

Reading Books

for Social Emotional Development

Younger children do not innately have a large emotional vocabulary; it is something that is learned. Working with your child to expand this vocabulary will help them to better distinguish between different emotions, express and communicate their emotions and enable them to develop effective and appropriate ways of processing their emotions.

One way to teach children this is through the use of story books. Books can be used to teach students to recognize and name emotions in themselves and others, validate emotions, take other's perspectives, learn ways to effectively manage emotions and better understand emotions and their causes.



Using Books to Teach Emotions

As you are reading the book, point out different characters and ask the following questions or give the following prompts:

- How do you think the character is feeling?
- Why do you think they are feeling this way?
- What about their face, body, arms... makes you think they are feeling this way?
- What does your face, body, arms... look like when you are feeling ____?
- Can you show me a ____ face?
- Pretend you are feeling ____.
- What happened in the story to make the character feel this way? Are there things that make you feel this way?
- What did the character do when they were feeling this way? Did it help them?
- What other things could they have done when they were feeling this way?
- What have you done in the past when you were feeling this way?
- What can you do to help someone close to you when they are feeling this way?
- What do you think they were thinking?
- How would you respond if that happened to you?
- What skills/strategies did the character use? What skills could they have used?
- Let's act out together what this emotion looks like.
- You can also validate and show that it is normal to feel emotions by:
 - Sharing times that you felt this way.
 - Saying "wow that must have been really hard for that character" I can see why he might have felt ____."
 - "You know when _____ happens it is normal to feel _____."

Social Emotional Learning Book Suggestions

<u>Book Title</u>	<u>Author</u>
Listening to My Body	Gabi Garcia
Today I Feel Silly, And Other Moods That Make My Day	Jamie Lee Curtis
The Way I Feel	Janan Cain
My Brave Year of Firsts	Jamie Lee Curtis
I'm Gonna Like Me, Letting Off a Little Self-Esteem	Jamie Lee Curtis
In My Heart, A Book of Feelings	Jo Witek
Do Unto Otters, A Book About Manners	Laurie Keller
My Feelings and Me	Holde Kreul
Have You Filled A Bucket Today?	Carol McCloud
Howard B. Wigglebottom Learns to Listen	Howard Binkow
Howard B. Wigglebottom Learns It's OK to Back Away	Howard Binkow
Hey Warrior	Karen Young
My Magic Breath, Finding Calm Through Mindful Breathing	Nick Ortner
The Invisible Boy	Trudy Ludwig
Brave As Can Be, A Book About Courage	Jo Witek
When Sophie Gets Angry, Really Really Angry	Molly Bang
I Can Handle It	Laurie Wright
My Heart	Corinna Luyken
The Book of Mistakes	Corinna Luyken
Howard B. Wigglebottom Learns About Mud and Rainbows	Howard Binkow
Howard B. Wigglebottom Listens to a Friend	Howard Binkow
Beautiful Oops	Barney Saltzberg
Everyone Can Learn to Ride a Bicycle	Chris Rashka
Alexander and the Terrible, Horrible, no Good, Very Bad Day	Judith Viorst
The Girl Who Never Made Mistakes	Mark Pett
The Dot	Peter H. Reynolds
Mad Isn't Bad	Mundy Michelean
Drum Dream Girl: How One Girl's Courage Changed Music	Margarita Engle
My Very Own Space	Pippa Goodhart
The Crayon Box that Talked	Shane Derolf
How to be Comfortable in Your Own Feathers	Julia Cook
Cliques Just Don't Make Cents	Julia Cook
Extraordinary Jane	Hannah E. Harrison
Millie Fierce	Jane Manning
Ordinary Mary's Extraordinary Deed	Emily Pearson
Because Amelia Smiled	David Ezra Stein
Pass It On	Sophy Henn
We're All Wonders	R.J. Palacio
The Invisible String	Patrice Karst
I Can Do Hard Things	Gabi Garcia
Listening With My Heart- A Story of Kindness and Self-Compassion	

Other Activities with Emotions

- **Emotion Guessing Game:** one person models an emotion and the other guesses it.
- **Feeling Hunt or Bingo:** have a list of emotions/feelings and try to find them in books or magazines.
- Create an emotion fortune teller
- **Mirror play:** stand in front of the mirror and make feelings on the feeling wheel. If you have a small mirror you can also do this while reading a story.
- Create an emotion wheel (see below)

Emotion Wheel



An emotion wheel can help children identify their feelings and understand their emotions better.

You can make your own or download the one above on the Defend Innocence website:

<https://defendinnocence.org/wheel-of-emotions/>

Northern Lights Public Schools

Inclusive Education: Promoting a Sense of Belonging for ALL Learners