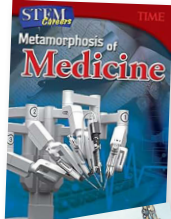


Reading
Is Fundamental
until every child reads

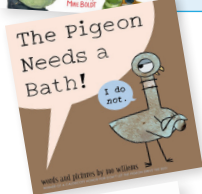
Reading Is Fundamental has curated a list of books to help children further explore the theme of wellness. Use this recommended book list to help your students/children continue their discovery about this topic in school and at home. For additional activities for the books listed, please visit RIF.org/Literacy-Central/Collections/Rally-Read-Wellness-Collection. *View read-alouds of titles in blue on RallytoRead.org this month.*



Just Try One Bite
Authors: Adam Mansbach & Camila Alves McConaughey
Illustrator: Mike Boldt
Grades: PK-2



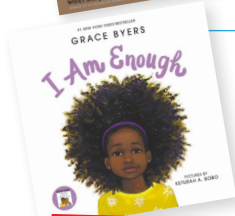
**STEM Careers:
Metamorphosis of Medicine**
Author: Sharon Coan
Grades: 4-5



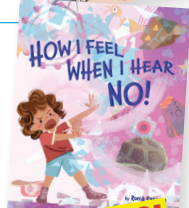
Pigeon Needs a Bath
Author & Illustrator: Mo Willems
Grades: PK-1



**Little Critter:
Just Going to the Dentist**
Author & Illustrator: Mercer Mayer
Grades: PK-2



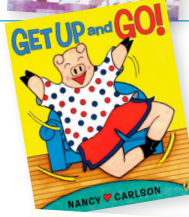
I Am Enough
Author: Grace Byers
Illustrator: Keturah A Bobo
Grades: PK-2



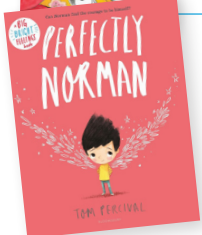
How I Feel When I Hear NO
Author: Ronit Farzam PhD
Illustrator: Bonnie Lui
Grades: PK-3



The Magic School Bus: Giant Germ
Author: Eva Moore
Illustrator: Joanna Cole
Grades: 2-5



Get Up and Go
Author & Illustrator: Nancy Carlson
Grades: PK-K



Perfectly Norman
Author & Illustrator: Tom Percival
Grades: PK-1



The Crayons' Book of Feelings
Author: Pat Drew Daywalt
Illustrator: Oliver Jeffers
Grades: PK-K

BARNES & NOBLE
Storytime Pick

Dr. Color Monster and the Emotions Toolkit
Author & Illustrator: Anna Llenas
Grades: PK-3

Discussion questions for any recommend book listed above:

1. What type of health was shared in the book?
2. What healthy habits do you have that are shared in the book?
3. What were the main characters' feelings towards healthy habits in the beginning and how did this change?
4. Why is it important to have healthy habits like the ones shared in this book?
5. How can you use one of the healthy habits shared in this book in your own life?