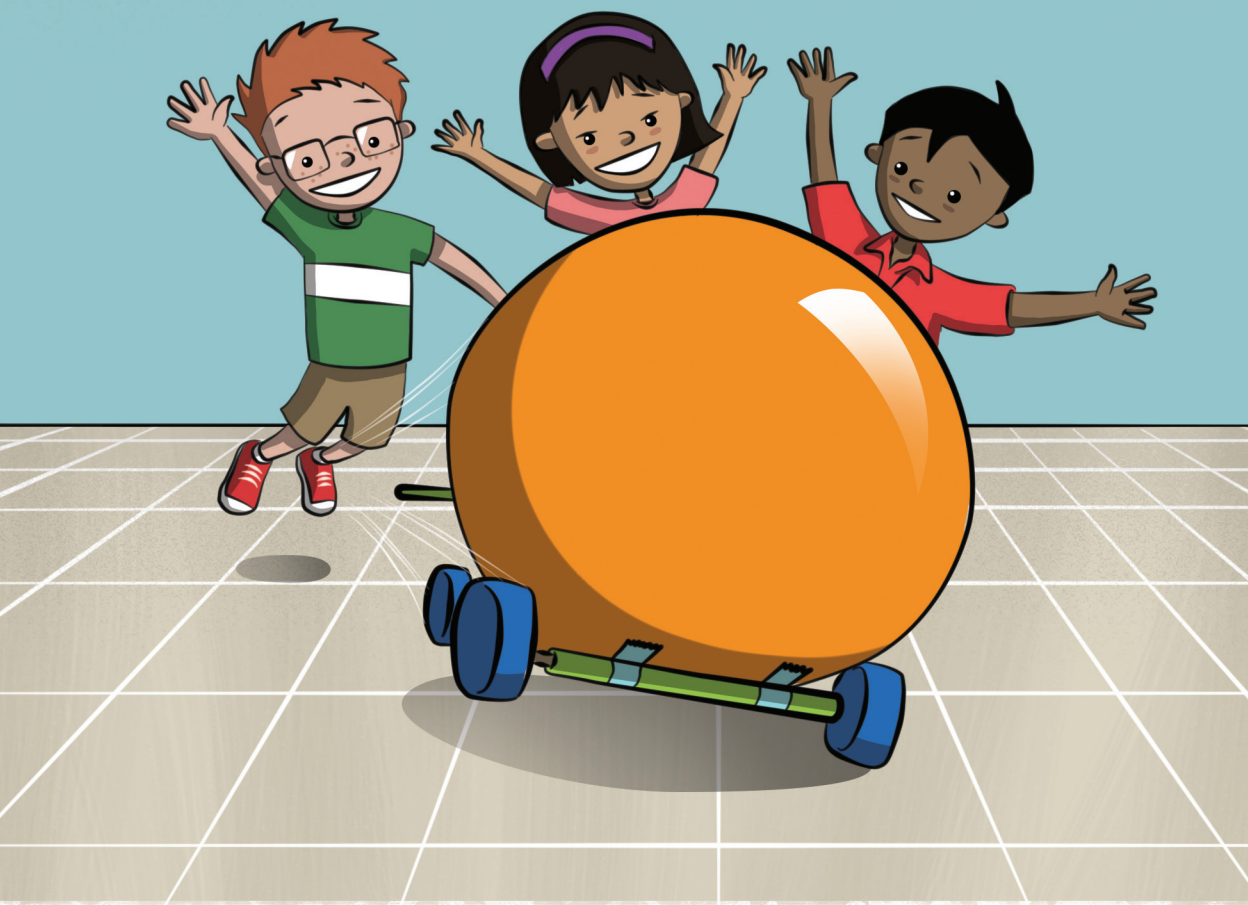


Taj, Owen, and Suri took turns trying out ideas. They listened to each other. "We need an axle," Owen said. He pushed a wooden rod through a straw.



Taj added the wheels. Suri taped the balloon around the straw. "Let's give it a try," Taj said. He blew up the balloon and let go. The car sped off!

<b>Publisher</b> Mary D. Smith, M.S. Ed.	<b>Author</b> Christina Hill, M.A.	<b>Illustrator/Imaging</b> Amanda R. Harter
<b>Curriculum Director/Editor</b> Torrey K. Maloof	<b>Creative Director</b> Sarah M. Fournier	

---

# Table of Contents

Let’s Get Ready to Read! ..... 3

Providing Instruction ..... 4

All About Me ..... 6

Feelings Journal ..... 8

I Am Self-Aware..... 9

Weathering the Storm ..... 10

It’s Cool to be Kind..... 11

Time to Talk ..... 12

Look Into the Future ..... 13

How I Feel Right Now Journal..... 14

Tracing Paths..... 15

**Blue Star Education**  
12621 Western Avenue  
Garden Grove, CA 92841  
[www.BlueStarEducation.com](http://www.BlueStarEducation.com)

**ISBN: 978-1-4206-3755-7**  
©2024 Blue Star Education  
*Made in the U.S.A.*



*All rights reserved. No part of this book may be copied or reproduced in any form without permission from the publisher.*

# 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 Go, Team, Go! leveled reader, which is part of the Mindfulness Matters social-emotional learning series.

With the Go, Team, Go! 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

- Go, Team, Go! 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.
- Encourage the reader to read out loud to improve fluency and comprehension.
- Have the reader write down any unfamiliar words, and then look them up together.
- Ask the reader to summarize what is happening after each page spread.
- Review each activity sheet with the reader 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.



Name: \_\_\_\_\_

# Time to Talk

**Directions:** It's time to talk about communication. Being a good speaker and listener is important. It makes you a good friend and a good team member. Read the poster below. Then read each sentence. If the person is being a good communicator, circle the thumbs up. If they are not, circle the thumbs down.

## A Good Communicator ...

- listens closely.
- looks at the speaker.
- thinks about what the speaker says.
- does not interrupt.
- thinks before they speak.
- speaks when it's their turn.
- speaks clearly and calmly.
- is polite and shows respect.

1. Max's teacher is talking to him. Max looks out the window and taps his feet.
2. Rue talks to her aunt. She uses a calm and clear voice.
3. Ray stops his friend from talking. He says her ideas are bad.
4. Lux looks at her coach. When she is done talking, Lux asks her a question.
5. Kit yells really loud when she speaks. She wants everyone to hear her.

