

Literacy Lifestyle:

An important skill in reading is understanding the characters. We use the skill of inference to understand how the characters feel and change over time. This is an important skill that we use in our real lives to understand ourselves and others.

Lifestyle Goal:

- To engage your child in determining the meaning of feelings.
- To have your child use inferring skills to understand how feelings/emotions help us learn about ourselves and others

Lifestyle Materials:

- Index cards
- Art box*

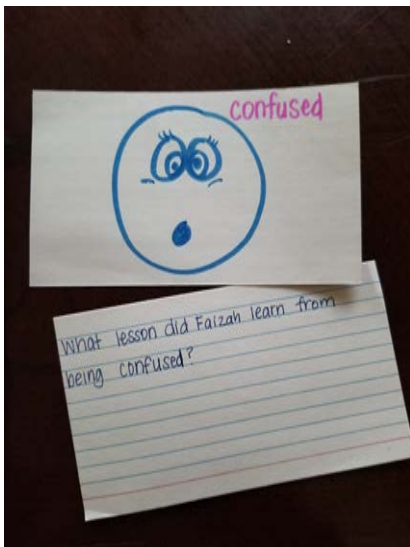
markers
crayons
water colors
pens
pencils
scissors
glue

Art Box

EMOTIONAL RECALL

Living the Lifestyle:

- Draw an emotion on an index card that Faizah displays in the story
- After reading the book, discuss with your child how Faizah's emotions change during progression of the story.
- What are the clues or events that trigger those changes?
- How do our emotions or our feelings help us learn and change as a person?
- Have your child draw their own cards with emotions that they have felt and discuss those feelings with you. How did they feelings change over time? (For example, your child might have been scared when we first began social distancing, but now they feel safe).



Book Recommendation:

If you are looking for a book to read with your child, *The Proudest Blue* by Ibtihaj Muhammad, tells a beautiful story of being proud of who you are. Appropriate for grades K-12.

