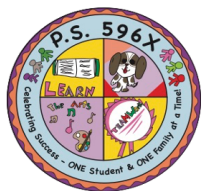


NEW YORK CITY PUBLIC SCHOOLS

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January 1, 2025

Dear P596X Families,

What is the book of the month?

We have selected books that relate to our ReThink social/emotional curriculum. Bi-monthly, teachers and coaches will collaborate to unpack each book and design lessons, adaptations and resources to support the book's topics. Our goal is to build on our students' knowledge and understanding of social emotional concepts through literacy, vocabulary, writing, and discussions!

How can you get involved?

We would really love for the activities we complete at school, to also be reinforced at home. For starters, tune in to hear Principal John read the January/February Book **Big Feelings** during a special pajama read aloud! You can find this video on our school website: www.p596x.org. Below, you will find resources and activities for the book. This includes the targeted vocabulary words, and some fun activities you can do at home or in the community with your child!

Here's the plan...



January – February
Book of the Month:
Big Feelings by Alexandra Penfold

Domain Area: Awareness of Self and Others
Focus Area: Emotions



CRSE Connection:

Provide a space where students can recognize their emotions and create regular opportunities for social-emotional learning strategies within lessons and learning activities.

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Academic Vocabulary Words	play, feelings, mad, happy, sad, big, help, talk, sorry, plans, hopeful, tired, frustrated, together, excited, scared, nervous, prepared, hopeless, quit, point of view, home
Objective	Students will identify and label emotions/feelings in themselves and others.
Suggested Activities:	<ul style="list-style-type: none">• Read Big Feelings with your child or watch the YouTube Video by clicking on the link below. https://www.youtube.com/watch?v=HkOhBvsCjxY• Feelings check-in - Set aside time each day to discuss how everyone is feeling.• Play feelings charades – take turns acting out different emotions with your child as you each try to guess each other’s emotion.• Create a feelings collage – use magazines to cut out pictures or draw pictures that represent different feelings/emotions.

Supplemental Texts:

[The Color Monster: A Story about Emotions by Anna Llenas](#)



[The Boy with Big, Big Feelings by Brittney Winn Lee](#)



[Grumpy Bird by Jeremy Tankard](#)

