

DEAR PARENTS, CAREGIVERS, TEACHERS AND COUNSELORS,

THIS RESOURCE IS DESIGNED TO ACCOMPANY MY PICTURE BOOK, TACO FALLS APART, ILLUSTRATED BY MONIKA FILIPINA AND PUBLISHED BY THE AMERICAN PSYCHOLOGICAL ASSOCIATION'S MAGINATION PRESS.

WHEN TACO FEELS OVERWHELMED AND FALLS APART, NACHO EXPLAINS THE "THINK-FEEL-DO" LOOP THAT KEEPS THOUGHTS, FEELINGS, AND ACTIONS CONNECTED.

THAT MEANS THAT WHAT WE THINK AFFECTS HOW WE FEEL AND WHAT WE DO.

LIKE ALL MAGINATION PRESS STORIES, THERE ARE STRATEGIES AT THE BACK OF THE BOOK THAT YOU CAN USE TO SUPPORT YOUNG CHILDREN AND THEIR SOCIAL-EMOTIONAL LEARNING AND MENTAL HEALTH.

THESE RESOURCE PAGES OFFER ADDED TOOLS FOR REFLECTION THAT CAN BE USED INDIVIDUALLY, IN GROUPS, OR IN WHOLE CLASSROOMS.

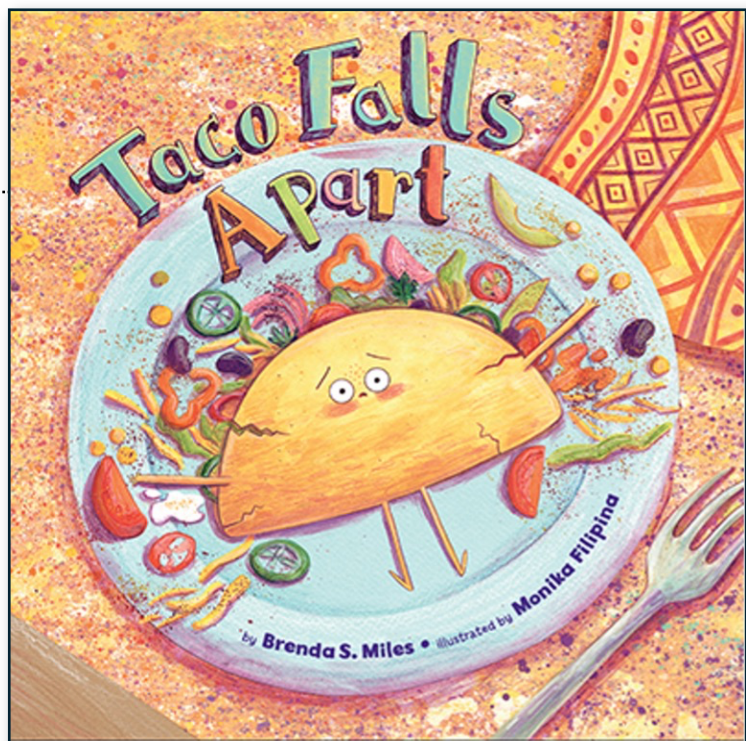
I HOPE YOU FIND THESE RESOURCE PAGES HELPFUL, AND I HOPE KIDS FIND THEM ENJOYABLE, TOO!

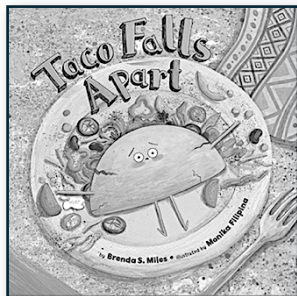
REMEMBER, IT'S OKAY TO FALL APART. KNOWING WHAT WE NEED TO DO TO PULL OURSELVES TOGETHER IS KEY!

CELEBRATING THE IMPORTANT WORK YOU DO,

BRENDA S. MILES, PHD

CLINICAL PEDIATRIC NEUROPSYCHOLOGIST





IN THE BOOK, TACO FALLS APART, A TACO LEARNS THAT THOUGHTS, FEELINGS, AND ACTIONS ARE ALL CONNECTED IN A LOOP.

THAT MEANS THAT WHAT YOU THINK AFFECTS HOW YOU FEEL AND WHAT YOU DO.

THINK ABOUT YOUR OWN THINK-FEEL-DO LOOP.

DRAW OR WRITE ABOUT IT HERE!



THINK

WHAT POSITIVE THOUGHT DO YOU HAVE ABOUT YOURSELF?



FEEL

HOW DOES THAT POSITIVE THOUGHT ABOUT YOURSELF MAKE YOU FEEL?



DO

WHAT DOES THAT POSITIVE THOUGHT ABOUT YOURSELF HELP YOU DO?

Draw your Favorite Taco Fillings

IMAGINE EACH FILLING REPRESENTS SOMEONE OR SOMETHING GREAT IN YOUR LIFE
THAT MAKES YOUR FEEL HAPPY AND FULL!



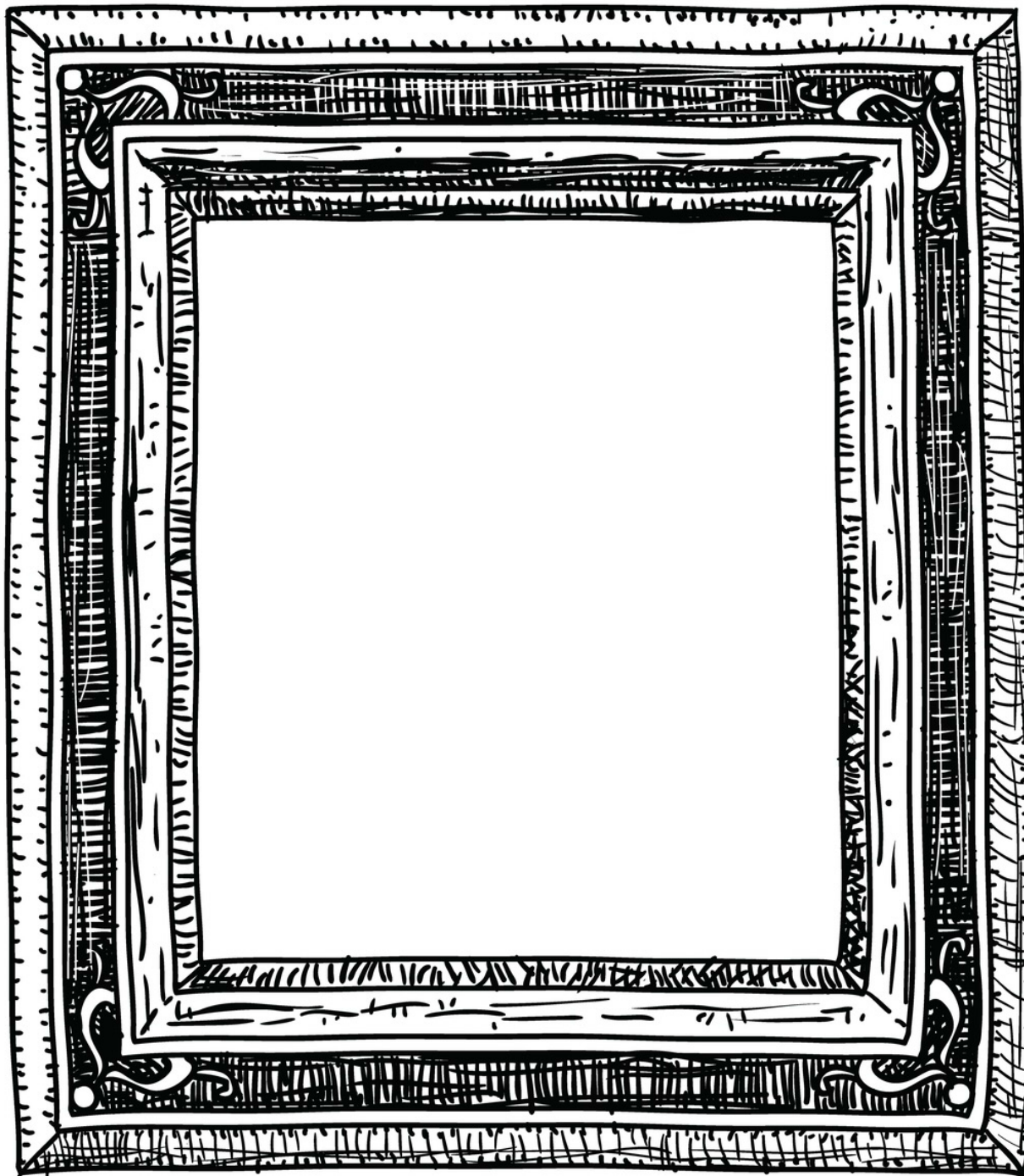
COLOR THIS PARTY INVITATION!

THINK, FEEL and DO
are getting together to celebrate!

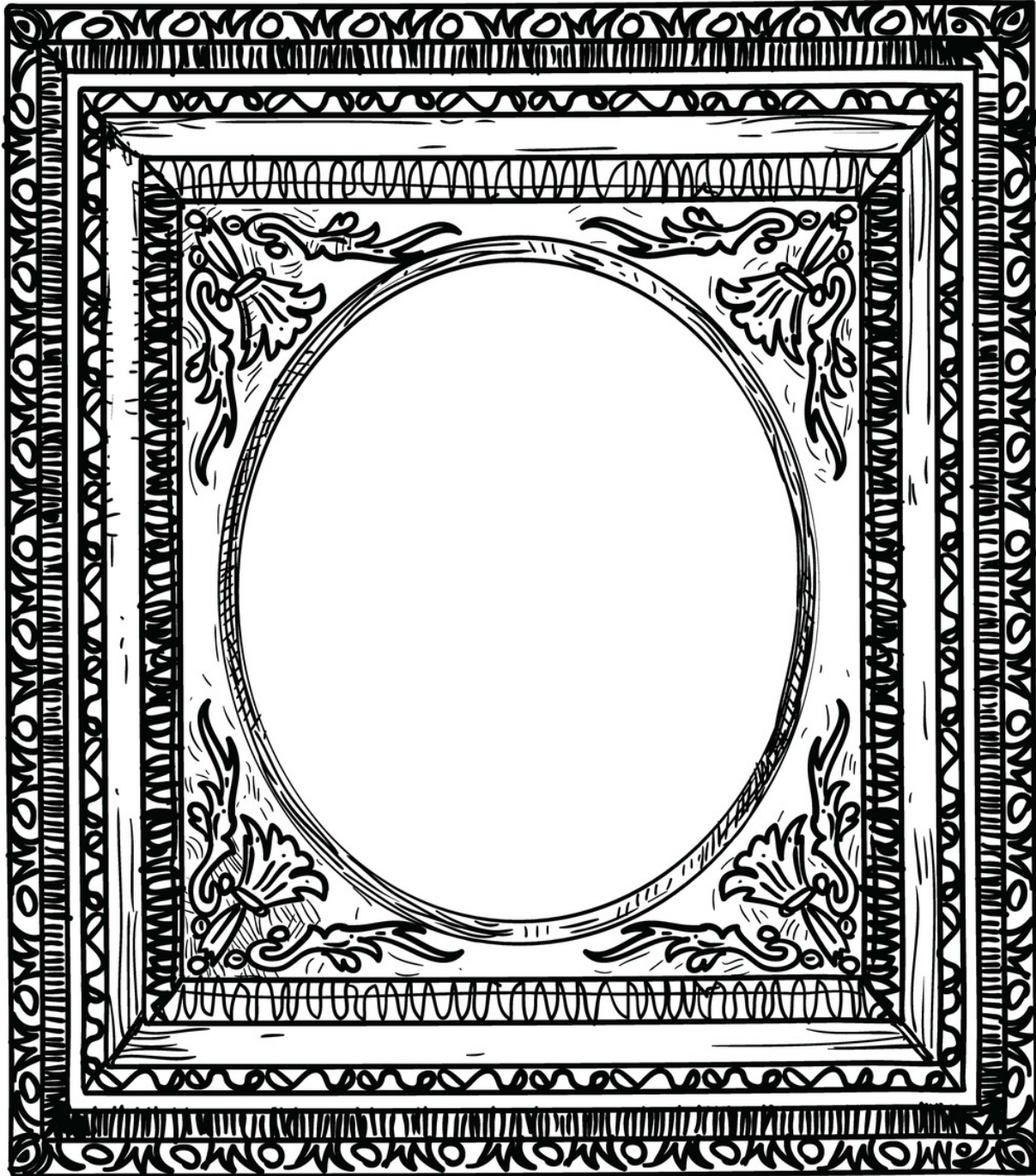
Join the fun!



Draw your favorite character from the book!

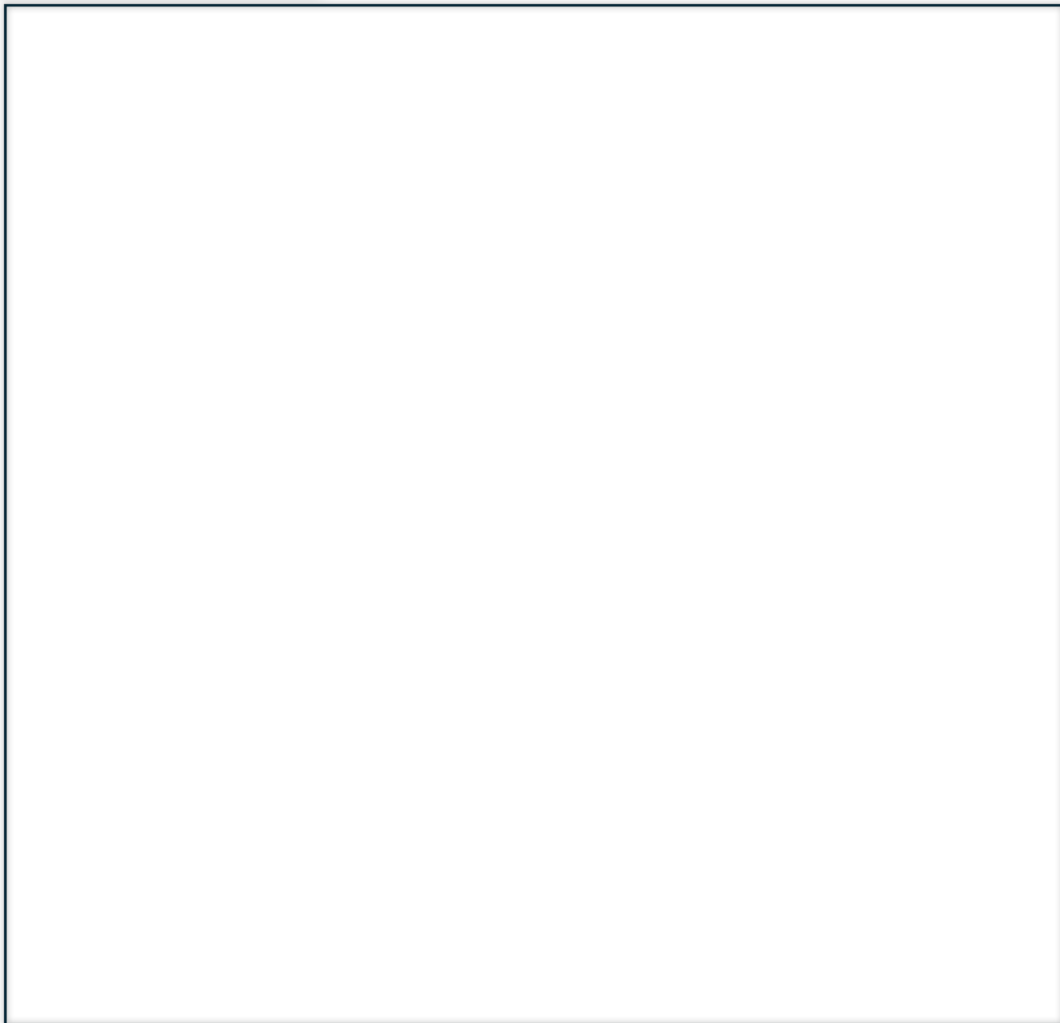
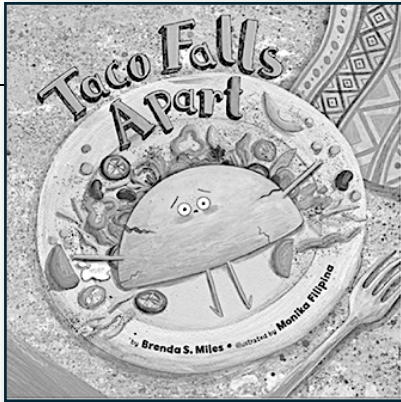


Draw another character THAT YOU LIKE!



TRY DRAWING THE BOOK COVER!

OR DRAW ANOTHER COVER YOU IMAGINE FOR A PICTURE BOOK ABOUT A TACO!



YOU are FANTAS-TACO!

PRACTICE SOME POSITIVE SELF-TALK.

WRITE OR DRAW 3 POSITIVE THOUGHTS ABOUT YOURSELF OR THE WORLD AROUND YOU
THAT HELP YOU FEEL GREAT!