



“I was scared,” cries Rex.
Bea gives Rex a pat on
the back.



“When you feel scared, try this! Close your eyes. Breathe in and out,” says Bea.

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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 Feeling in Control leveled reader, which is part of the Mindfulness Matters social-emotional learning series.

With the Feeling in Control 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

- *Feeling in Control* book
- activity sheets (pages 6–15)
- crayons
- pencil and eraser

Awesome Advice

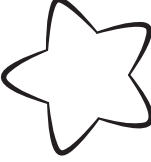

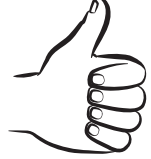
- Remain positive and encouraging—make reading and learning about SEL fun!
- Set up a cozy spot for reading.
- Model fluency when you read.
- Point to each word as you read it, and encourage the reader to do the same.
- Use the correct vocabulary for the parts of the book (*title, author, table of contents, 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.

I Am a Good Friend

A good friend . . .

	is	says	
	does	does not	