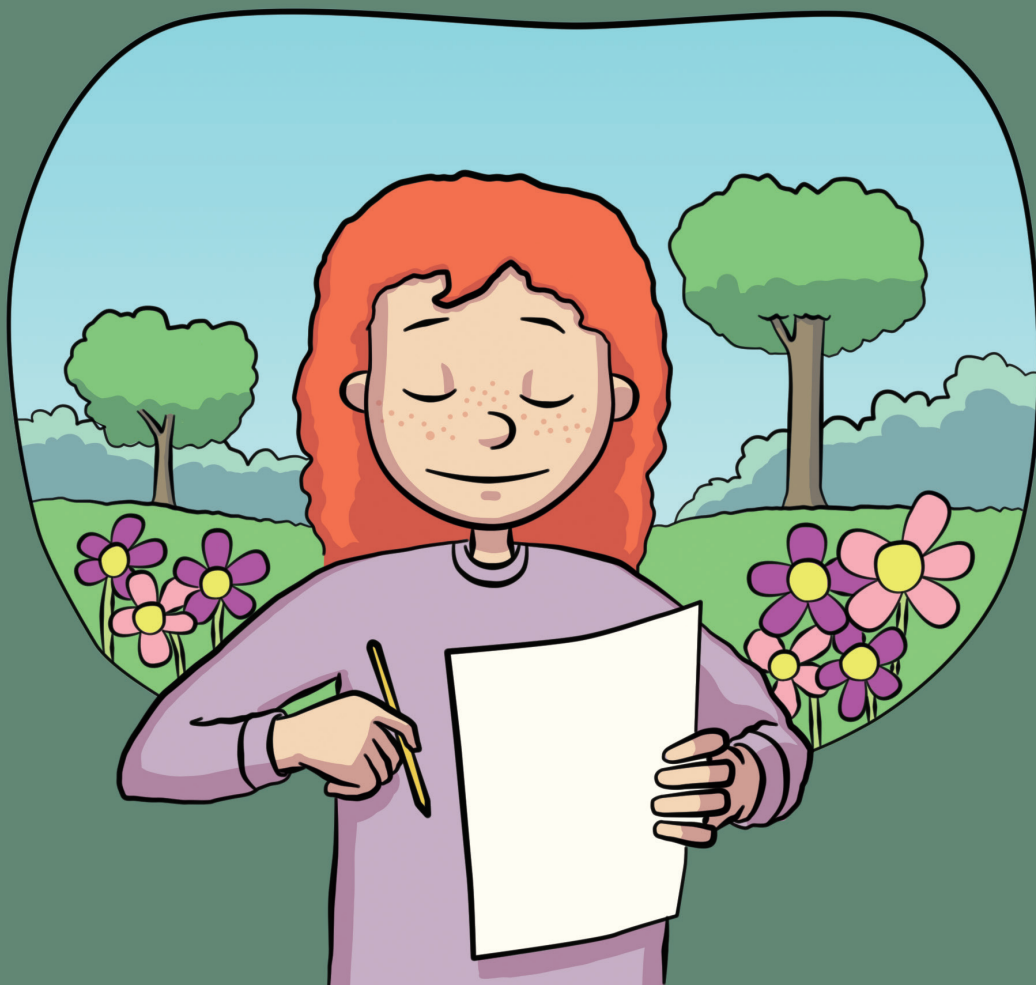


"I didn't sleep well last night," Alexander mumbled. "Math tests never seem to go well for me. It's frustrating when I can't seem to concentrate as soon as the test begins."

"I used to have that problem," Sasha responded. "My mom said I was storing my stress instead of letting it go. She taught me some helpful tricks to stop stressing. First, close your eyes and picture your happy place. Take a deep, **mindful** breath and focus on a positive thought. Think about how your breath is calming your body, and then open your eyes and ace the test!"



Mrs. Anderson passed out the math test and told the class they had until the recess bell to turn it in. Alexander stared at the test and felt his body tense up as the equations blurred across the page.



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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 Under Pressure: Managing Stress leveled reader, which is part of the Mindfulness Matters social-emotional learning series.

With the Under Pressure: Managing Stress 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

- Under Pressure: Managing Stress 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.

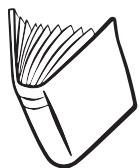
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Go-Getter Goals

Directions: Think of a new thing you want to learn, a new activity you want to try, and a skill you want to improve. How will you accomplish these goals? List each goal, and then make a plan to achieve it!

My Goals

My Action Plan



I want to
learn...



I want
to try...



I want to
improve...

