

BOOK OF THE MONTH:

Our Table

by Peter H. Reynolds

Ages: 4-8 years old

1. Introducing the Book:



Exploring the Cover

**When presenting the book, be sure to highlight its title and to share the names of the author and illustrator!*

Who do you see sitting around the table in this picture? Do you think these characters are family? How can you tell? When you look at this picture, how does it make you feel? Does it make you feel happy/cozy/warm?

Building Background

Does your family sit together at the table during mealtime? Who is the family member who does the cooking? What are some of the things you do together with the whole family? Can you name a few of your favorite family activities?

2. Reading the Book:

Interactive Reading

While reading the book, ask the children the following questions:

- Do you have daily screen time? What activities do you do on your device?
- How did Violet feel when she saw all her family members were too busy using their electronic devices and could not spend time with her?
- Why do you think this family's table got smaller and smaller and disappeared?
- How did Violet's mom, dad and brother use screens to build a new table?

3. After Reading the Book:

E-Rest



- Practicing dexterity and hand-eye coordination;
- Using a variety of tools and art materials;



- Practicing decision making and feeling competent;
- Participating in the family/classroom community.



Materials:

- Recycling materials (boxes, plastic containers, carton, etc.)
- Art supplies (construction paper, markers, glue, scissors, etc.)

Together with the children, craft a hotel or a parking lot for your electronic devices. You can choose a spot in your home or classroom where this device rest stop will be located. For family or classroom activities, put away all devices to focus on having a more connected in-person time!

Screen-free Day



- Engaging in cooperative play;
- Building relationships with other children and adults;



- Practicing language skills while playing with other children and adults.

Together as a family or in your classroom, organize a special screen-free day. You can use the device hotel or parking lot you created to store your electronics for the whole day. Here are some ideas of what you can do screen-free:

- Read books
- Play board games and puzzles
- Go for a walk
- Build a blanket fort

If you enjoyed this experience, make screen-free day a recurring event. It is great for the environment and for connecting with those around you.

References and Resources

[Family Literacy Day Tip Sheet](#)
[Resources for going screen-free](#)

Legend



Cognitive



Socio-emotional



Language



Physical