

SOCIAL AND EMOTIONAL LEARNING KITS

K – 3 SEL Kit #7: Let's Talk and Tell



Why This is Important: Social and emotional skills are essential for connecting with others. By talking about our feelings, we can manage our emotions, build healthy relationships, and feel empathy for others.

Activity 1: Storytelling

1

Grade Level: Kindergarten – First Grade

Duration: 10 – 15 minutes

Materials: Storyteller Writing Box or Magnetic Story Board

Tasks:

- Students will pick a card from the who, what, and where box to create an original story.
- Students can practice oral language skills by verbally telling a story or use the magnetic story board to write it out.
- This activity will help students become comfortable with talking about their emotions.

SEL Connection: Self-Awareness, Self-Management, Social Awareness

Activity 2: Strictly No Elephants

2

Grade Level: Kindergarten – Second Grade

Duration: 10 – 15 minutes

Materials: *Strictly No Elephants* Storytelling Kit, *Strictly No Elephants* book, and hear myself sound phone

Tasks

- Read *Strictly No Elephants* to the students.
- Once finished, review the story by discussing how two characters had unusual pets and were excluded from the neighbor's pet club.
- Then explain how a new pet club was created that welcomed all animals.
- Display the pieces and discuss the differences and similarities between the children and the pets while the students place the pieces in the treehouse.
- Students can use the storytelling kit and phone to retell the story.

SEL Connection: Self-Awareness, Self-Management, Social Awareness, Relationship Skills

Activity 3: Theo's Mood

3

Grade Level: Kindergarten – Second Grade

Duration: 10 – 15 minutes

Materials: *Theo's Mood* Storytelling Kit, *Theo's Mood* book, and hear myself sound phone

Tasks:

- Read *Theo's Mood* to the students.
- Once finished, review the story by introducing the characters and their emotions.
- As the characters are introduced, have students match them with the correct scene and then place in the classroom.
- Students can use the storytelling kit and phone to retell the story.

SEL Connection: Self-Awareness, Self-Management, Relationship Skills



Activity 4: Fill a Bucket

4

Grade Level: Kindergarten – Second Grade

Duration: 10 – 15 minutes

Materials: *Fill a Bucket* Storytelling Kit, *Fill a Bucket* book, and hear myself sound phone

Tasks:

- Read *Fill a Bucket* to the students.
- Once finished, review the story by reminding students that everyone has the “invisible bucket” inside them.
- Show the storytelling pieces and how each fills up another person’s bucket.
- Ask students to select a piece and share a relatable story.
- Students can use the storytelling kit and phone to retell the story.

SEL Connection: Self-Awareness, Self-Management, Relationship Skills

