

"Isaac, there are many different types of food around the world. Not everyone eats the same things! My mom serves food that is nothing like what we eat here at school," Lino said.

"You're right. I love when my grandma makes latkes, but not many people here know what those are," Isaac replied.

"Hey, guys," said their friend Cordy as she walked up to the table.



Cordy sat down next to Mio and squealed with excitement. "Your lunchbox has Kitty Kai on it. I love Kitty Kai! Is that miso soup you are eating for lunch? Yum! Oh, and I love your outfit. What's your name?"

Mio smiled at Cordy but remained silent.

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

Table of Contents

Let’s Get Ready to Read! 3

Providing Instruction 4

All About Me 6

Feelings Journal 8

My Strengths and Limitations 9

Staying in Control 10

It’s Cool 2B Kind 11

I Am a Problem Solver 12

I Can Make Wise Choices 13

How I Feel Right Now Journal 14

Tracing Path 15

Blue Star Education
12621 Western Avenue
Garden Grove, CA 92841
www.BlueStarEducation.com

ISBN: 978-1-4206-3757-1
©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 R-E-S-P-E-C-T leveled reader, which is part of the Mindfulness Matters social-emotional learning series.

With the R-E-S-P-E-C-T 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

- R-E-S-P-E-C-T 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!

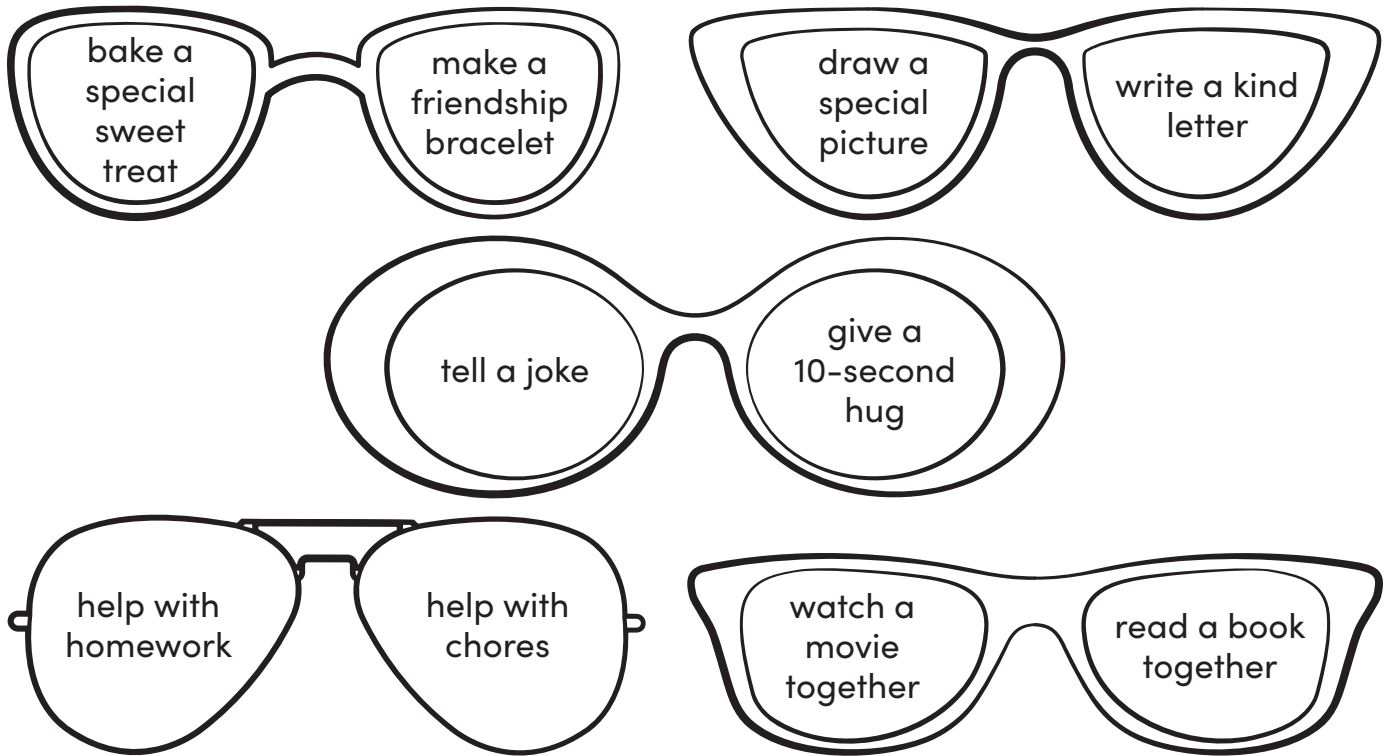
Brain Break Ideas

- 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: _____

It's Cool 2B Kind

A small act of kindness can go a long way in cheering someone up or making them feel important and respected. There are so many different ways to spread kindness to others. A few of these ways are written on the sunglasses below.



Directions: Think about some people you would like to spread a little kindness to. Fill out the table below. You don't have to use the acts of kindness included on this sheet—you can make up your own! After you perform each act of kindness, write down how you felt in a journal or on a sheet of paper. What was the person's reaction? How did they feel?

people	kind acts