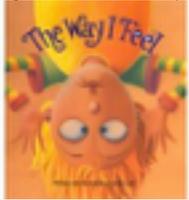
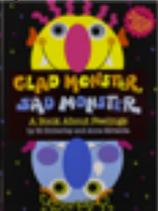
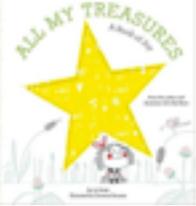
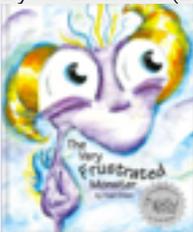
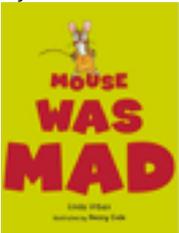
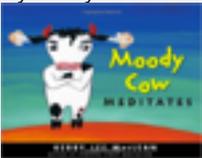


Social Emotional Learning Picture Book Lessons

Picture Book Title	Description	SEL Competency Area	Activities and extensions
<p><u>The Way I Feel</u> By Janan Cain (2000)</p> 	<p>This full colour book is filled with vivid, expressive illustrations that help children ages 2 to 8 describe their emotions and understand that feelings are a normal part of life.</p>	<p>Self Awareness</p> <ul style="list-style-type: none"> - identification of emotions - identification of physical arousal 	<p>Play feelings charades</p> <p>Drawing facial expressions https://www.parentingpress.com/activity/wayifeelplan.pdf</p>
<p><u>In My Heart: A Book of Feelings</u> By Jo Witek (2014)</p> 	<p>In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.</p>	<p>Self Awareness</p> <ul style="list-style-type: none"> - identification of emotions - identification of physical arousal 	<p>Create a class Feelings Book</p> <p>Create acrostic poems for feelings words</p>
<p><u>Visiting Feelings</u> By Lauren Rubinstein (2013)</p> 	<p>Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness to help children fully experience the present moment.</p>	<p>Self Awareness</p> <ul style="list-style-type: none"> - identification of emotions - identification of physical arousal <p>Self-Management</p> <ul style="list-style-type: none"> - regulation of emotions - manage stress - persevere through challenges 	<p>Feelings Lesson Example from 'Kids Health In the Classroom'</p> <p>https://classroom.kidshealth.org/prekto2/personal/growing/feelings.pdf</p>
<p><u>Glad Monster, Sad Monster</u> By Anne Miranda (1997)</p> 	<p>Glad, sad, silly, mad - monsters have all kinds of different feelings! In this innovative die-cut book, featuring a snazzy foil cover, you'll try on funny masks as you walk through the wide range of moods all little monsters (and kids!) experience.</p>	<p>Self Awareness</p> <ul style="list-style-type: none"> - identification of emotions - identification of physical arousal 	<p>Create feelings masks using paper plates</p> <p>Lesson Plan Ideas from 'The Center on the Social and Emotional Foundations for Early Learning' http://csefel.vanderbilt.edu/booknook/glad/glad.pdf</p>

<p><u>Brave As Can Be: A Book About Courage</u> By Jo Witek (2015)</p> 	<p>In this lyrical, insightful picture book, an older sister explains to her younger sister all the things she used to be afraid of, along with some tricks to help, whether it's a special blanket for bedtime or singing during a storm.</p>	<p>Self Awareness</p> <ul style="list-style-type: none"> - identification of emotions - identification of physical arousal <p>Self-Management</p> <ul style="list-style-type: none"> - regulation of emotions - manage stress - persevere through challenges 	<p>Journal entry topics: "Tell about a time that you were brave", "What is something that you used to be afraid of that now you are not. How did your feelings change?"</p>
<p><u>All My Treasures: A Book of Joy</u> By Jo Witek (2016)</p> 	<p>When a girl receives a beautiful porcelain box from her grandmother, she immediately wants something special to put inside it. As it turns out, life's most precious treasures cannot be contained in a box!</p>	<p>Self Awareness</p> <ul style="list-style-type: none"> - identification of emotions - identification of physical arousal - recognizing individual strengths and identity 	<p>Create a treasure box using craft materials. Each child writes down their three most favourite memories and adds them to the treasure box.</p>
<p><u>Sometimes I'm Bombaloo</u> By Rachel Vail (2002)</p> 	<p>Most of the time Katie is a well-behaved child. Sometimes, though, Bombaloo comes out--and Katie shows her temper. Love and a time-out bring Katie back to herself again.</p>	<p>Self Awareness</p> <ul style="list-style-type: none"> - identification of emotions - identification of physical arousal <p>Self-Management</p> <ul style="list-style-type: none"> - regulation of emotions - manage stress - persevere through challenges 	<p>Lesson Plan Ideas from 'The Center on the Social and Emotional Foundations for Early Learning'</p> <p>http://csefel.vanderbilt.edu/booknook/bn_bombaloo.pdf</p>
<p><u>Crankenstein</u> By Samantha Berger (2015)</p> 	<p>He may look like any ordinary boy, but when faced with a rainy day, a melting popsicle, or an early bedtime, one little boy transforms into a mumbling, grumbling Crankenstein.</p>	<p>Self Awareness</p> <ul style="list-style-type: none"> - identification of emotions - identification of physical arousal 	<p>"Have You Ever Been a Crankenstein?" Create a comic strip that shows a time when you felt cranky. What made you feel better?</p>

<p><u>The Very Frustrated Monster</u> By Andi Green (2012)</p> 	<p>Why me? and It s not fair! are favorite phrases used by Twitch, The Monster of Frustration. Though Twitch tries very hard to get everything right, he quickly gets upset when things don't go his way.</p>	<p>Self Awareness - identification of emotions - identification of physical arousal</p> <p>Self-Management - regulation of emotions - manage stress - persevere through challenges</p>	<p>Have students pair up and act out a short skit about a time when they felt frustrated.</p> <p>Try the skit again, but this time have the character use a strategy to manage their frustration. (e.g. thinking strategy, regulation tool)</p>
<p><u>Mouse Was Mad</u> By Linda Urban (2009)</p> 	<p>Who knows the best way to be mad? Bear stomps. Hare hops. Bobcat screams. Mouse? He just can't get it right. But when he finds the way that works for him - still and quiet - he discovers that his own way might be the best of all.</p>	<p>Self Awareness - identification of emotions - identification of physical arousal</p> <p>Self-Management - regulation of emotions - manage stress - persevere through challenges</p>	<p>Lesson Plan Ideas from 'The Center on the Social and Emotional Foundations for Early Learning'</p> <p>http://csefel.vanderbilt.edu/booknook/bn_madmouse.pdf</p>
<p><u>Moody Cow Meditates</u> By Kerry Lee Maclean (2009)</p> 	<p>Peter the cow is having a BAD day. After missing the bus and wiping out on his bike he loses his temper and gets in trouble. Peter's day just seems to get worse until his grandfather comes over and teaches him how to settle his mind and let go of his frustration through a simple and fun exercise.</p>	<p>Self Awareness - identification of emotions - identification of physical arousal</p> <p>Self-Management - regulation of emotions - manage stress - persevere through challenges</p>	<p>Make Relaxation Tools</p> <p>Glitter bottles/Mind Jar: there is an excellent lesson plan in the back of the book</p> <p>Stress balls: http://www.instructables.com/id/Easy-flour-stress-ball/</p>
<p><u>The Huge Bag of Worries</u> By Virginia Ironside (1996)</p> 	<p>Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go.</p>	<p>Self Awareness - identification of emotions - identification of physical arousal</p> <p>Self-Management - regulation of emotions - manage stress</p>	<p>Have students identify 2-3 worries. Use construction paper to create and label silly 'worry' monsters, in the style of the illustrations. Create a display with the worries floating away on parachutes that are labeled with regulation strategies.</p>

<p><u>Little Mouse's Big Book of Fears</u> By Emily Gravett (2008)</p> 	<p>Everyone's afraid of something . . . Young children will identify with the little mouse who uses the pages of this book to document his fears – from loud noises and the dark, to being sucked down the plughole.</p>	<p>Self Awareness</p> <ul style="list-style-type: none"> - identification of emotions - identification of physical arousal 	<p>Show the students the 'Isle of Fright Map'. Have student reflect on how their body feels when they are scared. Draw a map or diagram of the body to show what happens in your body (e.g. racing heart, sweaty palms, etc.)</p>
<p><u>What If I... for calming worry to survive and thrive at school</u> By Mary Catherine Bailey-McKenna (2015)</p> 	<p>Worry is often a hidden barrier to school success. "What if I... for calming worry to survive and thrive at school" is a bright and inviting picture book that helps children calm their fears. Young readers will enjoy the color-filled pictures that focus on common school worries and ways to get to calm.</p>	<p>Self Awareness</p> <ul style="list-style-type: none"> - identification of emotions - identification of physical arousal <p>Self-Management</p> <ul style="list-style-type: none"> - regulation of emotions - manage stress - persevere through challenges 	<p>Create a What If I... book for the class.</p> <p>As a class, brainstorm common sources of worry for children at school. Create a list of strategies children can use to calm down, using the model from the book. Children can work in pairs or on their own to create a drawing of the situation and glue on the strategies.</p>
<p><u>Millie Fierce</u> By Jan Manning (2012)</p> 	<p>Millie is quiet. Millie is sweet. Millie is mild. But the kids at school don't listen to her. So that's when Millie decides she wants to be fierce! But she soon realizes that being fierce isn't the best way to get noticed either, especially when it makes you turn mean.</p>	<p>Social Awareness</p> <ul style="list-style-type: none"> - perspective taking - appreciating differences in others <p>Social Responsibility</p> <ul style="list-style-type: none"> - friendship skills - developing healthy relationships 	<p>Write a letter to Millie and let her know the things that she does that make others feel bad. Give her some ideas of how she can make friends do things that make others feel good about her.</p>
<p><u>Howard B. Wigglebottom Learns to Listen</u> By Howard Binkow (2005)</p> 	<p>Howard gets into lots of trouble for not listening. When he listens better, his life gets better.</p>	<p>Self Awareness</p> <ul style="list-style-type: none"> - identification of emotions - identification of physical arousal <p>Self-Management</p> <ul style="list-style-type: none"> - regulation of emotions - manage stress - persevere through challenges 	<p>Web resources: https://wedolisten.org</p>

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<p><u>Kindness is Cooler, Mrs. Ruler</u> By Sachiko Yoshikawa (2007)</p> 	<p>When Mrs. Ruler asks five of her kindergarteners to miss recess, she's got a special plan up her sleeve. She's about to teach a new golden rule:</p> <p>KINDNESS IS COOL!</p>	<p>Social Awareness</p> <ul style="list-style-type: none"> - perspective taking - appreciating differences in others <p>Social Responsibility</p> <ul style="list-style-type: none"> - friendship skills - developing healthy relationships 	<p>Create a 100 Acts of Kindness Bulletin Board, just like Mrs. Ruler!</p> <p>Have students record their acts of kindness to friends, family, and others on paper hearts.</p>
<p><u>Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids</u> By Carol McCloud (2015)</p> 	<p>This heartwarming book encourages positive behavior by using the concept of an invisible bucket to show children how easy and rewarding it is to express kindness, appreciation and love by "filling buckets."</p>	<p>Social Awareness</p> <ul style="list-style-type: none"> - perspective taking - appreciating differences in others <p>Social Responsibility</p> <ul style="list-style-type: none"> - friendship skills - developing healthy relationships 	<p>There are many wonderful activities that link to this book at the 'Bucket Fillers' website.</p> <p>http://www.bucketfillers101.com/free-resources.php</p>