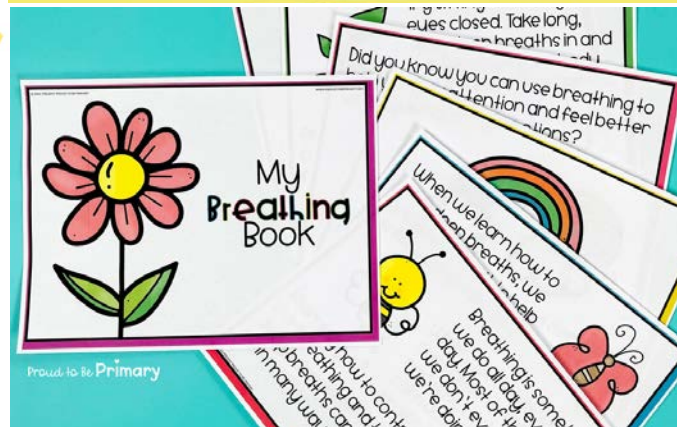


self-regulation

5 K-2 BOOK COMPANIONS



DISCUSSION

ACTIVITIES

WRITING

LESSONS

self-regulation Book Companions

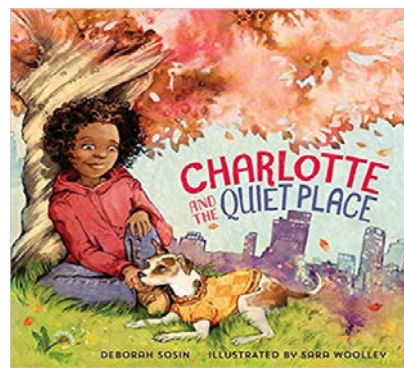
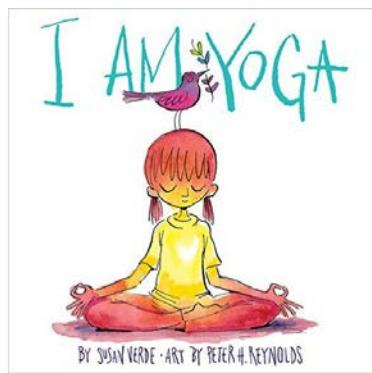
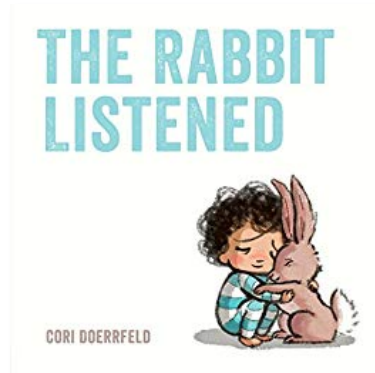
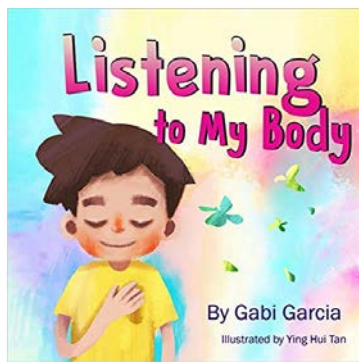
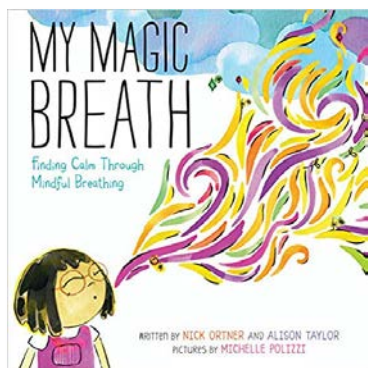
SEE WHAT'S INCLUDED

- ♥ Detailed lesson plans to teach emotional awareness using the books *My Magic Breath*, *Listening to My Body*, *The Rabbit Listened*, *I am Yoga*, *Charlotte & the Quiet Place*.
- ♥ Anchor chart materials
- ♥ Book chat cards to use before, during, and after reading
- ♥ Writing templates
- ♥ 4 follow-up activities
- ♥ Google Slides
- ♥ Images for Seesaw & Interactive PowerPoint



self-regulation Book Companions

5 CHILDREN'S BOOKS 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 CHAT**: 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.
- READ ALOUD & DISCUSS**: As you read the story, stop and have children participate in taking breaths. Encourage them to take deep breaths in, picture moments in their mind, and blow out the thoughts.
- BREATHING STRATEGIES**: Use the posters to teach children different breathing strategies.
- WRITING RESPONSE**: After learning and practicing the different breathing strategies, have children write a response.

 A tablet displays the book cover for 'My Magic Breath by Nick Ortner'.

Book Chat Cards



Posters



Book Response



printable + digital OPTIONS

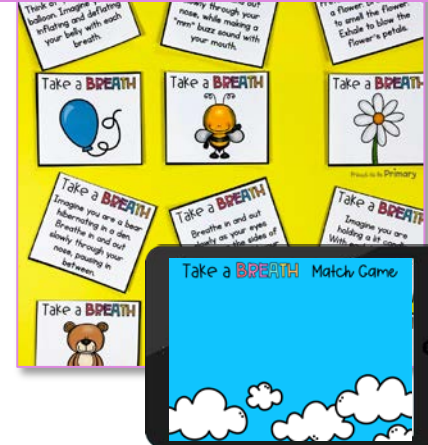
Painting Art Activity



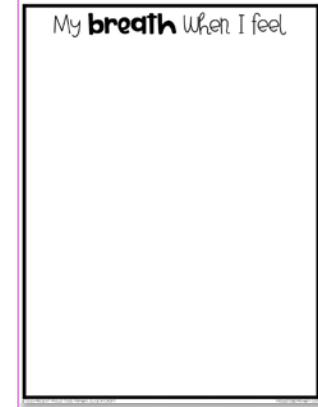
Breathing Storybook



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 feelings change when we feel different sensations?

Interactive Anchor Chart & Posters

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

Calm 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 you experience with certain feelings under each label.

HAPPY	CALM	EXCITED	NERVOUS	ANGRY
SAD	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...

My Body Tells Me

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

I CAN Be Calm

Calm Body Bingo

calm body BINGO

Before you can get your body to feel calm, you need to know what your body is telling you. Listen to your body and take a break when you need it. Try some of these ideas to help you feel calm.

calm body BINGO

Boardgame

SHARE A SENSATION Feelings Board Game

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

SHARE A SENSATION Feelings Board Game

Book #3 – The Rabbit Listened by Cori Doerrfeld

Detailed Lesson Plan

The lesson plan includes sections for:

- mind+heart SELF-REGULATION BOOK COMPANION** for 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 children to share and discuss their own experiences. Encourage kids to think of a real-world situation and create an anchor chart. For example, "Sometimes I need...".
- Writing Response**: Complete a writing prompt. Encourage students to write about a time when they needed help from someone else. Digital templates also available.

Book Chat Cards

Book Chat cards include questions like:

- What do you think the boy felt when he was sad?
- What do you think the boy felt when he was angry?
- What do you think the boy felt when he was scared?
- What do you think the boy felt when he was happy?
- What do you think the boy felt when he was surprised?
- What do you think the boy felt when he was excited?
- What do you think the boy felt when he was nervous?
- What do you think the boy felt when he was shy?
- What do you think the boy felt when he was lonely?
- What do you think the boy felt when he was sad?

Anchor Chart

The anchor chart features the text "Sometimes I Need..." and a space for students to write or draw their own examples of when they need help.

Book Response

Book response cards include:

- "Sometimes I need..."
- "The Rabbit Listened"
- "Sometimes I need..."

 A digital tablet shows a template for "Sometimes I need..." with a drawing of a rabbit.

printable + digital OPTIONS

Scenario Cards

Scenario cards include:

- WHAT WOULD YOU DO? You did poop.
- WHAT WOULD YOU DO? You fell and scraped your knee.
- WHAT WOULD YOU DO? You lost your library book.
- WHAT WOULD YOU DO? You didn't understand the math homework.
- WHAT WOULD YOU DO? You got lost in the store.

Sequence & Match Activity

Activity cards include:

- elephant
- chicken
- rabbit
- ANIMAL strategy Listen
- ANIMAL strategy Match Game

Animal Puppet Show

Animal puppet show cards include:

- rabbit
- chicken
- bear
- elephant

Directed Drawing

Directed drawing activity: "Draw a Rabbit". Shows a hand drawing a rabbit on a card.



Book #4 – I Am Yoga by Susan Verde

Detailed Lesson Plan

The lesson plan document includes sections for:

- mind+heart SELF-REGULATION BOOK COMPANION**
- 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.
- Read Aloud & Discussion**:
 - Ask them that yoga means three things (breathing, mind and calm 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 of the yoga poses.
 - Take time to practice each one and of practicing does breathing at the end.
 - Use the posters to guide your regular yoga practice.
- Writing Response**:
 - After learning and practicing different yoga poses, use the differentiated options to write about your experience.
 - Digital templates provided to record.
- KEEPER CARD**: To recognize that they have the power to strengthen their mind and body through yoga. To practice yoga poses.
- BOOK CHAT METACOGNITION**: Use Space to book about recognizing how to explore the poses and to understand its effect on the body and the mind.

Book Chat Cards



Posters



Book Response

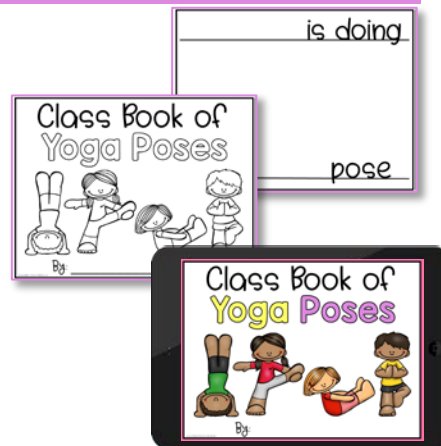


printable + digital OPTIONS

Game



Class Book



Videos



Pose of the Day



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

Detailed Lesson Plan

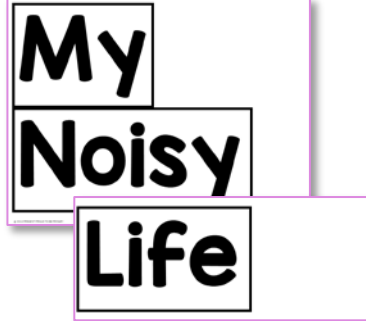
The lesson plan includes sections for:

- 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 thinking out noise. Ask, "What can you think about to help you sit quietly?" Discuss.
- Interactive Anchor Chart**
- Writing Response**:
 - Have children imagine a place that is quiet.
 - Complete the writing prompt (the sentence included).
 - Digital templates provided to read.
- EXTENSION IDEAS**: 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 TALK 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



Book Response



printable + digital OPTIONS

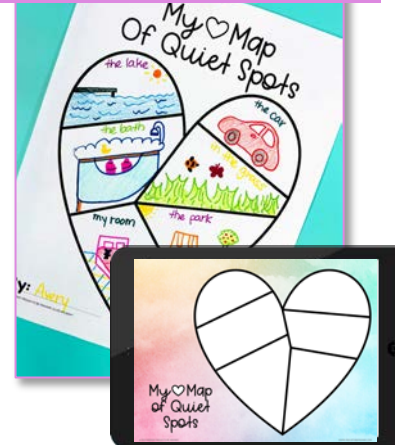
Game



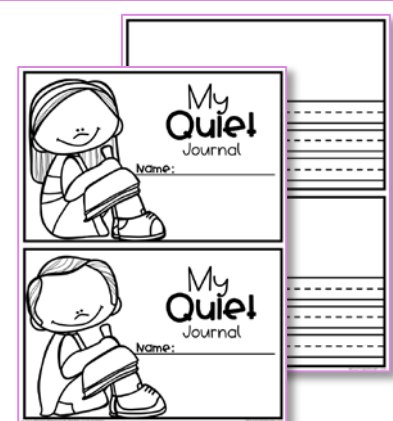
Vision Board



Heart Map



Quiet Journal



Use the **book** companions for your

- ♥ Read aloud time
- ♥ SEL block
- ♥ Morning meeting
- ♥ Whole-class discussions
- ♥ Counselor lessons
- ♥ Sub-plans
- ♥ And much more!



self-regulation Book Companions

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 and writing activity are included 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!



self-regulation Book Companions

ACTIVITIES

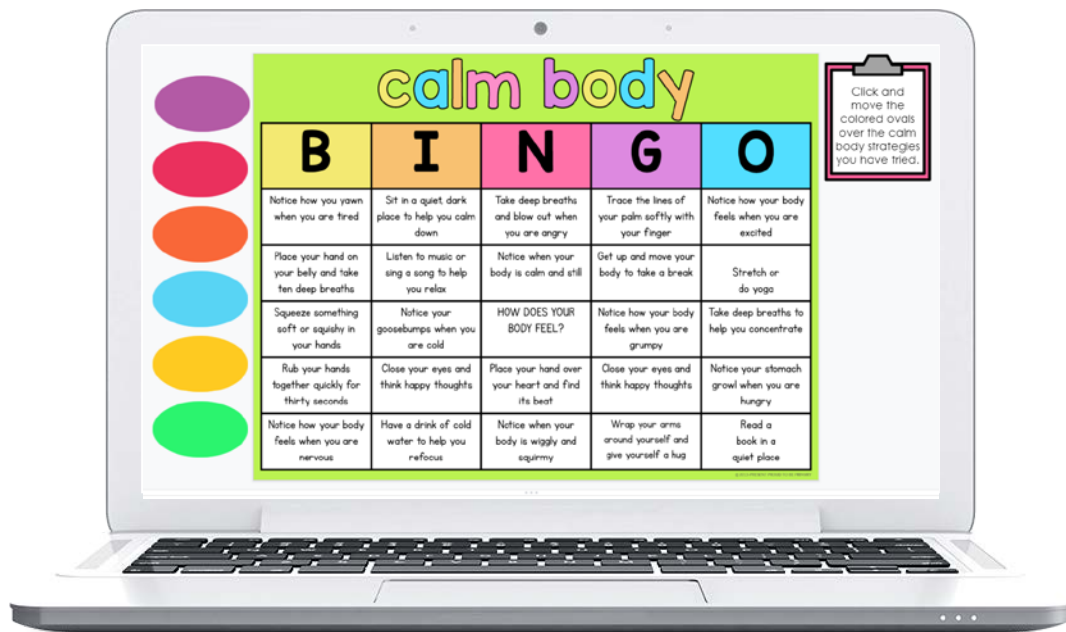
Each book comes with 4 follow-up activities to build upon the book's social-emotional lesson. A fun variety of activities are included for independent, partner, and small group use. These high-interest activities are a great way to extend the book's discussion and build the social-emotional skills kids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



self-regulation Book Companions

USE WITH GOOGLE

This book companion comes with a digital anchor chart, writing template, and a few digital activities. These are ready in Google Slides for use in Google Classroom. The digital pages are great for use whole-group lessons and in a one-to-one classroom!



self-regulation Book Companions

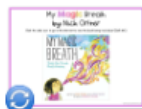
IMAGES TO USE IN SEESAW



self-regulation
book
companions
DIGITAL SLIDES



self-regulation
digital book
activities (1)



self-regulation
digital book
activities (2)



self-regulation
digital book
activities (3)



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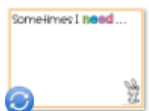
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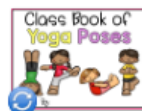
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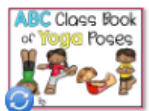
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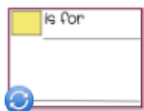
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activities (36)



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digital book
activities (37)

self-regulation Book Companions

WHY YOU NEED THIS

- These children's books were carefully selected as they cover important SEL topics we need to teach to kids.
- Each book, lesson, and follow-up activities can cover a week of SEL instruction anytime of year.
- Facilitate meaningful discussions and keep kids engaged in important activities that build social and emotional skills.
- Cover important English Language Arts standards and build children's literacy skills with effective read aloud lessons.
- Each book comes with engaging printable and digital activities kids will enjoy!
- These versatile book companion lessons are great for whole-group lessons, homeschooling, and school counseling sessions.



Teachers Love Our **book lessons**

Proud to Be Primary



MY MAGIC BREATH



Juana H.



"I love love love this resource. The books are excellent and very interactive. Students enjoyed the activities. The resources are wonderful to use in the cozy corner. They are great visuals for students when they need to calm down or just take a break."

I AM YOGA



My Body

Rabi Garcia
Illustrated by Ying Hui Tan

Our SEL book companions are enjoyed in thousands of classrooms worldwide!

Learn More About

mind+heart

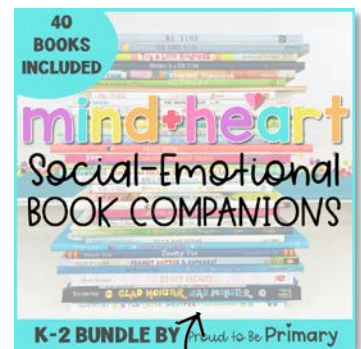
Proud to Be Primary

Learn about teaching social-emotional learning effectively in K-2 with our SEL curriculum.

CLICK to learn more!



Social-Emotional Resources for K-2



Click the images to see the SEL curriculum BUNDLE & resources with EVERYTHING you need for a year of SEL!

Want a FREE SEL book companion?



SIGN UP TO GET AN SEL BOOK
COMPANION & ACTIVITIES FOR FREE!



SOCIAL-EMOTIONAL LEARNING book companion

Proud to Be Primary

Kindness is a Kite String



I'd love for you to try a sample from the SEL Book Companion Bundle with your students to see if it is a perfect fit for you and your students!

[CLICK HERE TO
GRAB YOUR
FREE SAMPLE!](#)