



Email: bridget@paperdragonreads.com Phone: (407) 212-7759

Family Reading Guide for "365: How to Count a Year"

Conversation starters for parents and children

Getting Started

What This Book Is About

"365: How to Count a Year" breaks down the abstract idea of a year into pieces kids can picture and count: twelve months, fifty-two weeks, 365 days, and 31,535,000 seconds. Along the way, it reframes those big numbers as collections of small, meaningful moments — 365 good mornings, fifty-two movie nights, and one special birthday wish.

Key Themes Your Child Will Encounter:

- **Time and measurement:** The book explores how the same span of time can be counted in many different units
- **Big numbers, made approachable:** Large figures like 31,535,000 seconds are broken down into understandable pieces
- **Everyday moments matter:** The book connects abstract time to meaningful, personal experiences
- **Multiple perspectives on the same idea:** A year can feel long or short depending on how you look at it

Note for Parents: This is a playful nonfiction picture book with no difficult content — a great tool for building number sense and talking with your child about how they experience the passage of time.

Discussion Questions

About Counting Time

- Which unit of time (months, weeks, days, seconds) makes the most sense to you?
- Why might someone want to count a year in seconds instead of months?
- What's an example of something that feels long when you count it one way, but short another way?

About Memorable Moments

- What are some of your own '365 good mornings' moments from this year?
- Why do you think the author chose to include personal moments alongside the math?
- What moment from this year would you want to remember most?

Conversation Starters

- Does a year feel long or short to you? Why?
- What's your favorite way to mark time passing, like a calendar or countdown?
- Can you think of a big number you'd like to understand better, like this book does with 31,535,000 seconds?
- What's a moment from this year you want to remember forever?

Discussion Activities

Exploring Time Together

- Make a family calendar highlighting memorable moments from this year
- Practice converting units of time together, like turning weeks into days



Email: bridget@paperdragonreads.com Phone: (407) 212-7759

- Count down the days, weeks, or months to an upcoming family event

Math in Everyday Life

- Look for other places large numbers show up in daily life (odometers, population signs, etc.)
- Practice estimating how long different everyday tasks take in seconds or minutes

Conversation Tips for Parents

Making Math and Time Meaningful

- Connect number concepts to real events in your family's calendar
- Encourage your child to notice patterns in how time is measured around them
- Celebrate curiosity about big numbers rather than focusing only on "getting it right"

Questions by Reading Level

Accessible Entry Points (for any reader)

- How many months are in a year? How many weeks?
- What are some of the small moments the book uses to describe a year?
- What is the biggest number mentioned in the book?

Deeper Analytical Questions

- Why might breaking a year into smaller units help us understand time better?
- How does the book use both math and storytelling to explain the same idea?
- What does the book suggest about how we choose to measure and remember time?

Activity Ideas

Math and Creative Projects

- Create a personal "year in numbers" poster (days, weeks, favorite moments)
- Solve a scavenger hunt of time-conversion math problems around the house
- Illustrate your own page for a sequel about counting a week, a month, or a decade

"365: How to Count a Year" turns an abstract idea into something countable, visual, and personal. Use it to talk with your child about how they experience time, and to build comfort with big numbers and units of measurement along the way.