

Reading
Is Fundamental
until every child reads

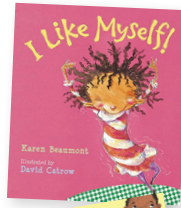
Reading Is Fundamental has curated a list of books to help children further explore the theme of wellness. Use this recommended book list to help your students/children continue their discovery about this topic in school and at home. For additional activities for the books listed, please visit [RIF.org/Literacy-Central/Collections/Rally-Read-Wellness-Collection](https://www.rif.org/Literacy-Central/Collections/Rally-Read-Wellness-Collection).

View read-alouds of titles in blue on [RallytoRead.org](https://www.rallytoread.org) this month.



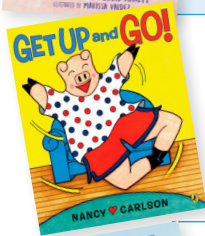
Hattie Harmony: Worry Detective

Authors: Elizabeth Olsen & Robbie Arnett
Illustrator: Marissa Valdez
Grades: PK-3



I Like Myself!

Author: Karen Beaumont
Illustrator: David Catrow
Grades: K-2



Get Up and Go!

Author & Illustrator: Nancy Carlson
Grades: PK-2



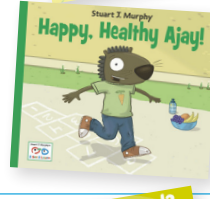
The Busy Body Book: A Kid's Guide to Fitness

Author & Illustrator: Lizzy Rockwell
Grades: PK-2



Belly Breathe

Author: Leslie Kimmelman
Illustrator: Lindsay Dale-Scott
Grades: PK-K



Happy, Healthy Ajay!

Author & Illustrator: Stuart J. Murphy
Grades: PK-1



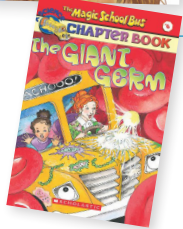
I'm Happy-Sad Today

Author: Lory Britain
Illustrator: Matthew Rivera
Grades: PK-1



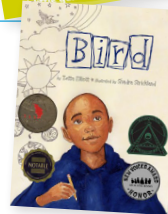
How Do I Feel? A Little Guide to My Emotions

Author & Illustrator: DK Publishing
Grades: PK-K



The Magic School Bus® Chapter Books: The Giant Germ

Author: Anne Capeci
Illustrator: John Speirs
Grades: 2-5



Bird

Author: Zetta Elliott
Illustrator: Shadra Strickland
Grades: 4-6

I am a Tornado
Author & Illustrator: Drew Beckmeyer
Grades: PK-3

Discussion questions for any recommend book listed above:

1. How does this book show people focused on wellness/being healthy?
2. What things in the book did the characters do to increase their wellness?
3. How could you use what you learned from this book in your own life?
4. What do you think are some of the best ways to stay healthy?
5. Do you have a favorite healthy food, sport, and hobby? What are they?