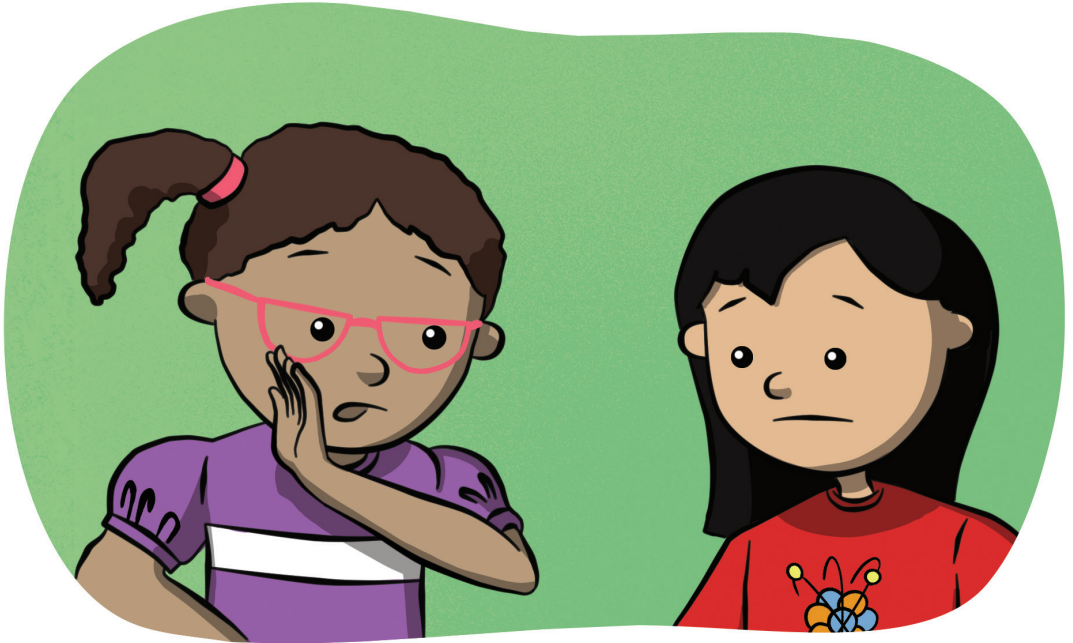




Miguel tripped, and his food tray went flying across the cafeteria.

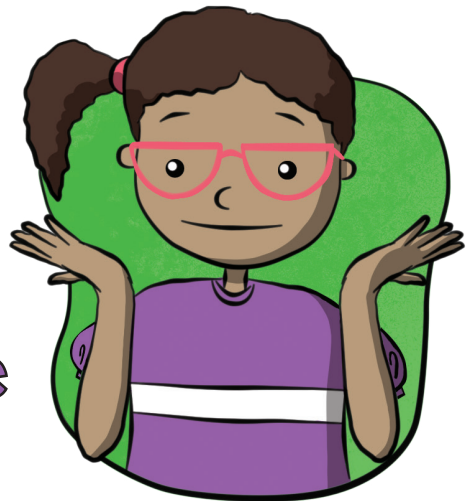
“Watch where you’re going!” Cade **sneered**. The kids at Cade’s table laughed, and nobody helped Miguel.



"I think Cade actually tripped him," Kyra whispered to Darcy.

"He's been acting like a **bully** this year," answered Darcy. They watched Miguel pick up what was left of his lunch. Then, he quietly took a seat at an empty table. Darcy wanted to help Miguel, but she felt **afraid**. She was nervous that Cade would bully her too.

## Help Darcy Decide



***Choice 1:** Stay silent. Turn to page 20.*  
***Choice 2:** Help Miguel. Turn to page 21.*

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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 Darcy Decides leveled reader, which is part of the Mindfulness Matters social-emotional learning series.

With the Darcy Decides 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

- Darcy Decides 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: 

# Now and Later

**Directions:** When we make choices, we need to think about the consequences. How will our choices affect us now and later in the future? Read each choice below. Then, write what the consequences of that choice will be now and later in the future.

**Choice #1:** You have a spelling test on Friday. You decide to spend some time studying for it each day after school. What will the consequences of your choice be now and later?

Now	Later

**Choice #2:** You see someone at school being bullied. You decide to mind your own business and not do or say anything. What will the consequences of your choice be now and later?

Now	Later