

#StrongKids

Interactive Reading Guide

Help your child practice being strong by using these fun tips when you read the #StrongKids book.

Pages 1 & 15

Have your child flex their muscles to show you how strong they are.

Page 2

Point to your temples. Ask your child “what do you think is in there?” Allow time for your child to give you a few suggestions.

Page 3

Ask your child what are they thinking about right now?

Suggestions if they are quiet: Are you hungry? Are you anxious? Do you want to go play? Are you tired?

Page 5

Use your face to show an emotion (smile, frown, etc.). Ask your child what kind of thought may make you feel that way? To help your child along start by smiling and saying, “I am thinking I love you so much! And that makes me so happy that I smile!”

Pages 6 - 9

Use the cutouts in the back of the book to discuss the types of thoughts and feelings your child has experienced that day. Point to a face and ask your child what thoughts have they had today that made them feel that way.

Note: Always end the conversation with a positive thought/emotion!

Page 10

Have the child stand up for “up high.” And have your child sit down for “down low” (or even sit on the floor).

Page 12

Remind your child that they are in control of the thoughts that they think. To show “control” let your child take you by the hand and lead you around the room. Be sure to let them lead, so that they can feel what it’s like to be in control.

Page 14

Have your child spin around in a circle to mimic “turning thoughts around.” Remind them that they have the power to turn around their thinking from negative to positive.

Page 16

Have your child put their hand over their heart and smile.