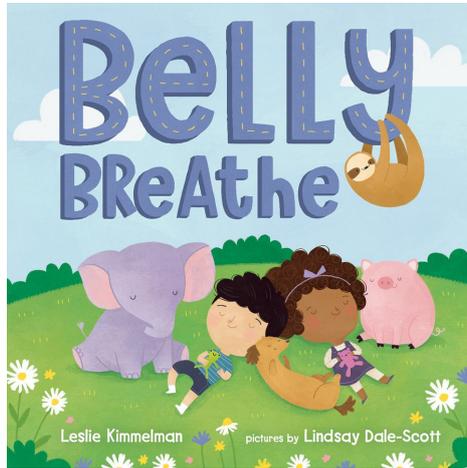


# EARLY LITERACY ACTIVITIES FOR FAMILIES

Recommended Age Group: Infant and Toddler



## Book Highlight:

# Belly Breathe

By Leslie Kimmelman with illustrations by Lindsay Dale-Scott

A simple relaxation and calming technique, belly breathing is a tool everyone can use! Studies have found that belly breathing improves concentration and relieves tension. This mindfulness book showcases the easy skill that is a great way to teach kids how to manage stress and emotions.

## Questions to Ask While Reading

Asking questions while reading is a great way to support your child's learning. Ask questions that draw your child's attention to details in the story, encourage your child to make predictions, help your child understand new words, and support your child in recognizing similarities and differences between the story and their life. Try these out to get started!

### Birth - 3 Years Old

Does your belly move when you breathe?  
Show me!

What part of your body do you breathe  
through? Show me!

Where is the elephant's trunk? Show me!

Do you think everyone in the picture is  
happy?

### 3 - 5 Years Old

How do you think they are feeling?

What do those lines on the owl and rabbit  
show us?

What does it mean to 'breathe out the  
bad'?

# Activities to Keep Children Engaged



Scan to see a video of  
*Belly Breathe* being  
read.

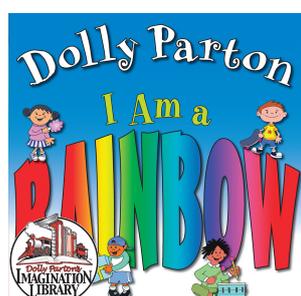
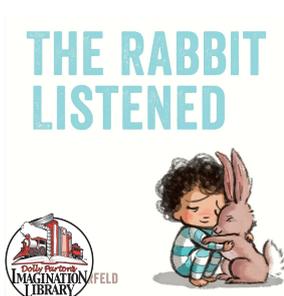
## Foster a love of reading through fun activities!

- As you read, talk to your child about how you are using the book; holding the book upright, turning the pages, and looking at the illustrations. These are all pre-reading skills you are helping your child build! Depending on your child's age and development, you may encourage them to turn the pages and point out what they see on each page.
- Practice belly breathing with your child. Once your child knows how to do this, you can ask them to take some belly breaths when you notice they are beginning to feel a big emotion.
- Encourage your child to teach this to someone else! They could teach it to a parent, grandparent, sibling, or their stuffed animals. The more comfortable and confident they are with this method, the more likely they are to use it with your support.
- Work with your child to make their own belly breathe book! In the story, the animals are belly breathing in some interesting places. Take photos of your child belly breathing in different places they spend time, like home, school, or a neighborhood playground. Use the pictures you take to make the book.

### If your child likes this book, try these next!



*"The seeds of dreams are often found in books and the seeds you help plant in your community can grow across the world."*  
~ Dolly Parton



### Vocabulary from the book:

**Sad:** to feel unhappy

**Scared:** afraid, to feel fear

**Mad:** to feel angry



Don't receive books from Dolly Parton's Imagination Library? Scan the code to sign up so your child will receive one new book each month!

For additional resources about reading with your child visit [tncrr.org](http://tncrr.org) and click on 'Resources.'