Mama and Little Star bake a giant mooncake and hang it in the sky. Little Star isn’t supposed to touch it until Mama says, but every night Little Star wakes up hungry and has a teeny tiny bite. The mooncake slowly disappears until nothing is left—just like the real moon in the night sky!

**Did you know?**

Little Star has trouble controlling her impulse to eat the mooncake! **Self regulation** skills include the ability to control impulses, focus on a task, and manage emotions. These skills are also essential to school success. While sharing this book, practice starting and stopping simple activities, taking turns, and talking about strategies Little Star could try next time to help her develop her self regulation.

**Talk about it!**

- Ask your child to tell you about a time when they had trouble waiting for something. What are some things you can do to help you wait?
- What could Little Star have done instead of eating the mooncake?
- When Mama finds out that Little Star ate the whole mooncake, how do they solve the problem?

**Play: (activity with no materials)**

Games that involve stopping and starting help young children develop their self regulation skills. *Freeze Dance* is a perfect game that lets children practice starting and stopping in a fun way.

- Have an adult or older child put on some music.
- Everyone dances until the music is turned off and the leader says “Freeze!” Everyone must stay completely still until the music is turned back on again.
- Try experimenting with who gets to control the music and how long players must freeze.

**Find More Online**

Scan this QR code to find book recommendations, online activity guides, and other fun resources.

Scan this QR code with your phone’s camera to see our Read Aloud of this book!
Play some more!

Materials needed:
- 3-5 small objects that your child can name
- A paper bowl to cover one of the objects

Little Star eats the mooncake piece by piece until it goes missing! Practice vocabulary words and your memory with this fun “What’s Missing?” game.

1. Collect 3-5 small objects that your child knows the names of (or has their own “words” for). The toys should be small enough to fit under the paper bowl.

2. Line up the objects and help your child name each one. First let them listen to you name them, then have your child repeat the name.

3. Cover one of the objects with a bowl and ask your child to name what’s missing.

4. Increase the number of items or try new items as your child gets better and better at the game.