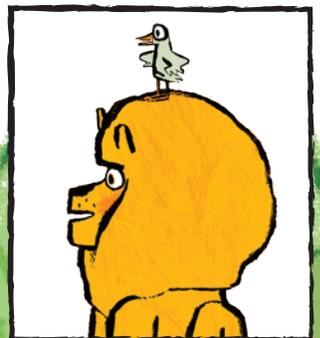


# Social and Emotional Learning

Picture books help educate readers by introducing them to different characters and their emotions.



# What Is Social and Emotional Learning?

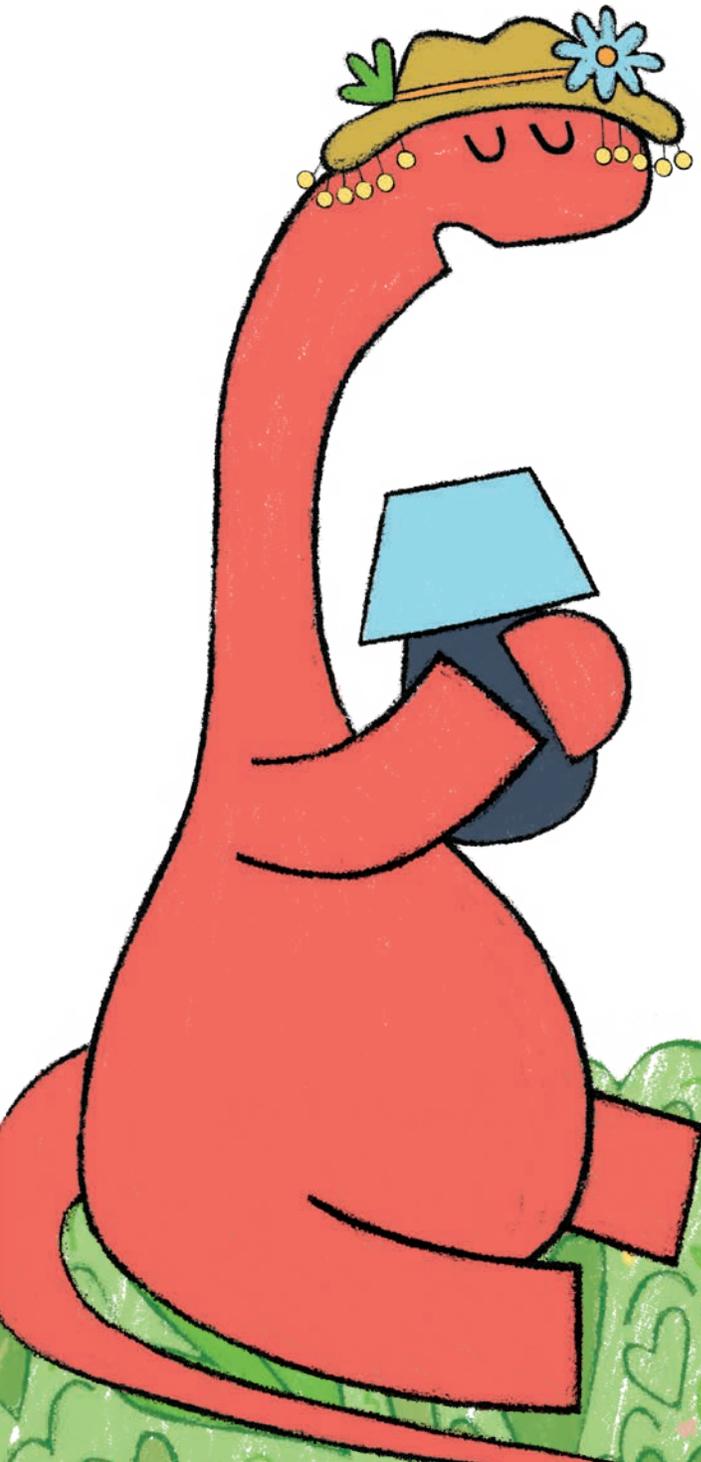
Social and emotional learning is the process of acquiring and effectively applying the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

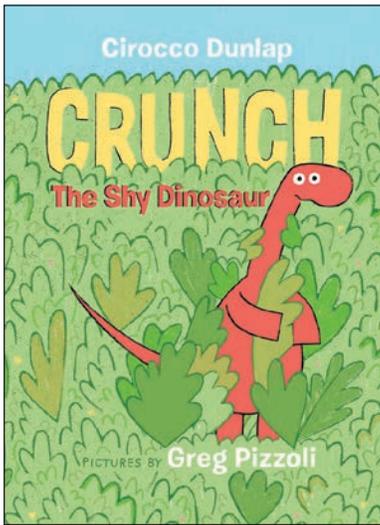
## How Can Picture Books Help?

Reading about characters who experience and manage difficult emotions can help children identify their own emotions and better understand how to deal with those around them in a kind and meaningful way.

Social and emotional learning helps build the following characteristics:

- **EMPATHY**
- **IMPULSE CONTROL**
- **EMOTIONAL RECOGNITION**
- **EMOTION MANAGEMENT**
- **COMMUNICATION**
- **ASSERTIVENESS**
- **PROBLEM-SOLVING**





## CRUNCH, THE SHY DINOSAUR

Cirocco Dunlap  
Illustrated by Greg Pizzoli

HC: 978-0-399-55056-0  
GLB: 978-0-399-55059-1  
EL: 978-0-399-55060-7

# Meet Crunch

## ABOUT THE BOOK

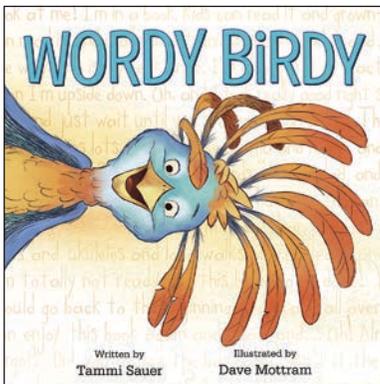
Crunch is a lovely and quiet brontosaurus who has hidden himself in some shrubbery and is rather shy. He would like to play, but it will require some gentle coaxing from you! If you are patient and encouraging, you will find yourself with a new friend!

## Learning **EMPATHY** with Crunch

Crunch is a very shy dinosaur! This warm, funny story models behavior to help your students learn how to engage with someone new, who is perhaps a bit different from them. Lessons in making friends (such as minding personal space and demonstrating interest in another's hobbies) are delivered so subtly that children will absorb them unconsciously as they delight in Crunch's silly hat and dance moves! By noticing things like the distance he is keeping from the audience, his facial expression, and what he is wearing, we can determine how Crunch is feeling and adjust our behavior accordingly.

## AS YOU READ . . .

Have students identify how Crunch is feeling by observing what he is doing or how he is acting.



## WORDY BIRDY

Tammi Sauer  
Illustrated by Dave Mottram

HC: 978-1-5247-1929-6  
GLB: 978-1-5247-1930-2  
EL: 978-1-5247-1932-6

# Meet Wordy Birdy

## ABOUT THE BOOK

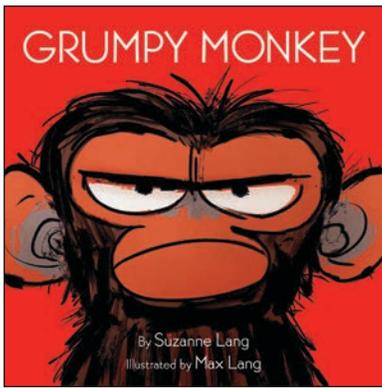
Wordy Birdy LOVES to talk. But does she love to listen? NOPE. One day, while she's walking through the forest, her gift of gab gets her into hot water: "That's a pretty tree and that's a pretty tree and that's a pretty danger sign and that's a pretty tree. . . ." Will this inattentive bird walk right into danger? Will her faraway thoughts lead her down a path of doom? It's up to her long-suffering, heard-it-all-before pals Squirrel, Raccoon, and Rabbit to save their distracted friend.

## Learning **IMPULSE CONTROL** with Wordy Birdy

Wordy Birdy is very chatty, and the other animals in the forest have a hard time communicating with her. Being talkative and excitable is not something to be ashamed of, but it is also important to listen and be aware of our surroundings. Wordy Birdy's tendency to talk distracts her from danger! This story teaches readers the importance of taking a second to stop, look around, and listen.

## AS YOU READ . . .

Discuss the importance of listening with your students. As you read the book aloud, be sure to read ALL of Wordy Birdy's speech bubbles, and take note of how quickly and frequently her focus changes. Ask if they think the dialogue would be more interesting if Wordy Birdy let other animals talk. Ask whether they think Squirrel, Raccoon, and Rabbit are good friends. Why?



**GRUMPY MONKEY**  
Suzanne Lang  
Illustrated by Max Lang

HC: 978-0-553-53786-4  
GLB: 978-0-553-53787-1  
EL: 978-0-553-53788-8

## Meet Jim Panzee

### ABOUT THE BOOK

Jim the chimpanzee is in a terrible mood for no good reason. His friends can't understand it—how can he be in a bad mood when it's SUCH a beautiful day? They encourage him not to hunch, tell him to smile, and try to get him to do things that make THEM happy. But Jim can't take all the advice . . . and has a BIT of a meltdown. Could it be that he just needs a day to feel grumpy?

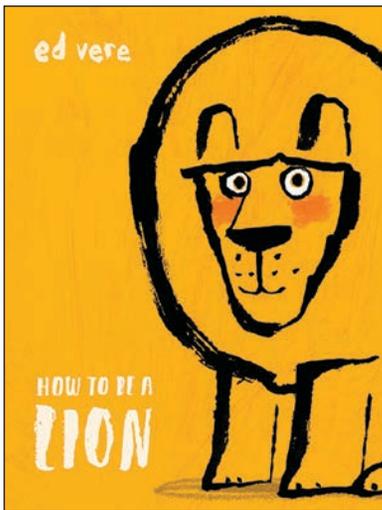
### Learning **EMOTIONAL RECOGNITION** and **EMOTION MANAGEMENT** with Jim Panzee

Everyone around Jim Panzee can tell he is grumpy, but he refuses to admit it! Sometimes we don't realize what we are feeling or how our actions appear to others, and it is important to take a moment and assess what is going on. After an outburst, when Jim yells at the other animals that he isn't grumpy, he realizes how he is really feeling. It's okay to feel grumpy, but yelling at friends is not the way to express your anger.

### AS YOU READ . . .

Discuss with your students how they can understand their feelings: What actions or behaviors can they observe? What are good ways to express these feelings while still being kind to those around you? What are some things you can do if someone is having a bad day? It's okay to be a Grumpy Monkey sometimes!





## HOW TO BE A LION

Ed Vere

HC: 978-0-525-57805-5  
GLB: 978-0-525-57806-2  
EL: 978-0-525-57807-9

# Meet Leonard the Lion

## ABOUT THE BOOK

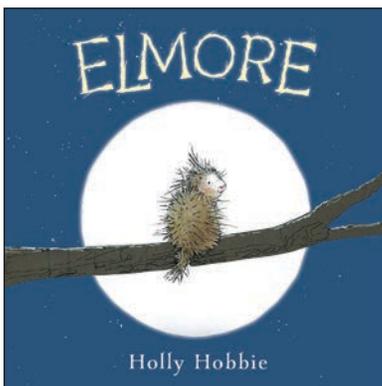
In this timely and charming story about the importance of being true to yourself, mindfulness, and standing by your friends, we meet Leonard, a lion, and his best friend, Marianne, a duck. Leonard and Marianne have a happy life together—talking, playing, writing poems, and making wishes—until some bullies question whether it’s right for a lion and a duck to be pals. Leonard soon learns there are many ways to be a lion and many ways to be a friend, and that sometimes finding the right words can change the world. . . .

## Learning **ASSERTIVENESS** and **COMMUNICATION** with Leonard

Leonard and his friend Marianne are being bullied because the other lions think a friendship between a lion and a duck is unlikely and silly: lions are supposed to be scary, not friendly! Leonard is assertive without bullying back—he uses kind words, writing a poem to help change the minds of those who think differently from him.

## AS YOU READ . . .

Discuss with your students why the other lions don’t think Leonard should be friends with Marianne. Is it right to make that kind of assumption about friendships? Why or why not? What are some ways to be assertive without bullying?



## ELMORE

Holly Hobbie

HC: 978-1-5247-1863-3  
GLB: 978-1-5247-1864-0  
EL: 978-1-5247-1865-7

# Meet Elmore

## ABOUT THE BOOK

Elmore is a porcupine who is desperate to make friends. However, it is hard to seek closeness with others when you’re covered with spikes that shoot off your back every so often. Elmore suffers rejection and heartbreak, but the goodness of his forest community ultimately shines through as the animals find a way to connect with this prickly bundle of love.

## Learning **PROBLEM-SOLVING** with Elmore . . .

Elmore lives by himself and wants to make new friends. But the other animals of the forest are hesitant to become friends with him because he is a porcupine. Although he is discouraged at first, Elmore embraces what makes him unique. He makes pens out of his quills and gives them to the other animals in the forest!

## AS YOU READ . . .

Read *Elmore* aloud with your students. Stop in the middle of the story, before Elmore makes pens out of his quills. Ask your students how they would solve Elmore’s problem. What about Elmore makes him unique and special? Discuss how it is important to recognize defining characteristics as special qualities and not negative attributes.



# Make a Classroom Contract!

With your students, discuss what behaviors should and should not be expected in the classroom. Brainstorm some ideas, and have students fill out the do and don't columns below. On the next page, as a class fill in the blanks on the contract. Have the whole class sign it and put it on display in your classroom as a commitment to good social and emotional behavior all year long!

## Class Do's

## Class Don'ts

# Our Classroom Contract

We, \_\_\_\_\_ 's class,  
*(name of teacher)*

promise to:

Be \_\_\_\_\_  
*(positive adjective)*

to one another and  
to be observant of what  
our classmates are feeling by

\_\_\_\_\_  
*(verb -ing)*

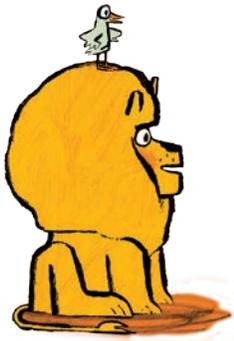
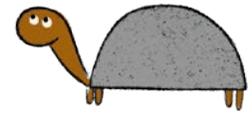
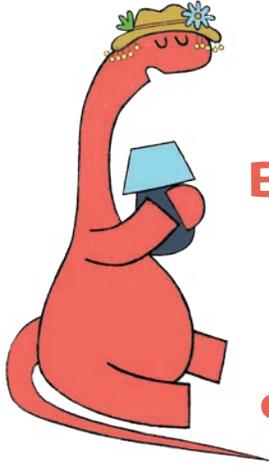
\_\_\_\_\_  
*(verb -ing)*

\_\_\_\_\_.  
*(verb -ing)*

We will use our words and actions  
to communicate how we are  
feeling and ideas that we have.

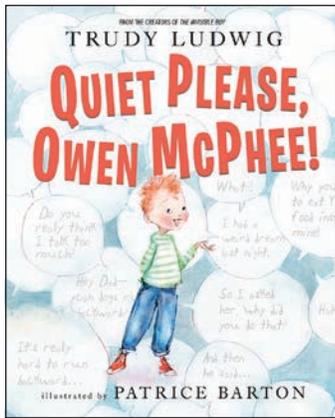
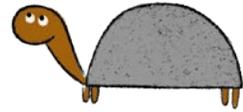
Date: \_\_\_\_\_

Class Signatures:

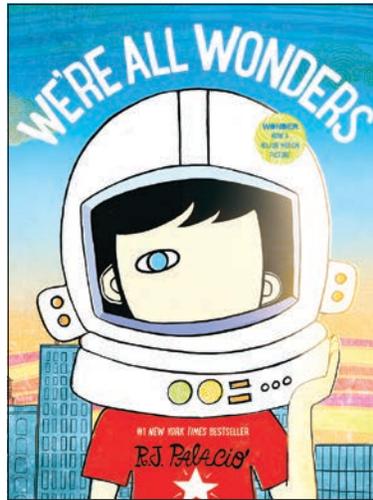




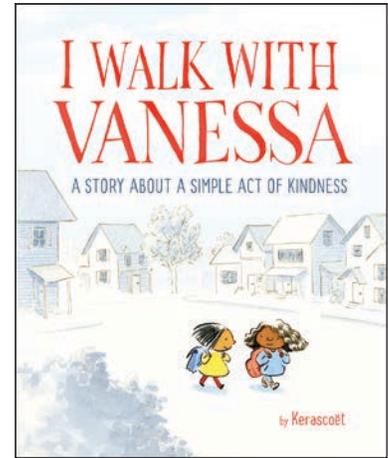
# More recommended books to promote social emotional learning and being kind!



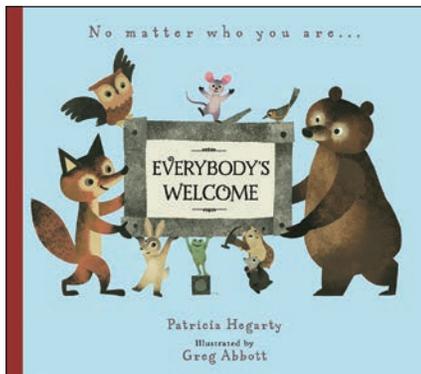
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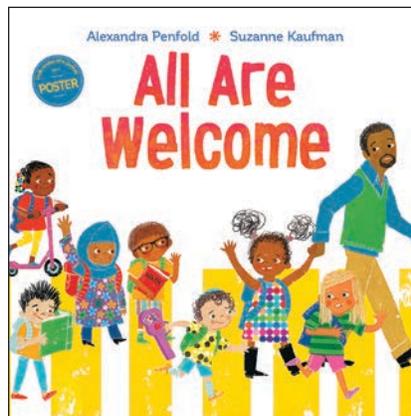
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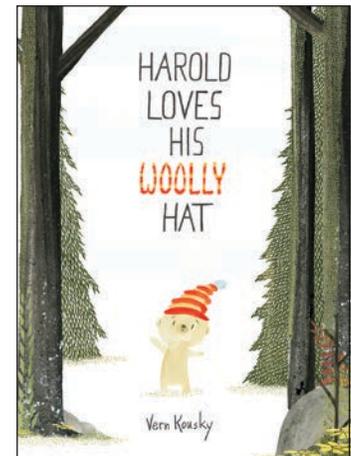
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EL: 978-1-5247-6957-4



HC: 978-1-5247-7165-2



HC: 978-0-525-57964-9  
GLB: 978-0-525-57965-6  
EL: 978-0-525-57966-3



HC: 978-1-5247-6467-8  
GLB: 978-1-5247-6468-5  
EL: 978-1-5247-6469-2