

Dear Parent/Caregiver,

The Day You Begin is a story that explores how we sometimes feel different from others and how we can be brave in new situations. It helps us think about how we might build connections with others and show kindness. Here are some ideas on how you might share the book with your child. We hope you'll love *The Day You Begin* as much as we do! Have fun!

Read the Book Together

- Borrow *The Day You Begin* from the library and read it throughout the week.
- Books provide windows and mirrors and sliding doors. What does this mean?
 - When we say a book is like a window, we mean it is letting us see someone else's life and experiences.
 - When we say a book is like a mirror, we mean the story shares our culture and experiences. We can see ourselves in the book.
 - When we say a book is like a sliding door, we mean that you, as the reader, get to be a part of the story and learn about that world.
- Think about windows and mirrors and sliding doors as you read this story with your child. Talk about what you read by asking questions about the book:
 - What do you notice about the book and the characters in it?
 - Talk about the different situations in the book. *Have you ever been in any situations like we read about in the book where you felt left out? What did you do? Have you ever noticed anyone who might be feeling left out? What did you do? What could you do?*
 - The story shows how to accept others even when they are different from you. How can we show kindness to someone when we first meet them?
 - Angelina learned to be brave and proud of herself. You might share, *I was proud of you when you _____ (and give an example). I thought you were brave when _____ (and give an example).* Then ask: *When did you feel brave? When were you proud of yourself?*

Activities You Can Do Together

➤ All About Us

- Explain that an *affirmation* is something that you think about yourself. It can be positive or negative and together you are going to create positive affirmations or statements about each other!
- Help your child create a picture of themselves and surround it with positive affirmations. You'll be creating your own picture and positive affirmations too!
- Using any type of paper and something to write with, draw your own self-portraits (a self-portrait is a picture or drawing you create of yourself).
- Add color using crayons, colored pencils, paint, or markers.
- Talk with your child about all the ways that they are amazing and help them write statements all around the picture of themselves. For example, *I am kind when I share ____ with _____*, or *I am brave when I try something new*. Write the statements in different colors to make the different sentences stand out on the paper.
- Finish your pictures together. Your child will love sharing this activity with you.
- Place your pictures where you and your child can see them – keep adding positive affirmations!

➤ Read and Learn Together Outdoors

- Take a walk as a family. Tell (or write) a story about your adventures and all the places that you visit.
- Practice writing by spelling out vocabulary words from the story. Write words in the sand using sticks or rocks. Use sidewalk chalk or write by using your finger to spell "in the air."
- Tell your own stories. Look at the world around you. What is happening right now? What do you see? Smell? Hear? Create a story together to share with friends or other family members.

➤ Where Can You Go in *The Day You Begin*?

- There are several different settings in *The Day You Begin*.
 - The setting is where the story takes place and when the story takes place. It is the environment of the story.
 - For example, in the book's first picture, Angelina is reading a book on her balcony during the day. Other pictures show lunch tables and playgrounds.

- List the different places in the book in the middle of a sheet of paper. Have a conversation:
 - Do any of these places remind you of places where you have been?
 - What are the different places in the story?
 - What do these places look like?
 - What do you think these places sound like?
 - How do the characters feel in the different places in the story? Let's find Rigoberto in the story. How do you think he feels when he thinks about his home in Venezuela? What do the illustrations look like on these pages?
- Help your child choose their favorite setting and choose your favorite setting too! Talk to each other about why these are your favorite settings.
- Try this activity with another book!

More Books to Explore

- *The Year We Learned to Fly* by Jacqueline Woodson
- *Last Stop on Market Street* by Matt De La Peña
- *Hope is a Rainbow* by Hoda Kotb
- *Evelyn Del Rey is Moving Away* by Meg Medina
- *You Are a Story* by Bob Raczka
- *Y Is For Yet: A Growth Mindset Alphabet* by Shannon Anderson
- *All Are Welcome* by Alexandra Penfold
- *Butterfly on the Wind* by Adam Pottle
- *I Can Do Hard Things: Mindful Affirmations for Kids* by Gabi Garcia

We hope you enjoyed reading *The Day You Begin* and doing the activities with your child. The most important part about reading with your child is sharing time with them. You are your child's first and best teacher!