

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 children.

Stories that display a character's emotions and behaviors can be used to help our children understand their own emotions and behavior choices in a non-threatening conversation starter.

Young children can start to identify emotions and decisions they see in characters and start to connect those to themselves. As children grow the decisions and actions of more evolved characters can help them in make connections to things happening in real life.

Young children can see the modeling of social skills through the read alouds and adult reflections on the story. Asking questions about what is happening and identifying the emotions during the reading will allow a deeper understanding about the emotions and situations.

To create an open and consistent dialog about social emotional situations adults should join in on reading and reflecting on the literature selected. Children 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 read alouds 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.

- Standard1A- Identify and manage ones emotions and behavior.
- Standard1B- Recognize personal qualities and external supports.
- Standard1C- 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 ones school and community.



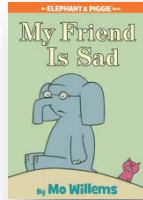
Social Emotional Book List

Pre-K



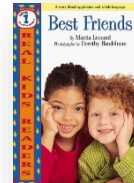
Empathy

- The Gold Coin**
By Alma Flor Ada
- Big Al and Shrimpy**
By Andrew Clements
- A to Z: Do you Ever Feel Like Me?**
By Bonnie Hausman
- The Mitten Tree**
By Candace Christiansen
- My Many Colored Days**
By Dr. Seuss
- Wemberly Worried**
By Kevin Henkes
- I Was So Mad**
By Mercer Mayer
- My Friend Is Sad**
By Mo Willems
- All Kinds of Children**
By Norma Simon
- The Berenstain Bears and the Trouble With Friends**
By Stan and Jan Berenstain



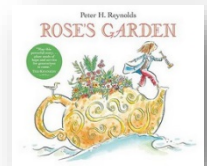
Relationship/Friendship

- Big Al**
By Andrew Clements
- Jack and Rick**
By David McPhail
- Rooster Can't Cock-a-Doodle-Do**
By Karen Rostoker-Gruber
- Messy Lot**
By Larry Dane Brimner
- Swimmy**
By Leo Lionni
- Growing Vegetable Soup**
By Lois Ehlert
- Best Friends**
By Marcia Leonard
- There's Only One of Me**
By Pat Hutchins
- Peach & Blue**
By Sarah Kilbourne
- The New Kid**
By Susan Hood



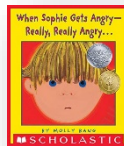
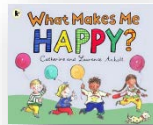
Respecting Differences

- If the World Were A Village**
By David J. Smith
- What a Wonderful World**
By George David Weiss
- Let's Talk About Race**
By Julius Lester
- How to Make an Apple Pie and See the World**
By Marjorie Priceman
- To Be A Kid**
By Maya Ajmera and John Ivanko
- Molly's Family**
By Nancy Garden
- Rose's Garden**
By Peter Reynolds
- Yoko**
By Rosemary Wells



Exploring Emotions

- Feelings**
By Aliko
- Llama Llama Mad at Mama**
By Anna Dewdney
- What Makes Me Happy?**
By Catherine and Laurence Anholt
- Today I Feel Silly: And Other Moods that Make My Day**
By Jamie Lee Curtiss
- Sometimes**
By Keith Barker
- This is Me Laughing**
By Lynea Bowdish
- I Feel Happy and Sad and Angry and Glad**
By Mary Elizabeth Murphy
- When Sophie Gets Angry – Really, Really Angry**
By Molly Bang
- How Are You Peeling?**
By Saxton Freymann
- The Feelings Book**
By Todd Parr



Resilience/ Self-Esteem

- The OK Book**
By Amy Krouse Rosenthal & Tom Lichtenheld
- Zero**
By Kathryn Otoshi
- Spork**
By Kyo Maclear
- There's a Nightmare in My Closet**
By Mercer Mayer
- Winners Never Quit!**
By Mia Hamm
- ABC I Like Me!**
By Nancy Carlson
- Don't Laugh At Me**
By Steve Seskin and Allen Shamblin
- Chicken Chickens**
By Valeri Gorbachev
- Cherries and Cherry Pits**
By Vera B. Williams
- The Little Engine That Could**
By Watty Piper



Sharing/Conflict Resolution

- Llama Llama and the Bully Goat**
By Anna Dewdney
- Llama Llama Time to Share**
By Anna Dewdney
- Oh Bother! Someone Won't Share!**
By Betty Birney
- Selfish Sophie**
By Damian Kelleher
- It's Mine**
By Leo Lionni
- The Rainbow Fish and the Big Blue Whale**
By Marcus Pfister
- Move Over Twerp**
By Martha Alexander
- How to Lose All Your Friends**
By Nancy Carlson
- I'm Not Your Friend**
By Sam McBratney
- The Crayon Box that Talked**
By Shane De Rolf

