

P.S. 131 March 2026
Book of the Month
with Activities!

Quote of the Month:

“Anything is possible when you have the right people there to support you.”

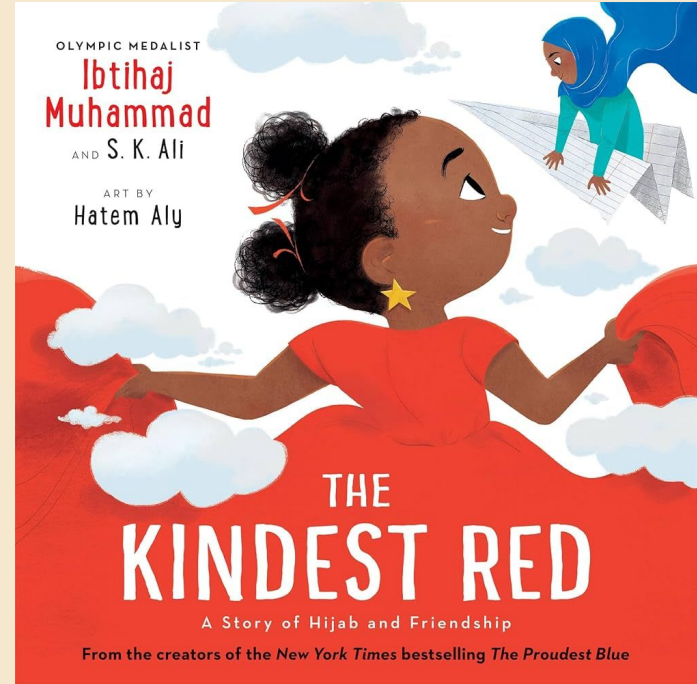
-Misty Copeland



March Book of the Month:

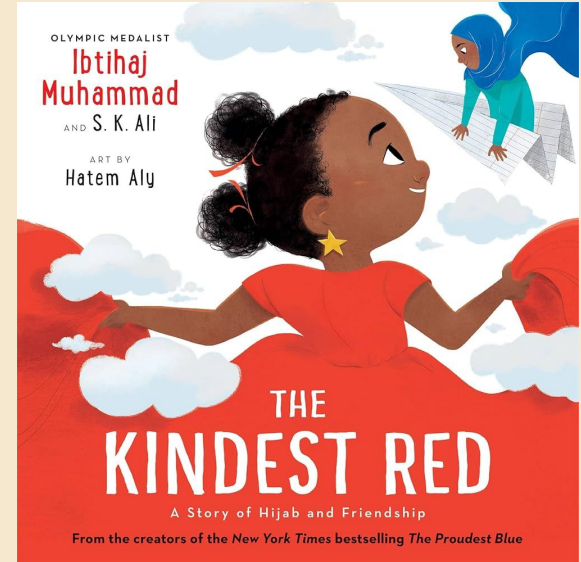
The Kindest Red

by Ibtihaj Muhammad
and S.K. Ali



Book Summary:

“The Kindest Red: A Story of Hijab and Friendship” follows a girl named Faizah, who is feeling excited and ready for picture day in her family’s special red dress! During a lesson with her class, Faizah envisions an ideal world where everyone is kind. With this in mind, Faizah and her friends spend the day spreading kindness by helping one another and sharing. When Faizah starts to worry that she’s not ready for her picture with her sister after all, it’s Faizah’s turn to receive kindness from her community! “The Kindest Red” is a heartfelt story that encourages us all to harness the power of friendship, and to grow kindness wherever we go.

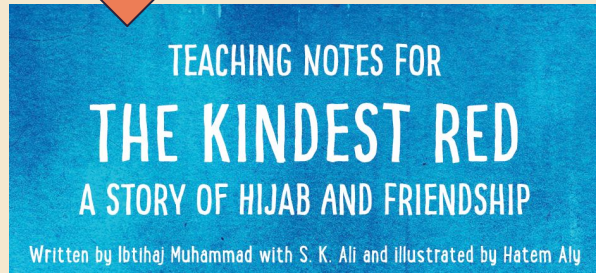


Read-Aloud Video



Click for Related Book Activities!

Discussion Questions and Activities



Learning Opportunities:

- PSED: Ms Ramirez asks her class what kind of world they want. What kind of world do you want?
- Art: Draw an illustration of your world
- PSED: Faiza wants a kind world. Spot the ways she is kind.
- PSED: Find ways you can be kind today
- C&L: Tell your class about your acts of kindness
- PSED: sharing with friends & siblings
- RE: what is a hijab?
- Sport: research the author, Ibtihaaj Muhammad. What did she do that was special?

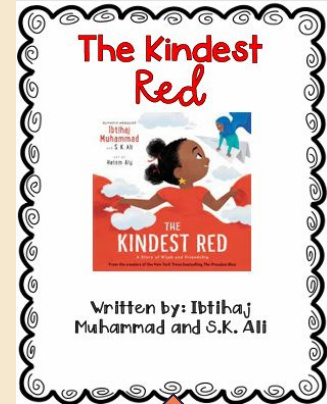


Additional Teaching Suggestions

Craft Activity



***The World I Want to Live In* Craft**
Inspired by *The Kindest Red* by Ibtihaaj Muhammad



Book Companion Resources

Theme of the Month:

Friendship



Friendship is all about sharing special, happy connections with the people around you! Good friends are kind, caring, respectful, supportive, and have fun. When you bring joy to others, or make a positive difference in someone's day, then everyone in the community feels better.

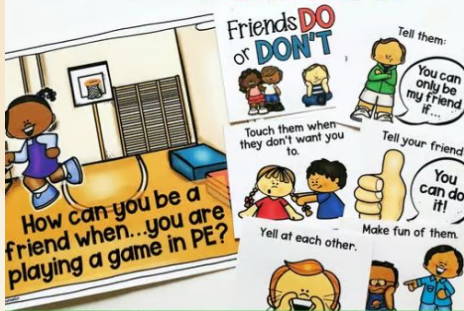


Theme of the Month Activities

Friendship Sorting Cards and Activity

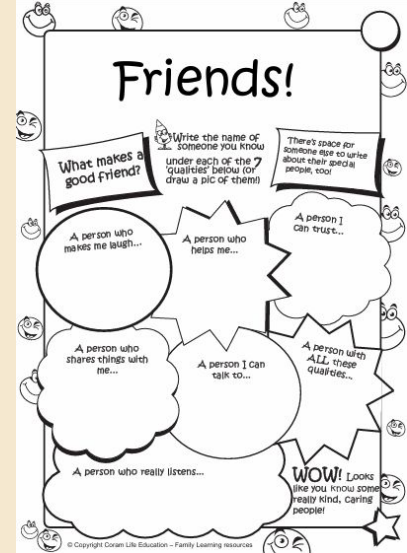


What does it mean to be a **FRIEND**?



24 Fun Friendship Activities for Kids to Build Strong, Happy Friendships

Interactive Friendship Video

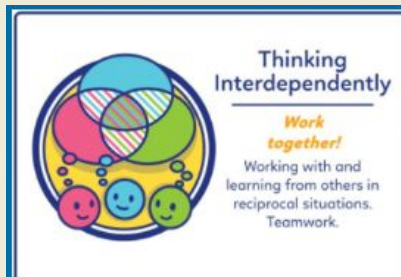


Habit of Mind: Thinking Interdependently

Thinking interdependently describes when people work together to solve complex problems, or to achieve a common goal. In order to think interdependently, students need to be empathetic, communicate clearly, leverage diverse perspectives, and share responsibility. In “The Kindest Red”, Faizah and all her friends work together to solve each other’s problems, build understanding, and spread joy in their community! How can you collaborate well with your friends and classmates this month?

Thinking Interdependently as a Mental Health Skill

Practice Activities



THINKING INTERDEPENDENTLY



Collaboration is to find better solutions.

Interdependent thinkers respect people’s brainpower.

They know the value of collective ideas, strengths, and resources.

They work effectively in a team.

Executive Functioning Focus:

Metacognition Activities:

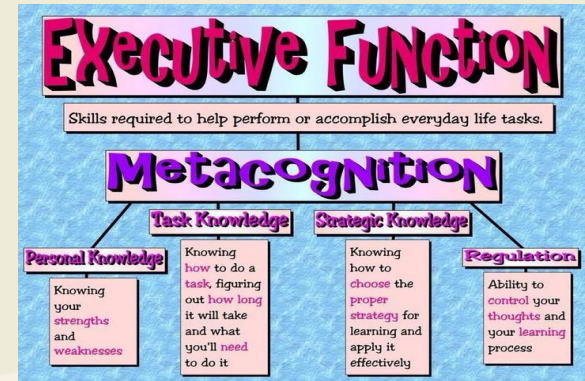
Recall, Think, Feel, Discuss, Map, Make connections, Reflect,
Understand how you learn

HOW'S YOUR LEARNING GOING?	
Keep an eye on things!	
What am I supposed to do?	
Do I need to look back at the directions, example, or rubric?	
What is important to remember?	
What do I already know that can help me?	
What do I feel confident about?	
How would I explain this to someone else?	
Am I confused about anything?	
What tools might I need?	
What are my next steps?	

Learning isn't over when your assignment is finished! It's important to take time to reflect on your experience and use the information you gain to help you learn more in the future.

Metacognition

Metacognition is “thinking about your thinking”, or being aware of what you already know. When you keep track of your own emotions and cognitive strategies, you can understand how you learn, recognize your strengths and weaknesses, and adjust your behavior to do the best you can. How can you self-reflect and evaluate your thinking to make this a great month?



Limited print copies of “The Kindest Red” 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.

