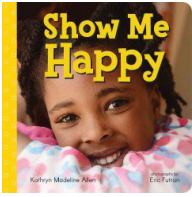


# Building Blocks - Healthy Me #1

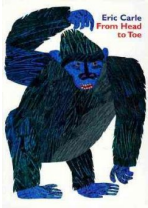
## Books in This Backpack



### Show Me Happy

by Kathryn Madeline Allen

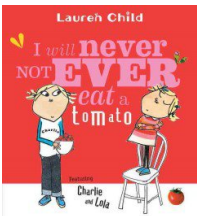
Photographs depict children enacting such basic social concepts as sharing, helping, and playing as well as expressing themselves through gestures and actions.



### From Head to Toe

by Eric Carle

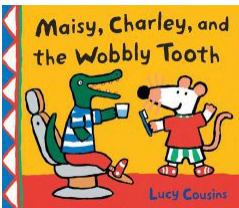
A colorful and engaging board book full of stomping, thumping, and bending characters is designed to sharpen children's ability to pay attention, listen closely, and follow instructions.



### I Will Never Not Ever Eat a Tomato

by Lauren Child

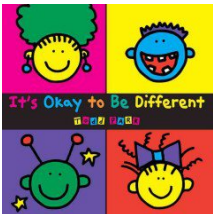
Fussy eater Lola makes it perfectly clear that she will not eat anything she doesn't want until her brother shows her that carrots are really orange twiglets from Jupiter and mashed potatoes are actually Mount Fuji cloud fluff.



### Maisy, Charley, and the Wobbly Tooth

by Lucy Cousins

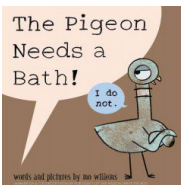
Maisy the mouse and her animal friends accompany nervous Charley on his first visit to the dentist.



### It's Okay to Be Different

by Todd Parr

Illustrations and brief text describe all kinds of differences that are "okay," such as "It's okay to be a different color," "It's okay to need some help," "It's okay to be adopted," and "It's okay to have a different nose."



### The Pigeon Needs a Bath!

by Mo Willems

Here we find a mussy Pigeon refusing to take a bath and insisting he had one a month earlier.



### Arapahoe Libraries

12855 East Adam Aircraft Circle  
Englewood, Colorado 80112 | 303-542-7279  
[arapahoelibraries.org/](http://arapahoelibraries.org/)

# Building Blocks - Healthy Me #1

## Having Fun at Home

### Inside your backpack:

- 6 books
- 1 mirror
- Set of play food
  - 17 pieces (basket, carton of milk, grapes, tomato, celery sticks x4, pretzels x2, bread x2, orange, lunch meat x2, cheese, lettuce)

### READ TOGETHER!

- Happiness is just one of many emotions your child may have through the day. Understanding these feelings will allow your child to express themselves, easing frustration. After reading ***Show Me Happy***, talk about other emotions your child may have.
- Children learn better when they're moving! Read through ***From Head to Toe*** two times. First, talk about each animal and their actions. On your next read, do the motions along with the book.
- It's important to have a healthy diet! After reading ***I Will Never...***, talk to your child about the different food groups and why it's important to balance them. Can your child think of fun ways to add more healthy foods to their meals?
- Going to the dentist and losing a tooth for the first time can be scary events for children. Read ***Maisy, Charley, and the Wobbly Tooth***, brush your child's teeth for 2 minutes twice a day, and visit the dentist regularly for a healthy smile!
- ***It's Okay to Be Different*** is the perfect introduction to giving your child a good self-esteem and paving the road for great mental health. Ask your child what they think is different and what they love about themselves.
- Hygiene is an important part of being healthy, but Pigeon refuses to get clean in ***The Pigeon Needs a Bath***. Talk to your child about ways they can keep from getting sick: taking a bath, washing hands before eating, not sharing food, covering coughs and sneezes, etc.

### PLAY TOGETHER!

#### Play Food

- Model what a healthy meal may look like. Talk about the texture and taste of the food: "Mmm, celery is cool and crispy! Sweet potatoes are soft and buttery!"
- The next time you go to the grocery store, look for the food items that are in this backpack.
- Go to [choosemyplate.gov](http://choosemyplate.gov) for information on food groups, portion sizes, recipes, how to get active, and more!

#### Mirror

- Mirrors are a safe way for your child to practice making faces to match their emotions. Let them look at themselves in the mirror and call out an emotion for them to try.
- As your child is making faces to match emotions, point out the features of each look. "When you're sad, your mouth turns down. An angry person's forehead is scrunched up. Surprised people open their eyes wide and make their mouths look like Os." This will allow your child to not only name their own emotions, but help them understand the feelings of others.
- Name your child's emotions as they happen, and try to show them their own face in the mirror while they're experiencing it. This will cement the look and feel of the emotion in your child's mind, helping them identify it the next time they feel it.