

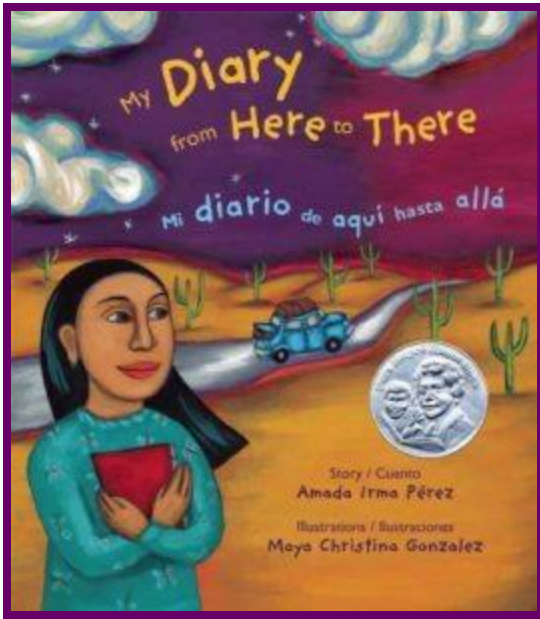
Fred Co Kids 2018 Reading Challenge

Bravery

#FCPREADTOME

Week 39

Change your attitude
about failing



I love how this story is based on her family's immigration to America. Amada journals her thoughts, fears, worries, and emotions as her family leaves Mexico for a "better life" in America. Amada has thoughts to which any child can relate about making friends and being in a new place. Soon Amada discovers that she is strong enough to face her new life in America. The illustrations are colorful and lively.

Be mindful of your own responses to mistakes and failure. Talk about what you've learned and be willing to pick yourself up and try again. Encourage and celebrate your child's mistakes as learning experiences.

Emphasize effort,
not ability

Emphasize effort (and the process) over ability (and the outcome). When they struggle, discuss specific strategies that might work next time.

29 BIG-HEARTED Questions

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1. Who did you help today?
2. Did anyone help you today?
3. Did you notice anyone struggling today? What happened?
4. How do you think (your classmate) felt when (something happened)?
5. Why do you think it's important that friends, teachers, and students help each other during the school day?
6. Is there anything you wish you had done differently today?
7. What does it mean to have courage?
8. Have you ever had to be brave?
9. Is there anyone you wish you had helped today?
10. Can you think of one kind act to share tomorrow?
11. Is there anything you feel sorry about?
12. Today I heard about (something) on the news. I wonder how that experience would have felt? I wonder how we can help?
13. If you could change anything in the world, what would you change?
14. Do you know anyone in school who has trouble making friends? How could you help?
15. How do you make yourself feel better when you feel frustrated or angry at school? What about bored or tired?
16. Do you think your teacher ever feels frustrated, tired, or angry at school? How do you think s/he makes herself feel better?
17. Imagine how it would feel to be a teacher at your school? A bus driver? The principal?
18. Did you learn anything confusing today? Maybe I can help make sense of it.
19. If you could set the lesson plan for tomorrow, what would you want to learn?
20. What are you proud of today?
21. What's the best thing about being a girl (or boy)? What's the hardest thing?
22. Can you name something you love or think is special about our family today?
23. What are you grateful for today?
24. What would you like to do better tomorrow?
25. Are there any new kids at school? How could we make them feel welcome?
26. If you won a grand prize of \$1,000, how would you spend it?
27. If you won \$1,000 and could not spend it on yourself, how would you spend it?
28. If you could keep one toy, what would it be?
29. If you could keep one toy, to whom would you give the rest?

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Conduct the "Worst Case Scenario" Exercise

Start by grabbing a piece of paper so you can brainstorm together with your child. Ask them questions like "If it all goes wrong, what's the worst thing that could happen?" Then discuss what actions they would take if this happened to fix the solution or avoid it in the future.

List of Top Worries By Age

Ages 2-4

Fears of: Potty, Dark, Shadows, Sleeping Alone, Weather, Loud Noises

Ages 5-7

Fears of: Dark, Fire, Bad Guys, Taking Tests, Peer Rejection, Doctors and Shots, Bugs and Animals

Ages 8-11

Fears of: Bad Guys and Ghosts, Being Home Alone, Dying, Sickness, School Failure, Throwing up at school, Peer Rejection

Ages 12- 18

Fears of: Their Safety, Sickness, Throwing up at school, Failure in school or sports, school presentations, how they look to others, Violence and Global Issues