



**Reading**  
Is Fundamental  
until every child reads

## Theme: Wellness | Recommended Book List

**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-to-Read-Wellness-Collection](https://RIF.org/Literacy-Central/Collections/Rally-to-Read-Wellness-Collection). ***View read-alouds of titles in blue on [RallytoRead.org](https://RallytoRead.org) this month.***



### **Good Night Thoughts**

Author: Max Greenfield  
Illustrator: James Serafino  
Grades: PK-3



### **I Want to Be a Doctor (I Can Read!™ Level 1)**

Author: Laura Driscoll  
Illustrator: Catalina Echeverri  
Grades: PK-2



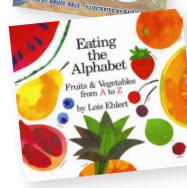
### **Madeline Finn and the Therapy Dog**

Author & Illustrator: Lisa Papp  
Grades: PK-3



### **Tooth Trouble (Clark the Shark)**

Author: Bruce Hale  
Illustrator: Guy Francis  
Grades: PK-3



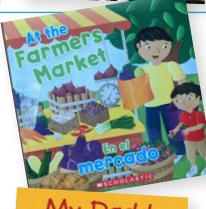
### **Eating the Alphabet: Fruits and Vegetables from A to Z**

Author & Illustrator: Lois Ehlert  
Grades: PK-3



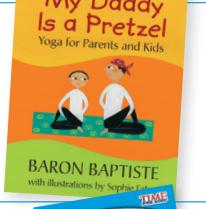
### **A Day with Paramedics (Welcome Books—Hard Work)**

Author: Jan Kottke  
Grades: PK-1



### **At the Farmer's Market / En el mercado**

Author: Anna W. Bardaus  
Illustrator: Steffane McClary  
Grades: PK-1



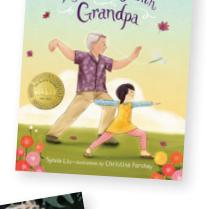
### **My Daddy Is a Pretzel**

Author: Baron Baptiste  
Illustrator: Sophie Fatus  
Grades: K-2



### **Staying Healthy (TIME FOR KIDS®)**

Author: Dona Herweck Rice  
Grades: PK-2



### **A Morning with Grandpa**

Author: Sylvia Liu  
Illustrator: Christina Forshay  
Grades: K-3

**BARNES & NOBLE**

**Storytime Pick**



### **My Path**

Author & Illustrator: Jana Currill  
Grades: PK-3

### **Discussion questions for any recommended book listed above:**

1. What are some different jobs that help people stay healthy?
2. What does each person in these jobs do to help others feel good inside of their body or mind?
3. Which wellness job would you like to try for a day? Why?
4. How do these helpers teach people about healthy habits?
5. Can you think of a time when someone like a doctor, dentist, or counselor helped you or someone you know? What did they do? How did they help?