



# I Love To Read Month *Healthy Relationships*

## Classroom Toolkit

Reading together helps children learn about kindness, emotions, and healthy relationships at home, at school, and in their communities. Below are simple ways to explore these ideas through stories, discussion, and creative play.

### Hands On Activities

- *Kindness Chain* - After reading a story, have children write or draw one kind action from the book on a paper strip. Link the strips together to create a classroom kindness chain.
- *Helping Hands* - Trace children's hands on paper. Inside each hand, write or draw ways we can help others (listening, sharing, using kind words).
- *Relationship Building Blocks* - Using blocks or LEGO, have children build a "strong relationship." Discuss what helps make relationships strong.

### Building Healthy Relationships

Teach children simple, respectful language to express needs and boundaries.

Examples:

- "Please stop, I don't like that."
- "Can I have a turn next?"
- "I feel happy when you help me."

Practicing these phrases helps children feel confident and respected.

### Read Together

Read books that show caring relationships, empathy, and emotional awareness. Some recommended titles include:

- *When We Are Kind* by Monique Gray Smith
- *Be Kind by Pat* by Zietlow Miller
- *You Hold Me Up* by Monique Gray Smith
- *In My Heart: A Book of Feelings* by Jo Witek
- *The Invisible String* by Patrice Karst

These books are available through the South Central Regional Library.

Additional book recommendations include:

- *Don't Hug Doug (He Doesn't Like It)* by Carrie Finjson
- *The Friend I Need: Being Kind & Caring to Myself* by Gabi Garcia

### Create Artwork

*Prompt: What does a healthy relationship look like to you?* Invite children to draw or paint pictures showing kindness, caring, or friendship. Artwork can be displayed in classrooms, libraries, or shared with Genesis House to celebrate I Love to Read Month and healthy relationships.

***Thank you to all educators, librarians, families, and children who are building caring communities—one story at a time.***



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