

# Idaho Family Reading Week - Storytime Ideas

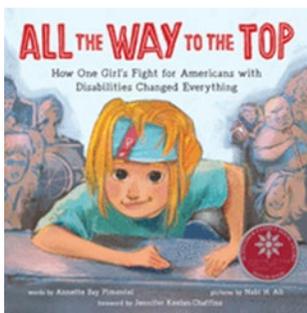


## Opening:

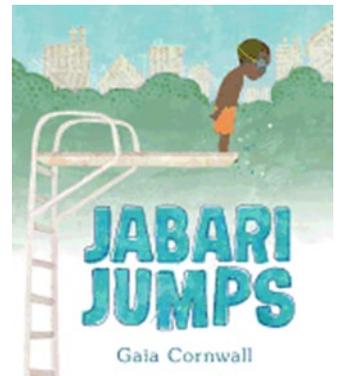
During the opening routine for your storytime, **introduce the theme for this year's Family Reading Week: Believe and Achieve.** Start a discussion about what it means to achieve something: Ask kids to share something they have learned how to do or something that they are good at. Did they have to practice? Did they fail at first? You can also ask parents to tell a story about a time their child learned how to do something, like learning to walk, ride a bike, or write their name.

## Books:

Start out with longer books like *All the Way to the Top*, by Annette Bay Pimentel, or *The Magical Yet*, by Angela Diterlizzi. These books can help you discuss the importance of trying again and reframing obstacles using

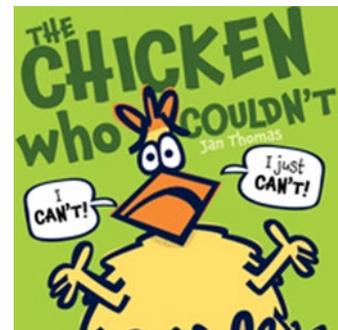


the word "yet." Use a book that is more interactive during the middle of storytime. With books like *Jabari Jumps* by Gaia Cornwall, or *Mel Fell*, by Corey Taber, you can add jumping or other movement to your storytime. Finish up with a shorter book, like *The Chicken Who Couldn't*, by Jan Thomas, or *The Power of Yet*, by Maryann Coca-Leffler.



## Activities:

Try to incorporate activities that encourage families to learn together. You can play a guessing game with flannel pieces. You can teach everyone a new rhyme or song to sing – go through it a few times until everyone can say or sing it. You can use musical instruments and learn a simple tune or rhythm. If you are familiar with TikTok, you can all learn an easy TikTok dance. All of these activities demonstrate that failure is a fun part of the process, and that persistence can lead to success.



## Songs:

*Everyone Makes Mistakes* – Sesame Street

*Can't Stop That Feeling* – Justin Timberlake, *Trolls* Soundtrack

*Go the Distance* – Roger Bark, *Hercules* Soundtrack

*Let It Go* – Idina Menzel, *Frozen* Soundtrack

*Shake It Off* – Sing Soundtrack

*The Power of Yet* – C.J. Luckey

*Everything is Awesome* – *The LEGO Movie* Soundtrack

## Comments on Early Learning:

Having a growth mindset is key to overcoming obstacles and achieving goals. Here are some tips on building a growth mindset that you can share with families:

- You can help children build a growth mindset by praising their learning process and not the outcome. **Here's how to praise process:**
  - Focus on the effort, the struggle, a child's persistence, that despite setbacks a person can learn or get better at something
  - Notice the strategies they choose, the choices they make.
  - Congratulate them for choosing difficult tasks and sticking with them to learn and improve
- Failure needs to become something normal, expected, part of the process. Say things like:
  - Let's keep trying, you can't do it YET!
  - The more you practice, the easier it becomes.
- Celebrate challenge and encourage kids to take a risk. Say:
  - Can you feel your brain growing big?
  - Who tried something new today? How did it go?
  - Let's talk about what was hard today. What can we learn from it?
  - When I think "I can't" ...I just say, "not yet."
- Adopting a growth mindset helps children (and adults!) develop resiliency.
- Neuroscientists have shown through multiple studies that when people repeatedly practice an activity or access a memory, their neural networks – which are groups of neurons that fire together, creating electrochemical pathways -- shape themselves according to that activity or memory. When people stop practicing new things, the brain will eventually eliminate, or "prune," the connecting cells that formed the pathways.

## **Tips for Families to Encourage a Growth Mindset:**

- Play with building blocks or other building materials. Draw your design first and then try to build it. It may take a few tries!
- Measure your progress. If you are trying something new, keep track of where you started and reflect on that after you have tried and failed a few times.
- Use a journal to write down goals and track your achievements.
- Ask open-ended questions to engage learning:
  - "I wonder..."
  - "Tell me more..."
- Encourage tinkering and playing with tools.
- Read books that celebrate persistence.