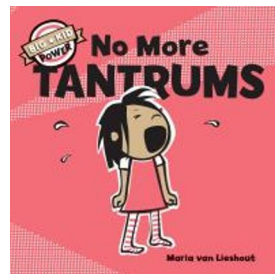
1. With your hand on your stomach, show your child how to breathe in through their nose to fill their belly with air.
2. Then, have your child slowly exhale by breathing out of their mouth and feel their belly contract. Repeat Steps 1 and 2 a few times.
3. Next, ask your child to pretend to be frustrated and then to practice belly breathing.
4. Have your child notice the difference in how their body feels after belly breathing. Ask them:
 - Can you feel the air coming out of your mouth?
 - Do your face and body feel more relaxed?



By practicing this as play, your child can learn this important skill in a fun way!
This activity is inspired by the Sesame Street in Communities' activity: Bellying Breathing.



El monstruo de colores
Anna Llenas



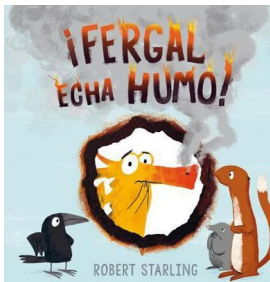
No More Tantrums
Maria Van Lieshout

By Anna Kang, Illustrated by Christopher Weyant

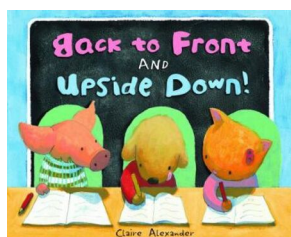
I Am (Not) Scared



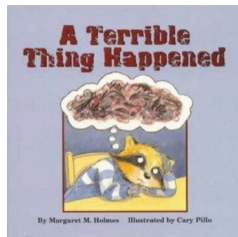
I Am (Not) Scared
Anna Kang



¡Fergal echa humo!
Robert Starling



Back to Front and Upside Down!
Claire Alexander



A Terrible Thing Happened
Margaret Holmes

Monthly Family Reading Tip

Make Connections

While you are reading, make connections between the events, characters or setting to your child's own experiences. In this way, your child will feel more connected to the story and learn critical thinking skills.

An early learning collaboration by:

