

How Literature Supports SEL

We are storytelling and conversation creatures. Our brains are hardwired for stories and including stories can be key to building strong social emotional skills in our students.

Books can provide opportunities for students to hear situations that display a character's emotions and behaviors and can be used to help them understand their own emotions and behavior choices in a non-threatening way. Students can see the modeling of social skills through the books that we read and engage with in the classroom.

Our ELA Standards (Speaking & Listening and Reading) require students to determine a theme or central idea, describe how characters respond or change and participate in collaborative conversations with diverse partners about texts.

Books emphasizing the social emotional skills can be used to provide opportunities for students to meet the standards and understand emotions that may be present in books and begin to connect those to themselves.

Students are more relaxed and open to discuss a "character's struggles" rather than their own. Adults can offer guidance, reflection and decision skills using the books as an opening.

Illinois Social Emotional Learning standards are made up of 3 goals divided into 10 standards.

Goal 1 – Develop self-awareness and self-management skills to achieve school and life success.

- Standard 1A- Identify and manage one's emotions and behavior.
- Standard 1B- Recognize personal qualities and external supports.
- Standard 1C- Demonstrate skills related to achieving personal and academic goals.

Goal 2 – Use social awareness and interpersonal skills to establish and maintain positive relationships.

- Standard 2A- Recognize the feelings and perspectives of others.
- Standard 2B- Recognize individual and group similarities and differences.
- Standard 2C- Use communication and social skills to interact effectively with others.
- Standard 2D- Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

Goal 3 – Demonstrate decision-making skills and responsible behaviors in personal, school and community context.

- Standard 3A- Consider ethical, safety, and societal factors in making decisions.
- Standard 3B- Apply decision-making skills to deal responsibly with daily academic and social situations.
- Standard 3C- Contribute to the well-being of one's school and community.



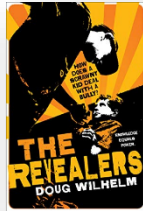
Social Emotional Book List

Middle School



Empathy

- Homeless in America**
by Anna Kosof
- The Little Prince**
by Antoine de Saint-Exupéry
- The Revealers**
by Doug Wilhelm
- Shattered**
by Eric Walters
- Baseball in April and Other Stories (Short Stories)**
by Gary Soto
- Feathers**
by Jacqueline Woodson
- Falling from Grace**
by Jane Godwin
- Hope Was Here**
by Joan Bauer
- Holes**
by Louis Sachar
- Seedfolks**
by Paul Fleischman



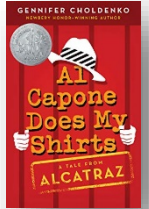
Relationship/Friendship

- Soldier Mom**
by Alice Mead
- Honeysuckle House**
by Andrea Cheng
- The Killer's Tears**
by Anne-Laure Bondoux
- Dear Mr. Henshaw** by Beverly Cleary
Crash
by Jerry Spinelli
- The Boy in the Striped Pyjamas**
by John Boyne
- The Book Thief**
by Markus Zusak
- Miracle on 49th Street**
by Mike Lupica
- Friendship: How to Make, Keep, and Grow Your Friendships**
by New Moon Books Girls Editorial Board
- Boys, Girls and Other Hazardous Materials**
by Rosalind Wiseman



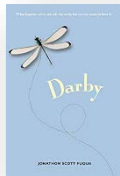
Respecting Diversity

- The Death of Artemio Cruz**
by Carlos Fuentes
- Breaking Through**
by Francisco Jimenez
- Al Capone Does My Shirts**
by Jennifer Choldenko
- Steal Away...to Freedom**
by Jennifer Armstrong
- Inherit the Wind**
by Jerome Lawrence, Robert E. Lee
- The Star Fisher**
by Laurence Yep
- Ask Me No Questions**
by Marina Tamar Budhos
- Odd Girl Speaks Out**
by Rachel Simmons
- Does My Head Look Big In This?**
by Randa Abdel-Fattah
- Journey To Topaz**
by Yoshiko Uchida



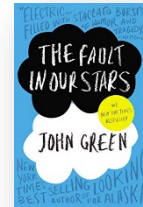
Exploring Emotions

- Mick Harte Was Here**
by Barbara Park
- Darby**
by Jonathon Scott Fuqua
- Code Talker**
by Joseph Bruchac
- Feed**
by M.T. Anderson
- Amy**
by Mary Hooper
- Got Issues Much? Celebrities Share Their Traumas and Triumphs**
by Randi Reisfeld and Marie Morreale
- The House on Mango Street**
by Sandra Cisneros
- Money Hungry**
by Sharon Flake
- And the Earth Did Not Devour Him**
by Tomás Rivera
- Zack**
by William Bell



Resilience/ Self-Esteem

- The Story of Tracy Beaker**
by Jacqueline Wilson
- Maniac Magee**
by Jerry Spinelli
- Almost Home**
by Joan Bauer
- The Fault in our Stars**
by John Green
- How Tia Lola Came to (Visit) Stay**
By Julia Alvarez
- The Color of My Words**
by Lynn Joseph
- Esperanza Rising**
by Pam Munoz Ryan
- Tex**
by S.E. Hinton
- Ophelia Speaks. Adolescent Girls Write About Their Search For Self**
by Sara Shandler
- Out of my Mind**
by Sharon Draper



Bullying /Conflict Resolution

- We Want You to Know: Kids talk About Bullying**
by Deborah Ellis (non-fiction)
- Tangerine**
by Edward Bloor
- Freak**
by Marcella Pixley
- Dear Bully: Seventy Authors Tell Their Stories**
by Megan Kelley Hall and Carrie Jones
- Wonder**
by R. J. Palacio
- Cornered: 14 Stories of Bullying and Defiance**
by Rhoda Belleza
- The Outsiders**
by S.E. Hinton
- It's Only Temporary**
by Sally Warner
- Drowning Anna**
by Sue Mayfield

