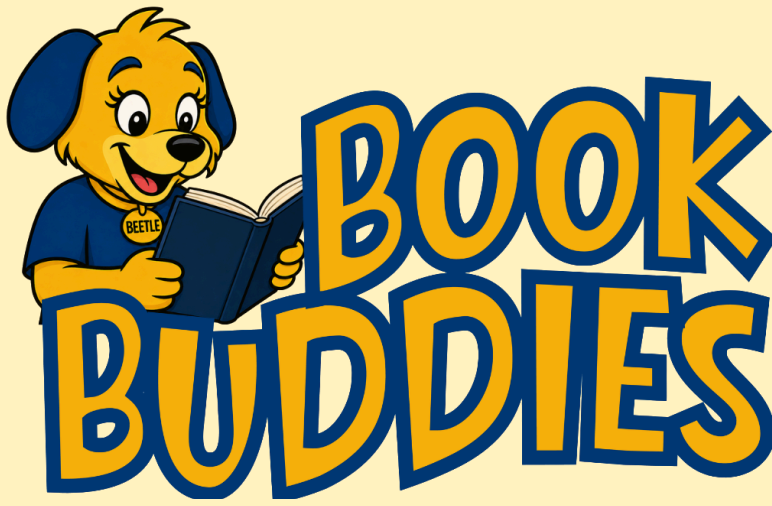




## What is Book Buddies?

Book Buddies is a fun, interactive early childhood program that uses stories, play, movement, music, and conversation to help young children build important skills through engaging, age-appropriate experiences.

Book Buddies serves children enrolled in Head Start, Pre-K, and Kindergarten programs, typically ages 3–6. Stories, activities, movement, and conversations are specifically designed for early learners and adapted to support their developmental needs while building skills such as communication, cooperation, problem-solving, friendship, and positive decision-making.

## What will our Book Buddies do?

Each visit centers around a story and one simple, age-appropriate theme or skill. Students don't just sit and listen to a book—they participate throughout the visit through movement, sounds, questions, games, imaginative play, and hands-on activities connected to the story. Themes include friendship, kindness, cooperation, communication, problem-solving, trying new things, and making positive choices.

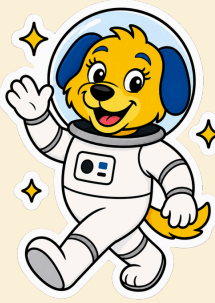
## When will our Book Buddies meet?

Book Buddies typically meets once each month (but we can meet twice if campus would like). We work with each campus to select a consistent day and rotation that best fits the school's schedule.



## What is Family Guidance and Outreach?

Family Guidance & Outreach is a Lubbock-based nonprofit dedicated to strengthening children, families, and communities through education, prevention, and connection. Since 1982, we have partnered with schools and community organizations to provide practical, engaging programs that support the social and emotional well-being of children and equip the adults who care for them.



# Topics Book Buddies Explore:

## **Belonging & Connection**

- Focus: Feeling safe, loved, and included
- We might: Talk about the people and places where we belong and practice ways to help others feel included.

## **Understanding Feelings**

- Focus: Recognizing and naming emotions
- We might: Make feeling faces, identify how characters feel, and practice putting words to our own emotions.

## **Calming Big Feelings**

- Focus: Learning what we can do when emotions feel BIG
- We might: Practice breathing, movement, sensory strategies, or other simple ways to help our bodies calm down.

## **Friendship**

- Focus: Learning how to connect and play with others
- We might: Practice sharing, taking turns, inviting someone to play, and being a good friend.

## **Kindness & Empathy**

- Focus: Recognizing and caring about how others feel
- We might: Look for kindness in our story and practice different ways we can show someone we care.

## **Confidence & Courage**

- Focus: Trying new things and believing in ourselves
- We might: Celebrate what makes each of us special, practice encouraging words, and talk about what it means to be brave.

## **Problem-Solving**

- Focus: What to do when things don't go our way
- We might: Practice using our words, asking for help, waiting, taking turns, and trying another way.

## **Change & Growing**

- Focus: Navigating new experiences and transitions
- We might: Talk about changes, new routines, growing independence, and getting ready for kindergarten or First Grade.

# Built for Little Learners

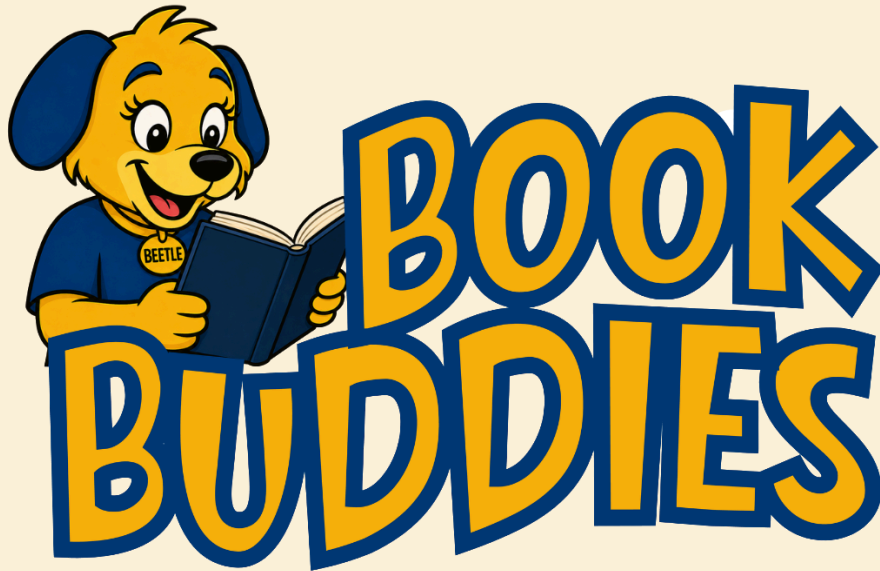
Book Buddies gives children opportunities to practice important skills through experiences they can see, hear, and participate in, not simply hear someone explain them.

Our goal is for students to leave each visit with one simple idea or skill they can understand, remember, and use in their everyday lives.

## Easy for Your Campus

Family Guidance & Outreach provides the facilitator, books, curriculum, activities, and program materials.

We work with campus staff to develop a consistent schedule that fits naturally into the classroom day and to identify topics that may be especially helpful for their students. Book Buddies is provided at no cost to participating campuses or families.



**To sign your campus up, email:**  
**[abby@lubbockfamily.org](mailto:abby@lubbockfamily.org)**