

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.**



Good Night Thoughts
Author: Max Greenfield
Illustrator: James Serafino
Grades: PK-3



**A Day with Paramedics
(Welcome Books—Hard Work)**
Author: Jan Kottke
Grades: PK-1



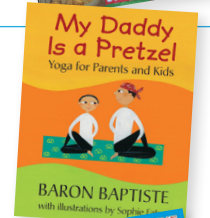
**I Want to Be a Doctor
(I Can Read!™ Level 1)**
Author: Laura Driscoll
Illustrator: Catalina Echeverri
Grades: PK-2



**At the Farmer's Market /
En el mercado**
Author: Anna W. Bardaus
Illustrator: Steffane McClary
Grades: PK-1



**Madeline Finn and
the Therapy Dog**
Author & Illustrator: Lisa Papp
Grades: PK-3



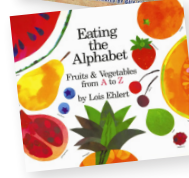
My Daddy Is a Pretzel
Author: Baron Baptiste
Illustrator: Sophie Fatus
Grades: K-2



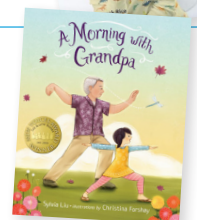
Tooth Trouble (Clark the Shark)
Author: Bruce Hale
Illustrator: Guy Francis
Grades: PK-3



**Staying Healthy
(TIME FOR KIDS®)**
Author: Dona Herweck Rice
Grades: PK-2



**Eating the Alphabet: Fruits
and Vegetables from A to Z**
Author & Illustrator: Lois Ehlert
Grades: PK-3



A Morning with Grandpa
Author: Sylvia Liu
Illustrator: Christina Forshay
Grades: K-3

BARNES & NOBLE
Storytime Pick



My Path
Author & Illustrator: Jana Curll
Grades: PK-3

Discussion questions for any recommend 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?