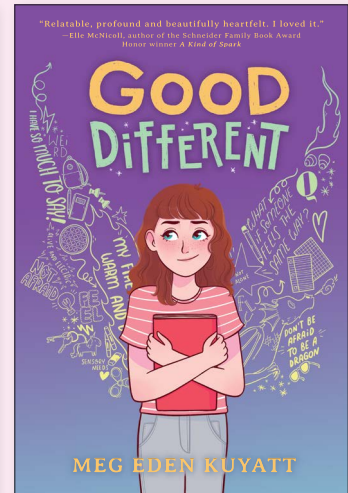
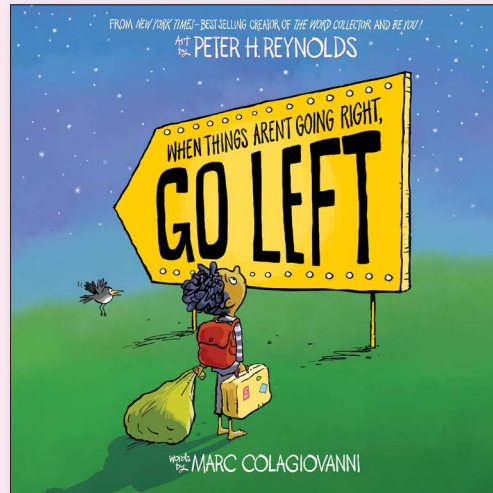
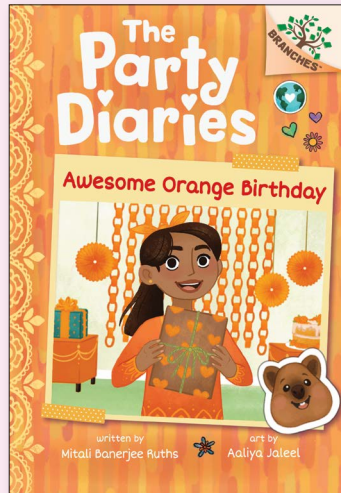
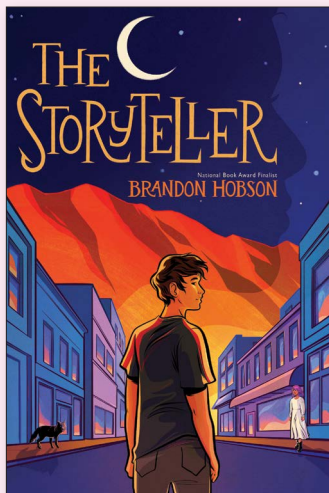
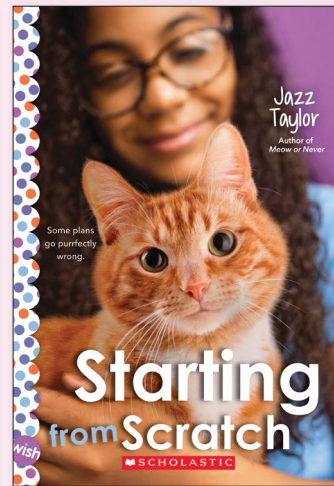
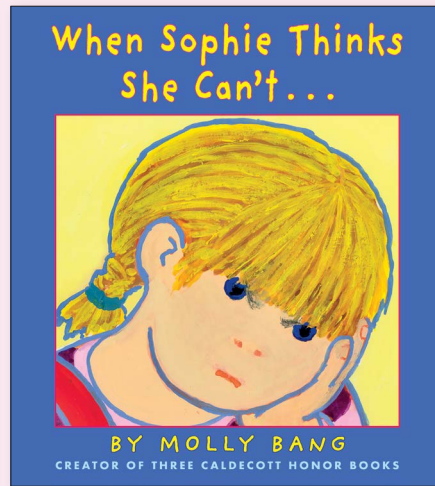
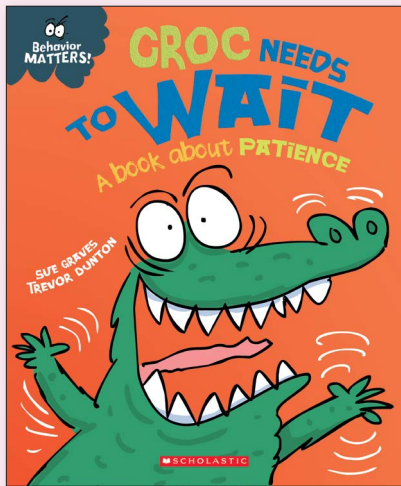


RESOURCE GUIDE

AGES
0-12
GRADES
PRE-K-7

Engaging Social and Emotional Learning (SEL) through Children's Books



Included in this guide:

What is SEL? History, information, and framing • Activities to support social-emotional learning
Comprehensive title listing with SEL categories • Additional resources and further reading

What is Social and Emotional Learning (SEL)?

Social and emotional learning, often abbreviated to SEL, is an integral and essential part of child development. Just as children need opportunities to learn skills and strategies for academic growth, they also need opportunities to learn, process, and apply skills that will help them grow socially and emotionally. Adults can use an SEL approach to help foster an interdependent community of learners and create an environment that encourages problem-solving. To learn more about SEL research and approaches to learning, check out the websites, books, and articles listed in the Further Reading section of this guide on pages 8–9.

The Collaborative for Academic, Social, and Emotional Learning (CASEL), a nonprofit organization at the forefront of this work and research, has established a framework for understanding the components of social and emotional learning based on five key areas of social and emotional competence as follows:

SELF-AWARENESS: The abilities to **understand one’s own emotions, thoughts, and values and how they influence behavior** across contexts.

- Includes capacities to **recognize one’s strengths and limitations** with a well-grounded sense of confidence and purpose.

SELF-MANAGEMENT: The abilities to **manage one’s emotions, thoughts, and behaviors** effectively in different situations and to **achieve goals and aspirations**.

- Includes capacities to **delay gratification, manage stress, and feel motivation and agency** to accomplish personal and collective goals.

SOCIAL AWARENESS: The abilities to **understand the perspectives of and empathize with others**, including those from diverse backgrounds, cultures, and contexts.

- Includes capacities to feel **compassion** for others, understand broader **historical and social norms** for behavior in different settings, and recognize family, school, and community **resources and supports**.

RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships, with a focus on **clear communication, active listening, and cooperation**.

- Includes capacities to **work collaboratively to problem-solve, negotiate conflict constructively**, and effectively navigate settings with diverse individuals and groups.

RESPONSIBLE DECISION-MAKING:

The abilities to make **caring and constructive choices about personal behavior and social interactions** across diverse situations.

- Includes capacities to **consider ethical standards and safety concerns**, and to **evaluate the benefits and consequences** of various actions for personal, social, and collective well-being.

Learn more about CASEL at casel.org/about-us/our-history and explore the interactive CASEL wheel at casel.org/fundamentals-of-sel/what-is-the-casel-framework.

SEL and Reading

A focused SEL approach to reading can help children enhance their social and emotional skills. By approaching read-alouds and novel units with a social-emotional mindset, every book has the potential to be an SEL experience. Reading books with specific SEL subject matter (see book list on page 10) offers additional value for children by putting emotions, experiences, and challenges at the forefront of the reading experience. Additionally, when children read SEL books in a series (see series tag in the book list on page 10), children have the opportunity to grow with characters they love as they watch them evolve in their relationships and address a broader range of emotions.

SEL Book Discussions

Books, and group read-alouds in particular, provide a reassuringly familiar setting for discussing complicated topics like emotional and social problem-solving. Shared reading experiences allow for the perspectives of each reader, and facilitated group discussions about books with SEL subject matter allow for children to reflect and ask questions to contribute to larger SEL conversations. Varying the ways in which children reflect on a text encourages community building within the group (e.g. individual, pairs, small group, or large group). Ultimately, emphasizing ongoing reflection during the reading process encourages children to consider how books can offer opportunities for creating unique relationships with text, illustrations, authors and illustrators, and each other.

What is an Emotion?

The Oxford Learner's Dictionary defines emotion as "a strong feeling," and Merriam-Webster defines it as "a conscious mental reaction subjectively experienced as strong feeling, usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body." In other words, an emotion is a strong mental and physical response to something—and we have the capacity to understand *what* we are feeling, *why* we are feeling it, and how to manage it.

Consider using Plutchik's Wheel of Emotions as a resource for social and emotional learning discussions and application with children. Before introducing it to children, read through the website, understand the underlying philosophy, and explore downloadables and articles so you are fully prepared to answer questions and engage your group.

Explore Plutchik's Wheel of Emotions online at 6seconds.org/2022/03/13/plutchik-wheel-emotions.



Emotion Word List

This list is intended to serve as a starting point for learning about and identifying emotions. The words on this list are based on Plutchik's Wheel of Emotions, which promotes emotional literacy and self-management by aligning specific emotions with common physiological responses and levels of intensity. Use the words from this list that are appropriate for your group, and/or lead a group brainstorm to create an emotion word list of your own.

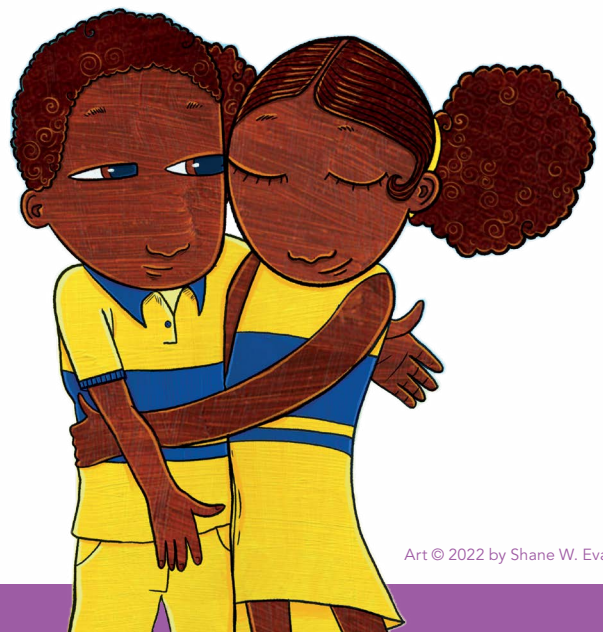
Before engaging in activities that utilize an emotion word list, ensure that children have a baseline understanding of the emotions on the list. Encourage children to find definitions for these words, or lead discussions about what these words mean and how it feels, physically and mentally, to experience each of these emotions. What connections can be made between distinct emotions?

Anger	Heartbreak	Trust
Aggression	Grief	Empathy
Contempt	Joy	Love
Annoyance	Optimism	Acceptance
Overwhelm	Ecstasy	Safety
Frustration	Delight	Horror
Rage	Excitement	Disgust
Fear	Happiness	Distrust
Terror	Anticipation	Tiredness
Worry	Admiration	Disinterest
Anxiety	Interest	Disappointment
Stress	Surprise	Vigilance
Submission	Shock	Focus
Sadness	Uncertainty	Disapproval
Boredom	Inspiration	Intrigue
Remorse	Awe	Curiosity
Pensiveness	Amazement	Relaxation
Unhappiness	Distraction	Calmness

Emotion Word Prompts

Use these prompts to facilitate learning and identification with emotions during group discussion or self-directed projects. Refer to the emotion word list on page 4, or use emotion words of your choosing. Use the emotion words that are appropriate for your group. These prompts can be adapted to align with the ages and skill levels in your group.

- Ask children to choose at least one emotion word from the list, then make a list of words (colors, ideas, objects, etc.) that they associate with that emotion, and/or complete a creative project that explores the meaning or experience of that emotion (a poem, a collage, a short essay, a video, etc.).
- Ask children to choose an emotion word from the list, then practice using facial expressions or body language to “act out” how it feels to experience that emotion.
- Ask children to choose an emotion word from the list, then make a list of reasons why someone might experience that emotion. Then, make a list of strategies for self-management that someone experiencing the emotion could use.
- Ask children to choose an emotion word from the list, then make a list of the physical experiences (e.g. pounding heartbeat, eyes tearing up) and the mental experiences (e.g. mind going blank) that are commonly associated with that emotion. Then, make a list of other emotions that share some of those physical or mental characteristics. Ask children how to differentiate between emotions that might feel similar.
- Ask children to choose an emotion word from the list, then brainstorm an emotion word that is its opposite. Then, make a list of emotion words that are similar to the original word. What distinguishes one emotion from the other, similar emotions?
- Choose a book, or set of books, to share with the group. Ask children to choose an emotion word from the list, then have them identify images or passages from the book that align with the emotion word. If the scenes from the book do not also include examples of self-management or responsible decision-making, ask children to brainstorm strategies that could be used by the characters in those scenes.
- Use the emotion word list as a tool for SEL check-ins and assessments (e.g. “How do you feel right now?”).



SEL Drawing Activity

Think of an emotion word. What words, colors, ideas, objects, or physical feelings does that emotion word make you think of? Use the space below to make a list or draw a picture that defines your emotion word.

SEL Book Prompts

Use these prompts to facilitate SEL engagement with books for read-aloud discussions or self-directed reading and writing.

"Text to Self" Reading Prompts

Refer to the title grid on page 10 for a list of books that address specific SEL competencies, or use books of your choosing. Refer to the Emotion Word List on page 4, create one of your own, or brainstorm a list together.

Primary (Grades Pre-K–2)

- What were some of the emotions in this story?
- What does this book remind you of?
- What questions do you have for the author/illustrator?
- Who would you recommend this book to? Why?



Middle Grade (Grades 3–7)

- Use the word list to describe the characters in this book.
- Describe the emotional arc of this book using the word list.
- What were some of the challenges the main character faced in this book?
- Who and what helps the main character address those challenges?
- Compare and contrast the emotional journeys of two characters through the book.

SEL Quote Discussion Prompts

Make a list of quotes compiled from books of your choosing (and show the book covers for each, if possible!). After reading each quote, ask children to answer the following questions for each, either in group discussion or by writing them in a journal.

Primary (Grades Pre-K–2)

- How does this quote make you feel?
- How do you think this character is feeling?
- What do you think this book might be about?

Middle Grade (Grades 3–7)

- How do you think this character is feeling?
- What do you think this book might be about?
- What do you notice about how this book depicts emotions?



Further Reading

SEL Websites & Resources

CASEL | What is the CASEL Framework? casel.org/fundamentals-of-sel/what-is-the-casel-framework

The Collaborative for Academic, Social and Emotional Learning (CASEL) interactive framework includes the five components of SEL in the context of classrooms, schools, families and caregivers, and communities.

Edutopia | Social and Emotional Learning: A Short History edutopia.org/social-emotional-learning-history

An article outlining the origins and research-based applications of what is now referred to as social emotional learning.

Edutopia | Topic: Social Emotional Learning edutopia.org/social-emotional-learning

Edutopia publishes daily online educational articles (PreK–12). The link above corresponds to articles under the heading “social-emotional learning.”

International Literacy Association | Resources: Social-Emotional Learning

literacyworldwide.org/get-resources/resources-by-topic/social-emotional-learning

The International Literacy Association provides free and member-only resources on their dedicated SEL page.

Reading Rockets | Reading Topics: Social and Emotional Learning readingrockets.org/reading-topics/social-and-emotional-learning

Reading Rockets offers literacy and SEL articles and videos for parents/caregivers and educators.

Responsive Classroom | About SEL responsiveclassroom.org/about/about-sel

Responsive Classroom is “a student-centered, social and emotional learning approach to teaching and discipline.” This program offers abundant SEL resources, including many free articles and videos.

Scholastic and Yale Center for Emotional Intelligence | Our Best Selves: Lessons on Social-Emotional Learning with ELA

Printable SEL lesson plans and activities developed in collaboration with Yale Center for Emotional Intelligence and Facebook Education.

Grades K–2: scholastic.com/ourbestselves/pdfs/our_best_selves-k2-all_lessons.pdf

Grades 3–5: scholastic.com/ourbestselves/pdfs/our_best_selves-all_lessons.pdf

Six Seconds | Plutchik’s Wheel of Emotions 6seconds.org/2022/03/13/plutchik-wheel-emotions

An interactive version of Plutchik’s Wheel of Emotions featuring 8 primary emotions.

Wallace Foundation and the EASEL Lab | Navigating SEL From the Inside Out: Looking Inside & Across 33 Leading SEL Programs: A Practical Resource for Schools and OST Providers wallacefoundation.org/knowledge-center/pages/navigating-social-and-emotional-learning-from-the-inside-out.aspx

A comprehensive SEL research report written for educators. This report is a collaborative effort between the EASEL Lab and the Wallace Foundation.



Further Reading (continued)

SEL and Literacy Books

***The Educator's Guide to Understanding Child Development: Supporting Healthy Academic and Emotional Growth* by Linda C. Mayes, M.D. (Scholastic Professional Books)**

Using research from the Yale Child Study Center, this guide will inform educators' practice with a solid grounding in child development, helping educators understand the nature of a problem, how they can address it, and when and where to go for help.

***Social and Emotional Learning: Essential Lessons for Student Success* by Tom Conklin (Scholastic Professional Books)**

This book will give teachers not only an understanding of the basic issues and research underlying social and emotional learning but also practical tools for introducing the topic into the curriculum.

***Social and Emotional Learning for Picture Book Readers* (AASL Standards-Based Learning series) by Maureen Schlosser (ALA Editions)**

A comprehensive and practical SEL resource for librarians and educators that provides lesson plans featuring picture book read-alouds.

SEL and Literacy Articles

International Literacy Association | A Perfect Match: The Power of Blending Literacy and Social Emotional Learning literacyworldwide.org/blog/literacy-now/2019/02/28/a-perfect-match-the-power-of-blending-literacy-and-social-and-emotional-learning

This article suggests modeling an integrated SEL approach to ELA and providing ongoing opportunities for students to make connections with texts and each other.

Journal for Character Education | The Benefits of Interactive Read-Alouds to Address Social-Emotional Learning in Classrooms for Young Children infoagepub.com/products/journal-of-character-education-vol-12-2

This article suggests a bibliotherapy approach that can be applied to classroom and individual read-alouds for young children.

National Association for the Education of Young Children | Using Picture Books to Promote Social-Emotional Literacy academia.edu/26817763/Using_Picture_Books_to_Promote_Social_Emotional_Literacy

This article emphasizes the importance of selecting and integrating quality SEL picture books into the early childhood curriculum.

Scroll down past "Related Papers" to read online at Academia.edu, or access via NAEYC login at naeyc.org/resources/pubs/yc/jul2016.

Reading Rockets | Picture Books and Emotional Literacy readingrockets.org/article/picturebooks-and-emotional-literacy

This article encourages educators and parents to seize the opportunity of reading aloud to children to foster SEL discussions.



Scholastic SEL Title Grid: Grades Pre-K–7

This grid features titles that demonstrate one or more of the five key SEL competencies. While themes that align with these competencies are common in books for young readers, this grid explicitly highlights books that (for all but the youngest readers) move beyond basic awareness to actively and explicitly model the process of growth and development in one or more SEL competencies. While some titles may incorporate or address elements of all five competencies, this grid identifies the main 2–3 competencies in each title to help you curate your own SEL collection.

SERIES TITLE	TITLE	AUTHOR/ ILLUSTRATOR	GRADES Primary: PreK-2 Middle Grade: 3-7	AGES	Fundamental SEL Competencies (CASEL Framework)				
					Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
•	Will Ladybug Hug? (A First Feelings Board Book)	Hilary Leung	Primary	0–3	•		•	•	
•	Bear Learns to Share (A First Feelings Reader)	Hilary Leung	Primary	0–3			•	•	•
•	Giraffe Is Grumpy (A First Feelings Reader)	Hilary Leung	Primary	0–3	•	•	•		
•	How Do You Feel? (Rookie Toddler)	Jodie Shepherd	Primary	1–3	•				
•	This Tank Is Mine! (Fish Tank Friends #1)	Jonathan Fenske	Primary	3–5			•	•	
•	Do I Have to Go to the Party? (Fish Tank Friends #2)	Jonathan Fenske	Primary	3–5	•	•			
	I Need a Hug	Aaron Blabey	Primary	3–5	•		•	•	
	I Want to Be Mad For A While	Barney Saltzberg	Primary	3–5	•	•			
	Bunny's Staycation (Mama's Business Trip)	Lori Richmond	Primary	3–5		•			
	The Worrysaurus	Rachel Bright Chris Chatterton	Primary	4–6	•	•			
	The Best Diwali Ever	Sonali Shah Chaaya Prabhat	Primary	4–6	•	•	•		
•	Croc Needs to Wait: A Book about Patience (Behavior Matters)	Sue Graves	Primary	4–7		•		•	
•	Elephant Learns to Share: A Book about Patience (Behavior Matters)	Sue Graves	Primary	4–7			•	•	•
•	Flamingo Is Brave: A Book about Feeling Scared (Behavior Matters)	Sue Graves	Primary	4–7	•	•			
•	Lion Is Nervous: A Book about Feeling Worried (Behavior Matters)	Sue Graves	Primary	4–7	•	•			
•	Tiger Has a Tantrum: A Book about Feeling Angry (Behavior Matters)	Sue Graves	Primary	4–7		•		•	•
•	Turtle Comes Out of Her Shell: A Book about Feeling Shy (Behavior Matters)	Sue Graves	Primary	4–7		•		•	•
•	Sometimes I'm Bombaloo (A Big Feelings Book)	Rachel Vail Yumi Heo	Primary	4–8	•	•		•	
•	Sometimes I Grumblesquinch (A Big Feelings Book)	Rachel Vail Hyewon Yum	Primary	4–8	•	•		•	
•	Sometimes I Kaploom (A Big Feelings Book)	Rachel Vail Hyewon Yum	Primary	4–8	•	•			
•	My Brother Charlie	Holly Robinson Peete Ryan Elizabeth Peete Shane W. Evans	Primary	4–8			•	•	
•	Charlie Makes A Splash	Holly Robinson Peete RJ Peete Shane W. Evans	Primary	4–8		•			
•	When Sophie Gets Angry—Really, Really Angry	Molly Bang	Primary	4–8	•	•		•	
•	When Sophie Thinks She Can't . . .	Molly Bang	Primary	4–8	•	•			•
•	When Sophie's Feelings Are Really, Really Hurt	Molly Bang	Primary	4–8			•		•
•	Chicken Little: The Real and Totally True Tale (The Real Chicken Little)	Sam Wedelich	Primary	4–8				•	•

Be sure to explore additional titles by the creators featured in this list!

Scholastic SEL Title Grid: Grades Pre-K–7

(continued)

SERIES TITLE	TITLE	AUTHOR/ ILLUSTRATOR	GRADES Primary: PreK-2 Middle Grade: 3-7	AGES	Fundamental SEL Competencies (CASEL Framework)				
					Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
•	Chicken Little and the Big Bad Wolf (The Real Chicken Little)	Sam Wedelich	Primary	4–8			•	•	•
•	Chicken Little and the Very Long Race (The Real Chicken Little)	Sam Wedelich	Primary	4–8		•	•		•
•	The Very Impatient Caterpillar (A Very Impatient Caterpillar Book)	Ross Burach	Primary	4–8	•	•			
•	The Little Butterfly That Could (A Very Impatient Caterpillar Book)	Ross Burach	Primary	4–8	•	•			
	Don't Blow Your Top!	Ame Dyckman Abhi Alwar	Primary	4–8	•	•			
	Miss Irwin	Allen Say	Primary	4–8			•	•	•
	Moo Hoo	Audrey Perrott Ross Burach	Primary	4–8	•	•		•	
	Maybe Tomorrow?	Charlotte Agell	Primary	4–8	•		•	•	
	I Color Myself Different	Colin Kaepernick	Primary	4–8	•	•	•		
	Addy's Cup of Sugar	Jon J Muth	Primary	4–8	•		•		
	The Reflection in Me	Marc Colagiovanni Peter H. Reynolds	Primary	4–8	•	•			
	When Things Aren't Going Right, Go Left	Marc Colagiovanni Peter H. Reynolds	Primary	4–8	•	•			•
	Leo + Lea	Monica Wesolowska	Primary	4–8		•	•		•
	Happy Dreamer	Peter H. Reynolds	Primary	4–8	•	•			
	Skater Cielo	Rachel Katstaller	Primary	4–8	•	•			
	When a Friend Needs a Friend	Roozeboos	Primary	4–8			•		•
•	The Party Diaries #1: Awesome Orange Birthday: A Branches Book	Mitali Banerjee Ruths Aaliya Jaleel	Primary	5–7	•			•	•
•	The Party Diaries #2: Starry Henna Night: A Branches Book	Mitali Banerjee Ruths Aaliya Jaleel	Primary	5–7	•			•	•
•	The Party Diaries #3: Top Secret Anniversary: A Branches Book	Mitali Banerjee Ruths Aaliya Jaleel	Primary	5–7	•			•	•
•	I Can Be Kind (Learn About: Your Best Self)	Meredith Rusu Alexandra Colombo	Primary	5–7	•	•			•
•	I Can Be Brave (Learn About: Your Best Self)	Meredith Rusu Alexandra Colombo	Primary	5–7	•	•			
•	I Can Be Honest (Learn About: Your Best Self)	Meredith Rusu Alexandra Colombo	Primary	5–7	•	•			•
•	I Can Be a Good Friend (Learn About: Your Best Self)	Meredith Rusu Alexandra Colombo	Primary	5–7			•	•	•
•	Mimi #1: Mimi and the Cutie Catastrophe: A Graphix Chapters Book	Shauna J. Grant	Primary	6–8	•	•		•	
•	Mimi #2: Mimi and the Boo-Hoo Blahs: A Graphix Chapters Book	Shauna J. Grant	Primary	6–8	•	•			•
	Ultraviolet	Aida Salazar	Middle Grade	10+	•		•		•
•	Love Puppies #1: Best Friends Furever	JaNay Brown-Wood	Middle Grade	7–10		•	•	•	
•	Love Puppies #2: Lost Pet Blues	JaNay Brown-Wood	Middle Grade	7–10		•	•	•	
•	Love Puppies #3: Dream Team	JaNay Brown-Wood	Middle Grade	7–10		•	•	•	
•	Love Puppies #4: Recipe for Success	JaNay Brown-Wood	Middle Grade	7–10		•	•	•	
•	Love Puppies #5: Changing Tunes	JaNay Brown-Wood	Middle Grade	7–10		•	•	•	
•	Buster #1: Buster	Caleb Huett	Middle Grade	8–12	•	•		•	
•	Buster #2: Buster Undercover	Caleb Huett	Middle Grade	8–12			•	•	•
	Green	Alex Gino	Middle Grade	8–12		•		•	•

Be sure to explore additional titles by the creators featured in this list!

Scholastic SEL Title Grid: Grades Pre-K–7

(continued)

SERIES TITLE	TITLE	AUTHOR/ ILLUSTRATOR	GRADES Primary: PreK-2 Middle Grade: 3-7	AGES	Fundamental SEL Competencies (CASEL Framework)				
					Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
	Focused	Alyson Gerber	Middle Grade	8–12	•	•			•
	Taking Up Space	Alyson Gerber	Middle Grade	8–12	•	•			•
	It's My Party and I Don't Want to Go	Amanda Panitch	Middle Grade	8–12		•	•		•
	The Year We Fell From Space	Amy Sarig King	Middle Grade	8–12	•	•		•	
	The Beautiful Something Else	Ash Van Otterloo	Middle Grade	8–12	•	•		•	
	Switched	Bruce Hale	Middle Grade	8–12	•	•			
	Not If I Can Help It	Carolyn Mackler	Middle Grade	8–12		•	•	•	
	Home Away From Home	Cynthia Lord	Middle Grade	8–12	•			•	•
	Controlled Burn	Erin Soderberg Downing	Middle Grade	8–12	•	•			
	Linked	Gordon Korman	Middle Grade	8–12	•		•		•
	Restart	Gordon Korman	Middle Grade	8–12			•	•	•
	Mixed Up	Gordon Korman	Middle Grade	8–12	•		•	•	
	Starting From Scratch	Jazz Taylor	Middle Grade	8–12	•			•	
	Lila and Hadley	Kody Keplinger	Middle Grade	8–12	•	•	•		
	Good Different	Meg Eden Kuyatt	Middle Grade	8–12	•	•			
	Jude Saves the World	Ronnie Riley	Middle Grade	8–12			•	•	
	Playing the Cards You're Dealt	Varian Johnson	Middle Grade	8–12	•		•	•	
	Attack of the Black Rectangles	Amy Sarig King	Middle Grade	9–12			•	•	•
	Parachute Kids: A Graphic Novel	Betty C. Tang	Middle Grade	9–12			•	•	
	The Storyteller	Brandon Hobson	Middle Grade	9–12	•	•			
	Moonflower	Kacen Callender	Middle Grade	9–12	•	•	•		
•	The Tyrell Show: Season Two	Miles Grose Shaz Enrico Lym	Middle Grade	9–12			•	•	

Be sure to explore additional titles by the creators featured in this list!

“SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.”

—from “What Is SEL?” on the CASEL website

About the Writer of this Guide: Kristin Rydholm (she/her) is an educational writer living in Chicago, IL. She received her BA in Education from National Louis University and her MS in Reading/Literacy from Bank Street College of Education. She has worked as a classroom teacher, administrator, and learning specialist. Currently, Kristin writes education articles featuring children’s books for publications such as Edutopia and ALA’s *Book Links Magazine*.