

BACK TO SCHOOL/ SEPARATION ANXIETY READ ALOUDS

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| Book/Author | Talking Points |
|---|--|
| "The Kissing Hand" by A. Penn | <ul style="list-style-type: none"> • Goodbye routines/rituals |
| "The Invisible String" by Patricia Karst: | <ul style="list-style-type: none"> • Feeling connected even when we are apart |
| "Llama Llama Misses Mama" by Anna Dewdney | <ul style="list-style-type: none"> • First day worries • Missing a loved one |
| "Bye-Bye Time" by Elizabeth Verdick | <ul style="list-style-type: none"> • Good-bye routines |
| "First Day Critter Jitters" by Jory John | <ul style="list-style-type: none"> • Worries about starting school |
| "Ready Rabbit Gets Ready" by Brenna Maloney | <ul style="list-style-type: none"> • Getting ready for school • Morning routines |
| "The Pigeon HAS To Go to School!" by Mo Willems | <ul style="list-style-type: none"> • Going back to school • Why we go to school |
| "Getting Ready for Kindergarten" by Vera Ahiyya | <ul style="list-style-type: none"> • Starting Kindergarten • Preparing for the 1st day |

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| "Lena's Shoes Are Nervous" by Keith Calabrese and Juana Medina | <ul style="list-style-type: none">• Anxiety about starting school |
| "What to Do When You Dread Your Bed" by Dawn Huebner | <ul style="list-style-type: none">• A workbook for families• struggles with falling asleep or nighttime worries. |
| "A Feel Better Book for Little Sleepers" by Holly Brochmann | <ul style="list-style-type: none">• Struggles with bedtime• Bedtime routines |
| "Good Night Thoughts" by Max Greenfield | <ul style="list-style-type: none">• Worries and thoughts that come up at night |
| "What to Do When You Don't Want to Be Apart" by Kristen Lavalley & Silvia Schneider | <ul style="list-style-type: none">• A workbook for families about separation anxiety |
| "May's Brave Day" by Lucy Morris | <ul style="list-style-type: none">• Finding courage when feeling worried about school |
| "Find Your Calm" by Gabit Garcia | <ul style="list-style-type: none">• Coping skills• Noticing feelings in your body |