

## YOU'VE GOT A FRIEND

# WHEN YOUR FRIEND IS EXCITED

### TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children grow their self and social awareness. They will learn how to manage their emotions and foster empathy toward others. Lessons and support in SEL help children build relationship skills, establish positive habits in communication and cooperation, and make better decisions. By incorporating SEL in early reading, children will have the opportunity to explore different emotions, as well as learn ways to cope with theirs and those of others.

#### BEFORE READING

Tell the reader that excitement is an emotion everyone experiences.

**Discuss:** What causes you to get excited? How does your mind and body feel when you are excited?

#### AFTER READING

Talk to the reader about how to recognize when someone else is excited.

**Discuss:** How can you tell when a friend is excited? What can you do and say to support that friend and join in his or her excitement? How can you help calm down a friend who is overexcited?

#### SEL GOAL

Young students struggle to understand their own emotions, and it's even more difficult for them to recognize how someone else is feeling. Being able to spot clues in a friend's body language and actions will help improve their social awareness skills. Lead a discussion about how students feel when excited and what helps them calm down if they become too excited. By sharing this information with each other, students will learn how to communicate with a friend who is feeling excited.

### GOALS AND TOOLS

#### GROW WITH GOALS

Everyone gets excited for different reasons. How can you show it and join in it when your friends are excited?

**Goal:** Share your excitement! What is something you are excited about? Talk about it with a friend!

**Goal:** Get excited for something that will happen in the future! It is fun to have something to look forward to. Can you think of something fun coming up? How can you prepare for it?

**Goal:** Support your excited friend! Ask your friend what excites him or her most about something and how it feels.

#### WRITING REFLECTION

Write down the things that excite you. Ask a friend to do the same.

1. Compare your lists. What things did you write down that were similar? Which were different?
2. For the things that were different, explain to your friend why you get excited about them. Ask your friend to do the same.
3. Then talk about the things you had in common. Do you get excited about them for the same reasons?



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published by: **jump!**