

# The SEL Blueprint: Practical Interventions for Nurturing Young Minds

## Social Emotional Learning Book Recommendations

### ► Fostering Learning Through Story

#### Social Emotional Learning (SEL)

Social Emotional Learning helps children develop a more positive attitude toward themselves and the people around them. SEL helps kids acquire the knowledge, attitude, and skills needed to understand and manage emotions, develop empathy for others, set and accomplish goals, make responsible decisions, and maintain healthy relationships.

Reading and hearing stories helps children to relate to complex ideas and topics, stories describe topics adults might have a difficult time explaining.



### ► Book Recommendations: 0-11 years

#### Littles - PreK

- 1 **The Feelings Book** by Todd Parr: this book will inspire kids to discuss their multitude of feelings in a kid-friendly, accessible format, told through Parr's trademark bold, bright colors and silly scenes. Ages: baby to 3 yrs. old.
- 2 **The Way I Feel** by Janan Cain: Helping children identify and express feelings in a positive way using a well-illustrated and colorful book. Ages 2- 6 yrs. old.
- 3 **Llama Llama Red Pajama** by Anna Dewdney: Ages 2-5 yrs. old. Themes about feelings like fear, worried and others. Also helps start the discussion of appropriate expressing of them. Activity suggestion: Make red pajamas from paper or cloth. Color PJ red on paper and cut out. Talk about what other things a child may feel comfortable with and find pictures in flyers to cut out like stuff animals or toys and glue on a picture of Llama Llama. Talk about how the objects may calm them and/or what calming down is/looks like.

#### Elementary Age

- 1 **Cody the Cloud** by Kevin Mulhern: Theme, feeling sad and feeling different. Ages 3-8. Activity idea: Making clouds out of paper plate, glue, cotton balls, and sticky eyes or a drawing of a cloud and what feelings can be in them.
- 2 **Grumpy Monkey** by Susanne Lang: Theme of feeling grumpy/mad when others are not. How feelings look on a person. Ages 3-7.
- 3 **Angry Octopus** by Lori Lite: Theme introduces mindful practice such as breathing when angry. K-3rd grade. Activity ideas: practicing breath control, making an octopus out of a paper plate and pipe cleaners and show how different feelings may look in the octopus' legs. Within the classroom we are also learning about Octopus biology and cognitive strengths.
- 4 **Feel Your Feelings** by Scott Stoll: This clever and colorful picture book will invigorate kids to understand their emotions with fun emojis coupled with upbeat rhymes that readers can act out from head to toe. Ages 4-8.
- 5 **Make your bed with Skipper the Seal** by (RET) Admiral William H. McRaven: Ages 6-9 As Skipper the seal embarks on Navy SEAL training, he and his hardworking friends learn much more than how to pass a swimming test or how to dive off a ship. To be a great SEAL, you also must take risks, deal with failure, and persevere through tough times—just as you do in life.
- 6 **Ninja Life Hacks** (book series) by Mary Nhin: Pre k to 11 yrs. old. Explores different emotions through different Ninja's like Lonely Ninja, Grumpy Ninja, patient Ninja and many more.
- 7 **Social Skills Activities for Kids: 50 Fun Exercises for Making Friends, Talking and Listening, and Understanding Social Rules** by Natasha Daniels. Ages 6-10. The book offers information and ideas about social skills to learn. Some you will use every now and then, and some you will use all the time.

