

# Llama Llama Red Pajama

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## READ

### Before

- Show your child(ren) the book and read the title.
- Tell your child(ren) this book is about Llama Llama's nighttime routine.
- Ask your child(ren) to listen carefully to learn how Llama Llama feels after Mama leaves his room.

### During

- Ask your child(ren) to describe Llama Llama's feelings when he realized Mama was not in his room.
- Ask your child(ren) questions such as:
  - What does Llama Llama do after he realizes Mama is not in his room?
  - Can you think of a time when you felt like Llama Llama was feeling?
  - What did you do to feel better?"

### After

- After reading, review the story by asking questions such as:
  - Why did Llama Llama continually call out to Mama?
  - What did Mama do to make Llama Llama feel better?
  - What do you do to calm down and go to sleep?
- Discuss how your child's nightly routine is the same as or different than Llama Llama's routine.
- Ask your child(ren) if they have ever been scared in their room after going to bed.

## PLAY

### Let's Learn Kentucky - Connect Together

Early relationships are the building blocks for healthy growth and development. Building daily habits of connection, learning about emotions, and cooperating with others will help your child develop healthy habits for daily life.

### How Do You Feel Today?\*

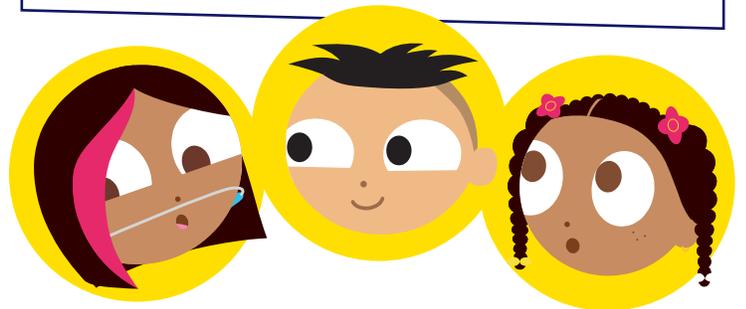
- Help your child learn how to identify the four basic emotions: happy, sad, scared, and angry. Sit close to your child when they feel one of these emotions.
- Use the mirror to show your child what emotion they are feeling. Say, "Your face looks sad." You are crying. This is what sad looks like."
- Help your child with the emotion. Have them take deep breaths, pat them on the back, or hold them close until they are calm. Explain that everyone has emotions.

### Make It Easier

Place a mirror on the floor during tummy time for your child to see themselves as they play.

### Extend the Learning

Have your child point out different faces in books, magazines, and newspapers. Ask your child what emotion you think each person is feeling and why. Have your child make each face and pretend to feel that emotion.



## Find More Ways to Play

Let's Learn Kentucky  
[Connect Together](#)



Governor's Office of Early Childhood  
[Kentucky Family Guides](#)



## ENROLL

Enroll your child in [Dolly Parton's Imagination Library](#) and receive a FREE, age-appropriate book once per month.



## SHARE

[Get Ready for Bedtime with These Tips From "Donkey Hodie"](#)

Donkey Hodie and her friends share five tips to help kids wind down and prepare for sleep.



## EXPLORE

[Rosie's Rules | Iggy's Bedtime](#) - To help Mom, Rosie volunteers to put Iggy to bed, but she'll have to follow his special routine to do so.



\*How Do You Feel Today? is shared from the Family Guides, a companion of the Kentucky Early Childhood Standards, housed in the Governor's Office of Early Childhood.