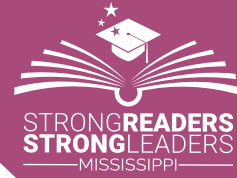


SOCIAL AND EMOTIONAL LEARNING KITS

K – 3 SEL Kit #6: Let's Read and Write



Why This is Important: Books are filled with emotions and we, as readers, feel for the characters and their experiences. Reading and writing are great ways to offer a gateway to learning about social emotional skills.

Activity 1: Drawing Our Emotions

1

Grade Level: Kindergarten – Second Grade

Duration: 10 – 15 minutes

Materials: Dry Erase Board, Markers, Books

Tasks:

- Use the dry erase board and the dry erase markers that are provided.
- Have the students draw a picture to demonstrate how the book makes them feel.
- Discuss how books can make you have different feelings (peaceful, happy, sad, etc).
- Teachers may wish to provide students with a visual emotions chart to help guide discussion <https://www.happierhuman.com/feelings-charts-kids/>
- Teachers may choose a book from the kit to have students read and describe how the book makes them feel at different points throughout the story.
- Encourage students to describe what triggered their emotions in the books.

SEL Connection: Self-Awareness

Activity 2: Reading Our Emotions

2

Grade Level: Kindergarten – Second Grade

Duration: 10 – 15 minutes

Materials: Books and Hear Myself Phone

Tasks:

- Using the Hear Myself Phone the student will read a book from the kit to themselves.
- After they read the book, the student can use the Hear Myself Phone to identify what they liked or did not like from the book and identify personal qualities that they share with the character from the book.

SEL Connection: Self-Awareness

Activity 3: Sharing Our Feelings

3

Grade Level: Kindergarten – Second Grade

Duration: 10 – 15 minutes

Materials: Books and Silly Sentence Starters

Tasks:

- Have the student read a book from the kit and utilize the Silly Sentence Starter to discuss the relationship amount what one character says/does and how it makes another character feel (e.g., sharing tattling, helping, etc).

SEL Connection: Social Awareness

Activity 4: Writing Our Feelings

4

Grade Level: Kindergarten – Second Grade

Duration: 10 – 15 minutes

Materials: Dry Erase Board, Markers, Books and Creative Thinking Flip Chart

Tasks:

- Have the student read a book from the kit and utilize the Creative Thinking Flip Chart to identify their likes and dislikes of the book by drawing or writing them.
- Students can share with each other.

SEL Connection: Social Awareness

