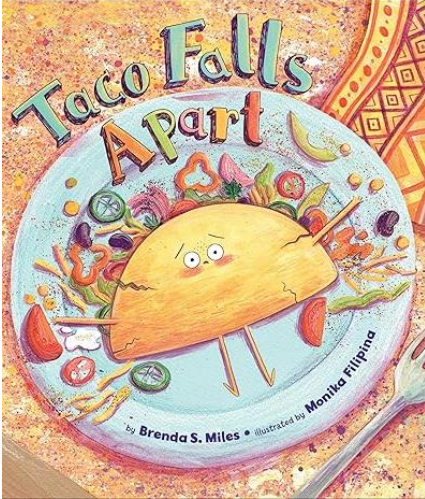


## Discussion Guide for Families



### ***Taco Falls Apart***

*Author: Brenda S. Miles*

*Illustrator: Monika Filipina*

**Themes:** Social Emotional Learning

**Book Brief:** *Taco Falls Apart* gets kids thinking about how their thoughts shape feelings and behavior. Friendly and funny, this evidence-based science-informed book skillfully presents a fundamental concept of cognitive-behavior psychology in a way kids can understand.

## READ ALOUD

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### **Before Reading: Build Background**

- Talk with your child about how life poses some problems each day. What are some of those problems in their life?

### **While Reading: Make Connections**

- Look at the example of a taco getting “stuffed” with many ingredients. What happens if too much is pushed in? What can happen to the taco?
- Can that image of a cracking taco shell reflect example how life can feel sometimes? If so, how?

### **After Reading: Ask Questions**

- What can a person learn from this story to help deal with everyday problems and difficulties?

## RELATED ACTIVITIES

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### **If your child enjoyed this book, consider:**

- As a family, brainstorming ways to overcome worries and problems.
- Reading more books about learning to cope and thrive, such as [Tomatoes in My Lunchbox](#) and [When I Feel Afraid/Cuando tengo miedo](#).