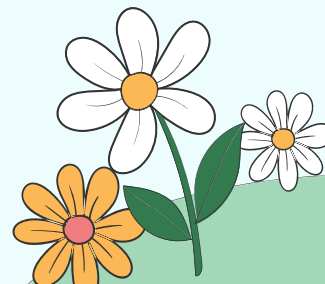


**April 2026 Book
of the Month
with Activities!**

Quote of the Month

“Your calm mind is the
ultimate weapon against
your challenges. So relax.”

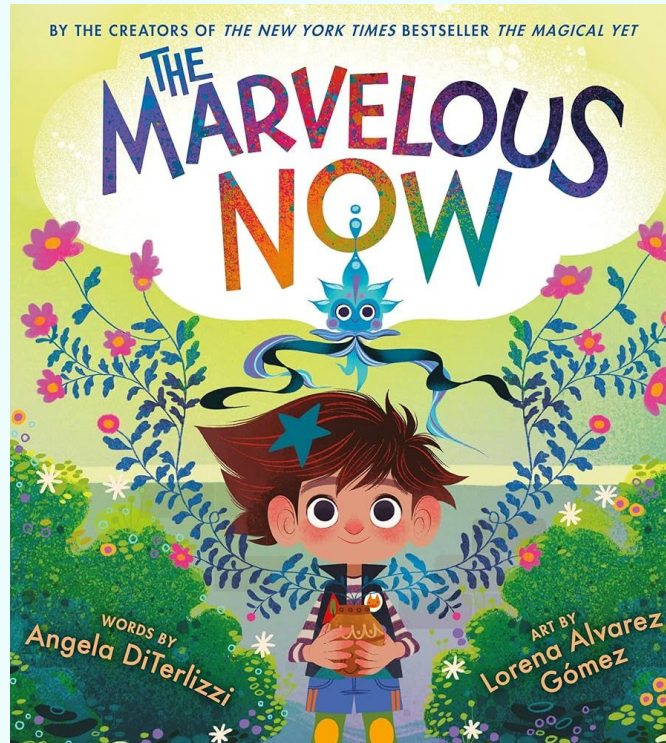
-Bryant McGill



April Book of the Month:

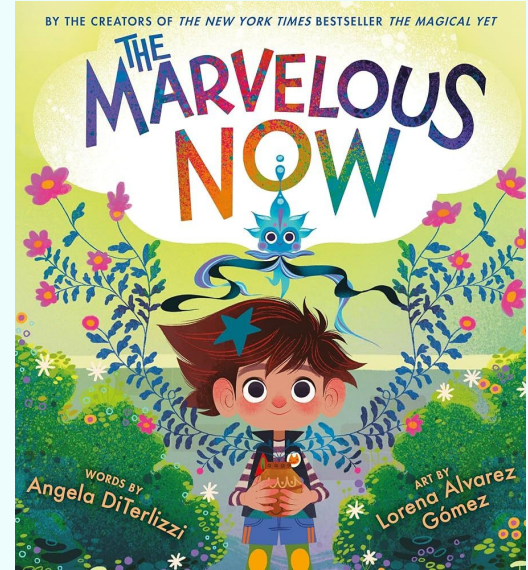
The Marvelous Now

By Angela DiTerlizzi



Book Summary:

“The Marvelous Now” follows a young boy in his journey towards mindfulness! In this story, the main character is experiencing powerful feelings of anxiety and frustration: nothing seems to be going right throughout his entire day, and he feels incredibly overwhelmed. A magical being called the “Marvelous Now” visits the boy and shows him that he needs to take a break and relax by slowing down and focusing on the present. This book is a powerful reminder for the boy and for readers to engage in activities we enjoy, and to remind ourselves about what is important, so we can use these tools to regulate our emotions and feel calm and happy no matter what.



Read-Aloud Video:



Click for Related Book Activities!

The Marvelous Now



Lesson Plan and Book Companion

Book
Companion



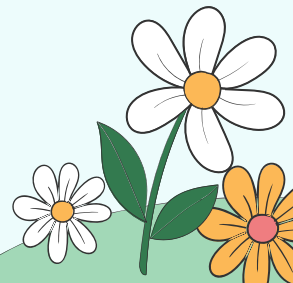
Mindfulness
Activities

THE MARVELOUS NOW

by: Angela DiTerlizzi

the colorful apple

SEL Activities

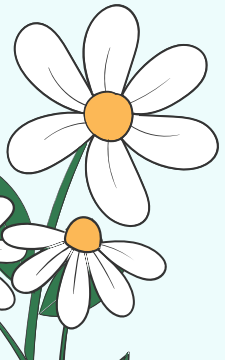


Theme of the Month:

Resilience



Resilience is the ability to handle problems well, and to recover easily from challenges or times when things are tough. Resilience is like getting up after you fall down, or trying again after you make a mistake. When we are resilient, we solve problems instead of avoiding them, and we use difficult emotions like anger and frustration to grow and learn instead of give up.



Theme of the Month Activities

Resilience
Rainbow: Students
write about a
challenge they've
faced, how they
overcame it, and
their feelings
before and after.

Resilience
Strategies and
Activities

12 Ways to Build Resilient Learners

www.thepathway2success.com

Practice coping
strategies when
calm



Practice
gratitude to
gain some
perspective



Teach and
model flexible
thinking skills



Learn and
grow from
failures
together



Develop
SMART goals
and work on
them



Reframe
struggles as
opportunities to
grow

Teach and
practice
positive self-
talk



Use
confidence-
building
strategies



Check-in with
emotions on a
regular basis



Teach and
encourage
self-
compassion



Encourage kids
to solve
problems on
their own



Give puzzles,
brain teasers,
and challenges

Illustrations by Kate Hadfield, Sarah Pecorino, & Teachers Resource Force

BUILDING RESILIENCE

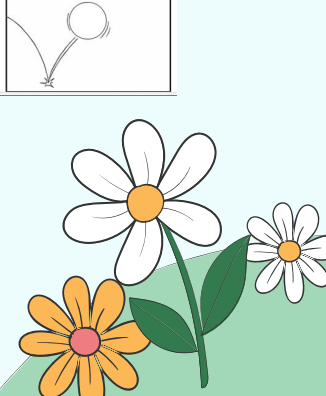
I think being
resilient means:

When I am going through a difficult time
the people I can trust to support me are:



Things I can do to help me
through a difficult time:

I have shown resilience
and bounced back when:



Habit of Mind:

Managing Impulsivity

Managing impulsivity is all about when people stop and think about what they should do before they act. Pausing and coming up with a thoughtful plan before doing something helps us to make good, smart decisions. In order to manage impulsivity, students need to consider consequences and reflect to improve communication. In “The Marvelous Now”, the boy in the story needs to pause and manage his emotions after a tough day so that he can be calm and make good choices! How can you manage your impulsivity to improve your interactions this month?

Brain Games for "Stop and Think Power": A Set of SEL Kernels Practices

Introduce students to “Stop and Think Power”—the ability to control impulses and to “think before you act”—and then choose a “Stop and Think Power” game to help them develop these skills.



Stop, Think, Act: What Would You Do?

Read each situation. Then answer these three questions – there are examples provided for each one:

- How can you stop?
- How can you think?
- How can you act?

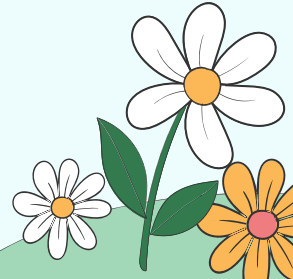
1. 🧑 You feel really wiggly and want to jump out of your seat during a lesson.

- Stop: Take a deep breath and sit still for a moment.
- Think: “Is this the right time to move?”
- Act: Quietly ask for a break or do a small stretch in your seat.

2. 🧑 You really want to answer the question, but the teacher calls on someone else.

- Stop: Put your hand down and take a slow breath.
- Think: “It’s okay, I might get a turn next time.”
- Act: Keep listening and stay ready for the next question.

pg. 7 www.thelittleengine.com



Executive Functioning Focus:

Attention

Attention is the ability to focus on a person or on a task for a period of time, but this executive functioning skill for students also involves the ability to easily shift attention from one task to the next when needed. Attention is so important because when we can filter out distractions, we can focus on learning, form stronger memories, finish tasks, and grow independence!

Attention Short Story and Activities

Felix the Focused Fox

Written by: Kristina Scully

Name: _____ Date: _____
Attention: My Response

What does it mean to focus or pay attention?

Paying Attention

Name: _____

Choose a class time. Show and tell what it looks like to pay attention.

IDEAS:



Strategies for Learners with Attention Issues

www.thepathway2success.com

Give clear, one-step directions



Teach students to check-in with themselves



Incorporate movement during lessons



Give brain breaks between lessons



Set a timer for work sessions



Provide fidgets (and teach how to use them)

Use visuals as reminders and supports



Provide flexible seating options



Play attention-boosting games



Incorporate hands-on learning activities



Use student interests in lessons



Use a chime before giving important information

Copyright by Katie Hudnall & Sarah Proctor



Limited print copies of "The
Marvelous Now" are available in
the school library (Room 212).
Please visit or reach out to Ms.
Keiser at dkeiser@schools.nyc.gov
if you would like to borrow a copy.

