



Dear Family,

I'm pleased to let you know that we will be exploring social and emotional learning (SEL) in our classroom. The book you're receiving today is your child's Take-Home Book from Scholastic's *Byron V. Garrett Social-Emotional Learning Collection*. We recently read it as a class, and now it's yours to keep!

The chart below shows the five Social-Emotional Learning themes and strategies for exploring them through literature. Byron V. Garrett, author of *The ABCs of Life* and Chairman of the National Family Engagement Alliance, selected the books in this collection with the SEL themes in mind. Reading together and talking about books offer great ways to support your child's social and emotional development at home.

THEMES	Understanding Myself	Managing Myself	Respecting Others	Building Relationships	Making Decisions
	<ul style="list-style-type: none">Identify and discuss emotionsGrow self-awareness and confidence	<ul style="list-style-type: none">Connect thoughts to actionsControl impulses and manage behavior	<ul style="list-style-type: none">EmpathizeUnderstand perspectives of people from diverse places and cultures	<ul style="list-style-type: none">Communicate and work togetherDevelop and sustain healthy relationships	<ul style="list-style-type: none">Recognize conflictsEvaluate situationsFind solutions
STRATEGIES	Ask your child...	Ask your child...	Ask your child...	Ask your child...	Ask your child...
	<ul style="list-style-type: none">What emotions is this character experiencing?Have you ever felt the same way?	<ul style="list-style-type: none">What would you have done in this situation?Is this character behaving well?	<ul style="list-style-type: none">How are you like this character; how are you different?How would you feel in this character's shoes?	<ul style="list-style-type: none">How did these characters become friends?Does this story remind you of any of your relationships?	<ul style="list-style-type: none">How did the character make this choice?Was it a good decision; what would you choose?

Building social and emotional skills begins with you, your child, a great book, and meaningful conversation. Enjoy this take-home book together with your child!

Sincerely,

My Child's Social and Emotional Learning

You're the expert! Help me understand your child better by filling out the prompts below and returning this page to me. Keep in touch about your child's social and emotional growth.

Understanding Myself

When my child is feeling a particular emotion very strongly, I notice...

Managing Myself

When my child is trying to control his or her behavior, my child tends to...

Respecting Others

When my child picks up on the way someone is feeling, I notice...

Building Relationships

When my child wants to make a new friend, I notice...

Making Decisions

When my child is faced with a tough choice, my child tends to...
