

# mind+heart

## Social-Emotional BOOK COMPANIONS

K-2 BUNDLE BY Proud to Be Primary

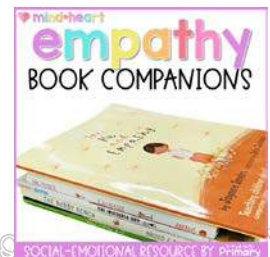
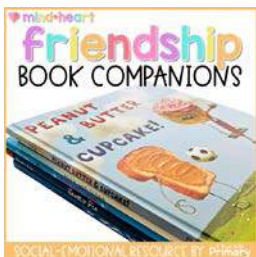
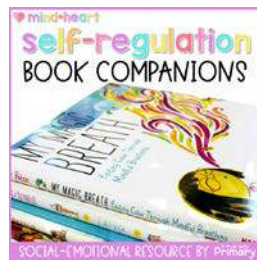
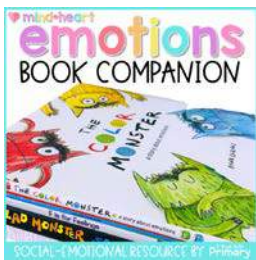
# mind+heart

Proud to Be Primary

## BOOK COMPANIONS

### What's included in this bundle

- ♥ 8 differentiated printable and digital children's book companion resources that align to CASEL's SEL framework.
- ♥ Each book companion pack covers 5 popular children's books and go in depth on one social-emotional theme.
- ♥ Each book comes with a variety of support materials and 4 follow-up activities each to help you teach many important concepts (over 40 children's books included)!



# mind+heart

Proud to Be Primary

## BOOK COMPANIONS

### What's Included in the Resources

Detailed Lesson Plans

mind+heart		SELF-REGULATION	BOOK COMPANION
<p>Book #1 - My Magic Breaths by Nick Ortner</p> <p>BOOK REVIEW: Challenge our Breath - Breathing Activity</p> <ul style="list-style-type: none"> <li>• Talk about how our breathing changes when we feel different - when things change! Children to close their eyes and imagine their breath when they feel different emotions (sad, and angry, excited, calm, etc.)</li> <li>• Then, ask them to open their eyes and draw about their breath looks like using emotion.</li> <li>• Use one of the drawing templates provided or a blank grid of paper.</li> </ul>			
<p>CCSS: L.1.1-2</p> <p>NSID: 10000</p> <p>NSID: 10000</p>	<p>Objective: The book by reading the title and the author like the questions on the Book Chat cards to guide your conversation with children before, during and after reading the book. Encourage kids to share thoughts and feelings after and with each other. Take the time to have a whole class discussion for sharing ideas with a partner. Read aloud!</p> <p>Read Aloud &amp; Discussion:</p> <ul style="list-style-type: none"> <li>• As you read the story, stop and have children participate in taking breaths (use the story as your guide)</li> <li>• Throughout the story practice using "Magic Breaths" (breathe in and out) to take deep breaths to practice moments in their mind and face of the thoughts.</li> <li>• Talk about different emotions and use breathing to help them recognize their feelings. Discuss how taking deep breaths in and out can help them feel better.</li> </ul> <p>Breathing Strategies:</p> <ul style="list-style-type: none"> <li>• Use the pictures to learn about different breathing activities.</li> <li>• Take time to practice each one and discuss how they help.</li> <li>• Take the pictures and refer to them often to support learners.</li> </ul> <p>Writing Response:</p> <ul style="list-style-type: none"> <li>• After learning and practicing the different breathing strategies, complete a writing prompt: "My favorite way to breathe is..." (Breathing techniques that I've learned are...)</li> <li>• Digital templates provided to record all your ideas.</li> </ul>	<p>NSID: 10000</p> <p>NSID: 10000</p> <p>NSID: 10000</p>	

Book Chat Cards



Support Materials



Lesson Posters



Writing Activities



Digital Activities



# mind+heart

Proud to Be Primary

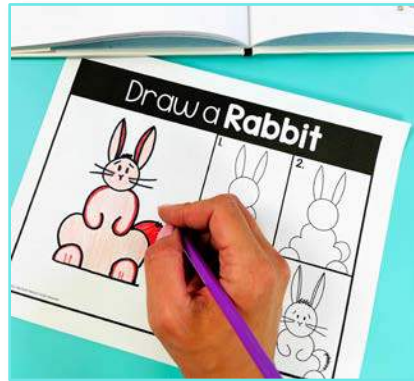
## BOOK COMPANIONS

### Types of Activities Included

Puppet Shows



Directed Drawing



Sorting Activities



Games



Art Activities



Storybooks



# mind+heart

## BOOK COMPANION LESSONS

There is a detailed lesson plan for each book with “Book Chat” cards and questions to guide your discussion before, during, and after reading. An interactive anchor chart or lesson posters are included, along with a writing activity that focus on the social-emotional skill presented in the book and encourage children to express their thinking. This is an excellent way to incorporate social-emotional learning into your ELA block each week!

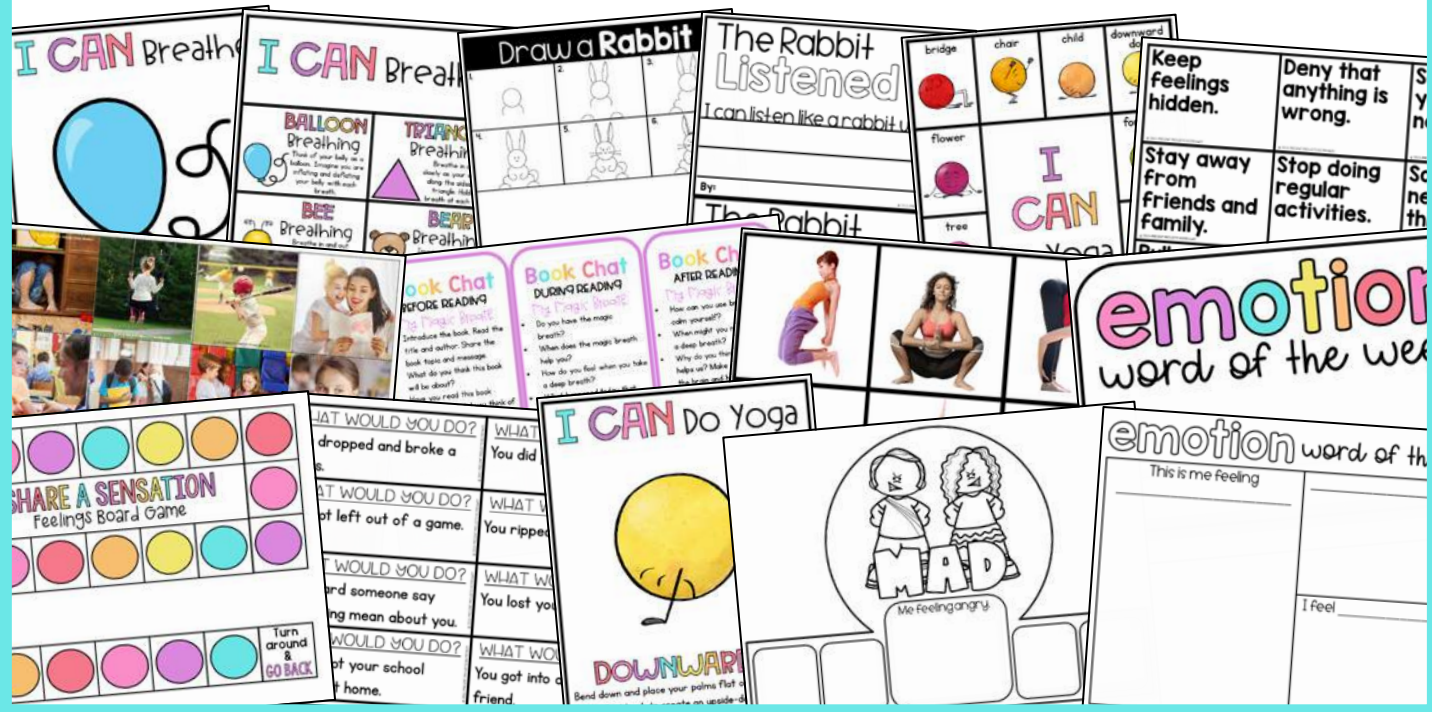


# mind+heart

## STORY ACTIVITIES

Each book comes with 4 follow-up activities to build upon the book's social-emotional lesson. A fun variety of activities are included for independent, partner, and small group use. These high-interest activities are a great way to extend the book's discussion and build the social-emotional skills kids need!

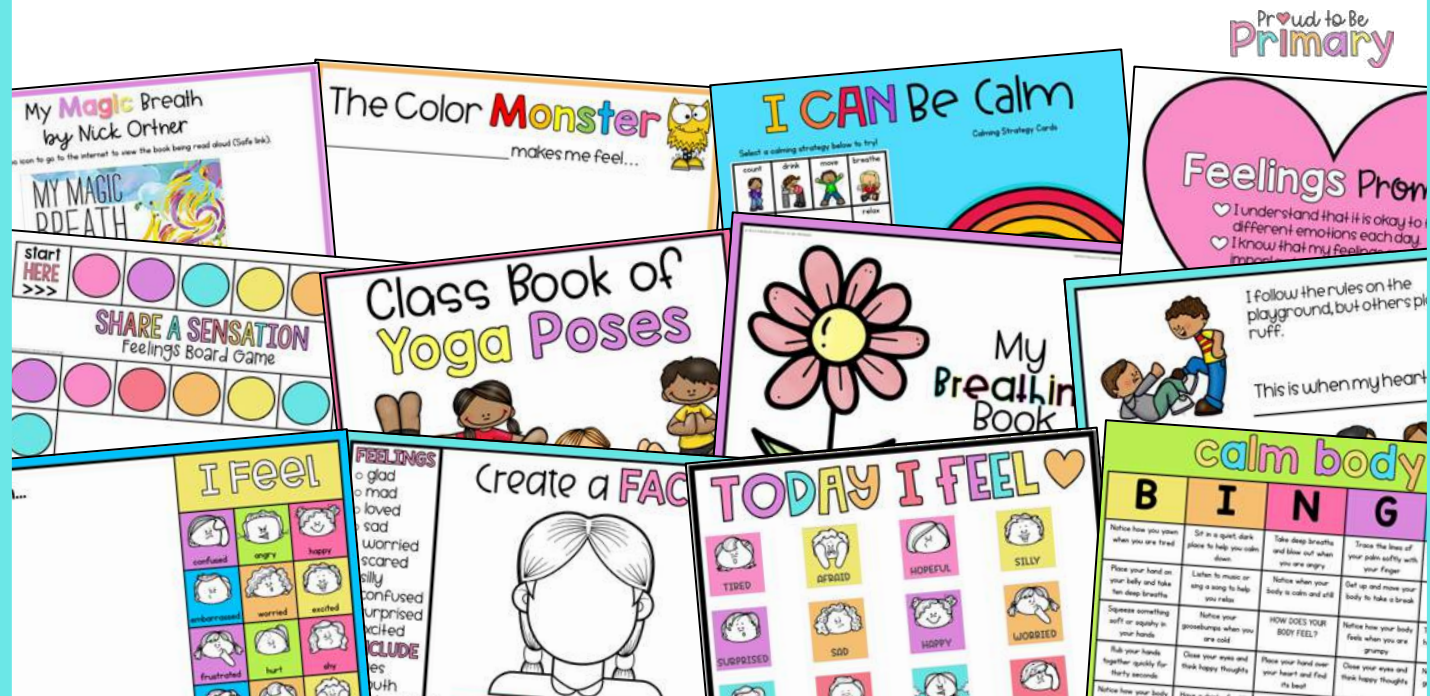
Proud to Be  
Primary



# mind+heart

## DIGITAL ACTIVITIES

Every book companion comes with a variety of activities for online learning, such as digital anchor charts, writing templates, writing templates, and interactive activities. These are ready in PowerPoint and Google Slides for use in Google Classroom. The digital pages are great for use during whole-group lessons, for homeschooling, and in one-to-one classrooms!



# social emotional

## BOOK COMPANIONS

### Why YOU NEED This Bundle

1. The children's books in this bundle have been carefully chosen as they cover the important topics that we often do not have time to teach (SEL ones).
2. It provides opportunities for meaningful discussions and uses impactful activities that build important social and emotional skills.
3. Children need to develop social skills and emotional regulation, and these books, lessons, and activities will guide them there!
4. Since you are using literature to teach, you are covering important English Language Arts standards and building children's literacy skills.
5. This resource provides a TON of variety for each book, keeping things fresh and engaging for kids!
6. As it includes printable and digital activities, this bundle is great for use during whole-group lessons, homeschooling, and in one-to-one classrooms.

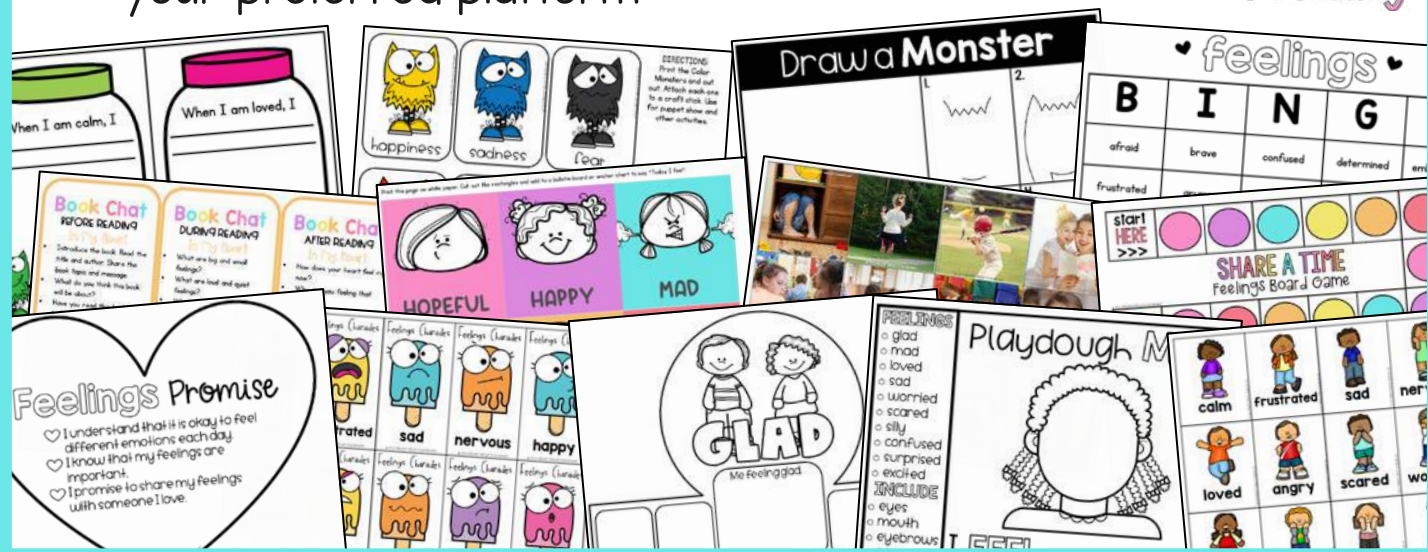


# emotions BOOK COMPANIONS

## What is Included in this Resource

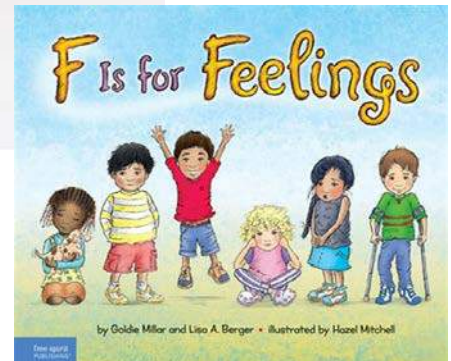
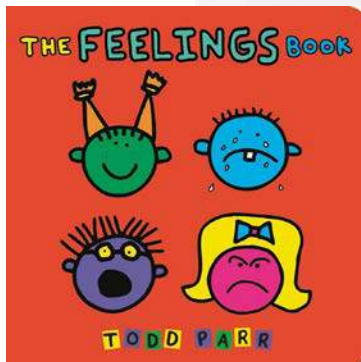
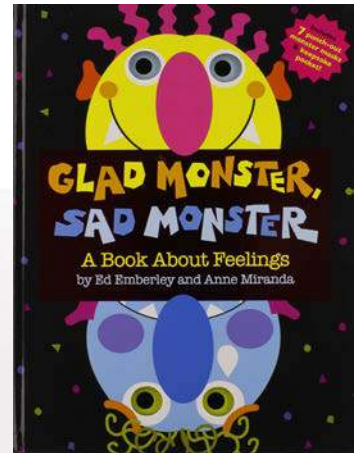
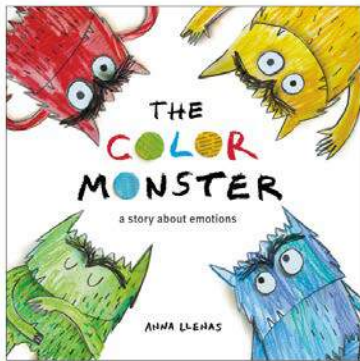
- ♥ Lessons and activities that focus on 5 Children's books related to emotional awareness and feelings
- ♥ Each book companion comes with a detailed lesson plan, book chat cards to guide discussion, anchor chart, and book response (writing or collage)
- ♥ 4 follow-up activities included for every book
- ♥ Book companion guide with safe links for easy viewing
- ♥ Google Slides for use in Google Classroom
- ♥ Images for use in Seesaw and PowerPoint file for use in your preferred platform

Proud to Be  
Primary



# emotions BOOK COMPANIONS

## 5 CHILDREN'S BOOKS about emotional awareness





## Book #1 – The Color Monster by Anna Lenas

### Detailed Lesson Plan

**mind+heart EMOTIONAL AWARENESS BOOK COMPANION**  
**Book #1 – The Color Monster by Anna Lenas**

**BOOK OVERVIEW**

**Read Aloud & Discussion**

- After reading the author about an emotion, stop and ask the questions on the Book Chat cards.
- Throughout the story ask them to identify what each emotion is like, how it makes them feel, and what we can do when we feel this way.
- After the story create a collaborative chart or complete the digital anchor chart called "Expressing Our Emotions" and explain that it is important for us to express our emotions in healthy ways.
- Chart about how we can express the different emotions in the book in helpful ways.
- Breakdowns about the headings on the anchor chart.

**Writing Response**

- Pick one emotion. Draw what that emotion looks like to them. Complete the writing prompt: "I feel \_\_\_\_\_, and I want to feel that way \_\_\_\_\_." (Suggested phrases included)
- Digital templates provided to record onto text boxes.

**INTERCOM PREP**

- To highlight emotions when they are read and to do other strategies for sorting through and expressing emotions in healthy ways.

**BOOK TIPS & IDEAS**

- The Color Monster is a book about how to do when we experience a range of emotions all one time and how to recognize them.

**EMOTIONAL AWARENESS**

- Copy of the book for **Label Cards**
- Book Chat cards
- Anchor chart pages
- Interactive Anchor Chart
- Writing response cards
- Digital templates provided to record onto text boxes.

**EMOTIONAL AWARENESS**

- Copy of the book for **Label Cards**
- Book Chat cards
- Anchor chart pages
- Interactive Anchor Chart
- Writing response cards
- Digital templates provided to record onto text boxes.

### Book Chat Cards



### Anchor Chart

**Expressing Our Emotions**

**FEAR**   **HAPPINESS**   **CALM**

**SADNESS**   **LOVE**   **ANGER**

How do we feel this way?  
 How do we express this emotion?  
 How do we recognize this emotion?

**Expressing Our Emotions**

How do we feel this way?  
 How do we express this emotion?  
 How do we recognize this emotion?

HAPPINESS	FEAR	SADNESS
CALM	ANGER	LOVE

### Book Response

**The Color Monster**

Anger  
 W  
 L

**The Color Monster**

make me feel...

## printable + digital OPTIONS

### Monster Puppet Show + Emotion Scenario Cards



### Jar Writing

When I am loved, I \_\_\_\_\_

When I am happy, I \_\_\_\_\_

When I am scared, I \_\_\_\_\_

When I am angry, I \_\_\_\_\_

When I am sad, I \_\_\_\_\_

### Strategy Card Sort

**HARMFUL Ways to Handle Emotions**

- Pretend you don't feel a certain way.
- Refuse help from others.
- Bully others.
- Say negative things about yourself.
- Stop doing regular activities.
- Stay away from friends and family.

**HELPFUL Ways to Handle Emotions**

- Say that you don't need help.
- Deny that anything is wrong.
- Keep feelings hidden.
- Let someone know you are feeling \_\_\_\_\_.
- Express that something is wrong.
- Share feelings with others.
- Say positive things about yourself.
- Continue doing regular activities.
- Spent time with friends and family.
- Accept that you feel a certain way.
- Ask for help from others.
- Be kind to others.

### Directed Drawing & Writing

**Draw a Monster**

**The Color Monster**

If I was a Color Monster, I would be happy because \_\_\_\_\_.

I would be \_\_\_\_\_.



## Book #2 – In My Heart by Jo Witek

### Detailed Lesson Plan

The lesson plan includes sections for 'Read Aloud & Discussion', 'Interactive Anchor Chart', and 'Create a Collage'. A tablet displays the book cover 'In My Heart by Jo Witek'.

### Book Chat Cards



### Anchor Chart

The anchor chart lists emotions: SHY, SILLY, CALM, AFRAID, HAPPY, BRAVE, BROKEN. A tablet shows a matching activity with the title 'The Way My Heart Feels' and a grid for students to write words.

### Book Response

A collage with drawings of a leaf, cloud, sun, flower, and tree, with the text 'calm Collage of Things in My Heart'. A tablet shows a writing prompt: 'By: \_\_\_\_\_ Emotion: \_\_\_\_\_'.

## printable + digital OPTIONS

### Feelings Sort



### "Today I Feel" Chart

A chart titled 'TODAY I FEEL' with a grid of emotion icons (happy, sad, angry, etc.) for students to track their feelings throughout the day.

### Storybook

A storybook titled 'In My Heart: A Storybook for Kids' with a tablet showing the cover featuring two children.

### Shape Cut-Outs for Games





## Book #3 – The Feelings Book by Todd Parr

### Detailed Lesson Plan

The screenshot shows a lesson plan with sections for 'Read Aloud & Discussion', 'Interactive Anchor Chart', and 'Writing Response'. It includes instructions for teachers and students on how to use the book and the anchor chart.

### Book Chat Cards



### Anchor Chart

The anchor chart features the title 'Sometimes I Feel...' in large, bold letters. Below the title is a blank space for students to write or draw their own feelings. A small image of the book cover is also visible.

### Book Response

This section shows the book cover 'The Feelings Book' and a response card with the title 'The Feelings Book' and a blank space for a student's response.

## printable + digital OPTIONS

### Feelings Charades



### Feelings Promise

The graphic shows a large pink heart with the text 'Feelings Promise' and a list of promises: 'I understand that it is okay to feel different emotions each day', 'I know that my feelings are important', and 'I promise to share my feelings with someone I love'. A digital version of the heart is shown below.

### Card Game



### Todd Parr Inspired Art



### Book #4 – Glad Monster, Sad Monster by Ed Emberley & Anne Miranda

#### Detailed Lesson Plan

The lesson plan includes sections for:
 

- mind+heart EMOTIONAL AWARENESS BOOK COMPANION**
- BOOK #4 – Glad Monster, Sad Monster by Ed Emberley & Anne Miranda**
- BOOK OVERVIEW**: Introduce the book by reading the title and author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, often and not just at the end. Think-Pair-Share is a helpful strategy for sharing ideas with a partner throughout.
- READ ALOUD & DISCUSS**:
  - Throughout the story, ask them to put their hands up if they have a connection. Share your own connections and encourage others to share the connections they make.
  - After each section, ask "What makes you feel...?" Ask them to think about and share experiences that make them feel those emotions. Try using the questions on the Book Chat cards.
  - After each section, ask "What makes you feel...?" Ask them to think about and share experiences that make them feel those emotions. Try using the questions on the Book Chat cards.
- INTERACTIVE ANCHOR CHART**: Create a collaborative chart or use one as a variety of emotions that we feel. Chart about the different events that happen in the story. Photograph ideas together and add to the chart.
- WRITING RESPONSE**:
  - On the writing template, "I feel glad when..." or "I feel sad when..." have students write about a time they felt that emotion.
  - Use the writing template to record oral or written responses.
- EXTENSION ACTIVITIES**: To recognize that different expressions occur as to feel emotions. To help them identify how they feel at different times. To help them identify how they feel at different times.

#### Book Chat Cards



#### Anchor Chart

The anchor chart features a central title and a grid for recording feelings:
 

- We Have Different Feelings**
- Grid categories: WORRIED, MAD, SCARED, LOVE
- Below the grid is a section titled "We Have Different Feelings" with a grid for recording feelings:
 

GLAD	SAD	WORRIED
MAD	LOVE	SCARED

#### Book Response

The response sheet includes:
 

- Blank lines for the name: Glad Avery Sad Avery
- A section titled "I feel glad when..." with a blank space for writing.
- A digital tablet view showing a template: "Glad Monster Sad Monster I feel glad when... I feel sad when..."

## printable + digital OPTIONS

#### Hat Craftivity



#### Playdough Mats

The mats include:
 

- A pink mat titled "Playdough MAT" with a drawing of a monster face.
- A digital tablet view showing a template titled "Create a FACE" with a list of features to include:
  - INCLUDE**: glad, mad, loved, lost, worried, scared, silly, surprised, excited, sad.
  - EXCLUDE**: eyes, mouth, eyebrows, nose.

#### Board Game

The board game is titled "SHARE A TIME Feelings Board Game" and includes:
 

- A board with a grid of colored circles representing different feelings.
- A digital tablet view showing a similar board with a "start HERE" arrow and a "Light orange GO BACK" instruction.

#### Sorting Scenarios

The scenarios include:
 

- scared**: A spider crawling on the bed; Being up high and looking down.
- silly**: Having a snow fight; Laughing at a funny joke; Playing a prank on a friend.
- mad**: Someone taking your things; Losing a game.
- glad**: Making a new friend; Seeing sunshine after a rainy day; Learning to do the monkey bars.
- sad**: A pet passing away; Missing out on a party; Feeling left out.



## Book #5 – F is for Feelings by Goldie Millar & Lisa A. Berger

### Detailed Lesson Plan

The screenshot shows a lesson plan with sections for 'Read Aloud & Discussion', 'Interactive Anchor Chart', and 'Writing Response'. It includes activities like 'Show with Fingers' and 'Draw a picture to illustrate an emotion'.

### Book Chat Cards



### Anchor Chart

The anchor chart features the title 'We Have Many Emotions' in large yellow letters. Below it is a section titled 'Feelings I LIKE' with a blank space for students to write and draw.

### Book Response

The response sheet has a title 'F is for Feeling' and a list of questions. A digital tablet shows the same sheet with a blank space for writing.

## printable + digital OPTIONS

### Word of the Day

The card defines 'frustrated' as 'The way you feel when you can't do something you want to do.' It includes a drawing of a person with a frustrated expression and a speech bubble saying 'I can't do it!'.

### Class Book

The page features the title 'K is for kindhearted' in large letters, a drawing of a pink heart, and the sentence 'I want to do kind things' written in blue cursive.

The tablet displays the title 'ABC Class Book of Feelings' and a drawing of three children's faces.

### Feelings Bingo

The cards are 5x5 grids with the word 'BINGO' in the top row. The middle cell contains 'FREE TO FEEL'. The other cells contain various emotion words like 'afraid', 'brave', 'confused', etc.

### Memory Card Game

The cards feature small drawings of people and emotion words such as 'nervous', 'worried', 'happy', 'shy', 'sad', 'proud', and 'scared'.

# self-regulation

## BOOK COMPANIONS

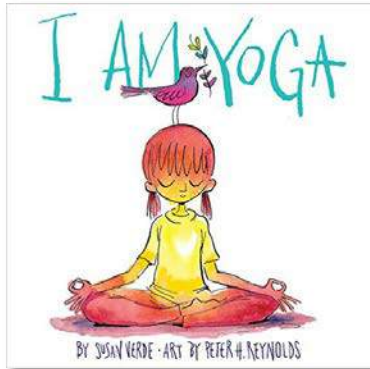
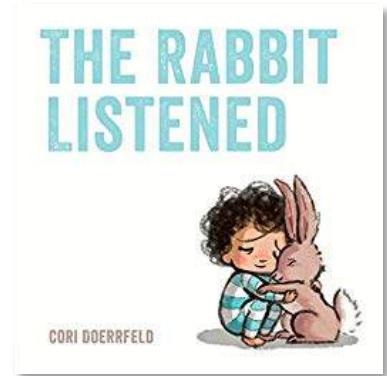
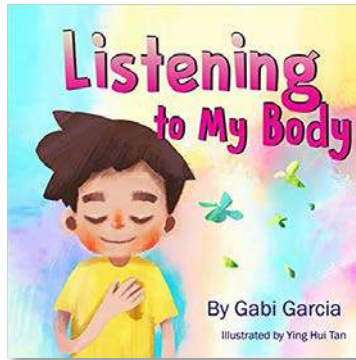
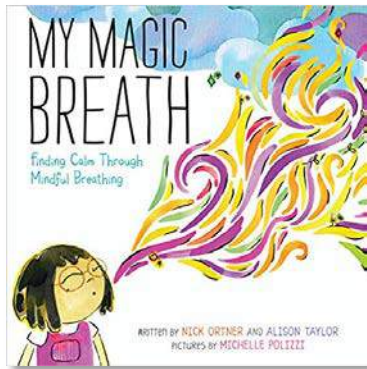
### What is Included in this Resource

- ♥ Lessons and activities that focus on 5 children's books related to self-management, self-regulation, yoga, and calming.
- ♥ Each book companion comes with a detailed lesson plan, book chat cards to guide discussion, anchor chart, and a book response
- ♥ 4 follow-up activities included for every book.
- ♥ Book companion guide with safe links for easy viewing.
- ♥ Google Slides activities for use in Google Classroom.
- ♥ Images for use in Seesaw and PowerPoint file for use in your preferred platform.





# 5 CHILDREN'S BOOK LESSONS & ACTIVITIES about self-regulation



## Book #1 – My Magic Breath by Nick Ortner

### Detailed Lesson Plan

The lesson plan document includes sections for:
 

- mind+heart SELF-REGULATION BOOK COMPANION** Book #1 - My Magic Breath by Nick Ortner
- BOOK OVERVIEW**: Introduce the book by reading the title and the author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, often and with each other. Thank the library as a helpful strategy for sharing ideas with a partner throughout.
- LEAD-IN/READ ALOUD & DISCUSSION**: As you read the story, stop and have children participate in taking breaths. (See the story on your guide.) Throughout the story practice using "Magic Breaths". Prompt children to take deep breaths in, perform movements in their mind, and like out the thoughts.
- TECHNOLOGY**: Read about & discuss:
  - As you read the story, stop and have children participate in taking breaths. (See the story on your guide.)
  - Throughout the story practice using "Magic Breaths". Prompt children to take deep breaths in, perform movements in their mind, and like out the thoughts.
  - Take time to practice each one and show.
  - Along the practice, and refer to them often.
- WRITING RESPONSE**:
  - After hearing and practicing the different breaths, "I CAN breathe" or "Breathing helps me..."
  - Digital templates provided to record only.
- EXTENSION ACTIVITIES**: To learn and practice breathing strategies that can help a manage different feelings and find ways to calm themselves.
- BOOK OVERVIEW**: My Magic Breath is a book about exploring the magic of breath that it can help you feel better when you're feeling different.

### Book Chat Cards



### Posters



### Book Response



## printable + digital OPTIONS

### Painting Art Activity



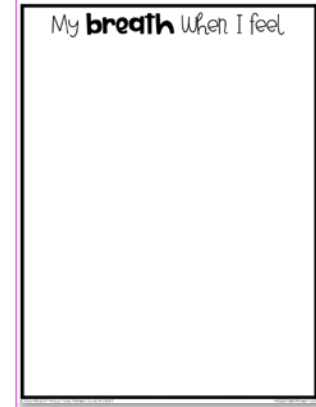
### Breathing Storybook



### Match & Name Game



### Drawing Activity



## Book #2 – Listening to My Body by Gabi Garcia

### Detailed Lesson Plan

**mind+heart SELF-REGULATION BOOK COMPANION**  
**Book #2 – Listening to My Body by Gabi Garcia**

**BOOK CHAT**  
 Introduce the book by reading the title and the author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, often and with each other. Think-Pair-Share is a helpful strategy for sharing ideas with a partner throughout.

**READ ALOUD & DISCUSS**

- As you read the story, complete the "Let's practice!" ideas at the bottom of the pages in the book.
- Discuss how one's body tells us things. Talk about what a sensation is and the different sensations we have in our bodies. Ask, "What does each 'sensation' mean?"
- Discuss how sensations and feelings go together. How do our sensations tell us about our feelings? How do our feelings tell us about our sensations?

**Interactive Anchor Chart & Posters**

- After the story, create a collaborative anchor chart.
- Transform and record the sensations we discussed.
- For example, Exited: warm like, Scared: Writing Response:
- Complete the writing prompt: "My body..."
- Digital templates provided to record each.

**Calming Strategies:**

- Teach ways to calm our body when we feel...

**LETTER-GUIDE (BONUS!)**

To encourage children to take in their bodies and discuss the importance of what it is telling them. To learn and use coloring strategies.

**BOOK CHAT MESSAGE**  
 Listen to My Body's book about connecting our own sensations and feelings to better understand what it is one needs.

### Book Chat Cards



### Anchor Chart

**Sensation Need I**

**Sensations and Feelings**  
 Record the sensations we feel together with our feelings under each card.

HAPPY	CALM	EXCITED	NERVOUS	ANGRY
SO	OVERHELMED	SELF	WORRIED	SHY

### Book Response

**My Body Tells Me**

My body tells me when I am...  
 My body needs me when I am...  
 My body needs me when I am...

## printable + digital OPTIONS

### Calm Down Journal

**I can...**

**I Feel**

**calm down journal**

### "I Can Be Calm" Tools

**I CAN Be Calm**

do yoga  
listen  
walk  
build  
squeeze  
imagine

### Calm Body Bingo

**calm body BINGO**

Share how you feel  
 Listen to your body  
 Take deep breaths  
 Stretch your body  
 Think about something you are grateful for  
 Imagine a peaceful place  
 Take a walk  
 Drink water  
 Hug someone you love  
 Listen to music  
 Do a yoga pose  
 Take a break  
 Think about something you are proud of  
 Take a deep breath  
 Stretch your body  
 Think about something you are grateful for  
 Imagine a peaceful place  
 Take a walk  
 Drink water  
 Hug someone you love  
 Listen to music  
 Do a yoga pose  
 Take a break  
 Think about something you are proud of

### Boardgame

**SHARE A SENSATION Feelings Board Game**

happy or excited  
 scared or lost  
 sad or lonely  
 angry or anxious

## Book #3 – The Rabbit Listened by Cori Doerrfeld

### Detailed Lesson Plan

The lesson plan includes sections for:
 

- mind+heart SELF-REGULATION BOOK COMPANION**
- BOOK #3 – The Rabbit Listened by Cori Doerrfeld**
- BOOK CHAT**: Introduce the book by reading the title and the author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, often and with each other. Think-Pair-Share is a helpful strategy for sharing ideas with a partner throughout.
- READ ALOUD & DISCUSS**: As you read the story with children to give a "thumbs up" if they have ever felt a similar way or had someone try to help them like the animals. Discuss each animal's way of "helping" and why that strategy may or may not help.
- INTERACTIVE ANCHOR CHART**: Create a chart or complete the different things from others. Encourage kids to think of a new anchor chart. For example, "Sometimes I need..."
- WRITING RESPONSE**: Complete a writing prompt. Encourage kids to write about a specific strategy they used.
- LESSON PLAN (SWIFT)**: To recognize that our needs change depending on situations. To understand the importance of listening to others.
- BOOK CHAT QUESTIONS**: The Rabbit Listened is a story about how a boy responds with the help of a rabbit who listens.

### Book Chat Cards



### Anchor Chart

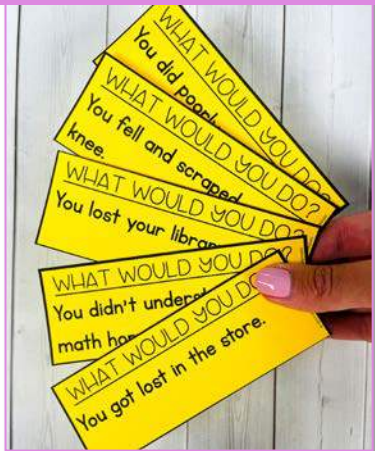


### Book Response



## printable + digital OPTIONS

### Scenario Cards



### Sequence & Match Activity



### Animal Puppet Show



### Directed Drawing





## Book #4 – I Am Yoga by Susan Verde

### Detailed Lesson Plan

mind+heart SELF-REGULATION BOOK COMPANION  
Book #4 – I Am Yoga by Susan Verde

mind+heart SELF-REGULATION BOOK COMPANION  
Book #4 – I Am Yoga by Susan Verde

BOOK OVERVIEW: Introduce the book by reading the title and the author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, often and with each other. Think there is a useful strategy for sharing ideas with a partner throughout.

READ ALOUD & DISCUSS:

- Ask them that yoga means those things breathing, stretch (what we think of), and movement.
- As you read the book, emphasize how yoga helps us connect with ourselves (our breathing, our thinking, and our bodies). It helps us strengthen our bodies and calm our minds.
- After reading, ask "How does yoga help you?"

TEACHING YOGA:

- Use the posters to teach children all.
- Take time to practice each one and of practicing does breathing of the.
- Use the posters to guide your yoga.

WRITING RESPONSE:

- After learning and practicing different yoga poses in a differentiated manner.
- Digital templates provided to record.

KEEPER CARD: Sweet! To remember that they have the power to strengthen their mind and body through yoga. To practice yoga poses.

BOOK TALK: Encourage them to talk about practicing yoga to strengthen their mind and to understand its effect on the body and the

### Book Chat Cards



### Posters



### Book Response

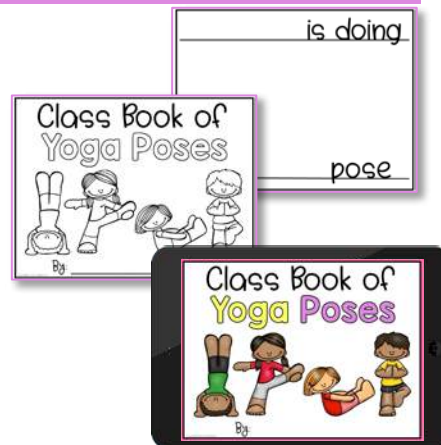


## printable + digital OPTIONS

### Game



### Class Book



### Videos



### Pose of the Day





## Book #5 – Charlotte and the Quiet Place by Deborah Sosin

### Detailed Lesson Plan

mind+heart SELF-REGULATION BOOK COMPANION  
Book #5 – Charlotte and the Quiet Place by Deborah Sosin

mind+heart SELF-REGULATION BOOK COMPANION  
Book #5 – Charlotte and the Quiet Place by Deborah Sosin

BOOK CHAT  
Introduce the book by reading the title and the author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, often and with each other. Think-Pair-Share is a helpful strategy for sharing ideas with a partner throughout.

READ ALOUD, DISCUSSION, & GUIDED MEDITATION  
 • As you read, ask children to give a "thumbs up" if they have a connection to the story and Charlotte's journey.  
 • After reading the book, practice sitting quietly and guide children to calm their bodies, take deep breaths, and focus on breathing out noise. Ask, "What can you think about to help you sit quietly?" Discuss.  
 • Interactive Anchor Chart!

WRITING RESPONSE  
 • Create a collaborative chart on different places one may encounter.  
 • Come up with strategies together to practice before the writing class starts.  
 • Have children imagine a place that is quiet and write about it (the writing prompt "My Quiet Place" is included).  
 • Digital templates provided to read!

INTERACTIVE ANCHOR CHART  
 To recognize a quiet place that they can go to or create from food, calm and paper. To practice sitting still in a quiet place.

BOOK CHAT MESSAGE  
 Charlotte and the Quiet Place is a book about a girl who finds a quiet place despite the noise that surrounds her.

### Book Chat Cards



### Anchor Chart

My  
Noisy  
Life

### Book Response

My Quiet Place  
My quiet place is...

## printable + digital OPTIONS

### Game



### Vision Board

dream place  
vision board

By: \_\_\_\_\_

### Heart Map

My Heart Map  
Of Quiet Spots

My Heart Map  
Of Quiet Spots

### Quiet Journal

My Quiet Journal  
Name: \_\_\_\_\_

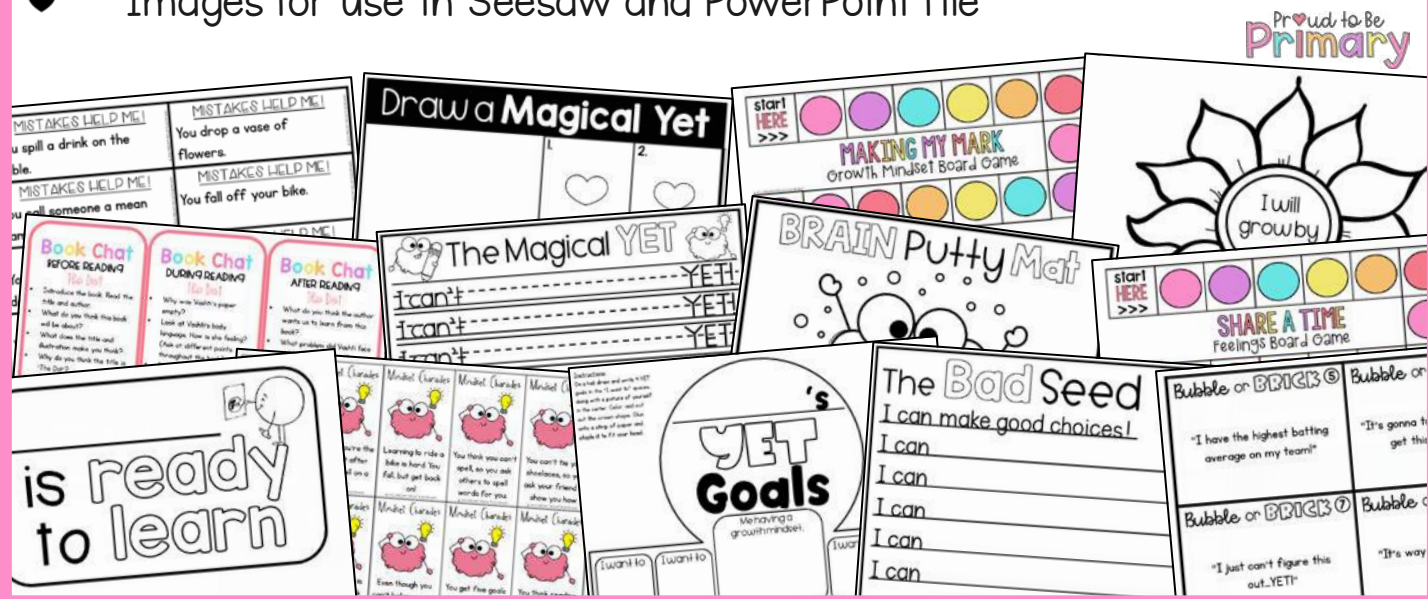
My Quiet Journal  
Name: \_\_\_\_\_

# growth mindset

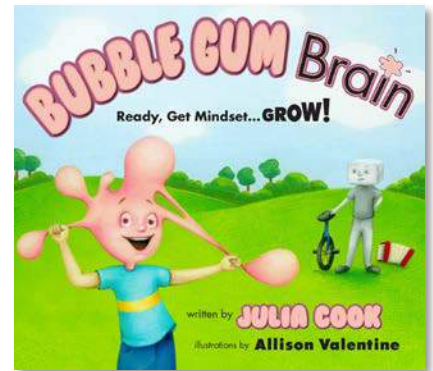
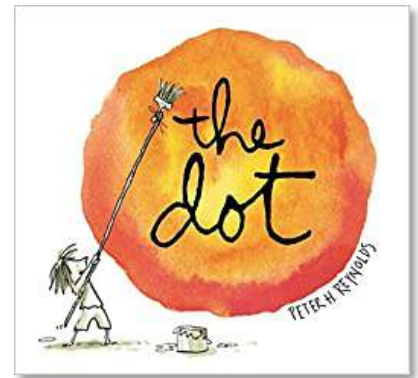
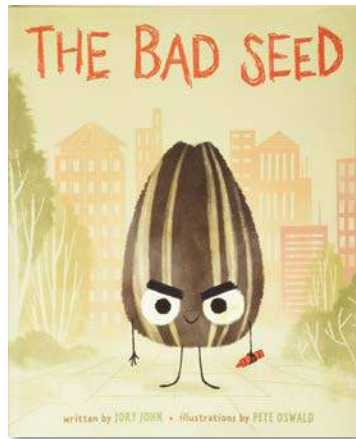
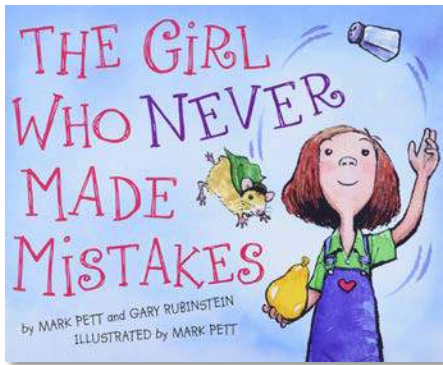
## BOOK COMPANIONS

### What is Included in this Resource

- ♥ Lessons and activities that focus on 5 children's books about growth mindset, making mistakes, the power of yet, and making choices.
- ♥ Each book companion comes with a detailed lesson plan, book chat cards with questions to guide discussion, anchor chart, and book response writing prompts and templates.
- ♥ 4 follow-up activities included for every book
- ♥ Book companion guide with safe links for easy viewing
- ♥ Google Slides for use in Google Classroom
- ♥ Images for use in Seesaw and PowerPoint file



# 5 CHILDREN'S BOOK LESSONS & ACTIVITIES about growth mindset







## Book #1 – Bubble Gum Brain by Julia Cook

### Detailed Lesson Plan

The lesson plan document includes sections for 'Read Aloud & Discussion', 'Interactive Anchor Chart & Posters', and 'Writing Response'. The digital tablet displays the 'Bubble Gum Brain by Julia Cook' book cover and the lesson plan text.

### Book Chat Cards

Three blue book chat cards are shown, each with a different reading strategy: 'Before Reading', 'During Reading', and 'After Reading'. The cards are held in front of the book cover.

### Anchor Chart

The anchor chart features yellow sticky notes with the text 'Bubble Gum VS. Brick Brain'. Below the sticky notes is a digital tablet displaying a table with two columns: 'Bubble Gum (Growth Mindset)' and 'Brick Brain (Fixed Mindset)'. The table is currently blank.

### Book Response

Two book response forms are shown, one with a drawing of a bubble gum brain and another with a drawing of a brick brain. Below the forms is a digital tablet displaying a response form with the text 'Bubble Gum Brain I am learning...'.

## printable + digital OPTIONS

### Bubble or Brick Scoot Game

The scoot game materials include a recording sheet with a grid, a 'Bubble or BRICK' card, and a digital tablet displaying the recording sheet. The recording sheet has columns for 'Bubble Gum Brain' and 'Brick Brain' and rows for 'I like to learn', 'I struggle to learn', and 'I don't learn'.

### Mindset Charades

Several 'Mindset Charades' cards are shown, each with a cartoon brain character and a short scenario. A digital tablet displays one of the cards with the text 'Name the MINDSET Charades'.

### Storybook

The storybook materials include a page titled 'Having a Growth Mindset: A storybook for kids' and a digital tablet displaying the same page. The page features a cartoon brain character and several sentences about growth mindset.

### Brain Putty Recipe & Mat

The brain putty materials include a 'BRAIN PUTTY RECIPE' card with ingredients and instructions, a 'BRAIN Putty Mat' with a cartoon brain character, and a red apple.



### Book #2 – The Magical Yet by Angela DiTerlizzi

#### Detailed Lesson Plan

The image shows a printed lesson plan and a digital tablet displaying the book cover. The lesson plan includes sections for 'Read Aloud & Discussion', 'Interactive Anchor Chart', and 'Writing Response'. The digital tablet shows the book cover of 'The Magical Yet' by Angela DiTerlizzi.

#### Book Chat Cards

The image shows a hand holding several green 'Book Chat' cards. Each card has a question related to the book. In the background, the book cover 'The Magical Yet' is visible.

#### Anchor Chart & Poster

The image shows an anchor chart with a large pink sign that says 'YET'. Below it is a digital tablet displaying an interactive anchor chart for 'The Magical Yet' with a central box labeled 'I Can't Yet'.

#### Book Response

The image shows a book response sheet with a grid for writing and a digital tablet displaying a response to the book 'The Magical Yet'.

## printable + digital OPTIONS

#### Directed Drawing & Writing

The image shows a drawing activity for 'The Magical Yet'. It includes a drawing of a flower and a writing prompt: 'My magical yetter is...'. Below the drawing are several lines of handwriting practice with the words 'magical', 'yetter', 'happy', and 'sad' written on them.

#### YET Journal

The image shows a 'My YET Journal' activity. It features a lightbulb icon and a journal page with a writing prompt: 'I want to...'. Below the journal page is a digital tablet displaying the 'My YET Journal' title and a lightbulb icon.

#### YET Thoughts Self-Portrait

The image shows a 'YET Thoughts Self-Portrait' activity. It features a child's portrait and a thought bubble containing the words 'I can't yet', 'I will yet', and 'I am yet'. Below the portrait is a digital tablet displaying the 'My YET Thoughts' title and a self-portrait template.

#### Hat Craftivity

The image shows a 'Hat Craftivity' activity. It features a hat with a speech bubble that says 'Avery's YET Goals' and 'Moving a growth mindset'. Below the hat is a digital tablet displaying the 'My YET Thoughts' title and a self-portrait template.

### Book #3 – The Girl Who Never Made Mistakes by Mark Pett & Gary Rubinstein

#### Detailed Lesson Plan



#### Book Chat Cards



#### Anchor Chart

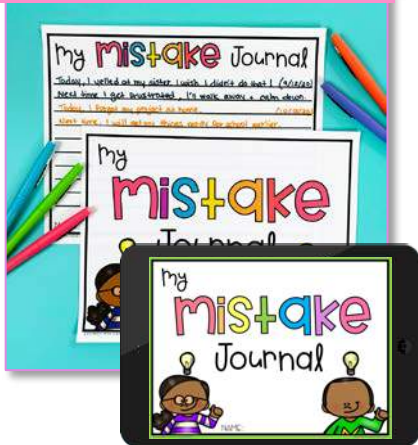


#### Book Response



## printable + digital OPTIONS

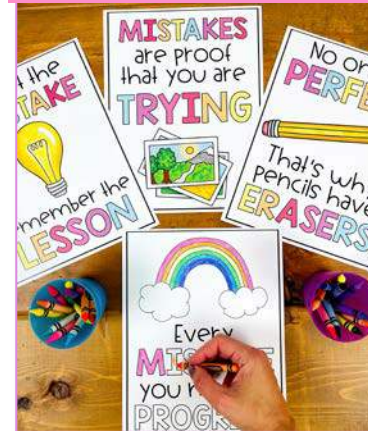
#### Mistake Journal



#### Scenario Cards



#### Quote Posters



#### Self-Talk Bookmarks & Encouragement Notes





### Book #4 – The Dot by Peter Reynolds

#### Detailed Lesson Plan

**mind+heart GROWTH MINDSET BOOK COMPANION**  
**Book #4 – The Dot by Peter Reynolds**

**BOOK OVERVIEW**

**Read Aloud & Discussion**

- Before reading, talk about how we feel when we start something new or difficult. Encourage kids to share an experience. Tell them this book is about a girl who does not think she is good at something and what happens.
- Read the story aloud, stopping after each page to discuss the illustrations, body language, and what's changing.
- After the story, pass out two small cards. Have each child play a game on one and an on a partner called "Our Dots" and "Something Fun".
- Ask what we can say to ourselves as we write.

**Writing Response**

- After reading through strategies like "Will Make My Mark" or "When someone says I can't, I'll say I can!"
- Digital templates provided to record.

**REVISION PLAN**

To inspire children to take risks with their learning and to think, to encourage kids to get started and build self-confidence.

**BOOK CORE MESSAGE**

The Dot is a book about how to overcome the fear of a dot, and how it helps her build confidence and

#### Book Chat Cards



#### Anchor Chart



#### Book Response

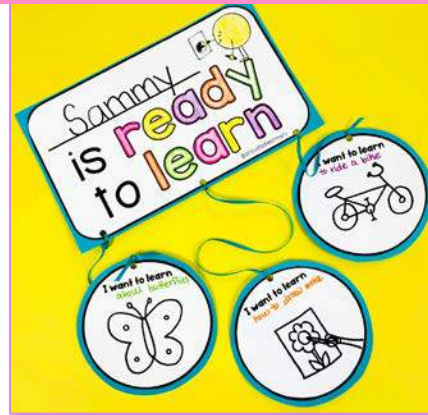


## printable + digital OPTIONS

#### Dot Art & Self-Portrait



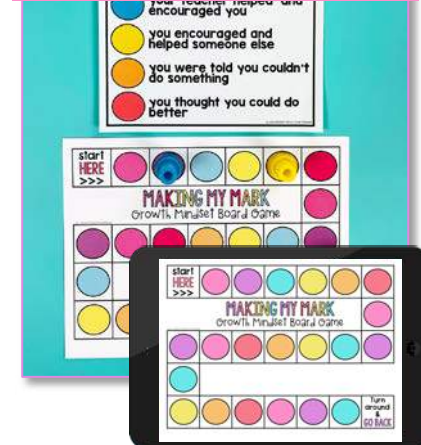
#### Mobile Craftivity



#### Affirmation Cards



#### Boardgame





## Book #5 – The Bad Seed by Jory John

### Detailed Lesson Plan

The lesson plan includes sections for:
 

- Read Aloud & Discussion
- Interactive Anchor Chart
- Writing Response
- Reflection

### Book Chat Cards

Book Chat Cards include questions like:
 

- What do you think about the bad seed?
- How do you think the bad seed feels?
- What do you think about the good seed?

### Anchor Chart

The anchor chart lists examples of good and bad choices from the book. A digital tablet below shows a table for recording these choices.

### Book Response

The response sheet includes the title 'The Bad Seed' and the prompt: 'I can make good choices!'. The digital tablet shows the prompt: 'The Bad Seed I felt like a bad seed...'.

## printable + digital OPTIONS

### Sunflower Craftivity & Banner

The banner features colorful flags with the words 'We are Growing!'. The sunflower craftivity has a center with the words 'I will grow!' and 'I will be happy!'.

### Choices Sort

The activity includes cards with behaviors to sort into good or bad choices. A digital tablet shows a simplified version of the sort.

### Good Choice Bingo

The bingo board has 25 squares with good choice behaviors. A digital tablet shows a digital version of the bingo board.

### Seed Craftivity

The craftivity shows a smiling seed character with a speech bubble that says: 'I'm taking it one day at a time... SMILE and Have more Fun!'.

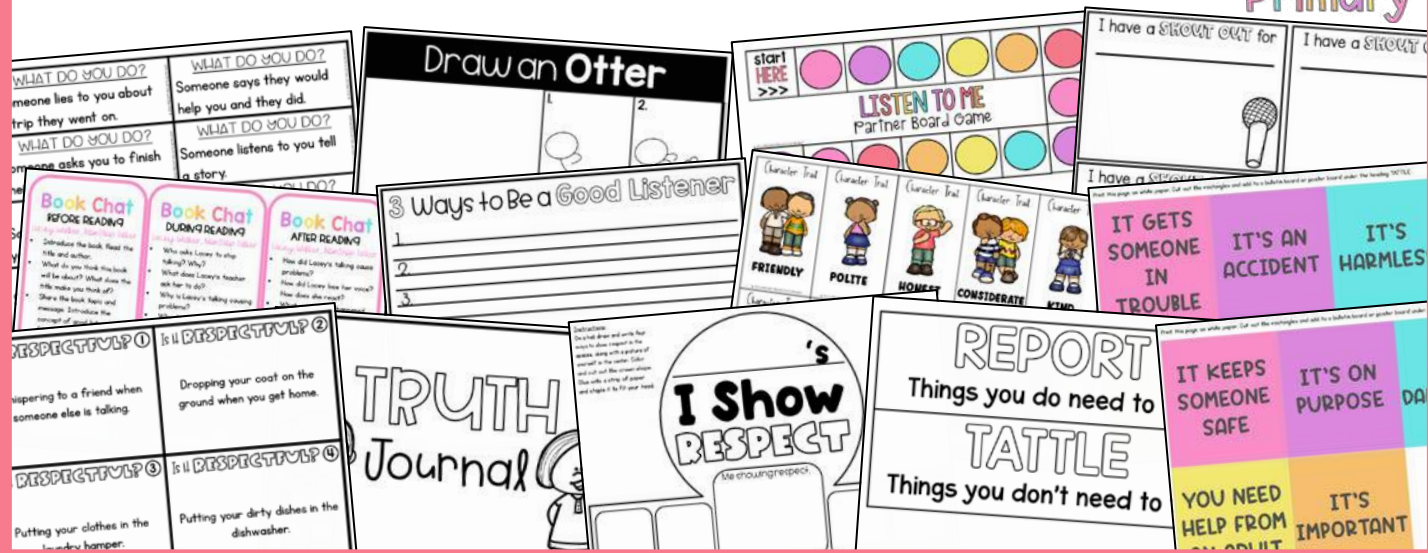
# respect & manners

## BOOK COMPANIONS

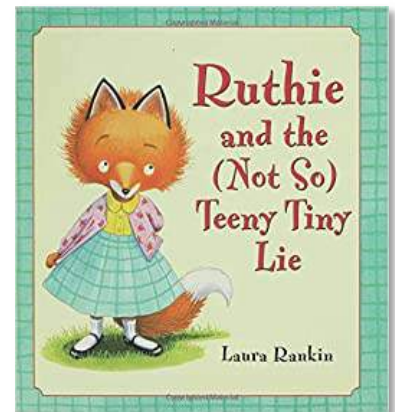
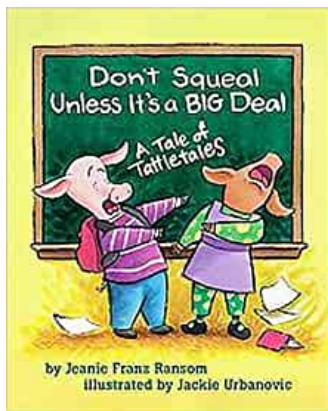
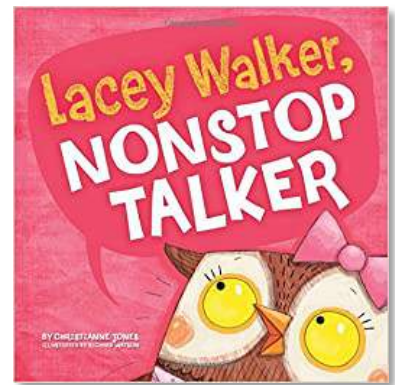
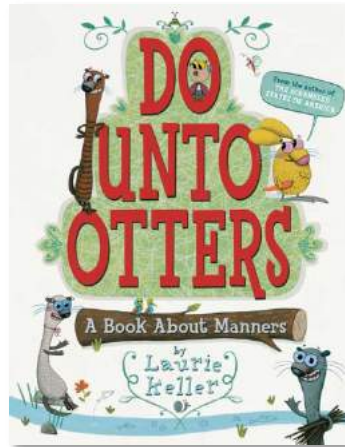
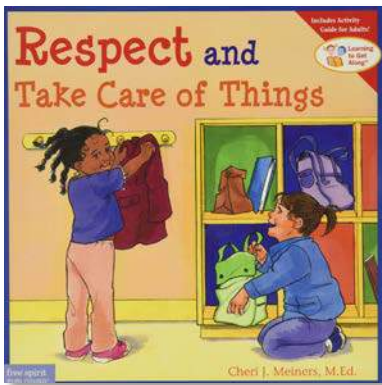
### What is Included in this Resource

- ♥ Lessons and activities that focus on 5 children's books about showing respect, using manners, listening, and telling the truth.
- ♥ Each book companion comes with a detailed lesson plan, book chat cards with questions to guide discussion, anchor chart, and book response writing prompts and templates.
- ♥ 4 follow-up activities included for every book
- ♥ Book companion guide with safe links for easy viewing
- ♥ Google Slides for use in Google Classroom
- ♥ Images for use in Seesaw and PowerPoint file

Proud to Be  
Primary



# 5 CHILDREN'S BOOK LESSONS & ACTIVITIES about respect & manners





### Book #1 – Do Unto Others by Laurie Keller

#### Detailed Lesson Plan

mind+heart RESPECT & MANNERS BOOK COMPANION  
Book #1 - Do Unto Others by Laurie Keller

BOOK OVERVIEW: Introduce the book by reading the title and the author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, offer and ask each other. Thank the author. There are a handful of strategies for sharing ideas with a partner throughout.

READ ALOUD, DISCUSSION, & POSTERS:

- Before reading, explain what respect means and show the Golden Rule (Treat others the way you want to be treated). Discuss ways we show respect at school, at home, and in the community. Ask them to share examples of when we should show respect.
- Stop after each page to teach the one important lesson. Ask questions about the story and the characters. Ask kids if they have experiences with the Interactive Anchor Chart & Posters.
- Create a collaborative chart or complete the story transitions how others should.
- As you read, the story, use ideas, and show Writing Response.
- After reading about respect and manners, "Show Respect" or "I want others to..."
- Digital templates provided to record only.

WITNESS YOUR OWN: To learn the meaning of respect and the Golden Rule. To understand how to show respect and manners.

BOOK TOPIC MESSAGE: Do Unto Others is about "MIND" who learns how to get along with others. Do Unto Others is about "HEART" who learns how to get along with others. Do Unto Others is about "MIND" who learns how to get along with others.

#### Book Chat Cards

DO UNTO OTHERS  
A Book About Manners  
Laurie Keller

Book Chat BEFORE READING Do Unto Others

What is the author's name?  
What is the book's title?  
What is the book's theme?  
What is the book's genre?  
What is the book's main message?  
What is the book's main character?  
What is the book's main conflict?  
What is the book's main problem?  
What is the book's main solution?

#### Anchor Chart & Posters

### How to Treat Others

RESPECTFUL  
CONSIDERATE  
POLITE  
FRIENDLY  
HONEST  
PLAY FAIR

#### Book Response

Do Unto Others

3 Ways I Show Respect

- 1.
- 2.
- 3.

## printable + digital OPTIONS

#### Directed Drawing & Writing

DO UNTO OTHERS  
A Book About Manners  
Laurie Keller

Draw an Otter

Do Unto Others  
Write an Otter to be kind  
Share your otter with a partner.

#### Social Story

Ways to Treat Others  
A storybook for kids

We should be honest. This means telling the truth.

We should be kind. This means using nice words.

We should be helpful. This means helping others when they need it.

We should be respectful. This means treating others the way we want to be treated.

Ways to Treat Others  
A storybook for kids  
Name: \_\_\_\_\_

#### Scenario Cards

WHAT DO YOU DO?  
Someone helps you up when you fall.

WHAT DO YOU DO?  
Someone gives you a compliment.

WHAT DO YOU DO?  
Someone holds the door for you.

WHAT DO YOU DO?  
Someone says "Excuse me" when they pass you in line.

WHAT DO YOU DO?  
Someone shoves their way past you in line.

WHAT DO YOU DO?  
Someone lies to you.

WHAT DO YOU DO?  
Someone asks you a question.

WHAT DO YOU DO?  
Someone talks to you rudely.

WHAT DO YOU DO?  
Someone helps others and does their share of work.

ROLE PLAY

#### Match Game

Character Trait

Use nice words, like "Please", "Thank you", "Excuse me".

Match the Character TRAIT



### 📖 Book #2 – Respect and Take Care of Things by Cheri J. Meiners

#### Detailed Lesson Plan

**mind+heart RESPECT & MANNERS BOOK COMPANION Book #2 – Respect and Take Care of Things by Cheri J. Meiners**

**BOOK OVERVIEW**

**Read Aloud & Discussion**

- As you read the story, talk back to them of the things they take care of (or should care for) throughout the day (at school, at home, on the playground, etc.).
- Stop throughout the story and discuss the strategies presented. Ask them why each one is a good one.
- Interactive Anchor Chart & Posters
- Create a collaborative chart to use the strategies that we take care of at school, at home, on the playground, etc.
- For example, 50500, school supplies, not writing your name in the book, thinking those of us who take care of things.
- Use the poster cards to review the things we take care of.

**Writing Response**

- After the book, have students take a "Take Care of Things" card to write about a thing they take care of.
- Digital template provided to record into a notebook.

**TEACHER TIPS**

- To identify and promote sharing received by being part of a class, all items, and in the community.
- BOOK COMPANION
- Respect and Take Care of Things is a book that teaches us how to take respect and responsibility for taking care of things.

#### Book Chat Cards

**Respect and Take Care of Things**

Cheri J. Meiners, M.Ed.

Book Chat Cards include questions like: "What do you like about the book?", "What do you think the author wants to tell us?", "What do you think the author wants to tell us?", "What do you think the author wants to tell us?"

#### Anchor Chart

**Things We Take Care Of**

At School In the Community

In the Community In the World

#### Book Response

**Things I Care For**

I take care of the supplies in my desk and my backpack.

**Things I Care For**

I take care of...

## printable + digital OPTIONS

#### Scout Game

Looking listening quietly

Is it RESPECTFUL?

Watering the plants in the garden.

Going on your parent's phone without permission.

Is it RESPECTFUL?

#### Hat Craftivity

**Avery's I Show RESPECT**

Showing respect.

I use manners.

#### Task Cards & Picture Cards

Organize your supplies and keep your desk tidy.

Use technology and use it wisely.

Work hard, work quietly, and try your best.

Clean up a mess.

Put books away in an organized way on the bookshelf.

#### BINGO Respect Activities

**respect BINGO**

Organize your supplies and keep your desk tidy.

Use technology and use it wisely.

Work hard, work quietly, and try your best.

Clean up a mess.

Put books away in an organized way on the bookshelf.



### Book #3 – Lacey Walker, NonStop Talker by Christianne Jones

#### Detailed Lesson Plan

mind+heart RESPECT & MANNERS BOOK COMPANION  
Book #3 – Lacey Walker, NonStop Talker by Christianne Jones

**Read Aloud & Discussion**

- Before reading, talk and discuss with kids when it is important to talk and when should we listen. Share ideas.
- After the story point out how Lacey Walker talks when she should be listening.
- Use the "How to be a Good Listener" anchor chart.
- Discuss and brainstorm ideas about how to be a good listener.

**Interactive Anchor Chart**

How to be a GOOD LISTENER

1. Look at the speaker.

2. Listen.

3. Ask questions.

4. Wait until you are called on to talk.

5. Listen when you are talking.

6. Listen when you are listening.

#### Book Chat Cards

**Lacey Walker, NONSTOP TALKER**

**Book Chat**

1. How do you think Lacey Walker feels about her talking too much?

2. How do you think she feels about her listening?

3. How do you think she feels about her talking too much?

4. How do you think she feels about her listening?

5. How do you think she feels about her talking too much?

6. How do you think she feels about her listening?

#### Anchor Chart & Poster

**A Good Listener**

How to be a GOOD LISTENER

1. Look at the speaker.

2. Listen.

3. Ask questions.

4. Wait until you are called on to talk.

5. Listen when you are talking.

6. Listen when you are listening.

#### Book Response

**Lacey Walker, NonStop Talker**

Owl listen when...

## printable + digital OPTIONS

#### Craft & Writing Prompt

Owl listen when...  
the teacher is teaching a lesson!

#### Boardgame

**LISTEN TO ME Partner Board Game**

The best day ever

You lost something

Your favorite

A dream

A friend

Your favorite

#### Sorting Activity

LISTEN		TALK	
When to listen	When to talk	When to listen	When to talk
During a math lesson.	When the teacher is teaching a lesson.	During an assembly.	When someone calls you on the phone.
When you are doing a test.	When your parents talk to you.	At the dentist.	When your parents ask you about your day.
In the computer lab.	At the library.	During quiet work time.	When playing with a friend.
When watching a movie at the theater.	When eating your lunch at lunchtime.	When you're eating.	On the bus ride home.
During a fire or earthquake drill.	When your friend tells you a story.	While watching T.V.	When the teacher asks a question.

#### Listening Journal

**My LISTENING Journal**

Pr: \_\_\_\_\_

I can be a good listener by \_\_\_\_\_

**My Listening Journal**



### Book #4 – Ruthie and the (Not So) Teeny Tiny Lie by Laura Rankin

#### Detailed Lesson Plan

**mind+heart RESPECT & MANNERS BOOK COMPANION**  
**Book #4 – Ruthie and the (Not So) Teeny Tiny Lie by Laura Rankin**

**BOOK OVERVIEW**  
 Introduce the book by reading the title and the author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, often and with each other. Think-Pair-Share is a helpful strategy for sharing ideas with a partner throughout.

**READ ALOUD, DISCUSSION, & POSTER**  
 • Before reading the story, talk and discuss what honesty is. Talk about why it is important to tell the truth, before and after the fact, and how it makes it easier on both. Make references to Ruthie and how she is feeling before and after the fact.  
 • After reading the book, discuss the story and how it makes it easier on both. Make references to Ruthie and how she is feeling before and after the fact.  
 • Make time and practice telling the truth.  
 • You will find the 32 questions and activities on the Interactive Anchor Chart.

**Interactive Anchor Chart**  
 • Create a collaborative Trust and Tell the Truth poster.  
 • Discuss and brainstorm ways to answer Writing Response.

**Writing Response**  
 • After talking honestly and when by the author included.  
 • Digital handouts provided to read.

**TEACHERS, BEWARE!**  
 To learn how about content and what happens when you practice telling the truth and making honest choices.

**BOOK CORE MESSAGE**  
 The book is about a girl that has about something being said and how she realizes that being honest is important.

#### Book Chat Cards

**Ruthie and the (Not So) Teeny Tiny Lie**  
 Laura Rankin

**Book Chat Cards**  
 Questions and activities for discussion during and after reading.

#### Anchor Chart

**Ways To Be Honest**

At School    In the Community    At Home

**Ruthie and the (Not So) Teeny Tiny Lie**  
 Laura Rankin

#### Book Response

**Ruthie and the (Not So) Teeny Tiny Lie**

I tell the truth...

**Ruthie and the (Not So) Teeny Tiny Lie**  
 I tell the truth...

## printable + digital OPTIONS

#### Role Play Cards

**Telling the Truth ROLE PLAY**

Parents you aren't feeling good, so you do have to go to school.

Classmate asking: "When did you finish your homework?"

You forgot to clean up after you use school materials and you forgot to bring your pencil case.

You told your friend you liked her outfit when you didn't.

**TELLING THE TRUTH ROLE PLAY**

#### Truths & A Lie Card Game

**Truths & A Lie Card Game**

Examples of cards: "I have a hamster!", "I have a pet rabbit.", "I have a dog.", "I have a cat.", "I have a hamster!"

#### Poem & Activities

**HONESTY PLEDGE**

I promise to be honest.  
 I will always tell the truth.  
 When I feel the urge to lie,  
 I will stop myself and try.  
 To express myself with words and actions  
 That show the best of me!

#### Truth Journal

**My TRUTH Journal**

**My TRUTH Journal**

**My TRUTH Journal**

### Book #5 – Don't Squeal Unless It's a Big Deal by Jeanie Franz Ransom

#### Detailed Lesson Plan

The lesson plan includes sections for:
 

- Read Aloud & Discussion:** Focuses on understanding the book's message and identifying 'big deals'.
- Interactive Anchor Chart:** A collaborative chart for students to share their thoughts.
- Writing Response:** Activities for students to write about the book's themes.
- Reflection:** A section for students to reflect on their learning.

#### Book Chat Cards

These cards are designed for students to discuss the book. They include questions like:
 

- What does 'squeal' mean?
- What are some 'big deals' in the story?
- How do you know when something is a 'big deal'?

#### Anchor Chart

The anchor chart features the title 'When To Tell' and a table with two columns: 'TELL, Big Deal?' and 'DON'T TELL, Not a Big Deal problem'. It is intended for students to record examples from the book.

#### Book Response

The response sheet includes a writing prompt: 'I tell the teacher when...'. It also features a small illustration of the book's characters and a space for students to draw or write their own response.

## printable + digital OPTIONS

#### Tattle or Tell Poster Kit

The poster kit includes a large title 'TATTLE OR TELL' and two columns of criteria:
 

- IT'S IMPORTANT:** You need help from an adult, it keeps someone safe, it's on purpose, it's dangerous.
- IT'S NOT IMPORTANT:** You can solve it on your own, it gets someone in trouble, it's an accident, it's harmless.

#### Sorting Activity

The activity consists of cards with scenarios and a decision box. Scenarios include:
 

- David used the wrong markers.
- Zia was playing during the lesson.
- Oliver stared...
- Raul gave me a mean look.
- Lyron budged in line.
- Nick loses his tooth.
- Zion tells you he is going to hurt you.
- Cassandra said a swear word.

#### Role Play Cards

Role play cards include scenarios like:
 

- A classmate feels sick and dizzy.
- A classmate is pushing others out of the way.
- A classmate is annoying you with silly noise.
- A classmate falls off the side of the slide and isn't moving.
- A classmate is stung by a bee on the playground.
- A friend is on the ground and hurts their knee.

#### Class Shout Outs

Shout out cards include:
 

- I have a SQUEAL card for Jackson and sharing the...
- I have a SQUEAL card for Lucas For being helpful and taking care of the classroom jobs.
- I have a SQUEAL card for Avery For being kind and cheery, and always smiling!

# friendship

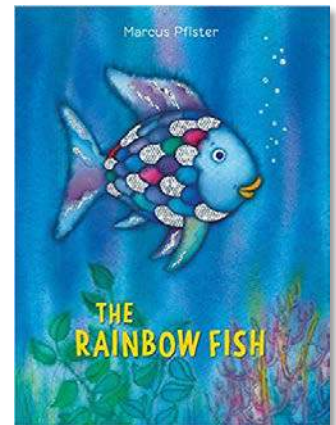
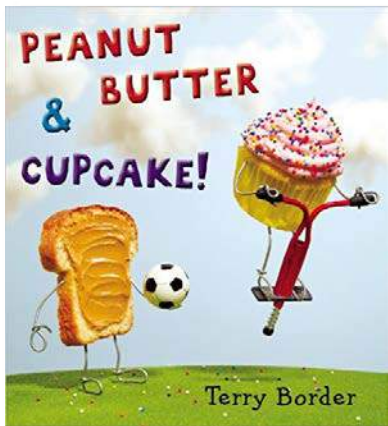
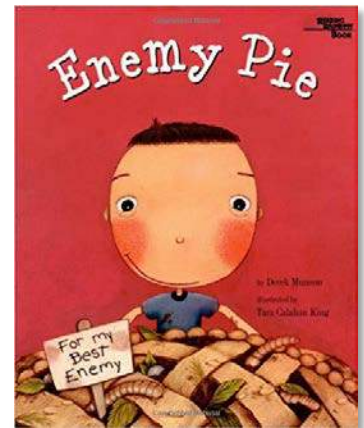
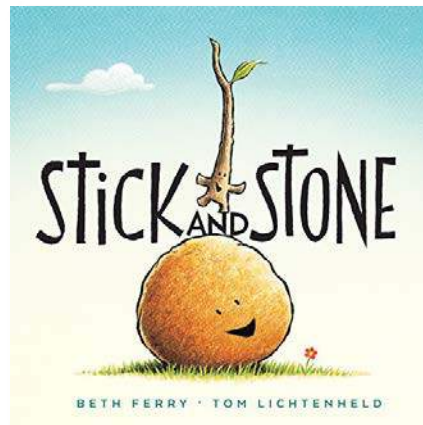
## BOOK COMPANIONS

### What is Included in this Resource

- ♥ Lessons and activities that focus on 5 children's books about making friends, being a good friend, getting to know someone, and sharing.
- ♥ Each book companion comes with a detailed lesson plan, book chat cards with questions to guide discussion, anchor chart, and book response writing prompts and templates.
- ♥ 4 follow-up activities included for every book
- ♥ Book companion guide with safe links for easy viewing
- ♥ Google Slides for use in Google Classroom
- ♥ Images for use in Seesaw and PowerPoint file



# 5 CHILDREN'S BOOK LESSONS & ACTIVITIES about friendship



### Book #1 – Peanut Butter & Cupcake by Terry Border

#### Detailed Lesson Plan

The lesson plan includes sections for 'Read Aloud & Discussion', 'Interactive Anchor Chart & Posters', and 'Writing Response'. A digital tablet shows the book cover 'PEANUT BUTTER & CUPCAKE!' by Terry Border.

#### Book Chat Cards

Three purple book chat cards are shown, each with a different question to discuss the book. The book cover 'PEANUT BUTTER & CUPCAKE!' by Terry Border is also visible.

#### Anchor Chart

The anchor chart features the title 'Ways To Make Friends' in large, colorful letters. A digital tablet shows a blank version of the chart with the title and a space for notes.

#### Book Response

The book response sheet has five numbered lines for writing. A digital tablet shows a version with a cartoon character at the bottom.

## printable + digital OPTIONS

#### Storybook

Pages from the storybook are shown, including 'Ways to Make Friends' and 'Remember to always show respect for others'. A digital tablet shows the storybook cover.

#### Role Play Puppet Show

Materials for a role-play puppet show are shown, including puppets of a peanut butter character and a cupcake character, and a 'PEANUT BUTTER & CUPCAKE!' book cover.

#### Posters

Posters with messages like 'share and take turns', 'cheer each other up', and 'Ways to Make Friends' are displayed.

#### Partner Cards

Partner cards featuring food items and the question 'What Goes Together?' are shown, along with a digital tablet view.



### Book #2 – Meesha Makes Friends by Tom Percival

#### Detailed Lesson Plan

The lesson plan includes sections for 'Read Aloud & Discussion', 'Interactive Anchor Chart', and 'Writing Response'. The digital tablet displays the 'Meesha Makes Friends by Tom Percival' title page.

#### Book Chat Cards



#### Anchor Chart & Poster



#### Book Response



# printable + digital OPTIONS

#### Quote Posters & Coloring Pages



#### Scavenger Hunt



#### Role Play Scenarios



#### Vision Board Activity





### Book #3 – Stick and Stone by Ferry & Lichtenheld

#### Detailed Lesson Plan

The lesson plan includes sections for 'Read Aloud & Discussion', 'Interactive Anchor Chart', and 'Writing Response'. A digital tablet shows the book cover and title.

#### Book Chat Cards

Three yellow cards with questions for book chat: 'Book Chat BEFORE READING Stick and Stone', 'Book Chat DURING READING Stick and Stone', and 'Book Chat AFTER READING Stick and Stone'. A tablet shows the book cover.

#### Anchor Chart

An anchor chart with a green sign that says 'Good Friends' and a tablet showing a digital version of the sign.

#### Book Response

A book response activity featuring the book cover, a writing template, and a tablet with a digital response: 'Stick & Stone I stick with my friends...'.

## printable + digital OPTIONS

#### Pledge & Activity Book

A collection of printable activity sheets including 'Friendship Pledge' and 'Friendship Portrait'. A tablet shows a digital version of the 'Friendship Pledge'.

#### Sorting Activity

A sorting activity with two columns: 'GOOD ways to be a friend' and 'POOR ways to be a friend'. A tablet shows a digital version of the sorting cards.

#### Rock Painting Activity

A rock painting activity with a 'FRIENDSHIP Rocks' sign and a blue rock painted with 'You Rock!'.

#### Hat Craftivity

A hat craftivity featuring a circular sign that says 'Jackson is a FRIEND' and a character with speech bubbles.

### Book #4 – Enemy Pie by Derek Munson

#### Detailed Lesson Plan

**mind+heart FRIENDSHIP BOOK COMPANION**  
**Book #4 – Enemy Pie by Derek Munson**

**BOOK CHAT**  
 Introduce the book by reading the title and the author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, often and with each other. Think-Pair-Share is a helpful strategy for sharing ideas with a partner throughout.

**READ ALOUD & DISCUSSION**

- Before reading, discuss what an enemy is. Ask kids if they have ever had an enemy. Ask them what they would do if they did. They can Think-Pair-Share with a partner.
- Stop throughout the story to take predictions about what they think might happen next. Ask kids to share what they think is in Enemy Pie. Ask them to share what they think might happen next.

**INTERACTIVE ANCHOR CHART**

- After the story, create a collaborative "Someone" Explain that it is important and make simple or ensure we can't.
- Chat about and brainstorm how we

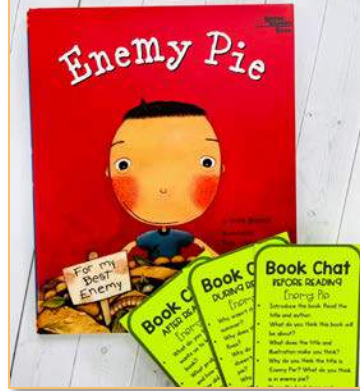
**WRITING RESPONSE**

- After talking about ways to get to know an enemy, I want (differentiated)
- Digital templates provided to record.

**VISION BOARD SHEET**  
 To encourage children to get to know others before and after judgment. To be open to making new friends with others.

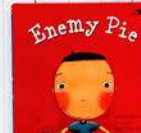
**BOOK CHAT MESSAGE**  
 Explain the book about what it's like to have someone you don't like to be your friend - something an enemy does together.

#### Book Chat Cards



#### Anchor Chart

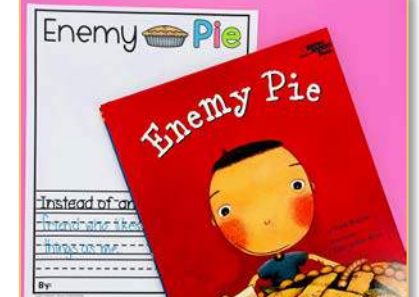
**Getting To Know Someone**



**Getting to Know Someone**

Read a story and get to know someone and make new friends.

#### Book Response

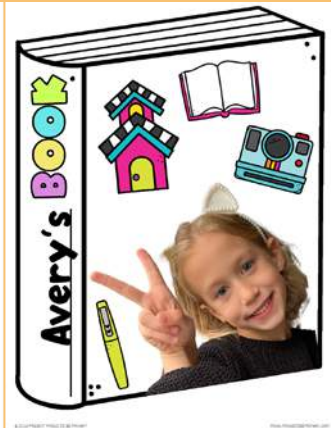


**My Friendship Pie**

In my friendship pie, I would put...

## printable + digital OPTIONS

#### Design a Book Cover



#### Mobile Craftivity



#### Pie Craftivity & Poem



#### Boardgame



### Book #5 – The Rainbow Fish by Marcus Pfister

#### Detailed Lesson Plan

mind+heart FRIENDSHIP BOOK COMPANION  
Book #5 – The Rainbow Fish by Marcus Pfister

mind+heart FRIENDSHIP BOOK COMPANION  
Book #5 – The Rainbow Fish by Marcus Pfister

**BOOK CHAT**  
Introduce the book by reading the title and the author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, offer and ask each other. Think-Pair-Share is a helpful strategy for sharing ideas with a partner throughout.

**READ ALOUD & DISCUSSION**

- Ask kids about sharing and when they think they should share with others. Start out that sharing is an important part of a friendship. Use a personal example and ask them to share as well.
- Brainstorm a list of things we can share. Emphasize that we can share more than just things (ex. our time, etc.)
- Interactive Anchor Chart
- Create a collaborative chart on
- Create a T-chart with three sections: Friends are, do, and say to each other.
- For example: Friends are kind and help each other.

**Writing Response**

- After talking about what friends are, do, and say to each other, have students write a story about a friend they share with.
- Digital templates provided to assist.

**RESPONSE SHEET**  
To understand the importance of sharing and giving, have students write about what friends are, what they do, and what they say.

**BOOK CHAT CARD**  
The Rainbow Fish is a book about a beautiful fish who makes friends by sharing his scales.

#### Book Chat Cards



#### Anchor Chart

**Friends**

**ARE**

**DO**

**SAY**

**Friends**

are

do

say

#### Book Response

The Rainbow Fish

By Marcus Pfister

Friends are

Friends say

Friends do

## printable + digital OPTIONS

#### We can Share Craftivity



#### My Special Thing Fish Scale



#### Sorting Activity



#### Directed Drawing

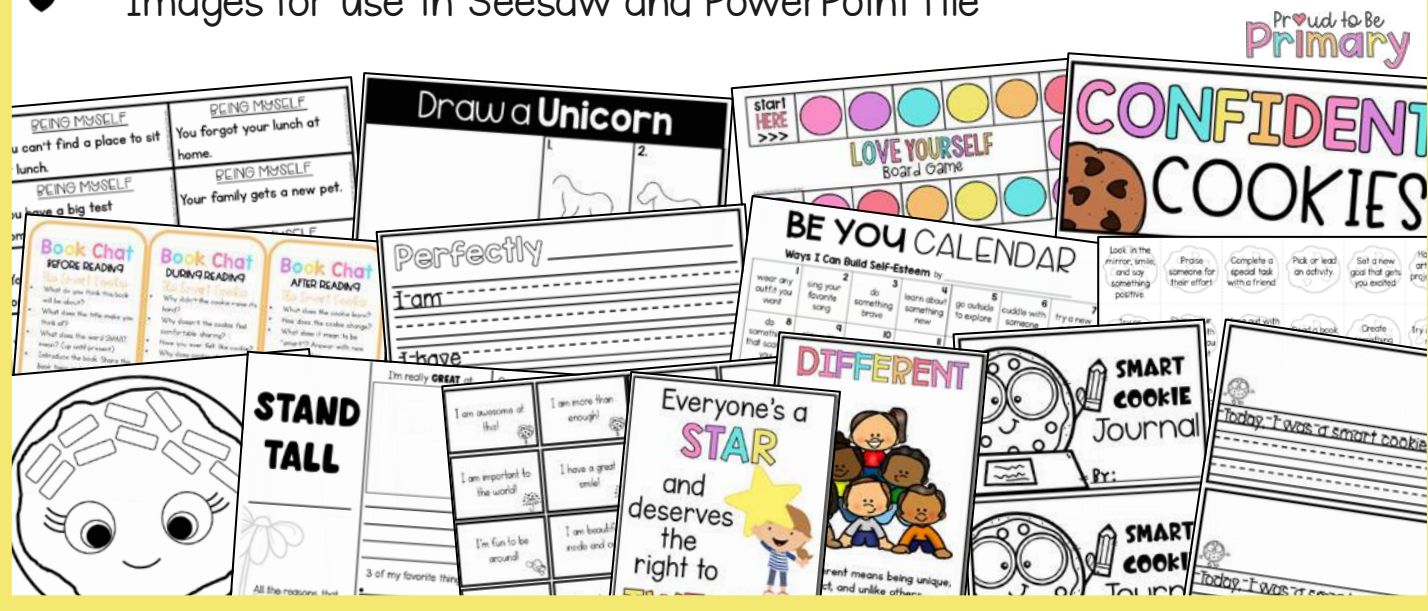


# self-esteem

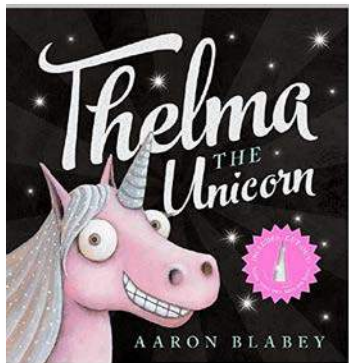
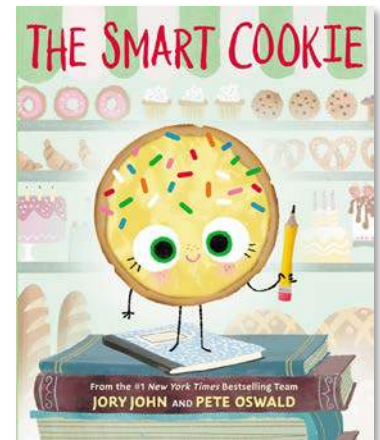
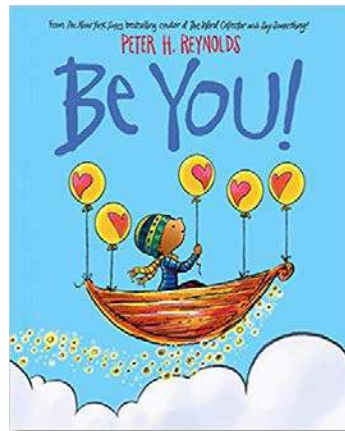
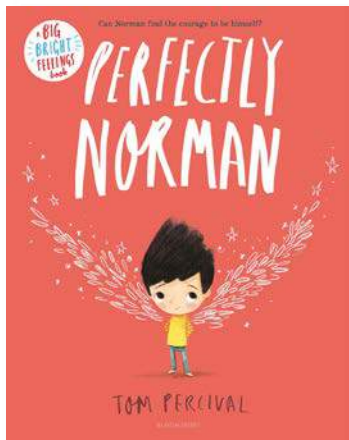
## BOOK COMPANIONS

### What is Included in this Resource

- ♥ Lessons and activities that focus on 5 children's books related to self-esteem, having confidence, self-love, and being yourself.
- ♥ Each book companion comes with a detailed lesson plan, book chat cards with questions to guide discussion, anchor chart, and book response writing prompts and templates.
- ♥ 4 follow-up activities included for every book
- ♥ Book companion guide with safe links for easy viewing
- ♥ Google Slides for use in Google Classroom
- ♥ Images for use in Seesaw and PowerPoint file



# 5 CHILDREN'S BOOK LESSONS & ACTIVITIES about self-esteem



### Book #5 – Stand Tall, Molly Lou Melon by Patty Lovell

#### Detailed Lesson Plan

The lesson plan includes sections for 'Read Aloud & Discussion', 'Interactive Anchor Chart', 'Writing Response', and 'Reflection'. It provides a structured approach to reading the book, including discussion questions and writing prompts.

#### Book Chat Cards

Three yellow cards with text prompts for book discussions. The prompts include questions about the character Molly Lou Melon, her appearance, and her feelings about being teased.

#### Anchor Chart

An anchor chart titled 'Personal Traits' with a central box for 'Personal Traits' and two side boxes for 'INSIDE Traits' and 'OUTSIDE Traits'. It includes the book cover and a digital tablet showing a blank chart template.

#### Book Response

Two book response cards. One is a title card for 'Stand Tall, Molly Lou Melon' by Patty Lovell. The other is a reflection card with the prompt 'I can be confident...' and a blank space for writing.

## printable + digital OPTIONS

#### Confidence Quote Posters

Three colorful posters with motivational quotes: 'You BECOME what you BELIEVE', 'BELIEVE you CAN and you WILL', and 'Everyone's a STAR and deserves the right to TWINKLE'.

#### Letter Writing

A letter writing template with a decorative border. The sample letter reads: 'Dear mom, Thank you for standing by my side. I am a confident kid thanks to you! You taught me to stand tall and stand up for myself.' A digital tablet shows a blank template.

#### Confidence Questions

Several green cards with questions like 'Of all the things you're good at, what makes you feel proud?' and 'What is a nice thing a friend would say about you?'. A digital tablet shows a 'Confidence CARDS' template with a colorful heart design.

#### Foldable Booklet

A foldable booklet titled 'STAND TALL, Molly Lou Melon'. It includes sections for 'I'm really GREAT at...', 'One day I will be a teacher so I can help kids learn', 'My BEST trait is...', and 'All the reasons that make you a wonderfully unique person.' A digital tablet shows a blank template.



### Book #1 – Perfectly Norman by Tom Percival

#### Detailed Lesson Plan

mind+heart SELF-ESTEEM BOOK COMPANION  
Book #1 - Perfectly Norman by Tom Percival

mind+heart SELF-ESTEEM BOOK COMPANION  
Book #1 - Perfectly Norman by Tom Percival

BOOK OVERVIEW  
Introduce the book by reading the title and the author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, often and with each other. Thank-You-There is a helpful strategy for sharing ideas with a partner throughout.

LEARNER GOALS  
Read Aloud & Discussion  
 • Start a conversation about what "normal" means. Ask kids if there is one way they are supposed to be and act or if everyone can be different. Discuss.  
 • As you read the story, have kids look for differences in how Norman feels and acts when he is wearing his coat and when he is not wearing the coat. Look for differences in how he feels and acts when he is wearing his coat and when he is not wearing the coat.  
 • The goal is for children to see that Norman is different and that's okay.  
 Interactive Anchor Chart & Posters  
 • Create a collaborative T-chart or poster.  
 • Ask kids to share special, important, and fun facts.  
 Writing Response  
 • After talking about the importance of being "different" with words that they are different from.  
 • Digital templates provided to record only.

KEYWORD BANK  
Understand that being different and sharing our differences will make us happy. To learn that there isn't one "normal" way to be.

BOOK TIPS & MESSAGE  
Perfectly Norman and his friends are different. It's the way they are different that makes them special.

#### Book Chat Cards

PERFECTLY NORMAN  
TOM PERCIVAL

Book Chat Cards  
 • What is the story about?  
 • How does Norman feel?  
 • How does Norman act?  
 • How does Norman feel when he is wearing his coat?  
 • How does Norman feel when he is not wearing his coat?  
 • How does Norman act when he is wearing his coat?  
 • How does Norman act when he is not wearing his coat?  
 • What do you like about the story?  
 • What do you think Norman is like?  
 • How do you feel about Norman?  
 • How do you feel about being different?  
 • How do you feel about sharing your differences?  
 • How do you feel about being happy?  
 • How do you feel about being different?  
 • How do you feel about sharing your differences?  
 • How do you feel about being happy?

#### Anchor Chart

I Am  
I Can  
I Have

PERFECTLY NORMAN  
TOM PERCIVAL

I Am, I Have, I Can

I AM I HAVE I CAN

#### Book Response

PERFECTLY NORMAN  
TOM PERCIVAL

I have a big idea  
I have a big idea  
I have a big idea

Perfectly  
I am  
I have  
I can

## printable + digital OPTIONS

#### I Am/I Am Sometimes/I Am Not Sorting Activity

I am a reader and I love books.  
I am spoken and take things slowly.  
I am a visual learner and need to see how things work.  
I am cuddly and like to give hugs.  
I am organized and like to have things in their place.  
I am tidy and like to clean up.  
I am happy and like to smile.  
I am a good friend and like to help others.  
I am a good listener and like to hear what others have to say.  
I am a good worker and like to help others.  
I am a good student and like to learn.  
I am a good friend and like to help others.  
I am a good listener and like to hear what others have to say.  
I am a good worker and like to help others.  
I am a good student and like to learn.

I Am  
I Am Sometimes  
I Am Not

#### Being Myself Role Play

BEING MYSELF  
A new kid joins your class and sits beside you.  
BEING MYSELF  
You are asked to share about yourself to the class.  
BEING MYSELF  
Your family gets a new pet.  
BEING MYSELF  
You lose your homework.  
BEING MYSELF  
You are invited to a friend's birthday party.  
BEING MYSELF  
Your teacher asks you to be a group member.  
BEING MYSELF  
You need help with your homework.  
BEING MYSELF  
You are invited to a friend's birthday party.  
BEING MYSELF  
Your teacher asks you to be a group member.  
BEING MYSELF  
You need help with your homework.

BEING MYSELF ROLE PLAY

#### Perfectly Me Craftivity

perfectly me

#### I Am Poem

I Am

I am fun to be around.  
I have lots of jokes to tell.  
I can climb a tree.  
I will be a good friend.  
I am kind and love to help.

### Book #2 – The Smart Cookie by Jory John & Pete Oswald

#### Detailed Lesson Plan

The lesson plan includes sections for 'Read Aloud & Discussion', 'Interactive Anchor Chart', 'Writing Response', and 'Reflection'. It provides a structured approach to teaching self-esteem through the book.

#### Book Chat Cards



#### Anchor Chart & Poster



#### Book Response



## printable + digital OPTIONS

#### Craftivity & Bulletin Board Letters



#### Certificates



#### Journal



#### Task Cards





## Book #3 – Thelma the Unicorn by Aaron Blabey

### Detailed Lesson Plan

The lesson plan includes sections for 'Read Aloud & Discussion', 'Interactive Anchor Chart', and 'Writing Response'. It features a digital tablet displaying the book cover and a 'Sick & Stomach' activity card.

### Book Chat Cards

Physical cards with questions for discussion, such as 'What do you like about Thelma?' and 'How do you feel about Thelma's friends?'. A digital tablet shows the book cover.

### Anchor Chart

An anchor chart with the title 'Just Me' and a section for 'Just Me' with a yellow highlighter. A digital tablet shows the book cover.

### Book Response

Two response cards: one with a writing prompt 'I am special...' and another with a drawing prompt 'Draw a unicorn...'. A digital tablet shows the book cover.

printable + digital OPTIONS

### Board Game

A board game titled 'LOVE YOURSELF Board Game' with a grid of colored circles and a digital tablet showing the game board.

### Self-Love Cards & Notes

Physical cards with affirmations like 'I am going to have a great day!' and a digital tablet showing 'SELF-LOVE CARDS'.

### Craftivity

A unicorn cutout with colorful paper mane and tail. Affirmations on the mane include 'I love to play board games', 'I have an anxiety', and 'I have 3 brothers'.

### Directed Drawing & Writing

A drawing guide for 'Thelma the Unicorn' with numbered steps and a writing prompt: 'I am unique - just special - just the way I am!'.

## Book #4 – Be You by Peter H. Reynolds

### Detailed Lesson Plan

The lesson plan includes sections for 'Read About & Discuss', 'Interactive Anchor Chart', 'Writing Response', and 'Reflection'. A tablet shows the book cover 'Be You' by Peter Reynolds.

### Book Chat Cards

Three green chat cards are shown, each with a different question to discuss the book. The book cover 'Be You' by Peter Reynolds is also visible.

### Anchor Chart

The anchor chart lists traits: DIFFERENT, UNDERSTANDING, PATIENT, LOVED, OKAY REACHING OUT FOR HELP, YOUR OWN THINKER, ADVENTUROUS, PERSISTENT, KIND, BRAVE, OKAY BEING ALONE, CURIOUS, CONNECTED. A tablet shows a form titled 'Be You' with checkboxes for these traits.

### Book Response

Two response cards are shown with prompts like 'I am kind when I...' and 'I am understanding when I...'. The book cover 'Be You' is also present.

## printable + digital OPTIONS

### Be Me Task Cards

Hand holding several task cards with prompts like 'Pick something you are working on...', 'Be Connected', and 'Smile at others and say something nice to them.'

### Boat Craftivity

A child is shown sitting in a colorful boat craft. Speech bubbles above them say 'I love adventure!', 'I love to learn new things!', and 'I am kind!'.

### Be You Calendar

A calendar grid titled 'BE YOU CALENDAR' with daily activities and a section for 'Ways I Can Build Self-Esteem by...'.

### Social Story Book

Cover of a social story book titled 'Be You! A social fill-in-like story for kids'. The pages show a child with a rainbow and text like 'I love to learn new things...'.

# kindness

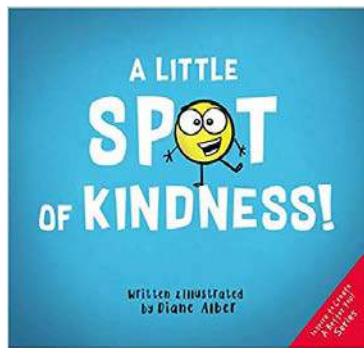
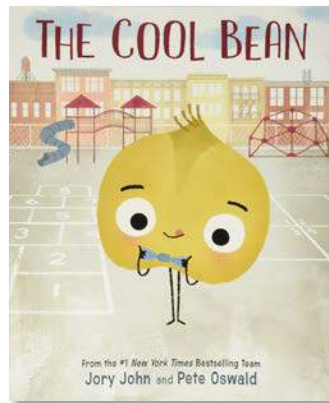
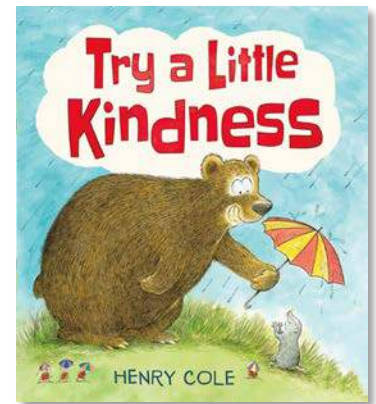
## BOOK COMPANIONS

### What is Included in this Resource

- ♥ Lessons and activities that focus on 5 children's books about what kindness means, how to be kind, and how to spread kindness daily.
- ♥ Each book companion comes with a detailed lesson plan, book chat cards with questions to guide discussion, anchor chart, and book response writing prompts and templates.
- ♥ 4 follow-up activities included for every book
- ♥ Book companion guide with safe links for easy viewing
- ♥ Google Slides for use in Google Classroom
- ♥ Images for use in Seesaw and PowerPoint file



# 5 CHILDREN'S BOOK LESSONS & ACTIVITIES about kindness





## Book #1 – Be Kind by Pat Miller

### Detailed Lesson Plan

The lesson plan includes sections for Read Aloud & Discussion, Interactive Anchor Chart & Posters, and Writing Response. A digital tablet shows the 'Be Kind by Pat Zietlow Miller' book cover.

### Book Chat Cards

Three blue book chat cards are shown, each with a different question to discuss the book. A hand is holding one of the cards in front of the book cover.

### Anchor Chart

The anchor chart features the title 'I Can Be Kind' and four categories: At School, At Home, In the Community, and To the Planet. A digital tablet shows the corresponding digital version of the anchor chart.

### Book Response

Book response cards are shown with the book cover and a digital tablet displaying a response form with four colored boxes for different settings: At Home, At School, In the Community, and To the Planet.

## printable + digital OPTIONS

### Be Kind Scenario Role Play

Scenario role play cards are shown with various situations like 'Your friend tells you they think they are stupid'. A digital tablet shows a 'Be Kind Role Play' form with a grid for recording responses.

### "How to be Kind" Flipbook

A heart-shaped flipbook titled 'How to be Kind' with four steps: Step 1: Smile at everyone, Step 2: Listen, Step 3: Help, and Step 4: Share.

### Be Kind Pledge & Certificate

A 'Be Kind Certificate' for 'Averi' and a 'Be Kind Pledge' card with a list of promises like 'I promise to myself to be kind every day'.

### Rainbow Craftivity

A craftivity featuring a large rainbow and a cloud with the text 'Be a rainbow in someone else's cloud'.

## 📖 Book #2 – Try a Little Kindness by Henry Cole

### Detailed Lesson Plan

**mind+heart KINDNESS BOOK COMPANION**  
**Book #2 – Try a Little Kindness by Henry Cole**

**BOOK OVERVIEW**  
 Introduce the book by reading the title and the author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, often and with each other. Thankful sharing is a helpful strategy for sharing ideas with a partner throughout.

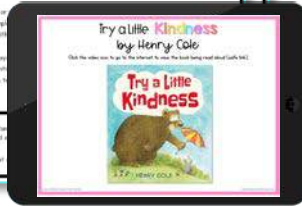
**READ ALOUD & DISCUSS**  
 As you read the story and come to the different ways of being kind, stop and ask kids to share a personal connection or example for each.

- Discuss the picture examples and highlight the many simple ways to show kindness.
- Interactive Anchor Chart!
- Create a collaborative "Treasure chest" card.
- Brainstorm and record words and examples.
- For example, do my chores, say hello with a smile.

**WRITING RESPONSE**  
 After talking about the many simple ways to be kind, try "I will try..." with examples (different from the ones you discussed) to record ideas.

**EXTENSION IDEAS**  
 To identify and describe simple ways to be kind. To understand how to be kind to those who are different. To understand how to be kind to those who are different. To understand how to be kind to those who are different.

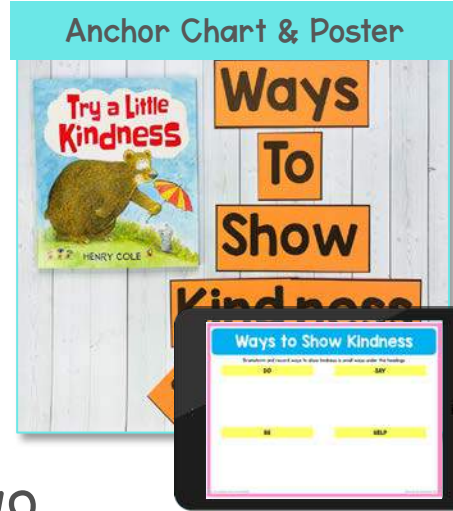
**BOOK TALK QUESTIONS**  
 How is a little kindness to a great kindness? What are some ways that you can be kind to someone who is different? What are some ways that you can be kind to someone who is different?



### Book Chat Cards



### Anchor Chart & Poster



### Book Response

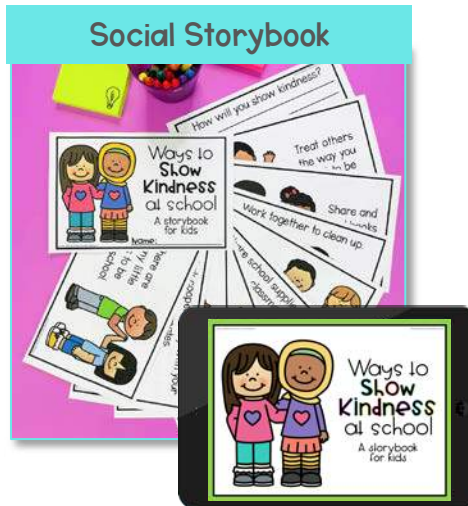


## printable + digital OPTIONS

### Tear Strips



### Social Storybook



### Kindness Cards



### Bucket List Craftivity



## Book #3 – A Little Spot of Kindness by Diane Alber

### Detailed Lesson Plan



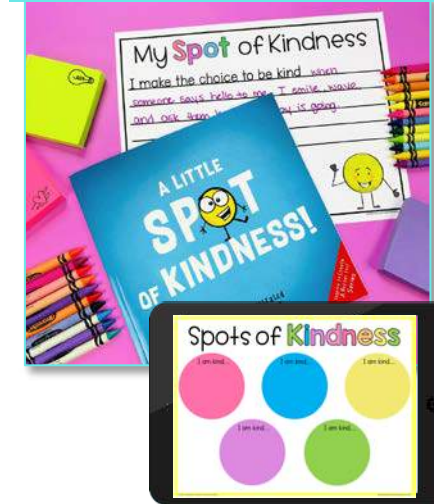
### Book Chat Cards



### Anchor Chart



### Book Response



## printable + digital OPTIONS

### Scavenger Hunt



### Punch & Sticker Cards



### Kind Goals Hat



### Kindness Note Template



### 📖 Book #4 – The Cool Bean by Jory John and Pete Oswald

#### Detailed Lesson Plan

The lesson plan includes sections for:
 

- mind+heart KINDNESS BOOK COMPANION** for Book #4 – The Cool Bean by Jory John and Pete Oswald.
- BOOK OVERVIEW** and **BOOK OBJECTIVES**.
- Read Aloud & Discussion** with activities like 'Before reading, talk about what it means to be cool' and 'After reading, discuss what the Cool Bean is like'.
- Interactive Anchor Chart** for creating a collaborative chart.
- Writing Response** with prompts like 'After talking through strategies, draw a cool kid that is not you, but is a cool kid too!'.
- BOOK TIPS** and **BOOK TIPS CHECKLIST**.

#### Book Chat Cards

Handheld cards for discussion, including:
 

- Book Chat BEFORE READING** with questions like 'What does a cool person look like?' and 'How does a cool person act?'.
- Book Chat AFTER READING** with questions like 'What do you think the Cool Bean is like?' and 'How do you think the Cool Bean feels?'.

#### Anchor Chart

Anchor chart featuring the book cover and a large sign that says **Cool Kind Kids**. Below it is a 'DO' chart with a table for recording behaviors.

DO	DO NOT

#### Book Response

Response cards including:
 

- How to Be a Cool Bean** with sections for 'Do' (e.g., 'Be nice, kind, and helpful'), 'Say' (e.g., 'I'm sorry!'), and 'Help' (e.g., 'Help someone who needs it').
- A digital tablet showing the same 'How to Be a Cool Bean' card.

## printable + digital OPTIONS

#### Cool Kind Kid Sunglasses Self-Portrait

A self-portrait activity where a child wears large, colorful sunglasses. A sign above them says **I am a cool, kind kid!**

#### Sunshine Mobile Craft

A mobile craft shaped like a sun with rays. The center says **Kind is Cool**. It includes circular cards with examples of kind actions:
 

- Kind is Cool:** 'I share my toys with my friend!', 'I pick up mess in my classroom and on me playground'.
- Kind is Cool:** 'I respect my friend's feelings'.
- Kind is Cool:** 'I respect my friend's space'.

#### Cool/Uncool Sort

A sorting activity with cards for **COOL Ways to Act** and **UNCOOL Ways to Act**.
 

- COOL Ways to Act:** Teach others what you know, Give high fives, Share your talents, Share your things, Give compliments, Ask to borrow someone's pencil, Start games for everyone to play, Share your feelings, Give compliments.
- UNCOOL Ways to Act:** Stand up for other, Have confidence, Help someone up off the ground, Exclude others, Pick up mess, Exclude others, Exclude others, Exclude others.

#### "BEAN"GO Challenge

A challenge card titled **Work together to be Cool Beans!** with a **BEAN GO** acronym:
 

- B** Be nice, kind, and helpful.
- E** Express your feelings.
- A** Ask for help when you need it.
- N** Notice when someone is sad or angry.
- G** Give someone a compliment.
- O** Offer to help someone who needs it.



## Book #5 – Kindness is a Kite String by Michelle Schaub

### Detailed Lesson Plan

**mind+heart KINDNESS BOOK COMPANION**  
**Book #5 – Kindness is a Kite String by Michelle Schaub**

**BOOK OVERVIEW**  
 Introduce the book by reading the title and the author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, often and with each other. Thank the author for sharing ideas with a partner throughout.

**READ ABOUT & DISCUSS**  
 Before you read, use hints to show why kindness might be like a kite string or part of kindness. Share ideas.  
 • Share an example of how you act of kindness can lead to others. How does it share ideas and record them as an example of yours? (e.g., First you smile at someone. That person feels the love for someone else. Then, that person gives someone a compliment, etc.)

**Interactive Anchor Chart**  
 • Create a children's story about kindness.  
 • Encourage ideas by having them think of kindness as "kindness is..."

**Writing Response**  
 After talking about kindness and how it's like a kite string, have children write a story about kindness. Use the questions on the Book Chat cards to guide their writing.

**REVISIONS**  
 To understand how kindness is something we can use every day, use the questions on the Book Chat cards to guide your conversation with children and how it's like a kite string through a conversation.

**BOOK CORE MESSAGE**  
 Kindness is a Kite String is about the power of kindness. It's about how kindness can be like a kite string that connects people and how it can spread through a conversation.

### Book Chat Cards

**Kindness is a Kite String**  
 THE UNUSUAL POWER OF EMPATHY  
 BY MICHELLE SCHAUH

**Book Chat Cards**  
 • How is kindness like a kite string?  
 • What do you think the book is about?  
 • What do you think the book will be about?  
 • How is kindness like a kite string?  
 • What does empathy mean?  
 • How is kindness like a kite string?  
 • What does empathy mean?  
 • How is kindness like a kite string?  
 • What does empathy mean?

### Anchor Chart

**Kindness is**

**Kindness is a Kite String**  
 THE UNUSUAL POWER OF EMPATHY  
 BY MICHELLE SCHAUH

**Kindness is...**  
 Students begin their anchor chart by writing their own definition of kindness.

### Book Response

**What is kindness?**  
 Kindness is...

**Kindness is a Kite String**  
 THE UNUSUAL POWER OF EMPATHY  
 BY MICHELLE SCHAUH

**kindness is...**

## printable + digital OPTIONS

### Kindness Kite Craft



### Kindness Calendar Poster Kit

**Our Kindness Calendar**

**Kindness CALENDAR**  
 Random Acts of Kindness (performed by...)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15						
DAY 22						

### Random Acts List & Writing Templates

**Random Acts of kindness**

**My 5 Acts of kindness**

- 1
- 2
- 3
- 4
- 5

### Kite Directed Drawing

**Kindness is a Kite String**  
 THE UNUSUAL POWER OF EMPATHY  
 BY MICHELLE SCHAUH

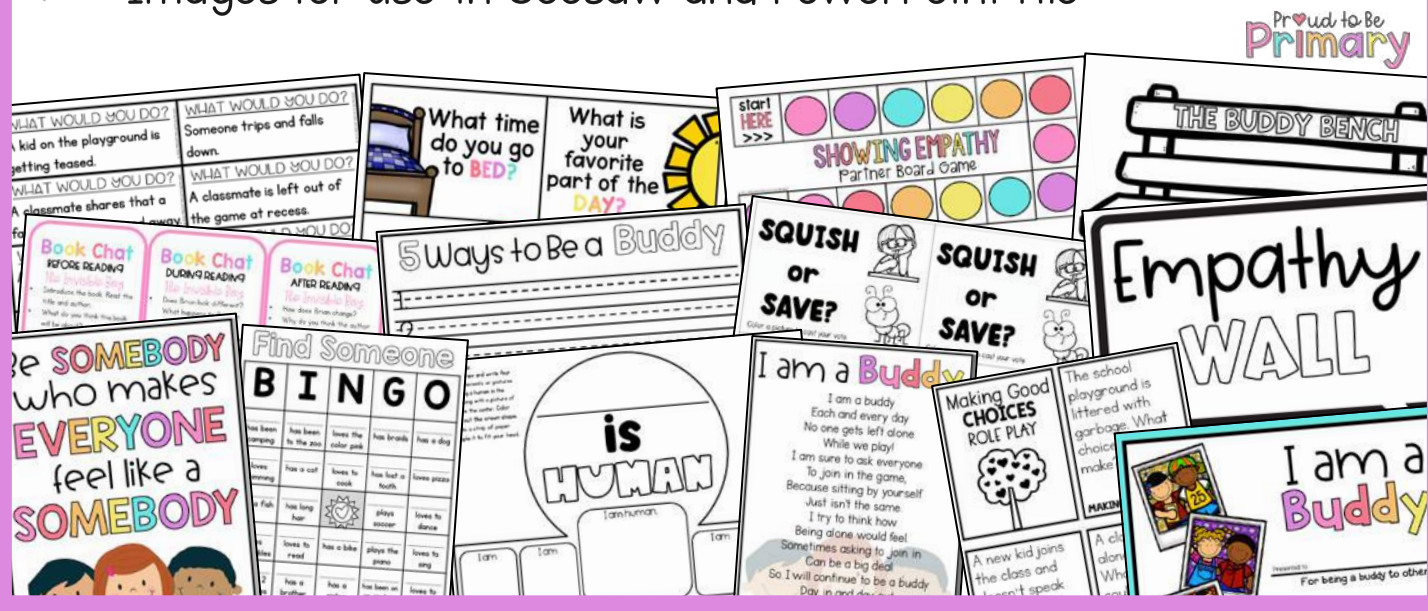
**Draw a Kite**

**Kindness is like a kite string...**  
 I like to think of kindness as...  
 I like to think of kindness as...  
 I like to think of kindness as...

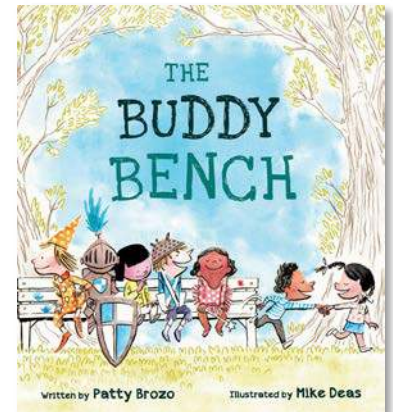
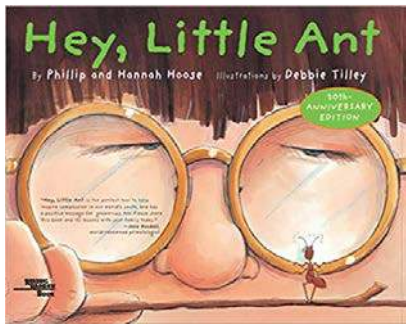
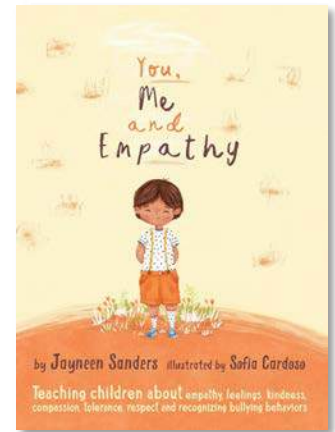
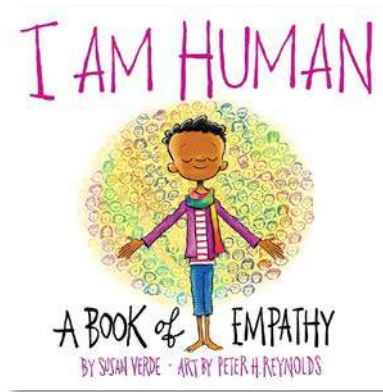
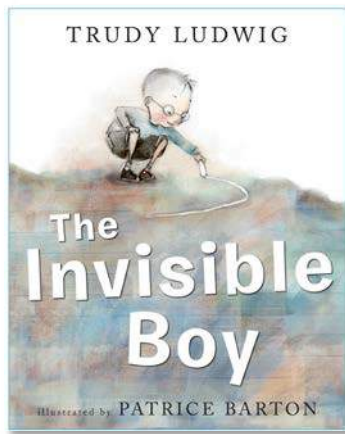
# empathy BOOK COMPANIONS

## What is Included in this Resource

- ♥ Lessons and activities on 5 children's books related to empathy.
- ♥ Each book companion comes with a detailed lesson plan, book chat cards with questions to guide discussion, anchor chart, and book response writing prompts and templates.
- ♥ 4 follow-up activities included for every book
- ♥ Book companion guide with safe links for easy viewing
- ♥ Google Slides for use in Google Classroom
- ♥ Images for use in Seesaw and PowerPoint file



# 5 CHILDREN'S BOOK LESSONS & ACTIVITIES about empathy



## Book #1 – You, Me, & Empathy by Jayneen Sanders

### Detailed Lesson Plan

The lesson plan includes sections for 'Read About & Discuss', 'Interactive Anchor Chart & Posters', and 'Writing Response'. It also features a digital tablet displaying the book cover and a small illustration of a child.

### Book Chat Cards

Three yellow cards with text prompts for book discussions, such as 'What is the meaning of the title?' and 'How do you think the author feels about empathy?'.

### Anchor Chart

A large yellow anchor chart with the title 'Empathy' and three categories: 'LOOKS Like', 'SOUNDS Like', and 'FEELS Like'. Below the chart is a digital tablet displaying the word 'Empathy' and a definition.

### Book Responses

Two book response cards with illustrations of children and text prompts like 'I show empathy...'. A digital tablet also displays a response card.

## printable + digital OPTIONS

### Quote & Coloring Posters

Two posters with colorful illustrations and text: 'EMPATHY is seeing with the eyes of another' and 'Be a RAINBOW in someone else's CLOUD'.

### Question Cards

Question cards with prompts like 'What do you love about your favorite fruit?' and 'What is your favorite outdoor activity?'. Below them are 'CONNECTION Cards' with a digital tablet showing a desk and chair.

### Roleplay Scenario Cards

Scenario cards with prompts like 'A classmate shares that they are nervous' and 'A classmate drops their project on the ground'. A digital tablet shows a group of children and the text 'WHAT WOULD YOU DO? ROLE PLAY'.

### Videos & Journal

Online videos for 'EMPATHY FOR KIDS' and a 'My Empathy Journal' with a digital tablet displaying the journal interface.



## Book #2 – Hey, Little Ant by Phillip & Hannah Hoose

### Detailed Lesson Plan

The lesson plan includes sections for 'Read About & Discuss', 'Interactive Anchor Chart', and 'Writing Response'. The digital tablet version shows a preview of the book cover and the lesson plan text.

### Book Chat Cards

Three blue book chat cards are shown, each with a different question to discuss the book. The cards are being held in front of the book cover.

### Anchor Chart

The anchor chart features a Venn diagram with two overlapping circles labeled 'BOY' and 'ANT'. The intersection is labeled 'BOTH'. Text boxes around the diagram list characteristics for each group.

### Book Responses

Two response cards are shown. One has a drawing of a hand and the text 'SQUISH OR SAVE'. The other has a drawing of an ant and the text 'I would \_\_\_\_\_ an ant...'. A digital tablet version of the second card is also shown.

## printable + digital OPTIONS

### Sorting Activity

Sorting activity cards with phrases like 'Caring ways to treat living things', 'Feed animals healthy food', and 'Plant seeds and help them grow'. A digital tablet version shows a sorting grid with 'CARING' and 'UNCARING' categories.

### Vote & Graphing Activity

Vote & Graphing activity cards with a 'SQUISH OR SAVE?' question and a bar graph. A digital tablet version shows the same activity with a digital graph.

### Craftivity

A craftivity featuring a drawing of an ant on a green card with a speech bubble that says 'Don't Squish Me I have a family just like you!'.

### Directed Drawing

A directed drawing sheet for 'Hey, Little Ant' with numbered steps and a drawing of an ant.

## Book #3 – The Invisible Boy by Trudy Ludwig

### Detailed Lesson Plan

The lesson plan includes sections for:
 

- BOOK OVERVIEW:** Introduce the book by reading the title and the author. Use the questions on the Book Chat cards to guide your conversation with children before, during, and after reading the book. Encourage kids to share thoughts and feelings, often and with each other. Thank the others for sharing ideas with a partner throughout.
- Read Aloud & Discussion:**
  - Ask kids to imagine a time when they felt invisible (e.g., ignored or unseen by others). Ask them to share what happened and how that made them feel.
  - Play a game of "Stand Up, Sit Down" for them. Start with simple questions. For example, "Stand up if you like..."
  - This game is wonderful for developing listening skills.
  - Create a collaborative chart and discuss:
    - Everyone's ways and things are different.
    - Everyone's ways and things are different.
    - Everyone's ways and things are different.
- Writing Response:**
  - After talking about feeling invisible, use the character template "I feel invisible when..."
  - Digital templates provided to read and write.
- REVISIONS, REVIEWS:** To encourage great memories to feel invisible and when you feel this way, to learn how to include others.
- BOOK CHAT CARD:** The Invisible Boy and the Invisible Girl are two who both have been included or excluded at school. So, the new kid comes...

### Book Chat Cards

Book Chat Cards include questions like:
 

- How do you feel when you are invisible?
- How do you feel when you are included?
- How do you feel when you are ignored?
- How do you feel when you are seen?
- How do you feel when you are heard?
- How do you feel when you are understood?
- How do you feel when you are included?
- How do you feel when you are ignored?
- How do you feel when you are seen?
- How do you feel when you are heard?
- How do you feel when you are understood?

### Anchor Chart

**How to Include Others**

- At School**
- In the Classroom**
- On the Playground**

How to Include Others

At School

In the Classroom

On the Playground

### Book Responses

Book Responses include:
 

- Including Others:** At School, In the Classroom, On the Playground.
- The Invisible Boy:** I feel invisible when...

## printable + digital OPTIONS

### Writing & Self-Portrait

The Invisible Kid

I feel invisible when...

### BINGO Activity

Find Someone BINGO

has been camping	has been to the zoo	loves the color pink	has a dog
loves swimming	has a cat	loves to cook	loves pizza
has a fish	has long hair	loves to dance	loves to play
loves vegetables	has a brother	loves to read	loves to play

Find Someone BINGO

has been camping	has been to the zoo	loves the color pink	has a dog
loves swimming	has a cat	loves to cook	loves pizza
has a fish	has long hair	loves to dance	loves to play
loves vegetables	has a brother	loves to read	loves to play

### Talking Prompt Cards

Talking Prompts include:
 

- I can't talk but can we talk tomorrow?
- That's interesting! Why do you think that?
- It looks like you need help. Can you help me?
- How do you feel about that?
- What to say
- Thanks for sharing! What did you learn from that?

WHAT Do YOU Say? TALKING PROMPTS

### Directed Drawing

Draw Brian

The Invisible Boy

## Book #4 – The Buddy Bench by Patty Brozo

### Detailed Lesson Plan

The lesson plan document includes sections for Read Aloud & Discussion, Interactive Anchor Chart, and Writing Response. The digital tablet shows the lesson plan content in a user-friendly format.

### Book Chat Cards

Three orange book chat cards are shown, each with a different question to discuss the book with students.

### Anchor Chart

An anchor chart with the title 'Ways to Be A Buddy' and two columns: 'Buddies ARE' and 'Buddies DO'. A digital tablet shows a simplified version of the chart.

### Book Responses

A worksheet titled '5 Ways to Be a Buddy' with a writing area. A digital tablet shows a completed response with five numbered points.

## printable + digital OPTIONS

### Set-Up Guide & Posters

A poster titled 'How Use the BUDDY BENCH' with a list of instructions and a drawing of a colorful bench.

### Pledge & Certificate

A 'BE A BUDDY Pledge' card with a star and a digital tablet showing the pledge text.

### Poem & Activity

A poem titled 'I am a Buddy' and a digital tablet showing the poem text.

### Craftivity

A child holding up a craft of a colorful bench and a worksheet titled 'THE BUDDY BENCH' with a writing area.

## Book #5 – I Am Human by Susan Verde

### Detailed Lesson Plan

The lesson plan includes sections for:
 

- Read Aloud & Discussion:** Activities for reading the book and discussing themes like 'What does it mean to be human?' and 'How do we show compassion?'.
- Interactive Anchor Chart:** A graphic organizer for students to record their thoughts and feelings.
- Writing Response:** Prompts for students to write about what they learned and how they can show compassion.
- Activities:** Includes a 'Book Chat' activity and a 'Hat Craftivity'.

### Book Chat Cards

Hand-drawn cards for a book chat. One card is titled 'I AM HUMAN' and features a drawing of a boy. Another card is titled 'Book Chat BEFORE READING' and lists questions to discuss with a partner, such as 'What does it mean to be human?' and 'How do we show compassion?'.

### Anchor Chart

An anchor chart with a yellow background and the title 'I Am Human'. Below the title, there is a section titled 'I am Human' with a blank space for students to write or draw. The chart is displayed on a tablet.

### Book Responses

Examples of student book responses. One response is titled 'I AM HUMAN' and features a drawing of a boy. Another response is titled '5 Ways to Show Compassion' and lists five ways to show compassion, such as 'Listen to others' and 'Share your toys'.

## printable + digital OPTIONS

### Empathy Wall

An empathy wall with a blue speech bubble that says 'Empathy WALL'. There are several colorful sticky notes with writing on them, such as 'Compassion FEELS like...' and 'Compassion SOUNDS like...'. There are also colored pencils and a red plate.

### Boardgame

A board game titled 'SHOWING EMPATHY Partner Board Game'. It features a grid of colored circles and a list of emotions: sad, angry, frustrated, confused, shy, and excited. A die is shown next to the board.

### Role Play Scenario Cards

Role play scenario cards for 'Making Good Choices Role Play'. The cards feature scenarios like 'Someone is sitting alone on the playground' and 'A friend is having a birthday party'. A hand is shown holding one of the cards.

### Hat Craftivity

A girl wearing a hat with a speech bubble that says 'A very is HUMAN'. The hat also features a drawing of a boy and the text 'I am human'.



# mind+heart

## BOOK COMPANIONS

### Images for Use in Seesaw



self-regulation  
book  
companions  
DIGITAL SLIDES



self-regulation  
digital book  
activities (1)



self-regulation  
digital book  
activities (2)



self-regulation  
digital book  
activities (3)



self-regulation  
digital book  
activities (4)



self-regulation  
digital book  
activities (5)



self-regulation  
digital book  
activities (6)



self-regulation  
digital book  
activities (7)



self-regulation  
digital book  
activities (8)



self-regulation  
digital book  
activities (9)



self-regulation  
digital book  
activities (10)



self-regulation  
digital book  
activities (11)



self-regulation  
digital book  
activities (12)



self-regulation  
digital book  
activities (13)



self-regulation  
digital book  
activities (14)



self-regulation  
digital book  
activities (15)



self-regulation  
digital book  
activities (16)



self-regulation  
digital book  
activities (17)



self-regulation  
digital book  
activities (18)



self-regulation  
digital book  
activities (19)



self-regulation  
digital book  
activities (20)



self-regulation  
digital book  
activities (21)



self-regulation  
digital book  
activities (22)



self-regulation  
digital book  
activities (23)



self-regulation  
digital book  
activities (24)



self-regulation  
digital book  
activities (25)



self-regulation  
digital book  
activities (26)



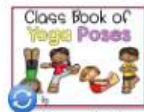
self-regulation  
digital book  
activities (27)



self-regulation  
digital book  
activities (28)



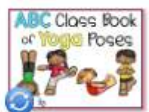
self-regulation  
digital book  
activities (29)



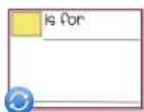
self-regulation  
digital book  
activities (30)



self-regulation  
digital book  
activities (31)



self-regulation  
digital book  
activities (32)



self-regulation  
digital book  
activities (33)



self-regulation  
digital book  
activities (34)



self-regulation  
digital book  
activities (35)



self-regulation  
digital book  
activities (36)



self-regulation  
digital book  
activities (37)

# Learn More About

# mind+heart

Proud to Be Primary

Learn more about the K-2 social-emotional learning curriculum that is the perfect compliment to the book companions!



Use the K-2 curriculum with the book companion bundle for a thorough social-emotional learning program!



# RELATED RESOURCES

Click on the resource image to see more details in store!

**Social & Emotional Learning**

Social & Emotional Learning



emotions

mind+heart K-2 Curriculum by Proud to be Primary

Social & Emotional Learning



self-management

mind+heart K-2 Curriculum by Proud to be Primary

Social & Emotional Learning



growth mindset

mind+heart K-2 Curriculum by Proud to be Primary

Social & Emotional Learning



relationships

mind+heart K-2 Curriculum by Proud to be Primary



# mind+heart

Social & Emotional Learning



social awareness

mind+heart K-2 Curriculum by Proud to be Primary

Social & Emotional Learning



kindness

mind+heart K-2 Curriculum by Proud to be Primary

Social & Emotional Learning



respect

mind+heart K-2 Curriculum by Proud to be Primary

Social & Emotional Learning



responsibility

mind+heart K-2 Curriculum by Proud to be Primary

**K-2 Curriculum by Proud to be PRIMARY**



# MORNING MEETINGS

<p><b>AUGUST</b> Morning Meetings</p> <p><b>SHARE</b></p> <p>Share something you are grateful for in the classroom.</p> <p>mind+heart SEL BUNDLE BY PROUD TO BE PRIMARY</p>	<p><b>SEPTEMBER</b> Morning Meetings</p> <p><b>ACTIVITY</b></p> <p>Read a story or read aloud together. Afterward, have students draw a picture of something they are grateful for.</p> <p>mind+heart SEL BUNDLE BY PROUD TO BE PRIMARY</p>	<p><b>OCTOBER</b> Morning Meetings</p> <p><b>GREETING</b></p> <p>Hi!</p> <p>Write a note to a friend or family member. Share it with them when you see them.</p> <p>mind+heart SEL BUNDLE BY PROUD TO BE PRIMARY</p>	<p><b>NOVEMBER</b> Morning Meetings</p> <p><b>GREETING</b></p> <p>Hi!</p> <p>Write a note to a friend or family member. Share it with them when you see them.</p> <p>mind+heart SEL BUNDLE BY PROUD TO BE PRIMARY</p>
<p><b>DECEMBER</b> Morning Meetings</p> <p><b>ACTIVITY</b></p> <p>Write a note to a friend or family member. Share it with them when you see them.</p> <p>mind+heart SEL BUNDLE BY PROUD TO BE PRIMARY</p>	<p><b>JANUARY</b> Morning Meetings</p> <p><b>GREETING</b></p> <p>Hi!</p> <p>Write a note to a friend or family member. Share it with them when you see them.</p> <p>mind+heart SEL BUNDLE BY PROUD TO BE PRIMARY</p>	<p><b>FEBRUARY</b> Morning Meetings</p> <p><b>ACTIVITY</b></p> <p>Write a note to a friend or family member. Share it with them when you see them.</p> <p>mind+heart SEL BUNDLE BY PROUD TO BE PRIMARY</p>	<p><b>MARCH</b> Morning Meetings</p> <p><b>SHARE</b></p> <p>Share something you are grateful for in school.</p> <p>mind+heart SEL BUNDLE BY PROUD TO BE PRIMARY</p>
<p><b>APRIL</b> Morning Meetings</p> <p><b>ACTIVITY</b></p> <p>Write a note to a friend or family member. Share it with them when you see them.</p> <p>mind+heart SEL BUNDLE BY PROUD TO BE PRIMARY</p>	<p><b>MAY</b> Morning Meetings</p> <p><b>ACTIVITY</b></p> <p>Write a note to a friend or family member. Share it with them when you see them.</p> <p>mind+heart SEL BUNDLE BY PROUD TO BE PRIMARY</p>	<p><b>JUNE</b> Morning Meetings</p> <p><b>ACTIVITY</b></p> <p>Write a note to a friend or family member. Share it with them when you see them.</p> <p>mind+heart SEL BUNDLE BY PROUD TO BE PRIMARY</p>	

**SOCIAL-EMOTIONAL BUNDLE BY Proud to be Primary**



# BEST SELLING teacher resources

Click on any teacher resource to see more details in store!

Social & Emotional Learning

**mind+heart**

K-2 Curriculum by Proud to be PRIMARY

Social & Emotional Learning

**mind+heart**

3-5 Curriculum by Proud to be PRIMARY

**mind+heart**

MORNING MEETINGS

SOCIAL-EMOTIONAL BUNDLE BY Primary

Non-Fiction & Science Units FOR THE WHOLE YEAR

17 UNIT BUNDLE

Proud to be Primary

Poem of the Week

BUNDLE by Proud to be Primary

PRINTABLE & DIGITAL

1st Grade Math Practice

**MATH MATS bundle**

Proud to be Primary

7 in 1 Resource | Printable | Google Slides | Seesaw

Weekly Directed Drawings

**DRAWING MATS bundle**

Proud to be Primary

Daily Listening Practice

**LISTENING MATS bundle**

Proud to be Primary

Daily Writing Practice

**WRITING MATS bundle**

Proud to be Primary

7 in 1 Resource | Printable | Google Slides | Seesaw

Daily Reading Practice

**COMPREHENSION MATS bundle**

Proud to be Primary

7 in 1 Resource | Printable | Google Slides | Seesaw

Class MANAGEMENT bundle

Proud to be Primary

**SIGHT WORD Curriculum**

Dolch Pre-Primer-3rd Grade

5 Comprehensive Sight Word Packs

Mindful MATH

Kindergarten Curriculum Bundle

10 Comprehensive Math Units

Mindful MATH

1st Grade Math Curriculum Bundle

10 Comprehensive Math Units

Mindful MATH

Second Grade Curriculum Bundle

10 Comprehensive Math Units

Head to [shop.proudtobeprimary.com](https://shop.proudtobeprimary.com) for a complete listing of resources.