

STATES OF MIND

I FEEL LOVED

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, create and achieve goals, maintain relationships, learn how to feel empathy, and make good decisions. The SEL approach will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will be better equipped to build confidence and foster positive peer networks.

BEFORE READING

Talk to the reader about love. Explain that love is a feeling of affection and respect.

Discuss: How does love feel to you? What actions and words make you feel loved? How do you show love to others?

AFTER READING

Talk to the reader about self-esteem and empathy. Explain that these help increase self-love.

Discuss: How can you increase your love for yourself? What are some things you can do to spread empathy?

SEL GOAL

Some students may struggle with relationship skills. They may need to be encouraged to think of how others think and feel. Help them identify what makes them feel loved. Then help them think about how others may want to be shown love.

GOALS AND TOOLS

GROW WITH GOALS

Love can look different to different people. Part of showing love is respecting others' wishes and showing kindness. Try these things to build loving relationships.

Goal: Identify what makes you feel loved. Is it being safe? Is it when you feel cared for? Make a list of things that make you feel loved.

Goal: Talk to a friend about what love means to him or her. Ask what makes him or her feel loved. Pay attention to your friend's answers.

Goal: Spread kindness. This could be holding a door for someone or volunteering. It can even be as simple as smiling at someone. Spreading kindness is spreading love. Start at the bottom and work your way up, writing down the steps you will take to reach your goal.

TRY THIS!

Start a gratitude journal. Each day, think about something you are thankful for. Write it down or draw it in the journal, even if it seems small. Reread your entries each week. How does it make you feel?



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