

MINDING EMOTIONS

FEELING HAPPY

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 have the opportunity to explore their own emotions, as well as the different ways others manage theirs.

BEFORE READING

Talk to the reader about happiness.

Discuss: What does happiness mean to you? What happens to your body when you feel happy? What other emotions do you feel when you are happy?

AFTER READING

Talk to the reader about happiness in others.

Discuss: How can you tell when others are happy? What is something that makes your friends happy?

SEL GOAL

One of the first emotions children understand in themselves and in others is happiness. Yet, their pool of words to describe happiness is often limited. Help the reader increase his or her emotional vocabulary by making a list of synonyms for the word "happy." Use the new words in a sentence to help the reader gain context ("The song I heard this morning made me so cheerful. I was delighted to hear my favorite band. It brought me joy.") Increasing emotional vocabulary helps children better describe their emotions.

GOALS AND TOOLS

GROW WITH GOALS

Everybody feels happy sometimes. It's fun to do things that make you happy. It's also fun to make others happy!

Goal: Bring happiness to others! You might have a friend who is having a bad day. Put yourself in his situation. Try to make him feel happy!

Goal: Know why you are happy! The next time you are happy, think about why you feel that way. Putting it in words can help you understand what makes you feel joy.

Goal: Talk about what makes you happy! Sharing when you are happy might make someone else happy, too.

WRITING REFLECTION

Understanding what makes you happy can help you find joy when you are feeling sad, angry, or frustrated.

1. Write down one thing that makes you happy.
2. How does your body feel when you think about what makes you happy?
3. How does your mind feel when you think about what makes you happy?



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