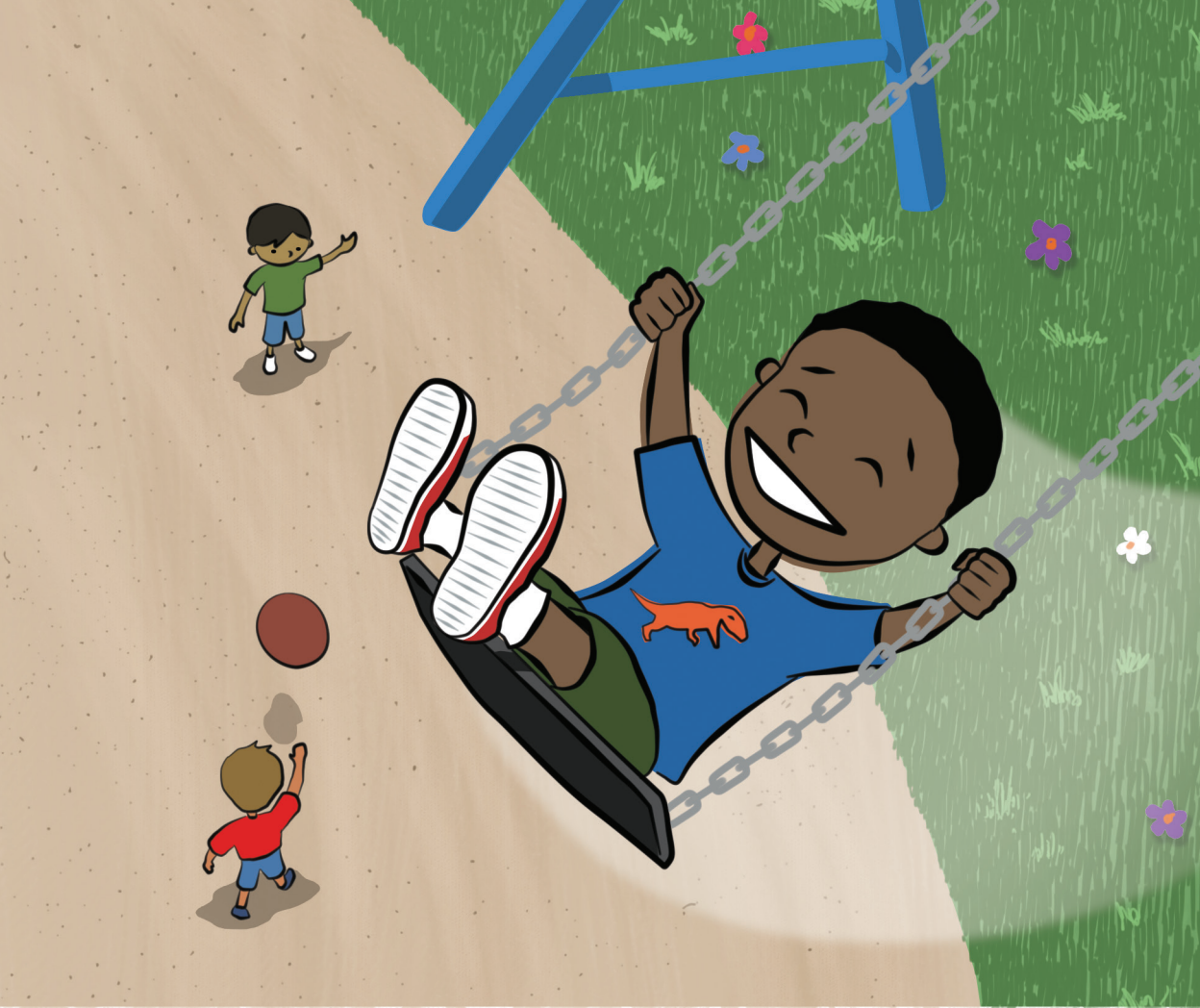




How do you feel?



I feel excited!

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Table of Contents

Let's Get Ready to Read!

Providing Instruction

All About Me

Feelings Journal

I Can, I Can't ... Yet!

Helpful Tools

How Does It Feel?

Pick or Pop

Let's Choose

How I Feel Right Now Journal

Tracing Paths.

3

4

6

8

9

10

11

12

13

14

15

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Let's Get Ready to Read!

Dear Parents and Educators,

Social-emotional learning (SEL) teaches children real-life skills that help bolster academic success, promote positive social interactions, and result in fewer behavioral problems. This guide is centered around the five core competencies of social-emotional learning (self-awareness, self-management, social awareness, relationship skills, and responsible decision-making) and will help you fully utilize the *How Do You Feel?* leveled reader, which is part of the Mindfulness Matters social-emotional learning series.

With the *How Do You Feel?* leveled reader, children will explore nonfiction SEL content, important vocabulary, and a related infographic. Then, they will read a fun fictional story dealing with the same SEL content. The Providing Instruction section in this guide offers suggestions for before, during, and after-reading activities. Activity sheets, including journal prompts and a mindfulness tracing exercise, provide opportunities for the reader to reinforce and practice their SEL skills.

Materials Needed

- *How Do You Feel?* book
- activity sheets (pages 6–15)
- crayons
- pencil and eraser

Awesome Advice

- Remain positive and encouraging—make reading and learning about SEL fun!
- Set up a cozy spot for reading.
- Model fluency when you read.
- Point to each word as you read it, and encourage the reader to do the same.
- Use the correct vocabulary for the parts of the book (*title, author, table of contents, photograph, illustration, glossary, etc.*).
- Pause after each page and discuss what is happening.
- Read each activity sheet out loud first to ensure understanding.
- Go over the activity sheet answers together and correct any mistakes.
- If the reader becomes bored or frustrated, take a brain break!

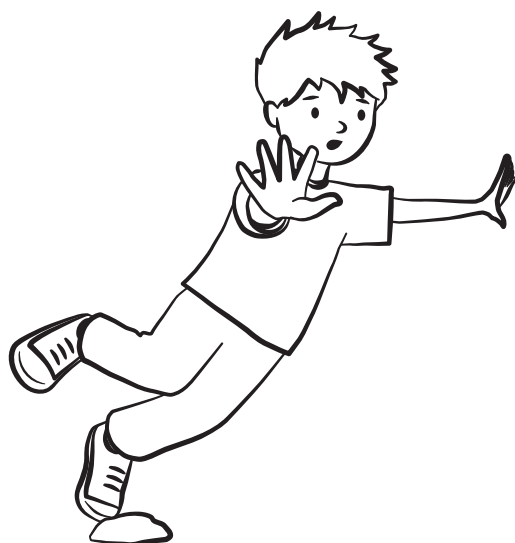
Brain Break Ideas

- Dance to a favorite song.
- Spend a few minutes exploring outside.
- Do ten star jumps.
- Practice a few yoga poses or simple stretches.
- Take five deep breaths.

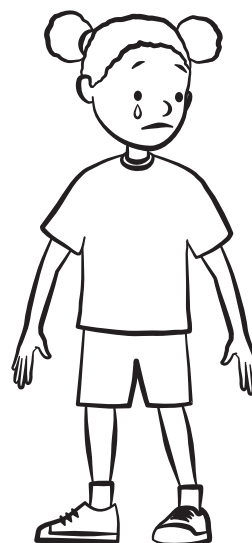
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How Does It Feel?

Directions: It is important to think about how others feel. A good way to do this is to pretend you are in their shoes. Pretend you are the kid in each picture below. How would you feel? Color in the face that best shows how you would feel.



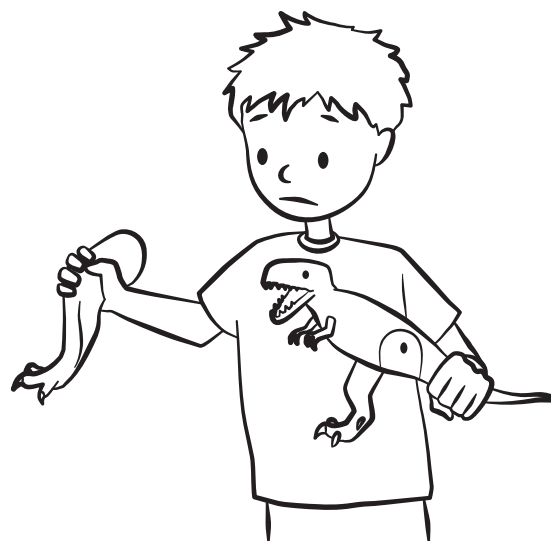
"I tripped and fell."



"I can't find my mom."



"I lost my stuffie."



"My favorite toy broke."

