



Book List and Activities

Inspiring the Next Generation of Community Leaders



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Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.

- Desmond Tutu



Inspiring the Next Generation through Books

It's incredibly important that we help our children develop empathy and understanding of the lives others live. Stories allow us to walk a mile in another person's shoes, as we connect with memorable characters and experience the emotions they feel. The themes behind 12 Days 4 Good provide a perfect opportunity to talk with your child about these important life lessons. From teaching compassion and inclusion, to hope and opportunity, there is a story out there that can support you and your little one.

As our way of giving back, our team has collected some of the best picture and story books to help you start a conversation with your child (aged 0-8) on these powerful topics. Please find below our top story picks, and a small act of kindness you and your family, or your child can do to benefit the community. By getting involved, your child will learn **they can** make a difference and that their actions do matter. Take the challenge any time of year!

Day 1: Compassion

Share the gift of compassion: help others who need a helping hand, an extra support, or a shoulder to lean on.

Book List:

- Big Bear Hug by Nicholas Oldland
- My Blue Bunny Blanket by Maggie Smith
- The Very Cranky Bear by Nick Bland
- The Mitten Tree by Candance Christiansen
- Penny and Pup by Linda Jennings

Family Activities:

- Donate towels, blankets, collars, and animal treats to the Humane Society.
- Help your child find one of their gently used toys and donate to a child in need.
- Shovel your neighbour's driveway together.
- Give a hug to someone who looks sad.

Day 2: Inclusion

Share the gift of inclusion: welcome others to your home, your group, and your community.

Book List:

- Zero by Kathryn Otoshi
- Animals: Knowledge You Can Touch by Fleur Star, Jemma Westing, and Charlotte Oliver (Available in Braille)
- A Mother for Choco by Keiko Kasza
- Room For Bear by Ciara Gavin
- Wings by Christopher Myers

Family Activities:

- Read a book that has both print and Braille versions.
- On nutrition break, play or sit with a child who looks lonely.
- Choose and read a book with large print that a grandparent can easily see.

Day 3: Justice

Share the gift of justice: stand up for yourself and for others heard, take turns, and be responsible.

Book List:

- Henry and the Bully by Nancy Carlson
- Lucy and the Bully by Claire Alexander
- The Boy Who Wouldn't Share by Mike Reiss
- It's Not Fair! by Anita Harper
- Don't Laugh at Giraffe by Rebecca Bender
- Jungle Bullies by Steven Kroll
- Howard B. Wigglebottom Learns About Bullies by Howard Binkow
- If You Could Wear My Sneakers by Sheree Fitch
- Boss No More by Estelle Meens

Family Activities:

- Play a board game to practise rules and fairness.
- Dance to 10 songs and take turns choosing the song.
- Help someone who is being bullied.
- Apologize to someone you may have hurt.

Day 4: Dignity

Share the gift of dignity: listen to someone's story without judgement, know your rights, and dedicate time to someone you care about, expressing how much they mean to you.

Book List:

- Hair for Mama by Kelly A. Tinkham
- My New Granny by Elizabeth Steinkellner
- For Every Child the rights of the child in words and pictures in Association with Unicef
- The Roses in My Carpets by Rukhsana Khan
- Jeremiah Learns to Read by Jo Ellen Bogart

Family Activities:

- Say hello and smile at people you pass on the street.
- Give up your seat on the bus, a bench, or in a public space.



*No act of kindness,
no matter how
small, is every
wasted.*

- Aesop



Day 5: Hope

Share the gift of hope: help others see a better future, and take steps to make your community a better place.

Book List:

- The Harmonica by Tony Johnston
- Whimsy's Heavy Things by Julie Kraulis
- The Color of Home by Mary Hoffman
- If you Plant a Seed by Kadir Nelson
- Talk, Oscar, Please! by Karen Kaufman Orloff

Family Activities:

- Have a bake sale and donate to a cause your family cares about.
- Talk with your child about the person they want to be when they grow up.
- Organize a toy collection with your neighbours and donate to children in need.

Day 6: Food Security

Share the gift of food security: share food with those who do not have enough.

Book List:

- Zora's Zucchini by Katherine Pryor
- A Mud Pie for Mother by Scott Beck
- Community Soup by Alma Fullerton
- The Water Hole by Graeme Base
- Hope Springs by Eric Walters

Family Activities:

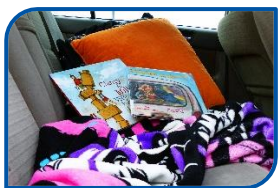
- Donate food and canned goods to the Food Bank.
- Bake cookies together and donate to someone in need, or provide snacks to a shelter.
- Divide a non-perishable, healthy snack into 7 little containers, so you can have some each day.
- Share your favourite snack with a friend or family member.

Day 7: Shelter

Share the gift of shelter: help provide homes to someone in need, and support shelters with supplies.

Book List:

- Very Fine House by Libby Gleeson
- A Shelter in Our Car by Monica Gunning



- Shoebox Sam by Mary Brigid Berrett
- Fly Away Home by Eve Bunting

Family Activities:

- Build a shelter or house for birds.
- ‘Camp’ in your living room overnight. Use flashlights, blankets, and pillows.
- Make care kits for local shelters.

Day 8: Friendship

Share the gift of friendship: extend your hand of friendship to others who may be alone or feel alone, and tell others how much you care about them.

Book List:

- Best Friend on Wheels by Debra Shirley
- Sign Up Here by Kathryn Cole
- The Seeds of Friendship by Michael Foreman
- Jackson’s Blanket by Nancy Cote
- Fox And Squirrel by Ruth Ohi
- Lost and Found by Oliver Jeffers
- A Mama for Owen by Marian Dane Bauer

Family Activities:

- Make friendship bracelets together, and put words on them that describe your friends.
- Draw a picture for a friend.
- Talk to someone new at school.
- Invite a new friend over for a play date.

Day 9: Diversity

Share the gift of diversity: learn and celebrate another’s customs, beliefs, abilities, and challenges.

Book List:

- Black is Brown is Tan by Arnold Adoff
- Skin Again by Bell Hooks
- I’m New Here by Anne Sibley O’Brien
- The Name Jar by Yangsook Choi
- New Clothes for New Year’s Day by Hyun-Joo Bae
- The Colours of Us by Karen Katz

Family Activities:



When you are kind to others, it not only changes you, it changes the world.

- Harold Kushner



- Learn how to say hello in 10 different languages.
- Try a new food or uncommon fruit.
- Read a story from a different country.

Day 10: Youth

Share the gift of youth: encourage, support and teach others who are younger than you as well as older.

Book List:

- One Special Day by Lola M. Schaefer
- My Grandfather's Hat by Melanie Scheller
- How to Babysit A Grandpa by Jean Reagan
- Reading with Dad by Richard Jorgensen
- Following Papa's Song by Gianna Marino
- Watch Out Big Bro's Coming! by Jez Alborough

Family Activities:

- Read a book, or tell a story to a younger sibling.
- Read a book, or tell a story to a grandparent or senior.
- Ask a grandparent to tell you a story of when they were young, then draw a picture of it.
- Teach a younger sibling or relative something new.
- Write a thank you note to a teacher, coach, or mentor.

Day 11: Healing

Share the gift of healing: share a laugh, time of reflection or active activity with others, and support those who are ill.

Book List:

- Some Days Are Lonely by Young Ah-Kim
- Mending's Peter's Heart by Maureen Wittbold
- The Hugging Tree by Jill Niemark
- The Heart and the Bottle by Oliver Jeffers
- How to Mend a Heart by Sara Gilligham
- How to Heal a Broken Wing by Bob Graham

Family Activities:

- Deliver homemade cards to a hospital.
- Donate a book or crayons to a doctor's office waiting room.
- Make a list of things that make you feel better when you're sad and put it on the fridge.



There is no exercise better for the heart than reaching down and lifting people up.

- John Holmes

Day 12: Opportunity

Share the gift of opportunity: learn something new, provide others with access to new experiences and new connections.

Book List:

- Making the Moose Out of Life by Nicholas Oldland
- New Old Shoes by Charlotte Blessing
- Something from Nothing by Phoebe Gilman
- Red Knit Cap Girl and the Reading Tree by Naoko Stoop
- Listen to the Wind by Greg Mortenson

Family Activities:

- Open the door for someone.
- Clean up after someone who left dishes in a food court in the mall.
- Pick up trash in your neighbourhood.
- Decorate the inside of your mailbox with well wishes for anyone who opens it.

Thank you for taking part in 12 Days 4 Good with your family. Together, through stories, we will inspire the next generation of community leaders, giving them the tools they need to do good.

