

FACING LIFE'S CHALLENGES

FACING SERIOUS ILLNESS

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 illness.

Discuss: What happens when someone is ill? How does it affect that person? How does it affect you?

AFTER READING

Talk to the reader about ways in which someone with a serious illness gets help. Explain that adults, such as doctors and nurses, work to help ill people feel better.

Discuss: Where does someone who is seriously ill find help? How do doctors and nurses help someone who is ill?

SEL GOAL

Students dealing with serious illness in their families may struggle with fear and sadness. They probably don't want to make things harder on family and friends, so they may keep their feelings inside. Help readers find a way to voice their feelings. Give them a journal to write or draw in and an open invitation to talk.

GOALS AND TOOLS

GROW WITH GOALS

Serious illnesses are scary. It can be hard for everyone. Here are a few things to try when you are worried.

Goal: Remember that you didn't cause the illness. You may be worried or sad. Think about what you are feeling. Identify emotions to help process them.

Goal: Start a journal. Draw or write how you are feeling each day. This will help you work through your feelings.

Goal: Learn about your body. How does it work? What is it doing to keep you from getting sick? How can you treat it well and keep it healthy?

WRITING REFLECTION

Serious illness can be scary, but practicing gratitude can help. Try it!

- Gather a journal or a piece of paper and a pencil.
- Take a deep breath in.
- Write down the things you are grateful for. They could be your family, the doctors helping the person who is sick, or the sunshine.
- Read the list of things you are grateful for every day or any time you are feeling down.



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