

Tips for Reading

How to make reading special and better understand books:

Ready

Set

Go!

Get cozy! Snuggle up with the person you're reading with, or curl up with a pillow and blanket.

Read every day. Try to read for 15 or 20 minutes each day.

Connect. Tell a family member about how the story is similar to your life or different from your life.

Ask questions. If you get confused, go back a few pages. If you don't know what a word means, ask!

Play with words. When you find a word that is new to you, **flip to the "Word Play" pages at the end of this book** to write and draw about it. That will help you remember it!



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Welcome to Your Creativity Book!

The characters in books may be different from you, but they sometimes get stuck and face challenges just like you do. Reading about how others solve problems is a great way to get inspired.

Books and You

Think about what you would enjoy in life (your goals). Look for book characters who solve problems in a way that gives you ideas for your own life.

After you read the books in your My Books Every Day set, open this creativity book to complete fun activities that will help you:



ACTIVITY 1:
Identity

BOOK CONNECTION:
Kick Push:
Be Your Epic Self

How I Thrive



In *Kick Push*, Epic's skateboarding hobby gives him energy and joy. What hobby makes YOU feel good?

Part 1: Self-Interview

Interview yourself about an activity that you care about, and discover how it can help you flourish and thrive (grow and be successful, healthy, and happy).

My Hobby	
Identify What activity or hobby is an important part of you? (Examples: singing, taking long walks...)	Why?
Now	
Check In How does this hobby make you feel? confident calm energized inspired joyful frustrated nervous brave strong proud clever reset refreshed part of a community	Thrive How could you use this hobby to help you cope when you're facing a challenge in life?
Future	
Level Up What skills or feelings do you want to try to achieve next with this hobby?	Prepare How could you handle it if there was an obstacle to you continuing to do your hobby?

Part 2: Staying True to Myself

On the left side of the page, draw or write about a time when you felt pressured to act a certain way. On the right side of the page, draw or write about how you were able to stay true to yourself.

A large rounded rectangular box with an orange border, divided into two columns by a wavy vertical line. The left column is intended for drawing or writing about a time when the user felt pressured to act a certain way. The right column is intended for drawing or writing about how the user was able to stay true to themselves.

What advice would you give to yourself for next time?

Speak Up for Yourself!

As Zayd learns in *Power Forward*, it is important to speak up for what you care about! What can you say when you need to speak up?

Part 1: Getting Started

When you advocate for yourself—or speak up for what you want or need—it’s helpful to follow two main steps:

- 1. Explain the problem:** “I didn’t understand _____ during the lesson today.”
- 2. Suggest a solution:** “Could you show me another example?”

Think of a time when there was something you wanted or needed. What could you say to another person to help achieve your goal? Try finishing the following sentences!

• It would really help me if _____

Tip: Be polite and specific.

• This is important to me because _____

• I work best when _____

• Could you please _____

Part 2: Time to Practice

With a partner, write out a script for each of the following situations. Show how one person can advocate, or speak up, for what they want or need.

Challenge A: Person 1 wants to join a new club at school. Person 2 is a family member who thinks Person 1 does not have enough time.

Script A:

Person 1: _____

Person 2: _____

Person 1: _____

Person 2: _____

Challenge B: Person 1 and Person 2 are working in a group together on a school project. Person 2 has not been doing their share of the work.

Script B:

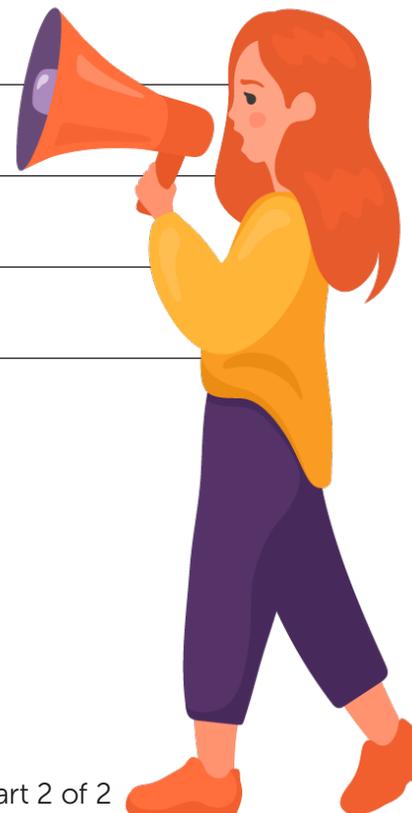
Person 1: _____

Person 2: _____

Person 1: _____

Person 2: _____

Now use the skills you practiced to advocate for yourself this week!



ACTIVITY 3:
Friendship

BOOK CONNECTION:
*Mia Mayhem vs. the
Super Bully*

Persevering and Investigating

Team up with a family member. Act out a scene where two friends have a disagreement, then apologize and make up. You can invent your own scene or choose a scene from the book.

Was there a time when you hurt a friend's feelings and weren't quite sure how to fix things? **Practice an apology now, so you'll be ready next time!**

Part 1: Interview a Friend

Chat with a friend or family member. Ask these questions:

1. Can you tell me about a time when a friend helped you with a problem?

2. Did you ever have a disagreement with a friend?

3. How did you and your friend make up?



Part 2: Act It Out

CAST LIST

Your name

will be hitting the stage as:

Role you'll be playing
("Myself" is an option!)



Partner's name

will transform into:

Role they'll be playing

Plan Your Skit

Why my friend felt hurt: _____

Ideas for what I could say to apologize: _____

ACTIVITY 4:
Creativity

BOOK CONNECTION:
*Frida Kahlo and Her
Animalitos*



Joyful Creativity

Many people, like Frida Kahlo, find that being creative can help them feel better when they face challenges. How can being creative help you when you are feeling down?

Part 1: My Inspiration

Which of the following activities would you like to do when you are feeling sad or discouraged?

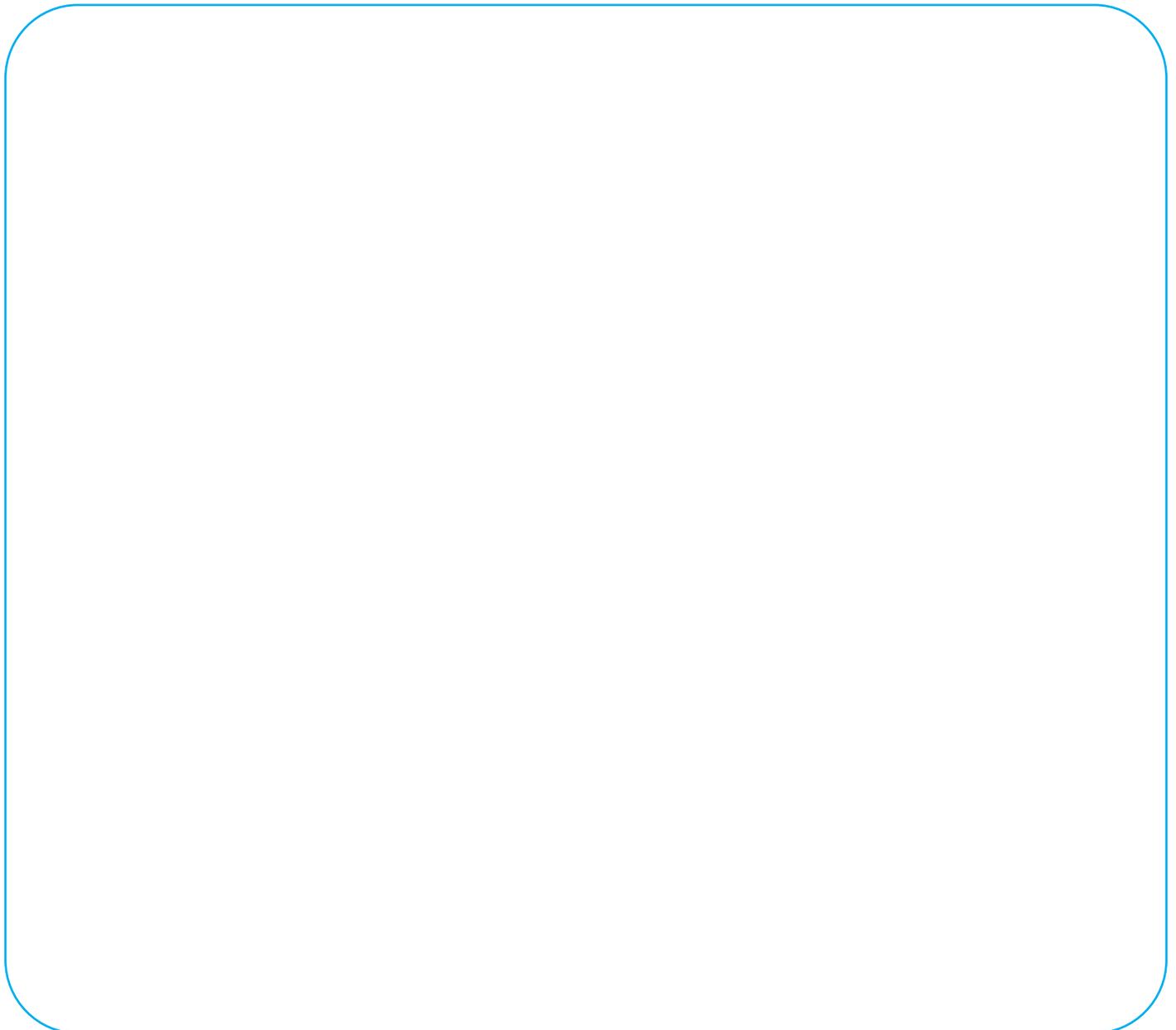
- | | |
|--|--|
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> Paint a scene |
| <input type="checkbox"/> Play or sing a song | <input type="checkbox"/> Make a sculpture |
| <input type="checkbox"/> Write a poem | <input type="checkbox"/> Make a comic book |
| <input type="checkbox"/> Write a story | <input type="checkbox"/> Record a movie |
| <input type="checkbox"/> Act in a play | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Make a drawing | _____ |

Frida's animals inspired a lot of her art. What in your life could inspire the music, drawings, plays, or other art you could create? Brainstorm a list in the space below.

Part 2: My Creation

Choose one of the activities from Part 1. Create a piece of art that can help you bounce back when you are going through a hard time. You can include one of the messages below, or you can create your own message.

Mistakes are part of learning.	This is hard, but I can get through it.
I'm strong enough to keep trying.	Everyone faces challenges sometimes.



Share Your Story

As Pura Belpré knows, stories are a powerful way to share experiences with other people. What lessons have you learned from new experiences?

Part 1: My New Experience

Choose an experience that you would like to share with younger children in your life.

1. What was a new experience you had that was important to you?

2. Did you have to ask anyone for permission or help? How did you do that?

3. What challenges did you face?

4. How did you solve them?

5. What did you learn from the experience?

Find Your Unique Connection

Every reader connects a bit differently to books. How did your interests and life experiences affect your experience with this book pack? Choose 1–3 of these activities to do.

Meet and Greet If you could meet one of the characters in this book pack, who would you want to hang out with and why? **Write or draw** what you would do together.

You're the Star of Your Story! What is something you read about in this book pack that you would like to try yourself? (Do you want to skateboard like Epic? Stand up to a bully like Mia Mayhem did?) **Tell a family member!**

Inspiration Imagination Imagine you are feeling overwhelmed by a problem and you don't know what to do next. What **advice** do you think your favorite characters from this book pack would give you?



TIP: People give advice based on

- the lessons they've learned from their experiences.
- the personality traits they have strengthened (example: determination).

Word Play

Use your creativity to learn and remember new words.

Find a word you don't know in one of your books, then write or draw about the new word to **connect it to your own life**.

New word:

It means:

Write a **sentence** with the word:

Draw a **picture** about the word:

Word Play

New word:

It means:

Write a **sentence** with the word:

Draw a **picture** about the word:

Word Play

New word:

It means:

Write a **sentence** with the word:

Draw a **picture** about the word:

More Book Fun

Use these ideas to show your creativity, your problem-solving skills, and your thoughts about books.



1. Adventure in a Book

WHOOOOOSH, CRASH! It's a bookspllosion! The worlds of two or more books have combined. What happened?! (For example: Is Zayd starting a wacky superpowered basketball team at Mia Mayhem's superhero school? What goes wrong?)

Take Action: Act it out with a partner, write a story or poem, or draw it!

2. Read, Your Way

Which was your favorite book in the pack? _____

Why? _____

Take Action: Ask a librarian to recommend more books like that!



3. Check In

You read and wrote about facing challenges. How ready do you feel to use your problem-solving skills? Circle one:

Very ready

A little ready

Not ready

Explain why you feel that way.

Take Action: Talk to a family member or teacher about how you feel.

Congratulations!

You completed the **Challenges and Solutions** reading journey.

You have powerful tools to face problems and find success. You're a reader!

