

MINDING EMOTIONS

FEELING NERVOUS

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 the meaning of nervousness and other words related to it.

Discuss: Does everyone feel nervous sometimes? What are other words for feeling nervous (worried, anxious, frightened, guilty, etc.)? What makes you feel nervous?

AFTER READING

Talk to the reader about how feeling nervous can feel different for everyone.

Discuss: When you are nervous, how does your body feel? Does it always feel this way? What are some other things you feel when you are nervous?

SEL GOAL

Studies show children identify feeling anxious most often at school. From academic performance to social interactions, many situations may cause anxiety. Helping students manage emotions in the classroom can help lower anxiety and increase learning. Teaching students about the mind, emotions, and what causes them to feel nervous can help them better understand their emotions and manage them in the future.

GOALS AND TOOLS

GROW WITH GOALS

You will feel nervous sometimes. There are things you can do to work through your worries.

Goal: Try meditating! Close your eyes. Take deep breaths. Focus on one or two sounds. Meditation can help focus your thoughts.

Goal: Squeeze a stress ball! This can help get rid of tension. It can remind you to loosen muscles that your nerves have tightened.

Goal: Talk out loud! If you are feeling nervous, try talking about your fears out loud. Hearing them might help them go away.

WRITING REFLECTION

One way to handle being nervous is to write down what might make you worried. Brainstorm solutions with someone you trust.

1. When you have anxious thoughts, write down what you are feeling.
2. Show someone you trust. Talk about your feelings.
3. What are some ways you can work through your worry?



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