

Title, Author, Illustrator:

Mae Among The Stars

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Ideas for enjoying the book at home

Created by: Natomas Unified School District Early Learning

About the Book:

Have you ever dreamed of flying into space? Mae Among the Stars is the inspiring story of a little girl who did just that! Based on the real-life journey of Dr. Mae Jemison—the first African American woman to travel in space—this beautifully illustrated book shows how believing in yourself, even when others doubt you, can lead to incredible things.

When Mae tells her class she wants to be an astronaut, not everyone supports her dream. But with the love of her parents and the courage to keep going, Mae sets her sights on the stars and never gives up. This story will make you feel brave, bold, and ready to chase your own dreams—no matter how big they are.



Before Reading:

- What do you notice about the cover?
- What do you think about the title?
- What do you think we will discover in this book?



While Reading:

- What do you notice in the picture?
- What do you think about what we just read?
- What are you curious about now?



After Reading:

- What did you think about the book?
- How did it make you feel?
- What was your favorite part?

Jump into Joyful Reading!

Invite your child to share their thinking and ask questions as you enjoy the book together. The main thing is to have fun and enjoy one another's company as you read together. Here are some things you can say and do to create a joyful reading experience for your child.

**Turn the page over for
creative expression ideas!**



Creative Expression Activities

After you read the book, unleash your imagination and creativity! Use the ideas below to choose your own adventure. What other ideas did the book inspire your amazing mind to think of?

 Creative Writing	 Visual and Digital Arts	 Kindness and Community
In the book, Mae dreams big and believes in herself, even when others doubt her. Make a little book about your big dreams! *Staple or tape a few pieces of paper together to make your book. *On each page, write or dictate one big dream you have—something you want to do or be when you grow up! *Draw a picture on each page to show your dream in action. Read your book to your family, friends, or classmates and share your amazing dreams—just like Mae!	“Design Your Own Spacesuit!” Imagine what you would wear as an astronaut! *Draw an astronaut on a big piece of paper—or ask them to print out an astronaut coloring page. *Design your own spacesuit! Use crayons, markers, stickers, or anything you have at home. *Think about what your suit would need. Jetpacks? Fun colors? A cool helmet? Hang it up to show your family your big imagination!	Shine Like a Star for Someone Else Choose one or more ways to help someone feel special—just like Mae’s parents helped her feel proud of her dreams: *Tell someone at least three things that make them special. *Draw a picture of them doing something kind, brave, or amazing. *Write (or help write) a short note to tell them one thing you appreciate about them. Even small actions can shine bright—just like stars in the sky!
 Mindfulness and Self-Awareness	 Music and Movement	 Dramatic Play
Mae felt sad when others didn’t believe in her dream—but she stayed true to herself and kept going. You can learn to stay calm and speak up when someone makes you feel sad. Here are some things you can practice saying with an adult: *I feel sad when you say I can’t do something. I believe in myself. *I’m feeling upset, and I need some space to calm down. *It’s okay if we’re different—I’m proud of who I am. Talking about feelings helps us grow strong and shine bright, like Mae!	*Put on some music and pretend you’re walking on the moon—slow and bouncy! *Make up a space dance! Pretend to float, fly, and twirl among the stars. *March around the room like you’re exploring a new planet. What do you see? How does it feel to walk there? *You can even ask a grown-up to play some space-themed music while you dance. Moving your body helps your brain and heart feel happy—just like dreaming big!	Pretend to be Mae and act out a space adventure with your family! Here are some scenes to include: *Mae tells her parents about her dream to go to space *Mae practices floating and flying like an astronaut. *Mae faces challenges, but she stays determined. *Mae blasts off into space with her family cheering her on. *Mae explores a new planet and shares her discoveries. Acting out these scenes helps you dream big, be brave, & never give up!