

## CELEBRATING OUR COMMUNITIES

# CELEBRATING ALL ABILITIES

### TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. Strong lessons and support in SEL will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will learn the importance of accepting and celebrating all people in their communities.

#### BEFORE READING

Talk to the reader about abilities. Explain that abilities have to do with someone's capabilities. Discuss that these include physical, mental, and social capabilities.

**Discuss:** What would you say your abilities are? What is something you are not able to do?

#### AFTER READING

Talk to the reader about ways he or she can celebrate his or her differences with others.

**Discuss:** What is one way you can accept another person's ability or disability? Why is it good for a community to be accepting of others?

#### SEL GOAL

Children may have likely heard to not make fun of or exclude others for being different, but they may not understand why. Talk to readers about the importance of empathy in accepting and celebrating the differences of others. Ask them to imagine what it feels like to be singled out for being different or made fun of for their inabilities. Make a list of these different feelings. Then ask readers to list the feelings they have when they are included and accepted. Explain that our communities are better when everyone is accepted and included.

### GOALS AND TOOLS

#### GROW WITH GOALS

Accepting all people, no matter their abilities or disabilities, is important. Focusing on other people's qualities will help you be more accepting.

**Goal:** Name some things that are more important than a person's abilities. Why should you remember these things when getting to know someone?

**Goal:** Think of a time you felt empathy toward someone. If you can't think of anything, try to find a time when you can. Do you see someone who looks sad? Ask that person how he or she is feeling and why.

**Goal:** Get to know someone you haven't spoken with much before. Try to find something you are both good at and enjoy doing.

#### WRITING REFLECTION

Accepting yourself can help you be more accepting of those around you.

1. What is one thing you are good at or something you like about yourself?
2. What is one thing about yourself you wish you could improve?
3. What is one thing you can do to be more accepting of others?



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