

THE POWER OF PICTURE BOOKS IN SOCIAL AND EMOTIONAL LEARNING



"The more that you
read, the more things
you will know. The
more that you learn,
the more places you'll
go." -Dr Seuss

LEARNING GOAL



- What is social and emotional learning?
- How can we contribute to our student's social and emotional learning?
- Why picture books are such powerful tools to teach SEL?
- Explore a few of my favorite picture books



WHAT IS SEL?

- Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

5 BASIC SOCIAL EMOTIONAL SKILLS FROM CASEL BROKEN DOWN INTO THEIR ESSENTIALS

SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

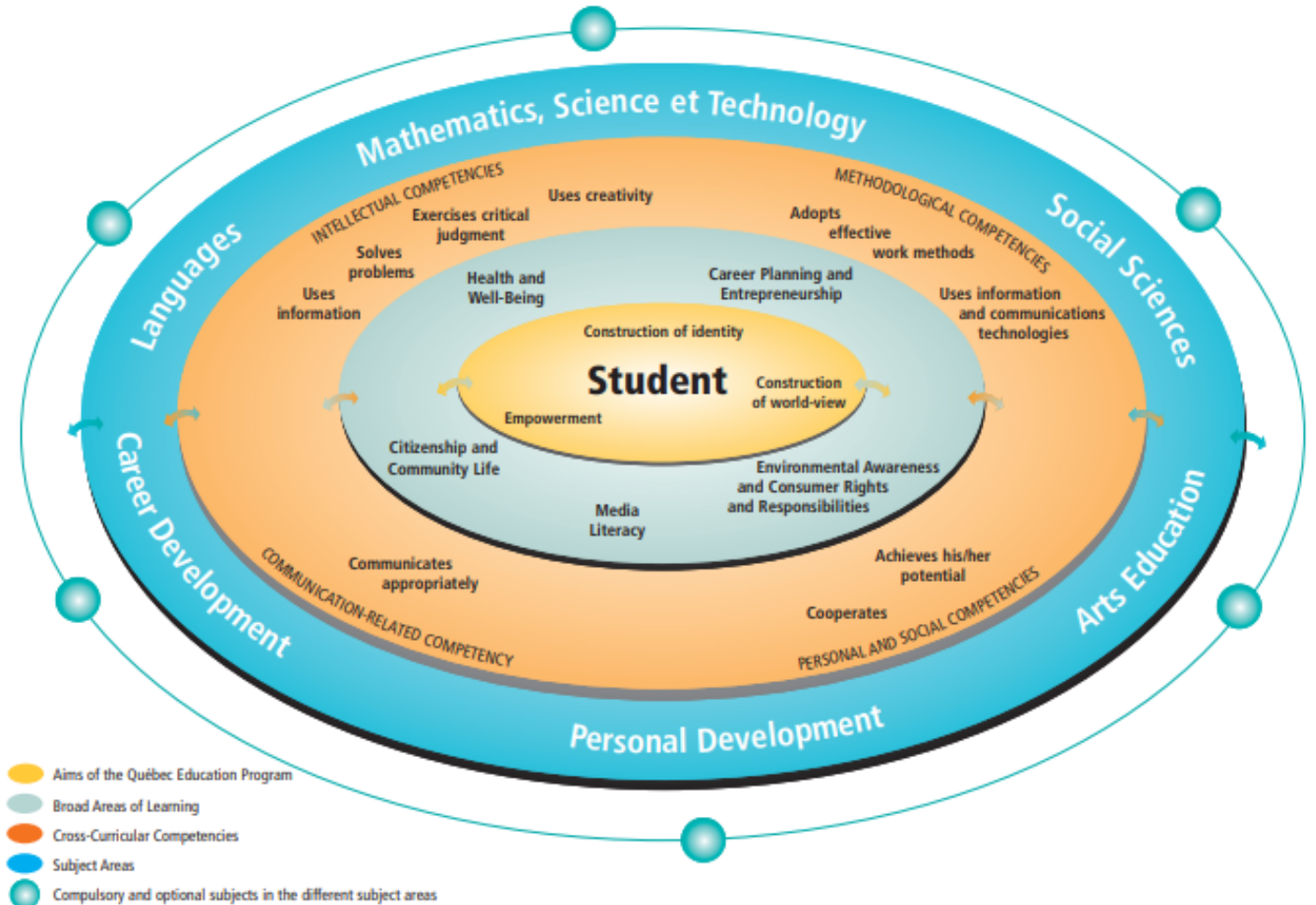


Schoolwide Practices
and Policies

- Source:: <https://www.thinkingmaps.com/>

WHY?

- Social and emotional learning is at the center of our program
- They are the foundational skills
- SEL gaps exist and impact student's academic success.



Québec Education Program

TEACHING SOCIAL AND EMOTIONAL SKILLS

What?

Why?

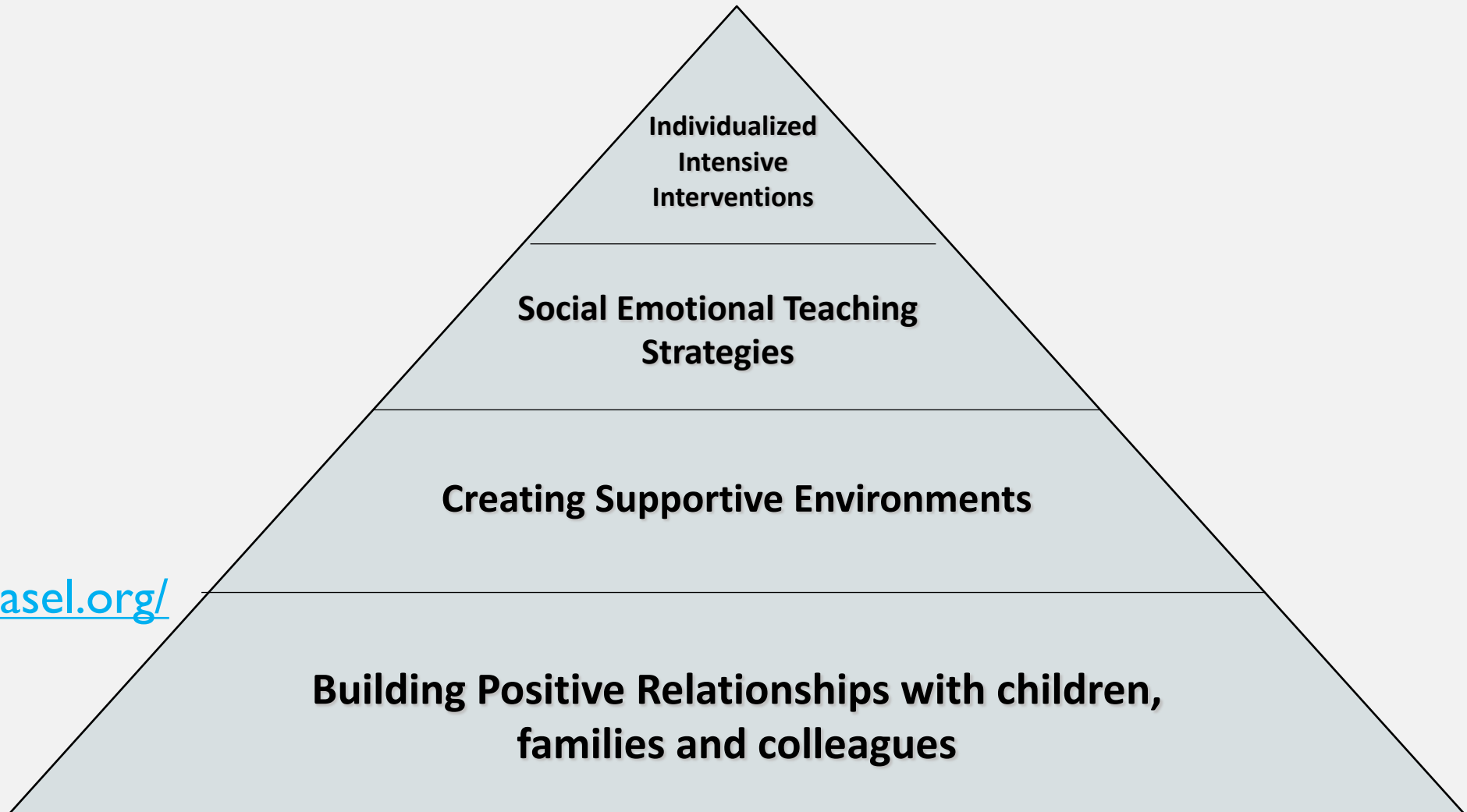
Who?

Where?

When?



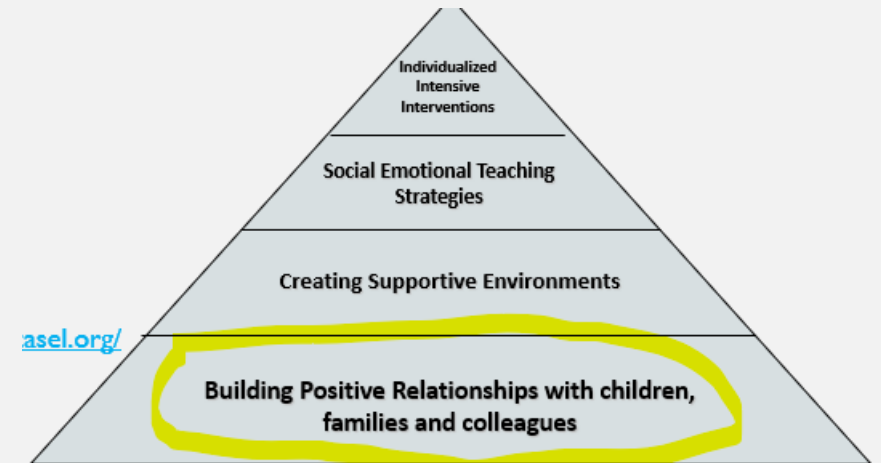
PROMOTING SOCIAL AND EMOTIONAL SKILLS



Source:
<https://casel.org/>

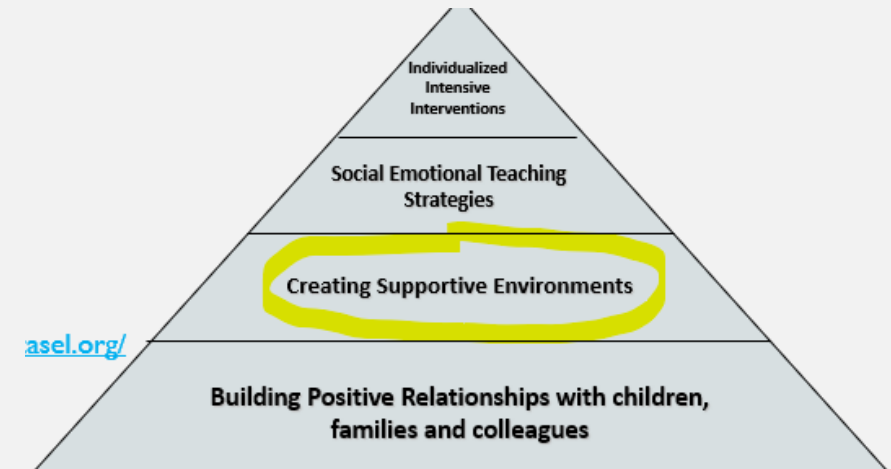
BUILDING POSITIVE RELATIONSHIPS WITH STUDENTS, FAMILIES AND COLLEAGUES IN THE LIBRARY

- Model **positive relationship** with students and adults
- Trust opens minds to learning
- Home-school-community connection
- **Inpire** a love of reading, engagement, positive self-awareness
- Become a **significant adult** by responding to student needs
- Build **attachement**
- Build a **sense of community**



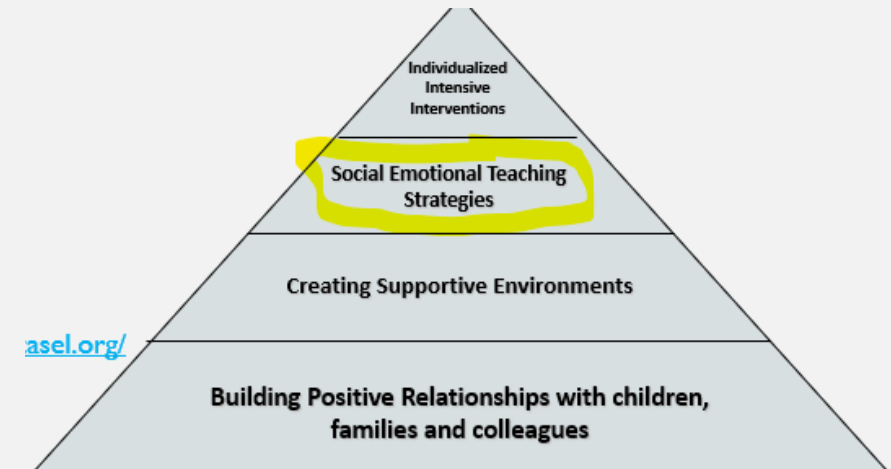
CREATING SUPPORTIVE ENVIRONMENT IN THE LIBRARY

- **Safe place**
- **Routines well established, no surprise**
- **Peace- light, odour, space**
- **Care**
- **Well organize materials**
- **Available and willing to help and support**
- **Attentive** to the needs of each individual to better respond to those needs
- **Resources are made visible**
- **Supportive and available** to help, direct and motivate student growth and reading engagement.
- **Think outside the box**



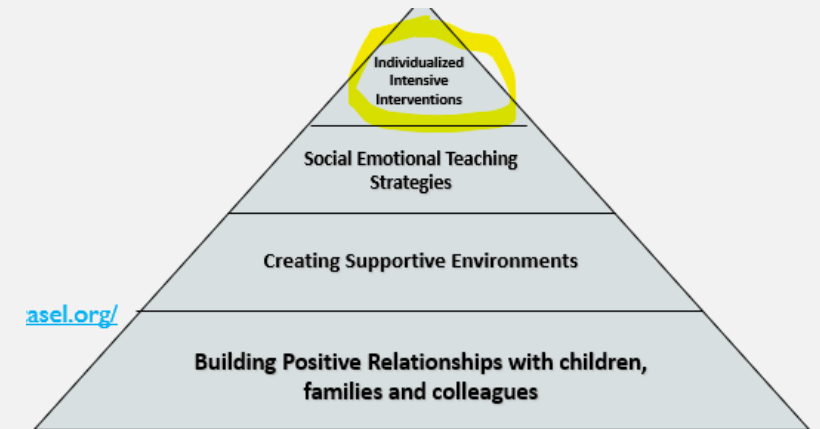
SOCIAL EMOTIONAL TEACHING STRATEGIES

- **Explicit and Intentional** teaching
- **Teamwork** opportunities
- **Role play**
- **Programs used schoolwide**
- **Make resources visible-** books, posters, web access, bulletin boards...
- **Teach and practice Mindfulness**
- **Develop Emotional literacy**
- **Promote and reinforce**
- **Games and songs**
- **Use visuals**
- **Use literature**



INTENSIVE INDIVIDUALISE INSTRUCTION

- Only for **certain students**
- Select **specific books** for these few students
- Discuss with the teacher to better understand the needs of this child
- Give yourself the mission to **bond** with this particular student and provide support to help close the social emotional learning gap



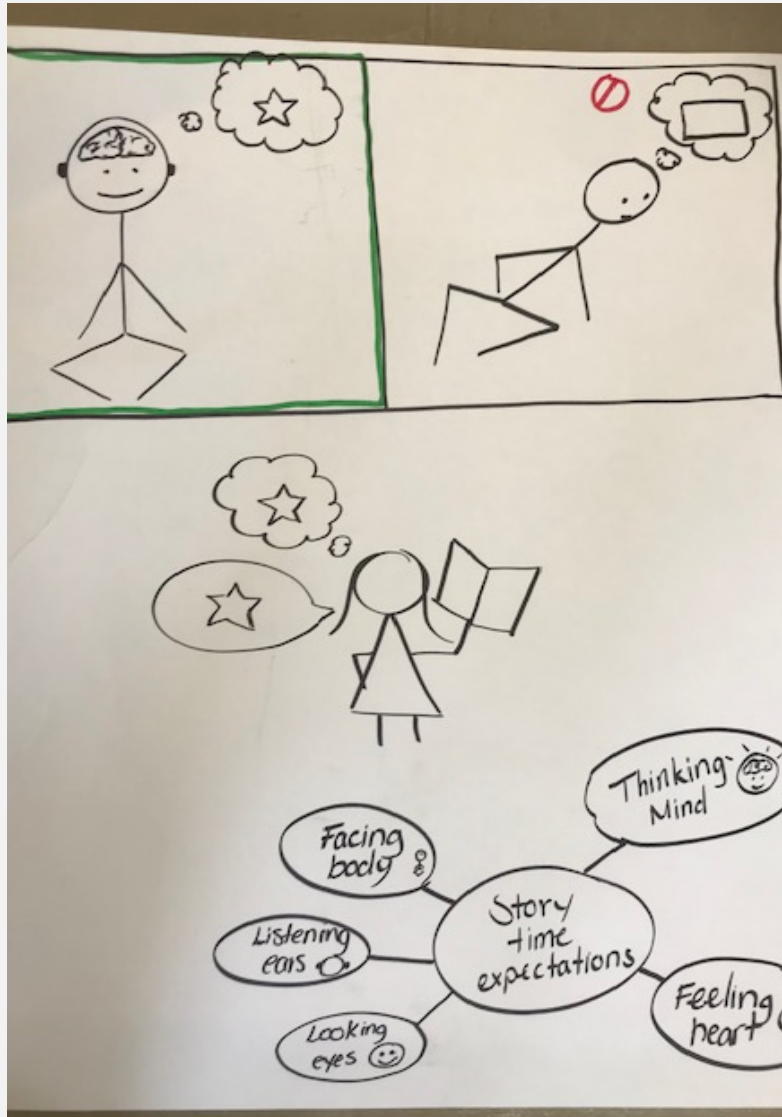
IT'S ALWAYS NICE TO PEEK IN AND SEE
WHAT OTHERS ARE DOING

- <https://www.youtube.com/watch?v=swgyn35XjiQ>

A read aloud should be a joyful celebration for all. For you, for your students, and indirectly, for the author and illustrator who toiled over each word and every image that lies on and between the covers of the book.

-Maria Walter





EMBEDDING SOCIAL EMOTIONAL LEARNING IN STORY TIME EXPECTATIONS

- **Body-** posture, body control, sitting spot
- **Mind-** Thinking brain
- **Heart-** Feel the emotions

THE POWER OF STORYTELLING THROUGH PICTURE BOOKS

Love of
reading

Models
proficient
reader
strategies

Celebrates
the written
word (and
illustration)

Expands
vocabulary

Fosters a
strong sense
of community

Sparks
collaborative
conversations

Encourages
perspective-
taking and
empathy

Opens
windows to
other worlds

Builds a
foundation for
future
learning

EMOTIONAL LITERACY

- **Emotional literacy** refers to the ability to express one's **emotional** state and communicate one's feelings.

A person with well-developed **emotional literacy** is therefore able to recognize and respond to the **emotional** states of others. This is considered a hallmark of healthy relationships.



Level 1 Words might be used with younger students or with students who have more limited expressive and receptive language skills:

Calm Happy Interested Excited	Surprised Confused Concerned Nervous Afraid	Cranky Bored Upset Angry Disgusted	Disappointed Hurt Sad Depressed
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Level 1 & Level 2 Words:

Calm Content Jolly Satisfied Relaxed Happy Giddy Interested Enthusiastic Overjoyed Excited Mesmerized Amazed Thrilled Fixated Exuberant Obsessed	Surprised Startled Unsure Apprehensive Afraid Confused Concerned Nervous Anxious Worried Afraid Astonished Awed Terrified Frantic Hysterical	Bored Cranky Distracted Aggravated Irritated Upset Frustrated Angry Distaste Disbelief Disgusted Irate Apathetic Contemptuous Bitter Disdain Loathing Enraged	Hurt Disappointed Sad Distraught Grief Depressed Despair
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PROMOTING EMOTIONAL LITERACY IN THE LIBRARY



- **Books** about feelings are read, displayed and promoted
- **Photos of people** with various emotional expressions are displayed
- Label your **own feelings and those of children**
- Wide variety of vocabulary words to describe emotions
- Role play, singing songs, playing games, speech bubble, thought bubbles, open ended questions, group discussions
- **Be connected** with the schoolwide themes, activities or character traits
- Children are **reinforced** to use feeling words.
- Efforts **occur daily**.

SPEED-DATING – BOOK SUGGESTIONS AND CREATIVE IDEAS

- Padlet-
 - Share book recommendations for teaching social emotional skills
 - Share ideas that you use in your school library to foster social and emotional learning
 - Share new ideas that could possibly be implemented in your school to foster SEL-no idea is a bad idea.

<https://padlet.com/angeliecaissy/opvzngw0d80ku3oI>

FUN TOOLS AND IDEAS TO TEACH SOCIAL EMOTIONAL SKILLS WITH PICTURE BOOKS

- Speech and thought bubbles
- Emotion story lines
- Intensity of emotions
- Role play
- Emotion stickers and post-its





Self-awareness



Social-
awareness



Self-
management



Relationship
skills



Responsible
decision making

FUN TIME!

BOOK EXPLORATION

FEELING WORDS

On Friday when I went to my cousin Janie's she wouldn't let me play with her new dump truck in the sandbox.

I always share my toys with her when she comes to my hours and I have something new to play with.

I was feeling...

On Monday When It Rained



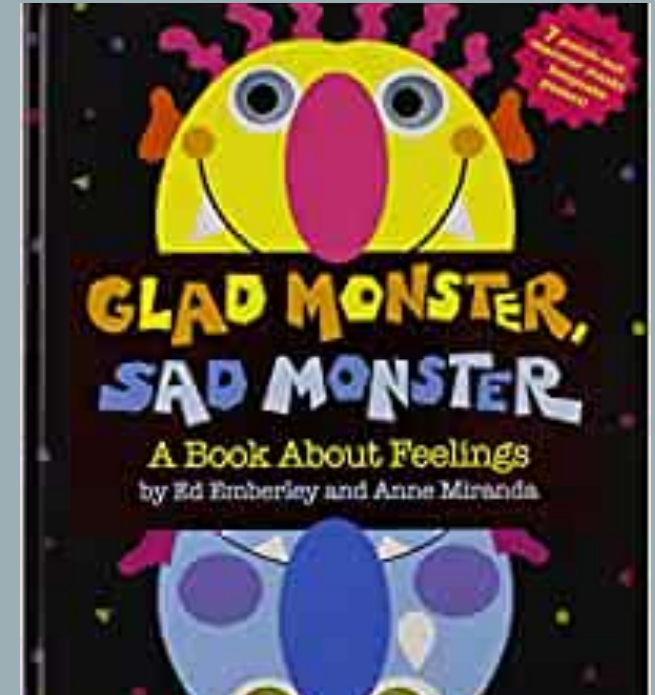
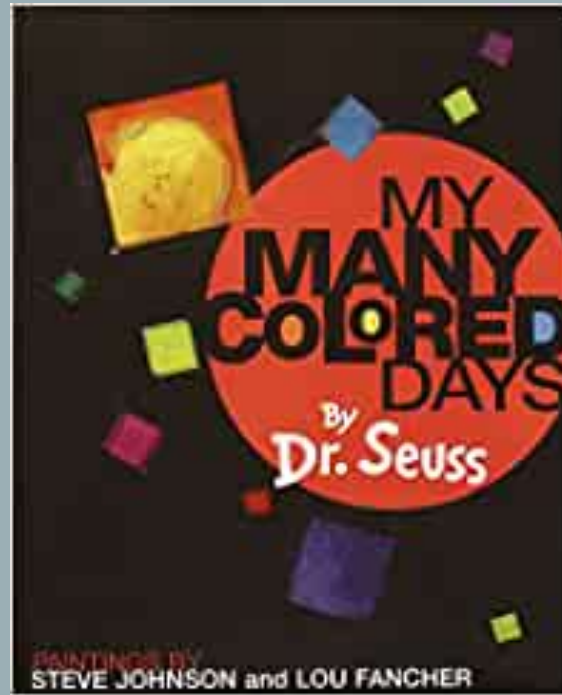
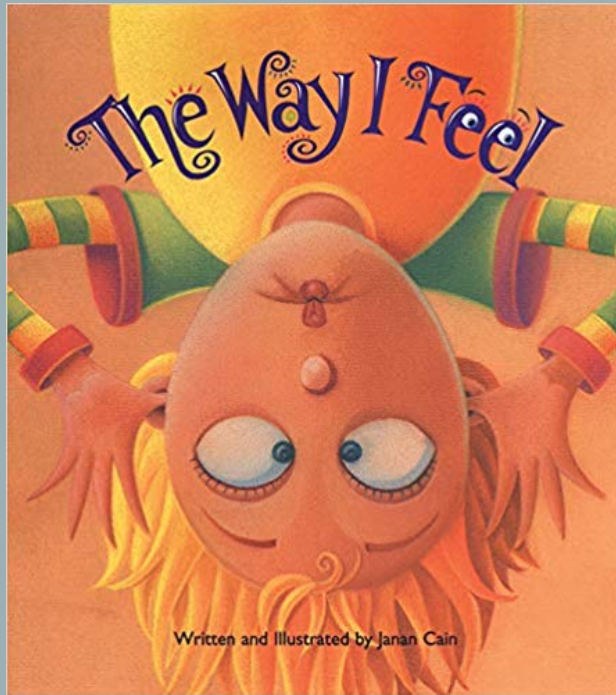
by Cherryl Kachenmeister Photographs by Tom Berthiaume



SOMETIMES I FEEL LIKE A FOX

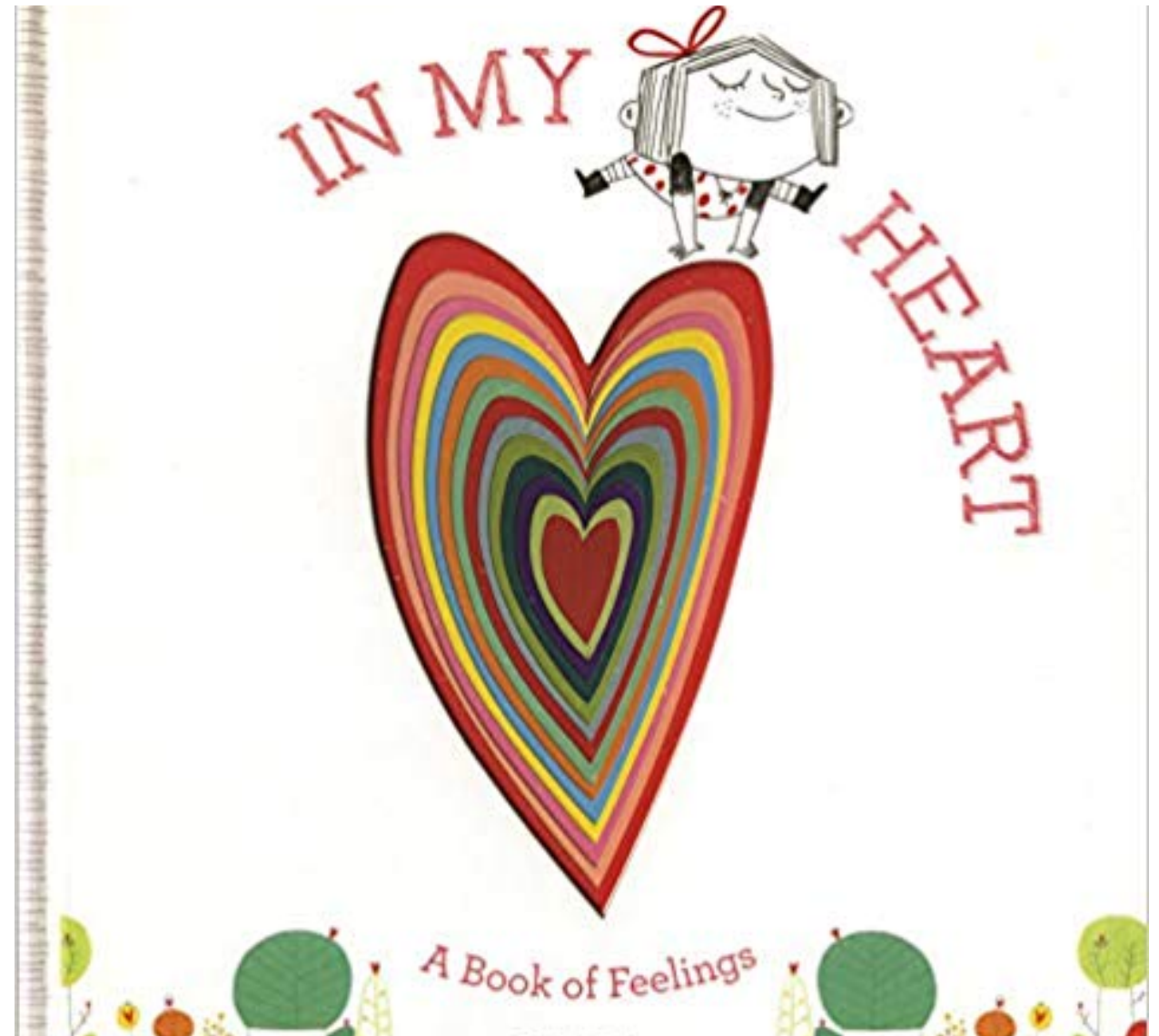
Danielle Daniel

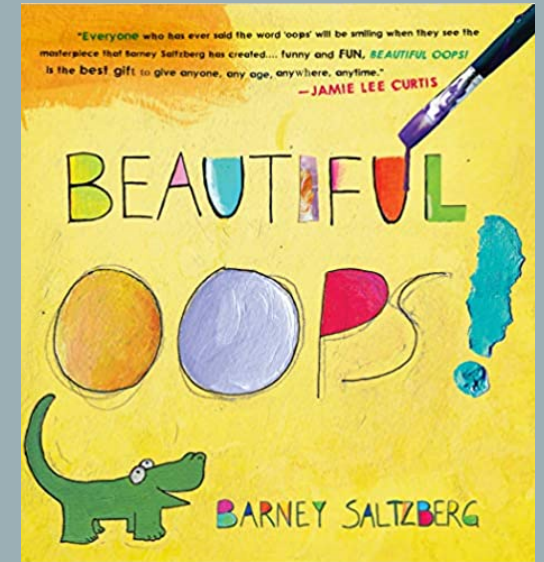
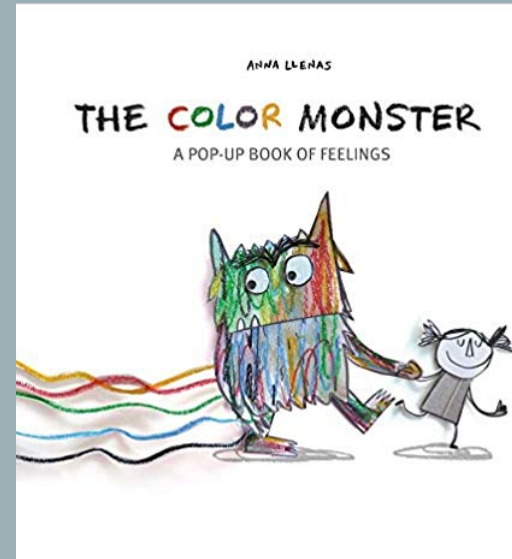
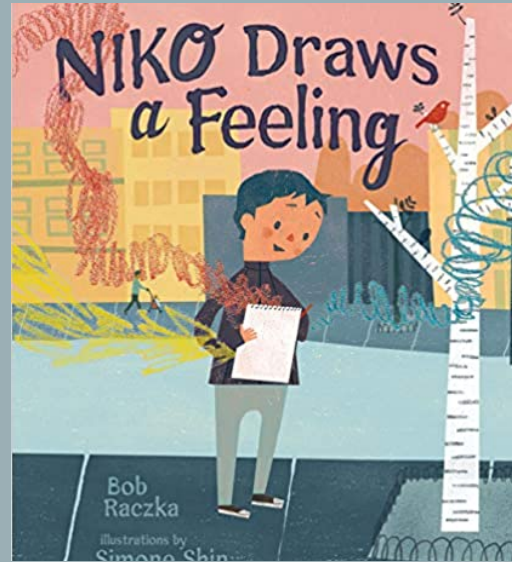
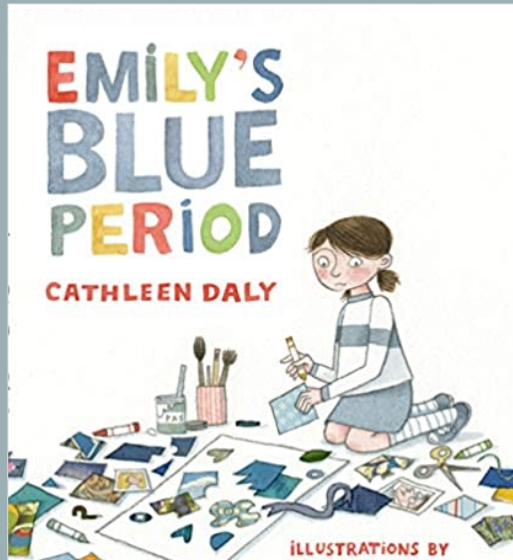




THE COLORS OF EMOTIONS

EMOTIONS INSIDE AND OUT





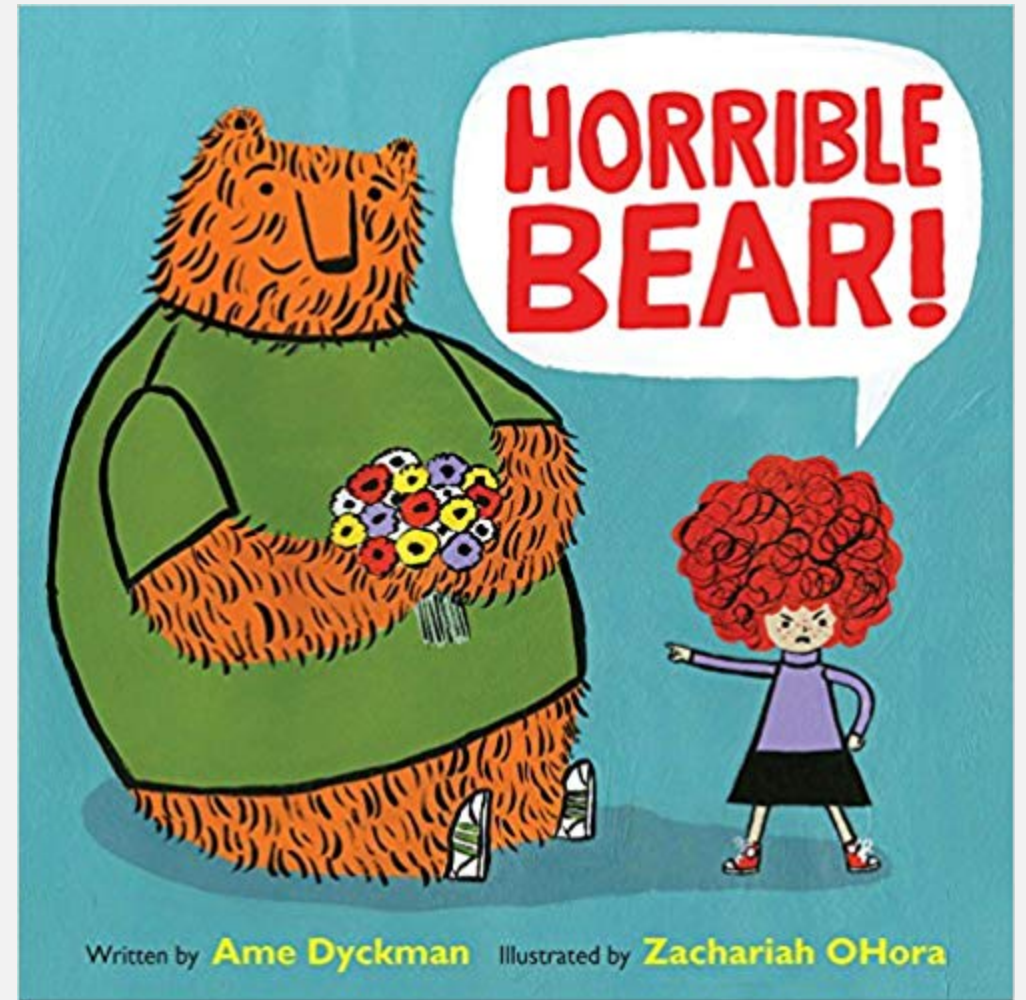
EXPLORING EMOTIONS THROUGH ART

UNDERSTANDING
STRONG
EMOTIONS AND
SELF-MANAGEMENT

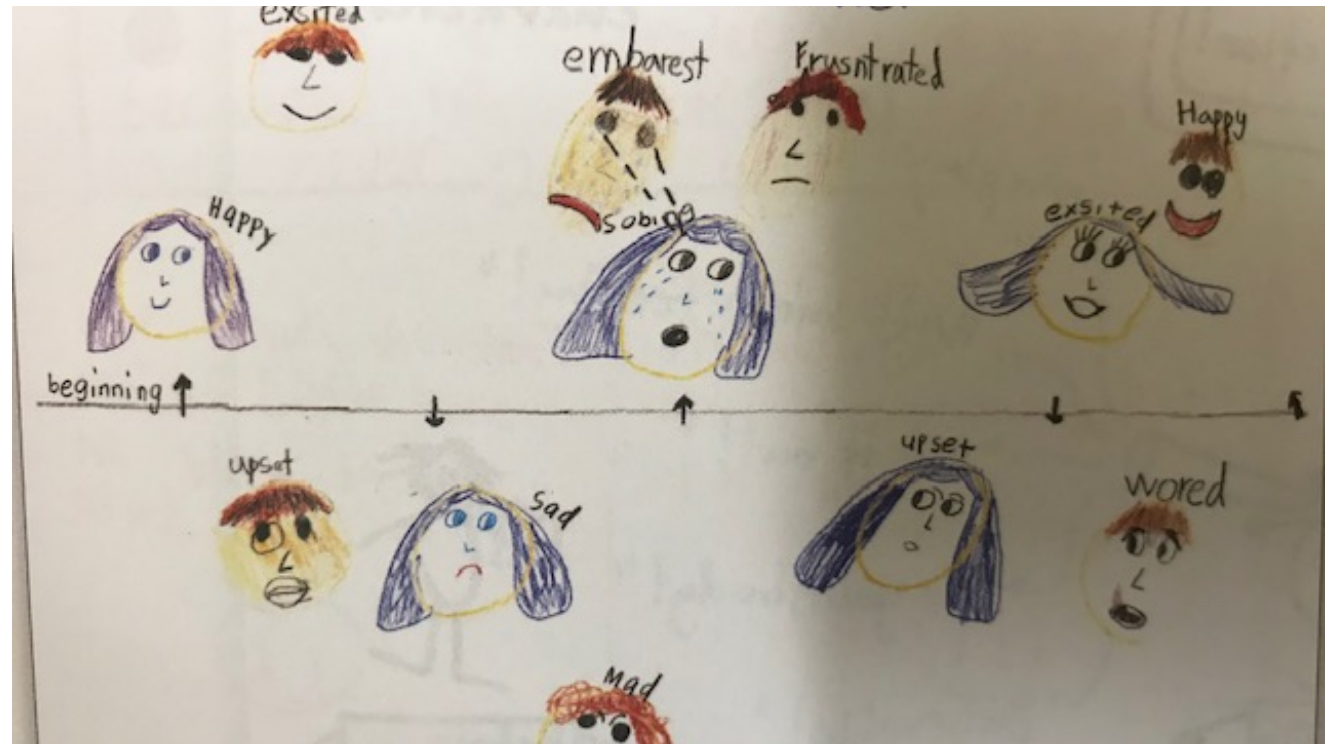
Illustrations that clearly
reflect the characters'
feelings

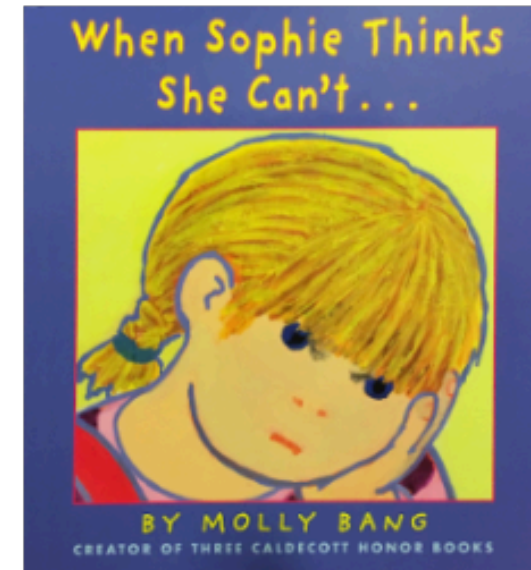
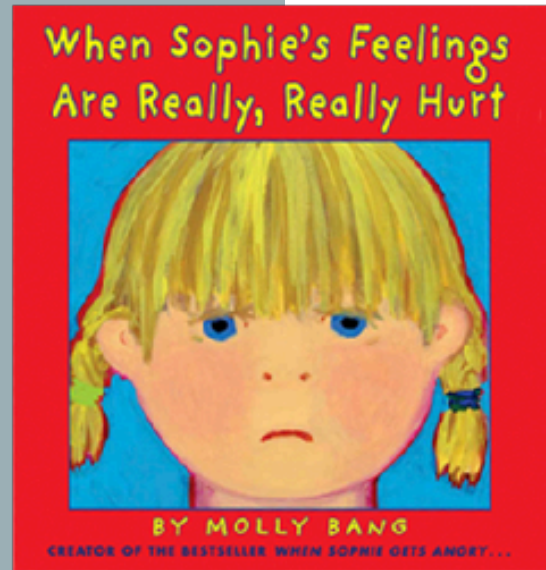
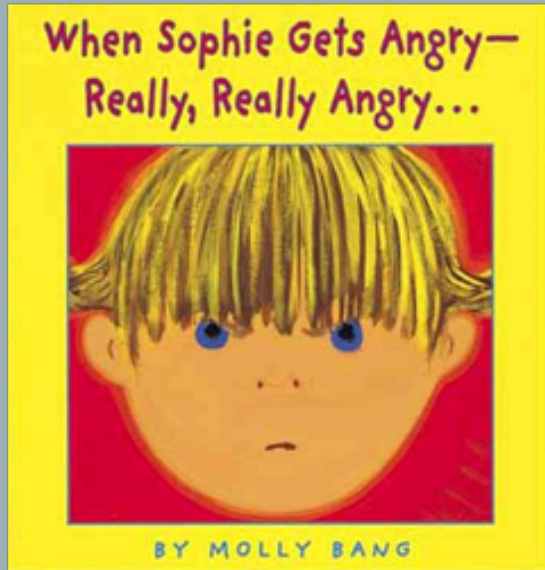
Characters who get angry
and figure out how to calm
themselves down.

Characters who have a
misunderstanding and work
it out



EMOTION CHANGES STORY LINE





STRONG FEELINGS AND CALMING DOWN STRATEGIES

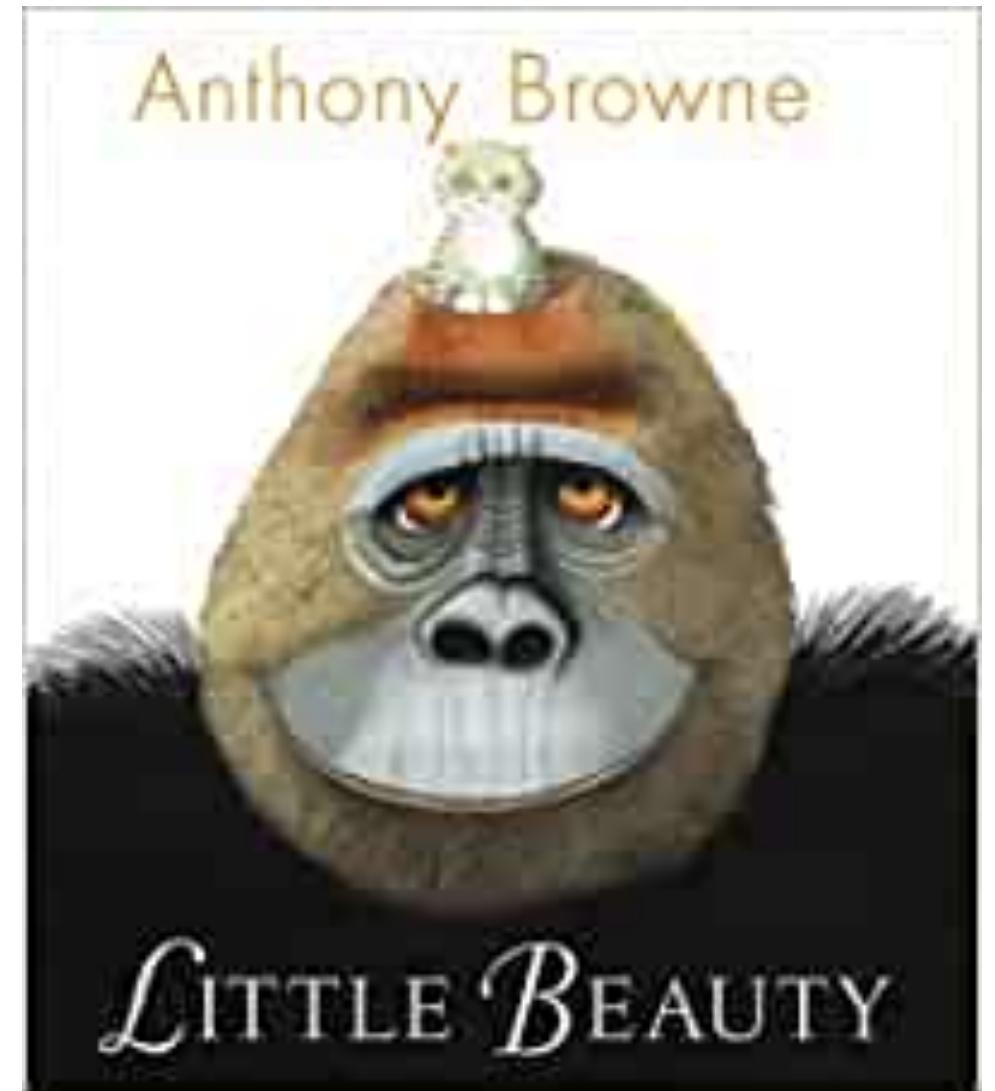
ESSENTIALS TO BE TAUGHT THROUGH PICTURE BOOKS

- Words for different feelings- Emotional literacy
- Empathy training
- Feeling change... how and why?
- You can feel differently than someone else about the same thing...perspectives
- You can have more than one feeling about something...mixed feelings
- Recognize how someone else is feeling
 - Facial cues
 - Body language
 - Tone of voice
 - Situational cues
- All feelings are valid, so are their intensity – **it is what you do with them that counts**



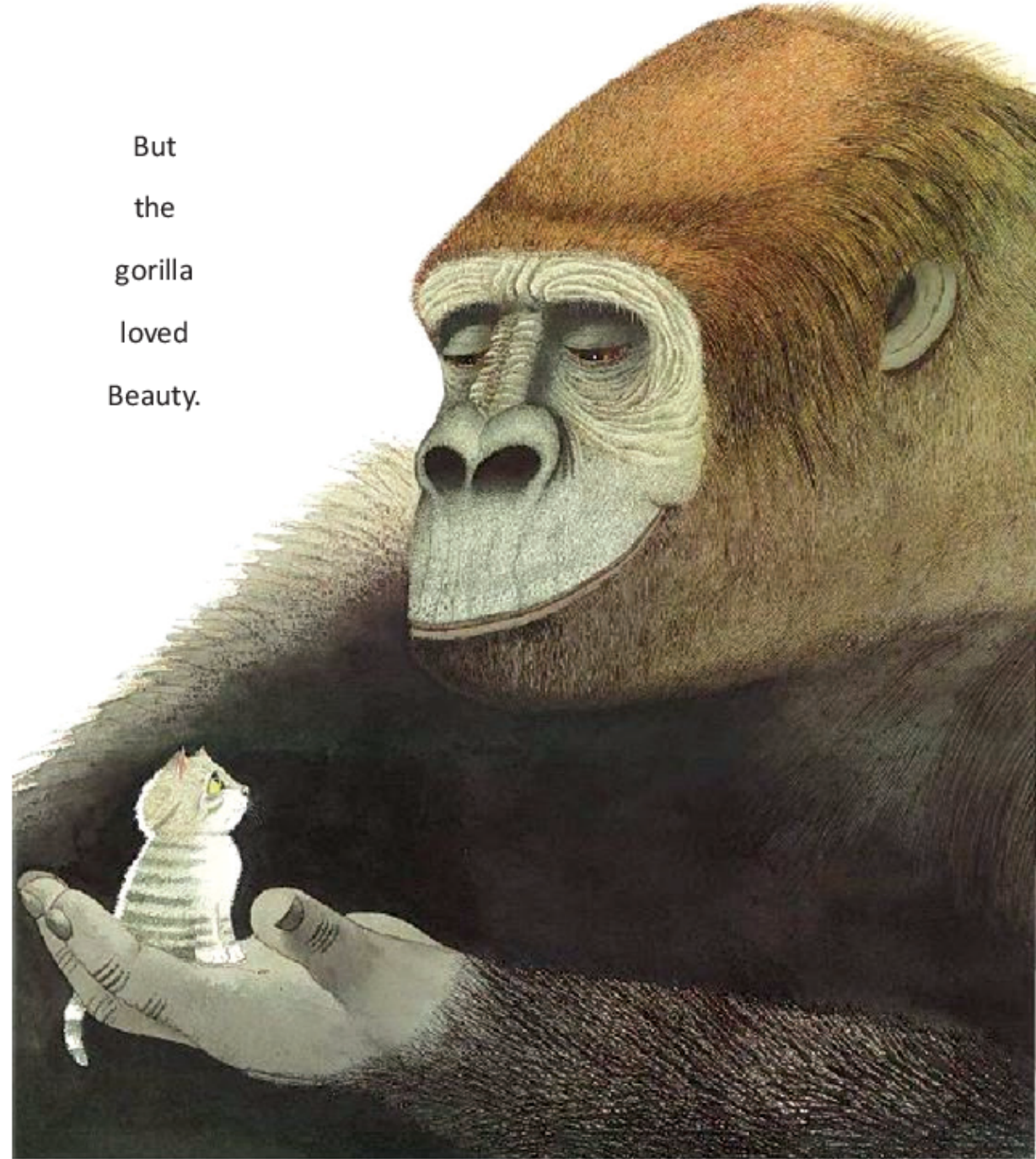
FRIENDSHIP

- Taking care of friends
- Standing up for one another
- Strong emotions displayed



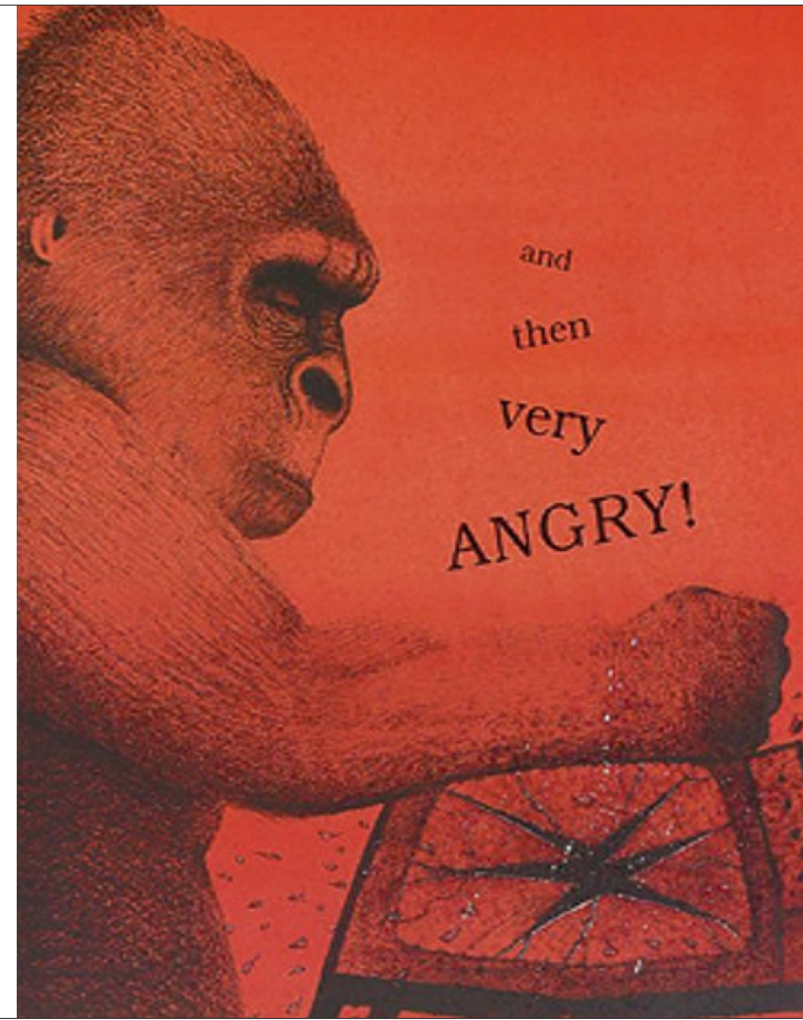
HOW WOULD YOU
DESCRIBE HIS
FEELING FOR
BEAUTY?

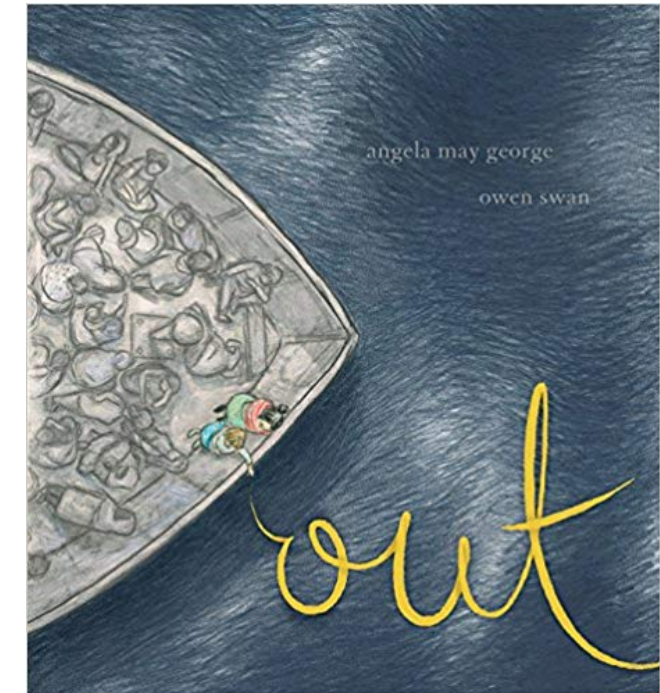
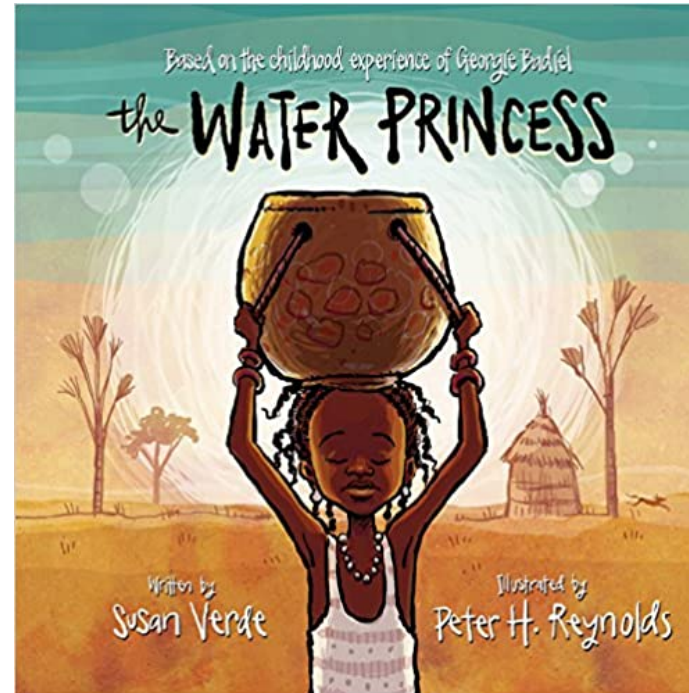
But
the
gorilla
loved
Beauty.





until one night ther watched a film
together. The gorilla became
more and more upset.

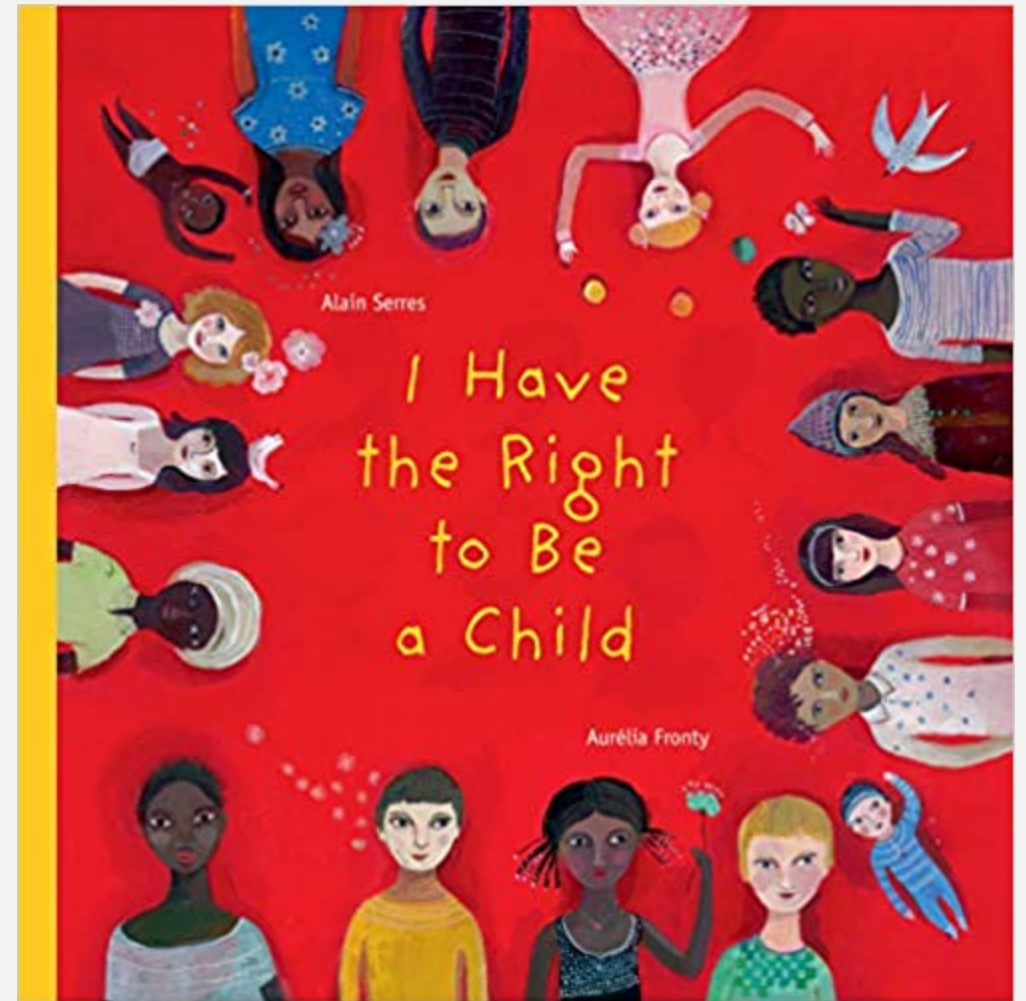




PROMOTE DIVERSITY AND INCLUSIVITY,
COMPASSION AND OPEN MINDS

FOR ALL STUDENTS FOR ALL SCHOOL LIBRARY

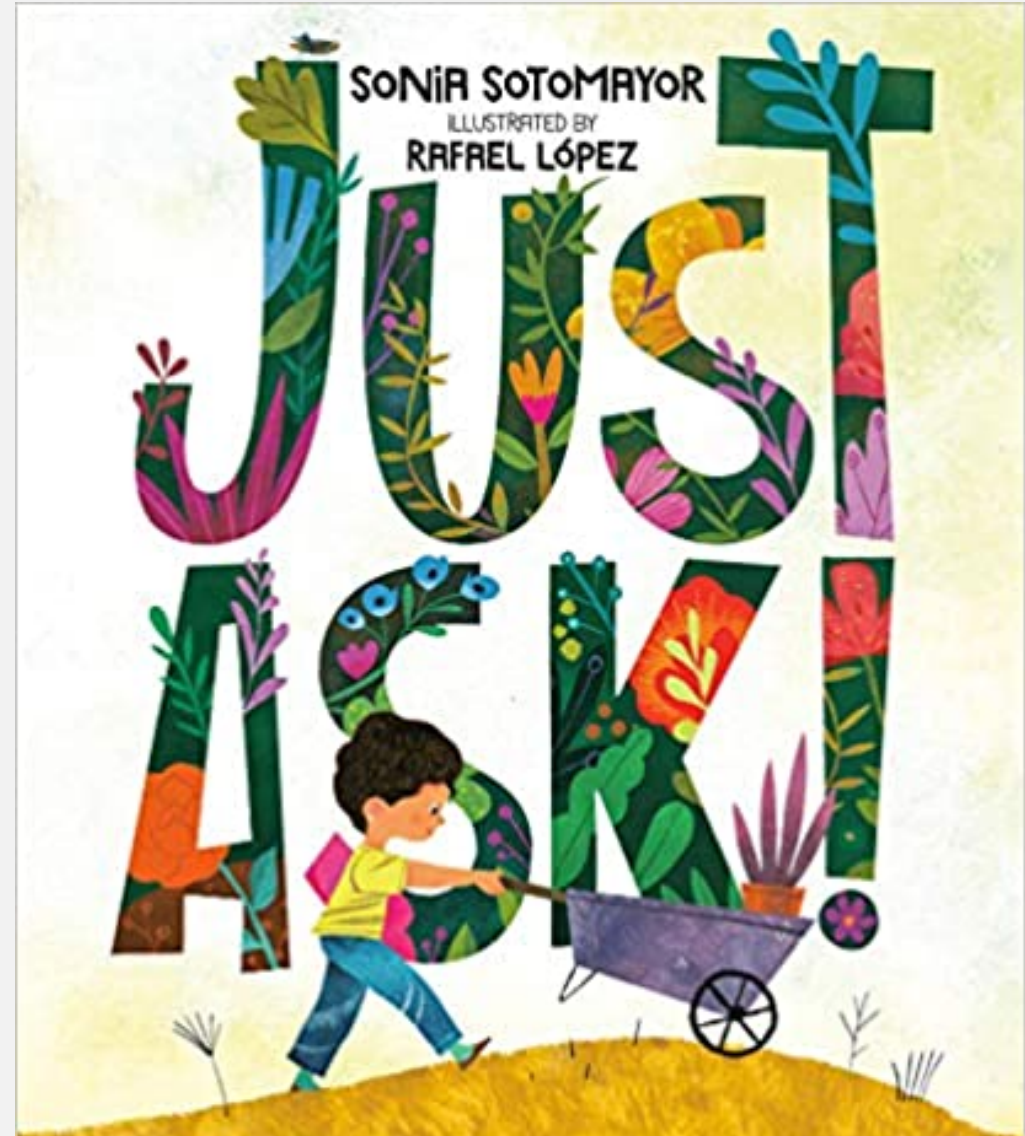
- Simple text
- Amazing illustrations
- Children from everywhere on the planet have rights no matter who they are



TALK ABOUT IT

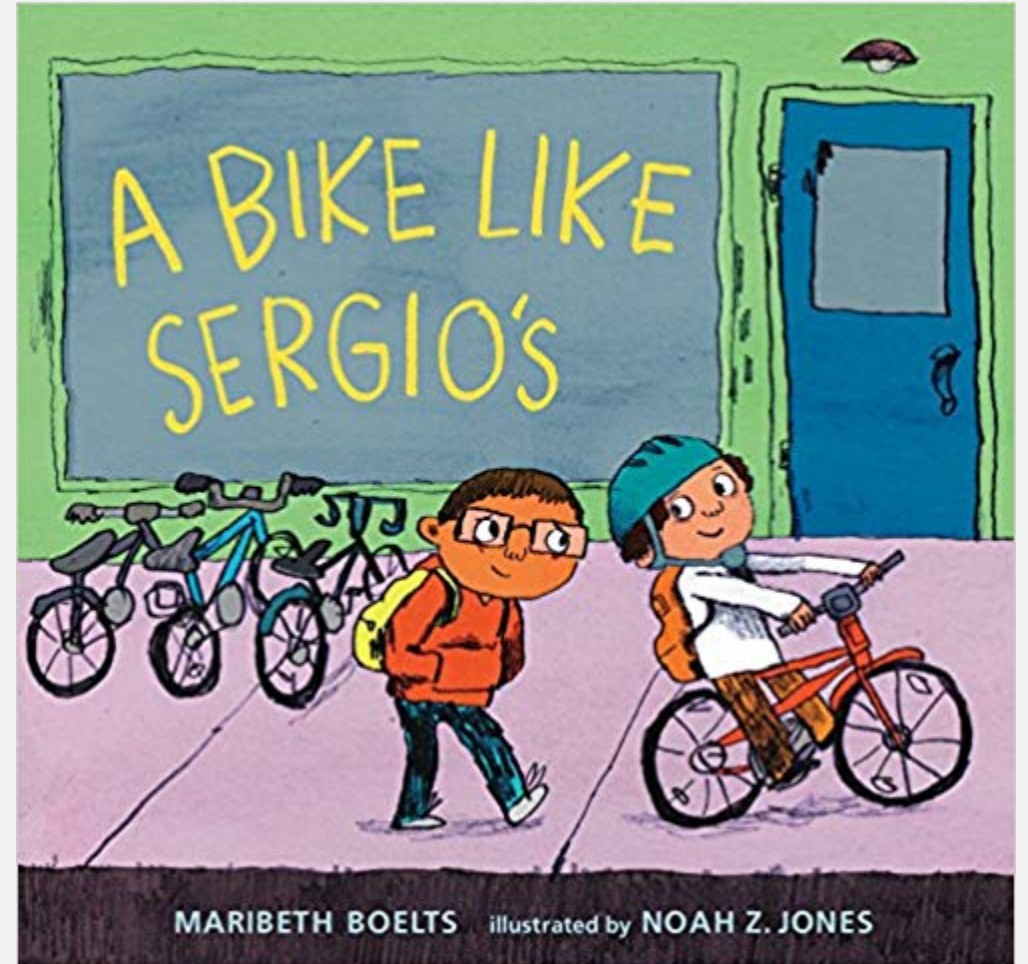
HEALTH ISSUES AND DIFFERENCES

- Diabetes
- Asthma
- Physical handicaps
- Autism
- Learning disabilities
- Etc.

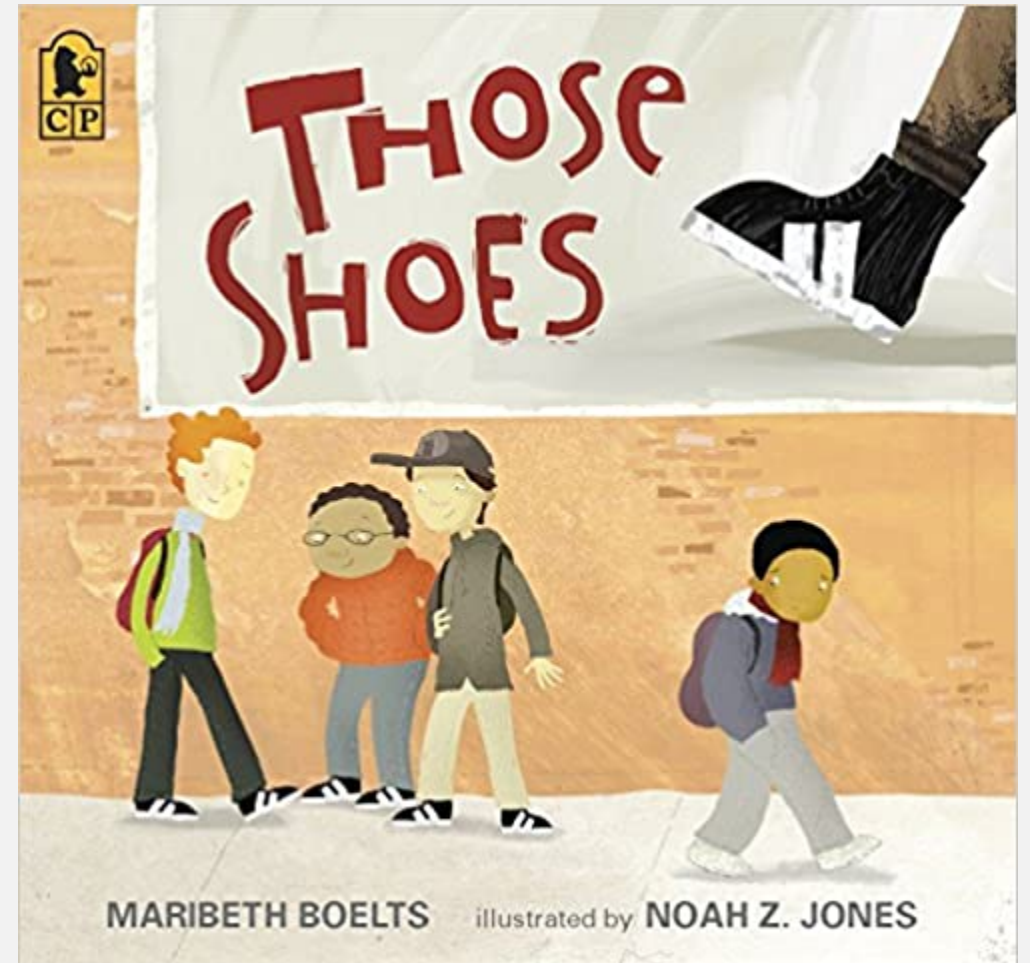


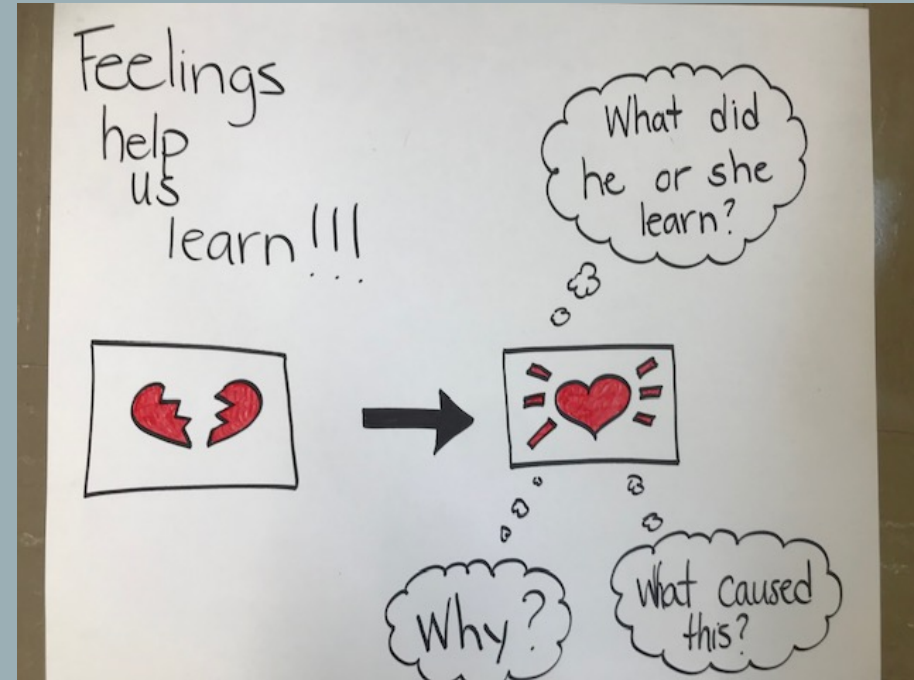
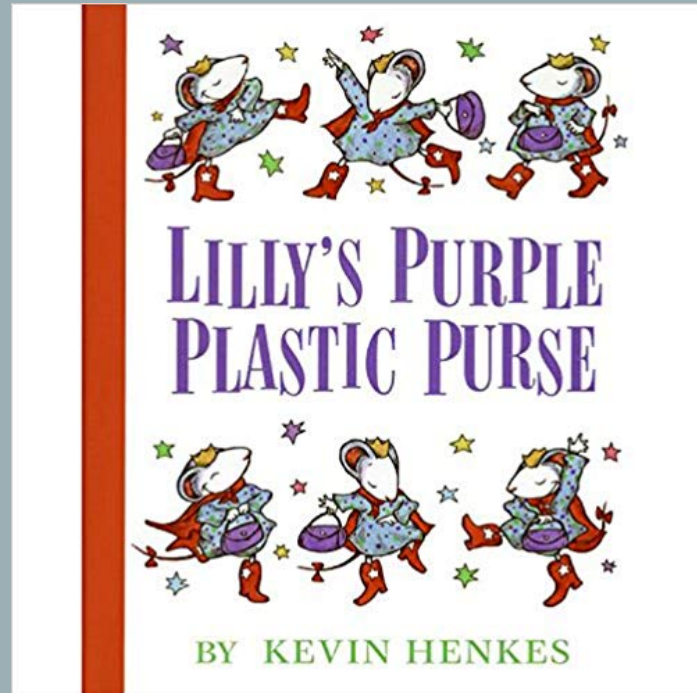
INFER CHARACTERS' FEELINGS

Characters who have to decide whether or not to do the right thing.



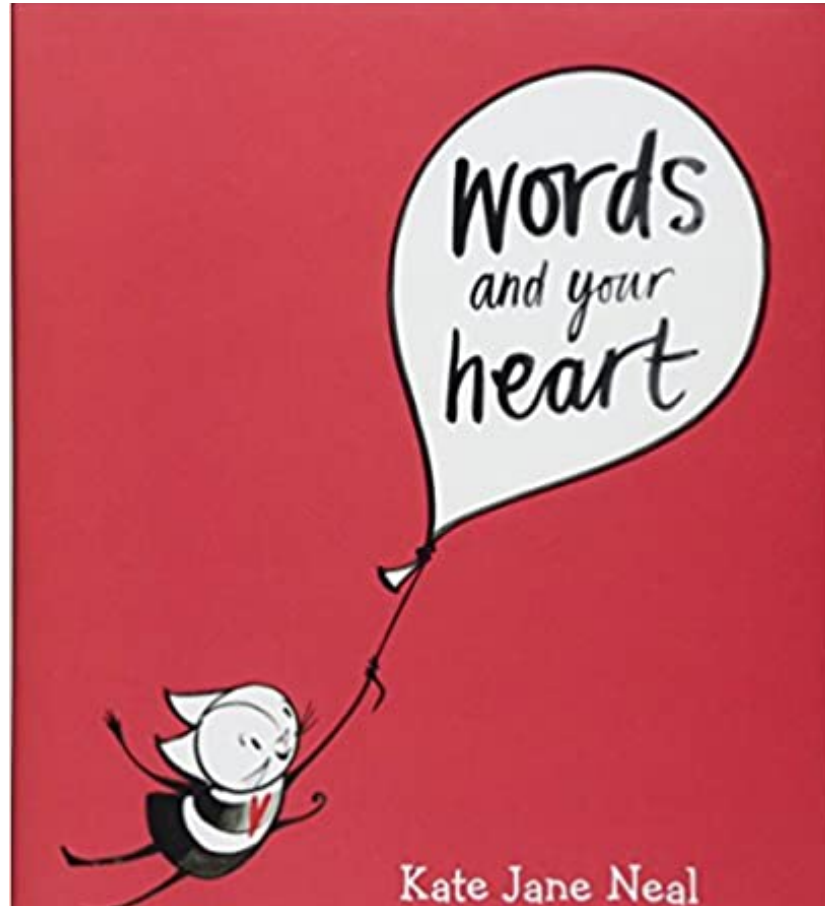
DECISION MAKING

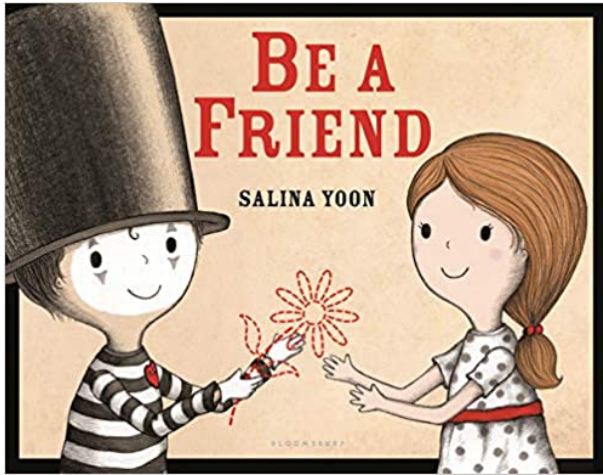




APOLOGY FORGIVENESS

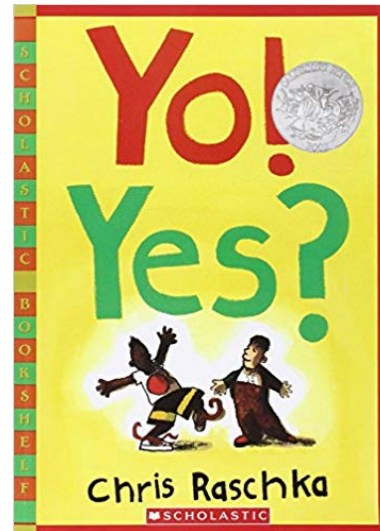
SPREAD
THE
KINDNESS





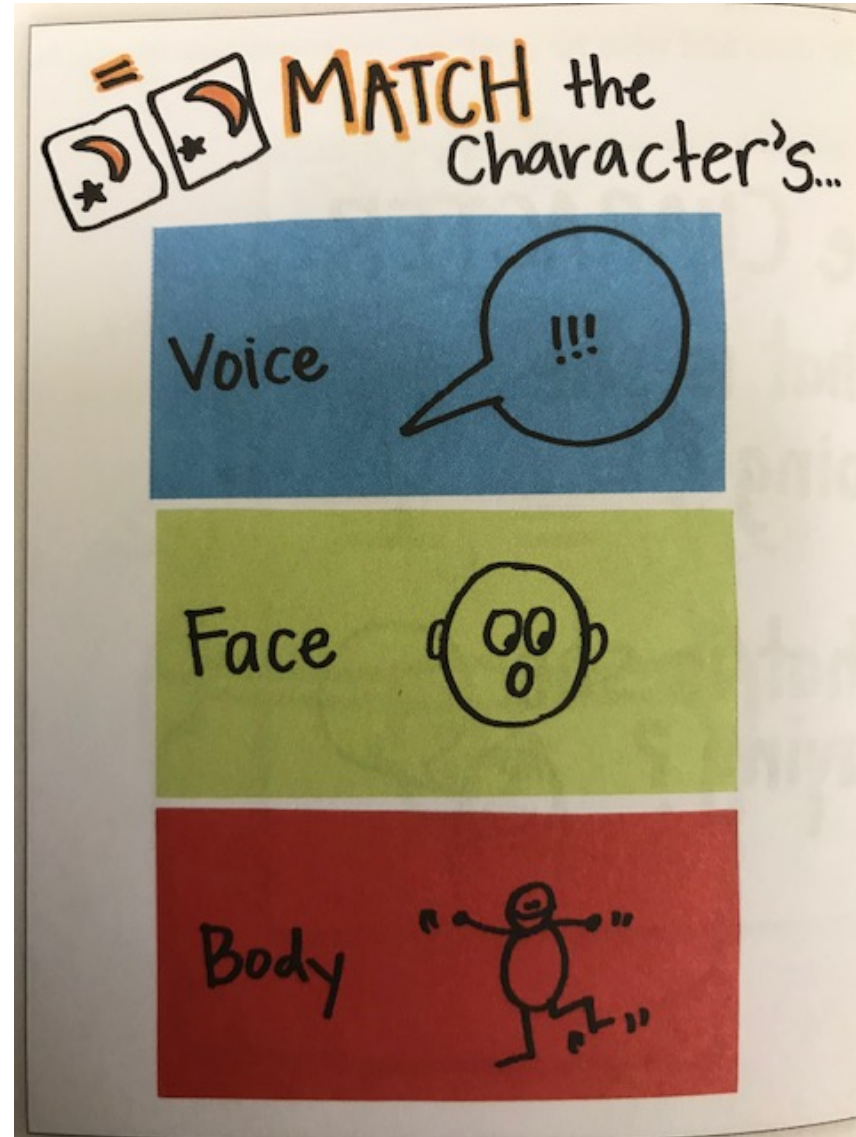
SOCIAL AWARENESS RELATIONSHIP MAKING

- Characters who display empathy, kindness and understanding
- Friendship



ROLE PLAY ACTIVITY

- Engaging
- Efficient for SEL
- Tones of possibilities



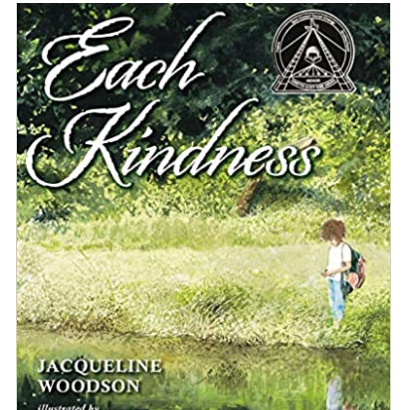
EXPERIENCING RICH SOCIAL SITUATIONS THROUGH FICTION

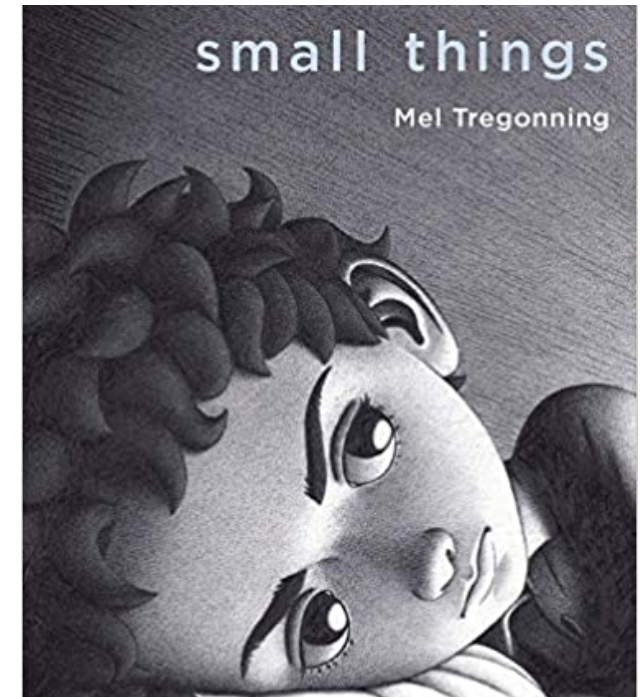
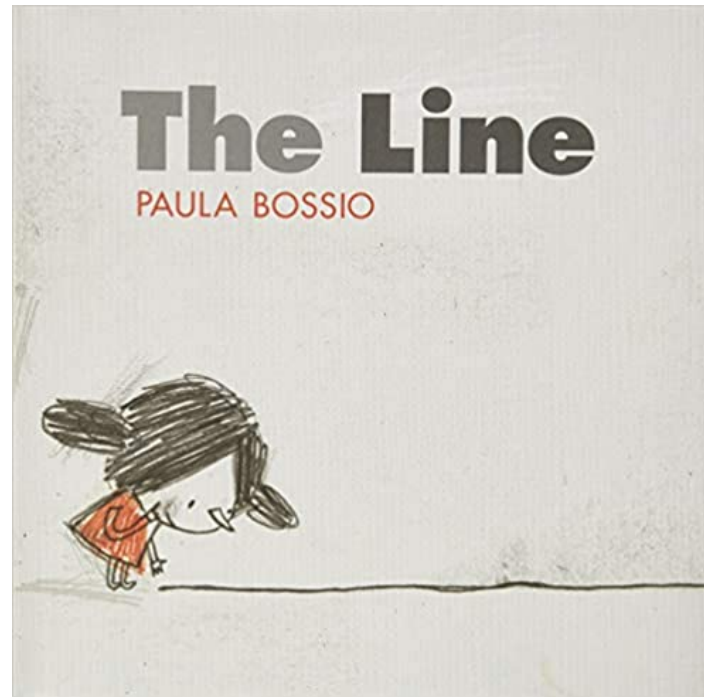
Improves relationships, acts as
a reality simulator (social
imagination)

Empathy. Imagining creates
understanding

Inclusivity, opens minds

Helps with responsible
decision making





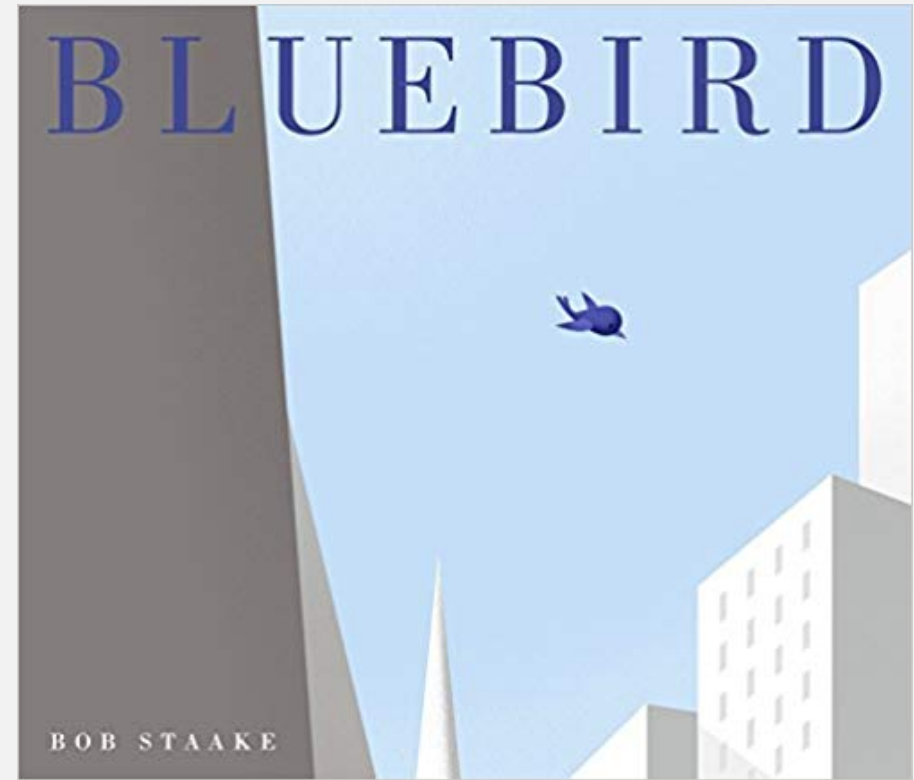
WORDLESS BOOK

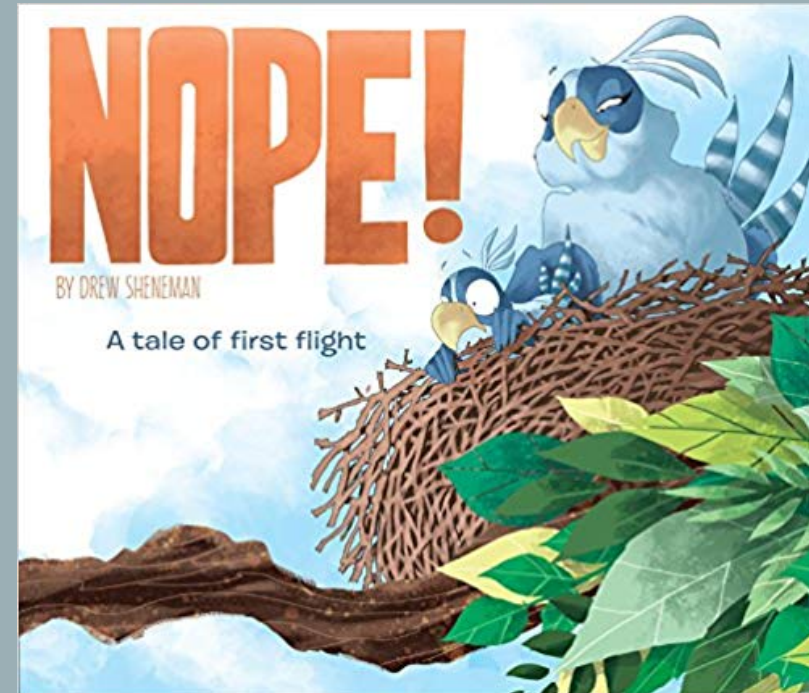
BEAUTIFUL ILLUSTRATIONS

STRONG MESSAGES

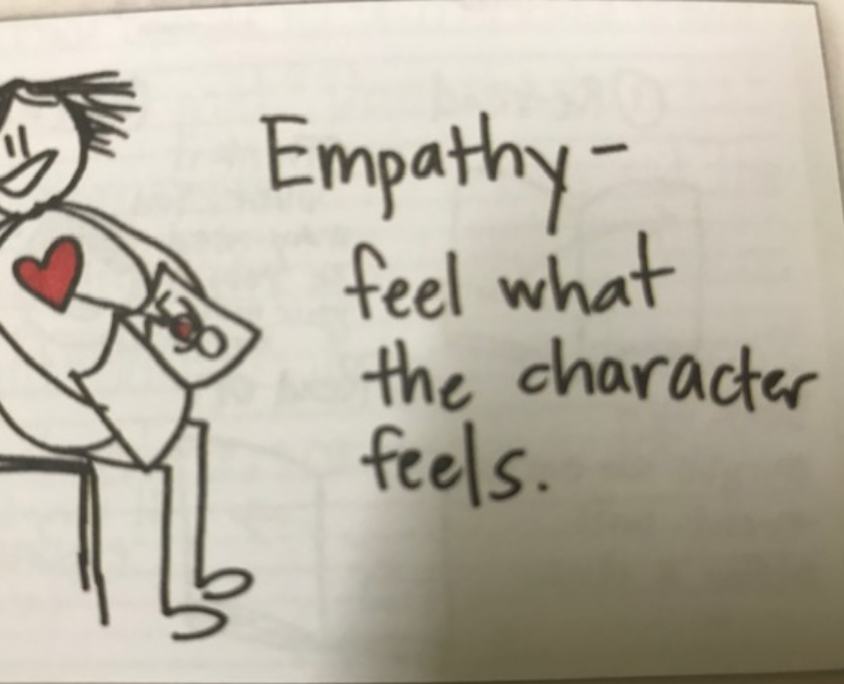
FRIENDSHIP

- Heartwarming
- Powerful
- Moving
- Thought-provoking





PERFECT FOR ORIENTATION DAY
FUNNY AND ORIGINAL



TEACH IT!

- Model empathy
- “Alike” & “different” activities
- Draw children’s attention to how characters are feeling
- Role plays and role reversals
- Reinforce empathy behaviors



NEVER GIVE UP

- Believing that hard work will make a difference
- Understanding that persistence and effort will help them improve
- Determination



GUIDING TEACHERS

Making yourself available

Checking in with their needs and their student needs

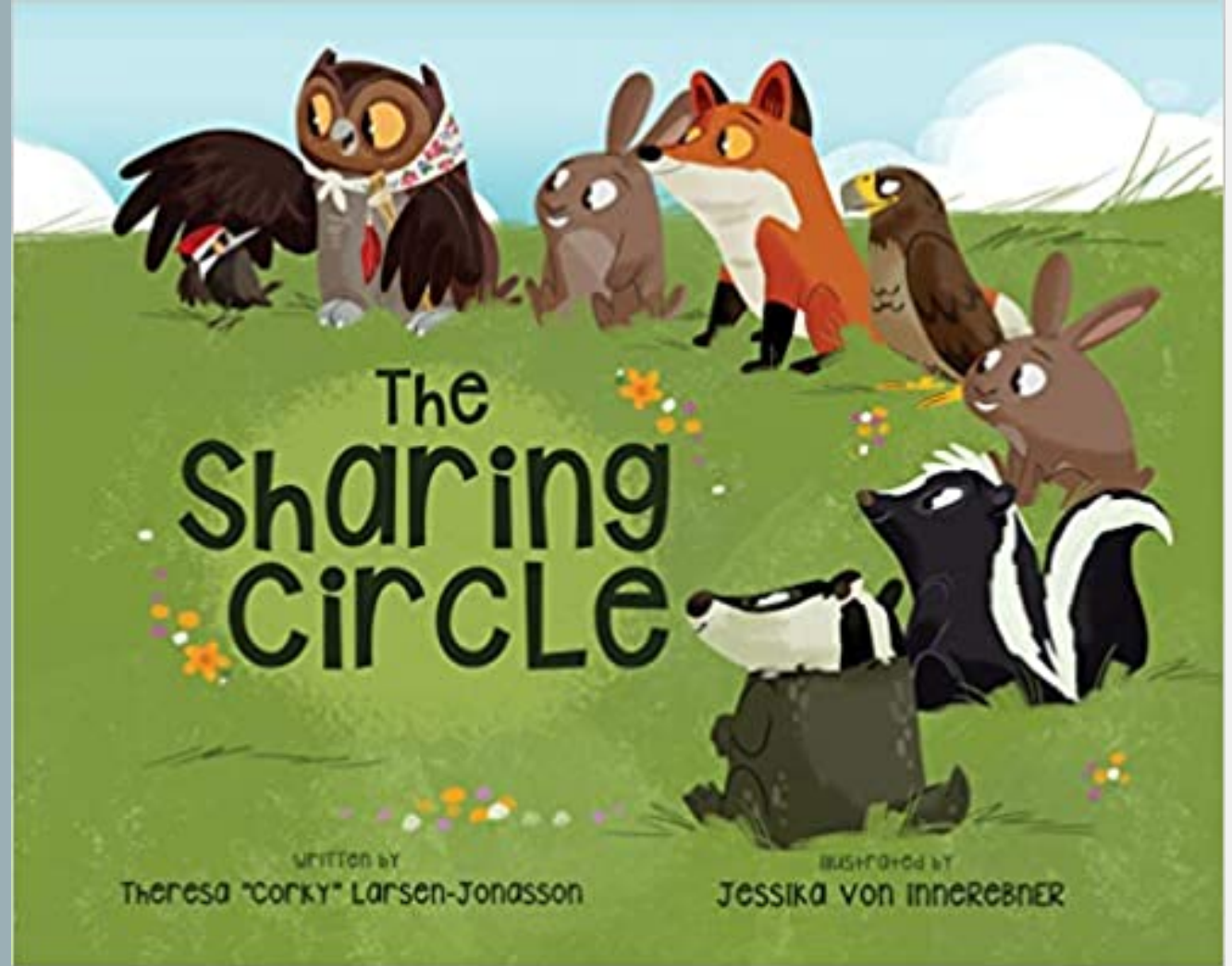
Promoting social-emotional skills while their visit

Staying informed and attentive

Making sections for social and emotional learning

Identifying the skills displayed in books

Offering ideas and modeling

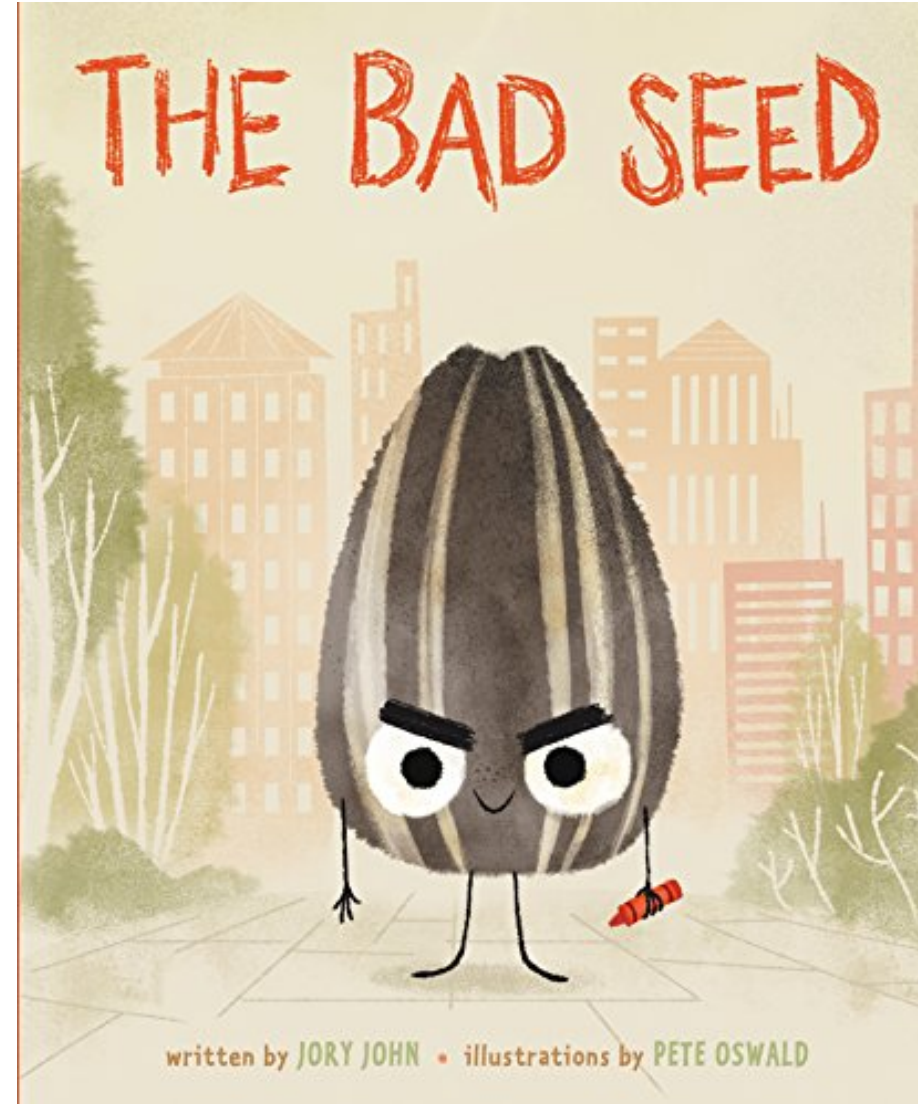


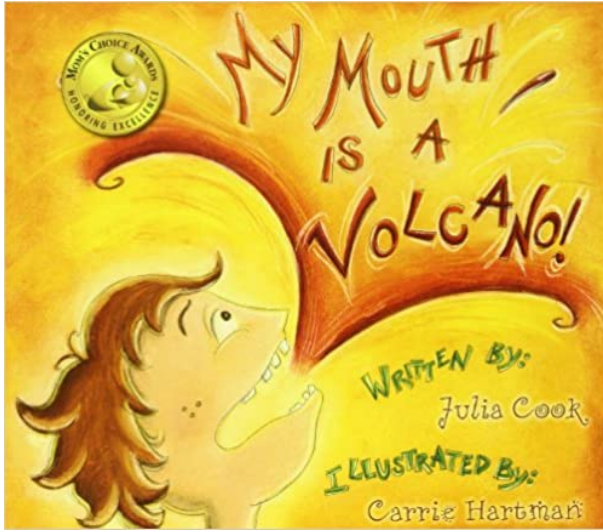
UNDERSTANDING
ONES OWN “BAD”
BEHAVIOR

ADDRESSING ONE’S
ABILITY TO CHANGE

GROWTH MINDSET

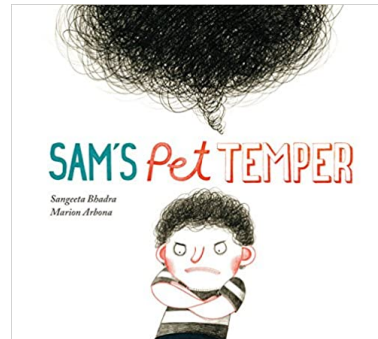
EMPATHY TOWARDS
STUDENTS
DEMONSTRATING
DIFFICULT BEHAVIOR

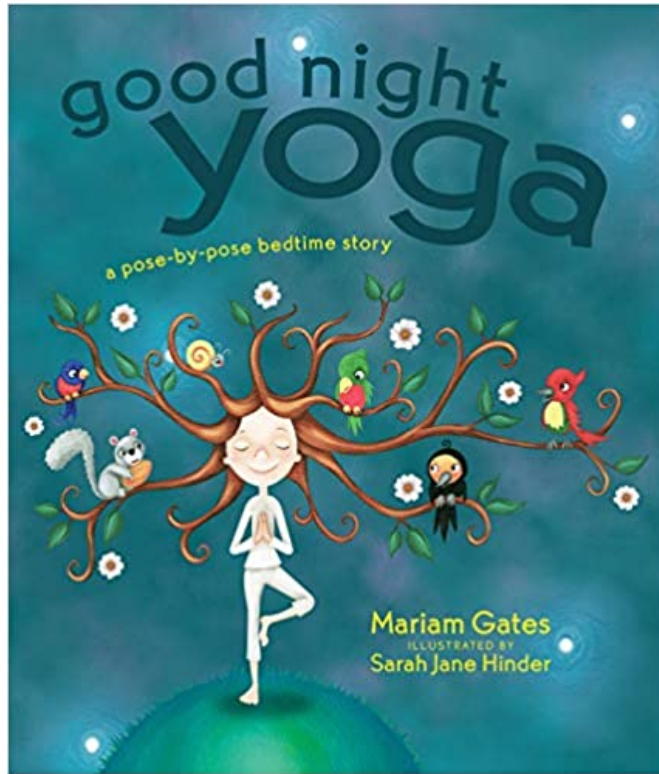




UNDERSTANDING, ACCEPTING AND SELF-MANAGING

- Self-regulation
- Identifying when feelings are getting out of control
- What to do when feelings are too intense





SELF-MANAGEMENT

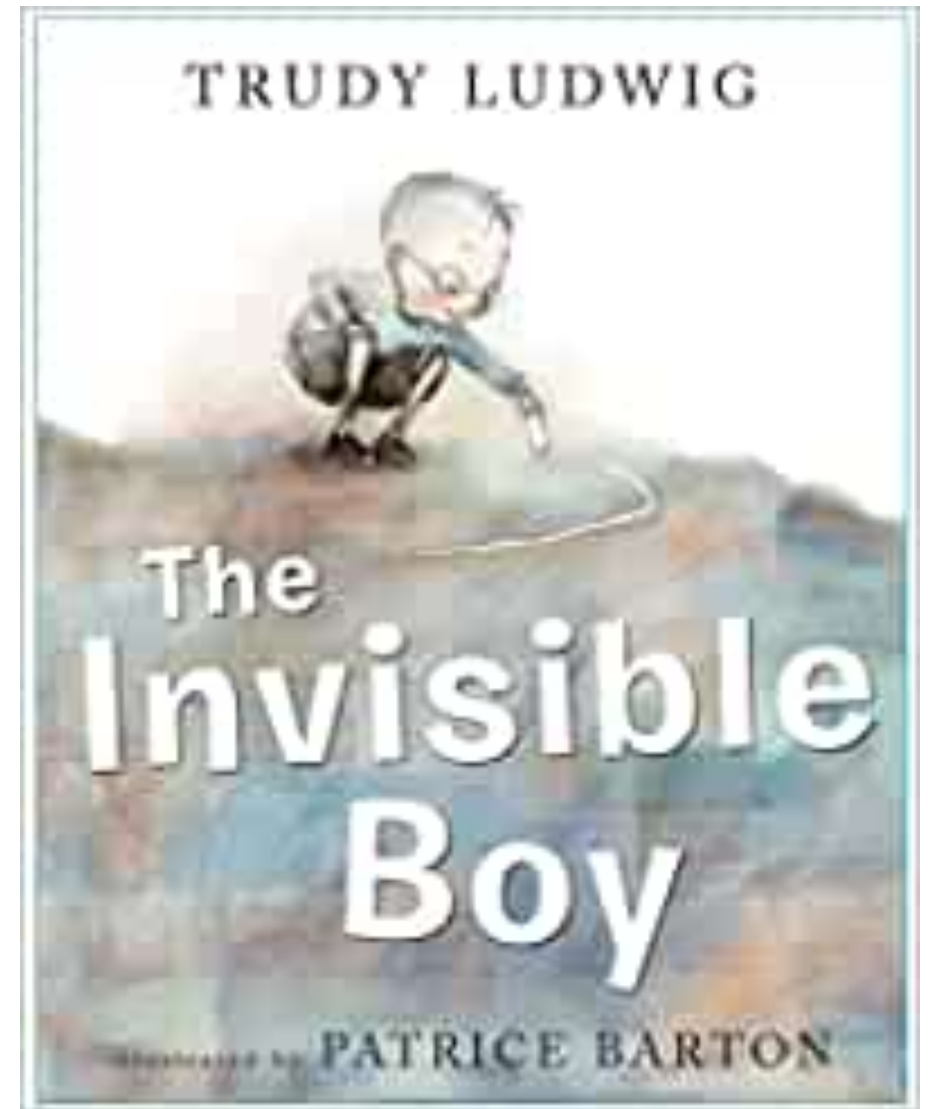
- Enabling students to find strategies to coop with difficult situations and emotions

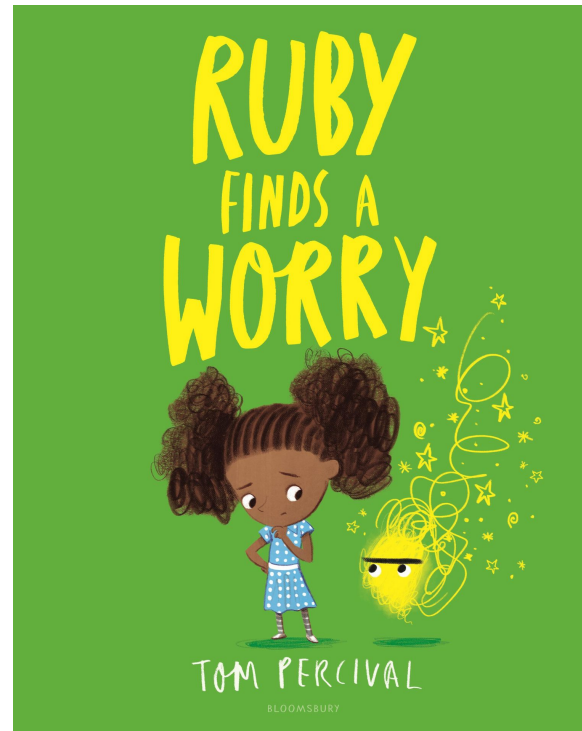
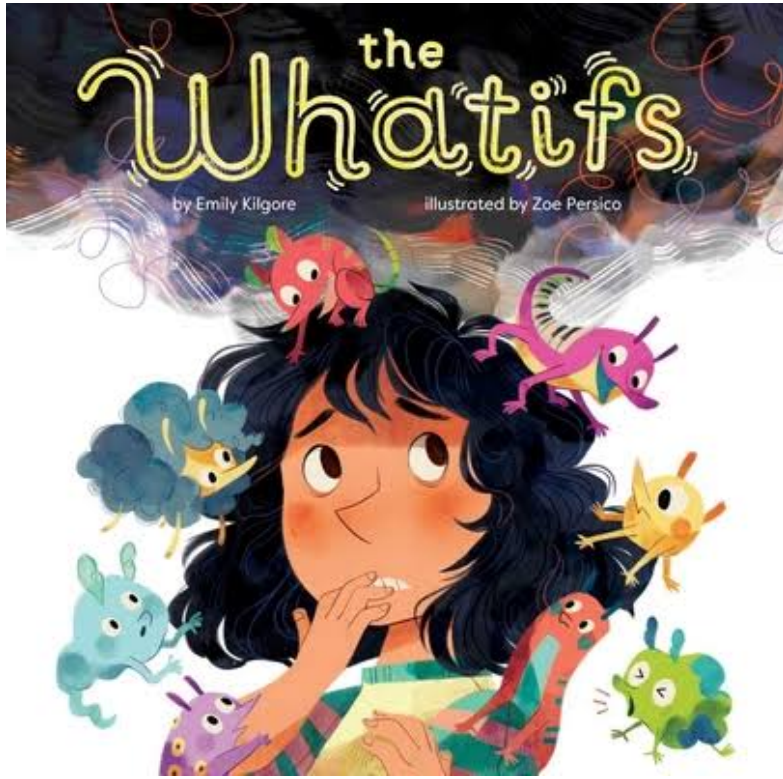


REACHING OUT TO
SPECIFIC STUDENTS

Characters who display
empathy, kindness and
understanding

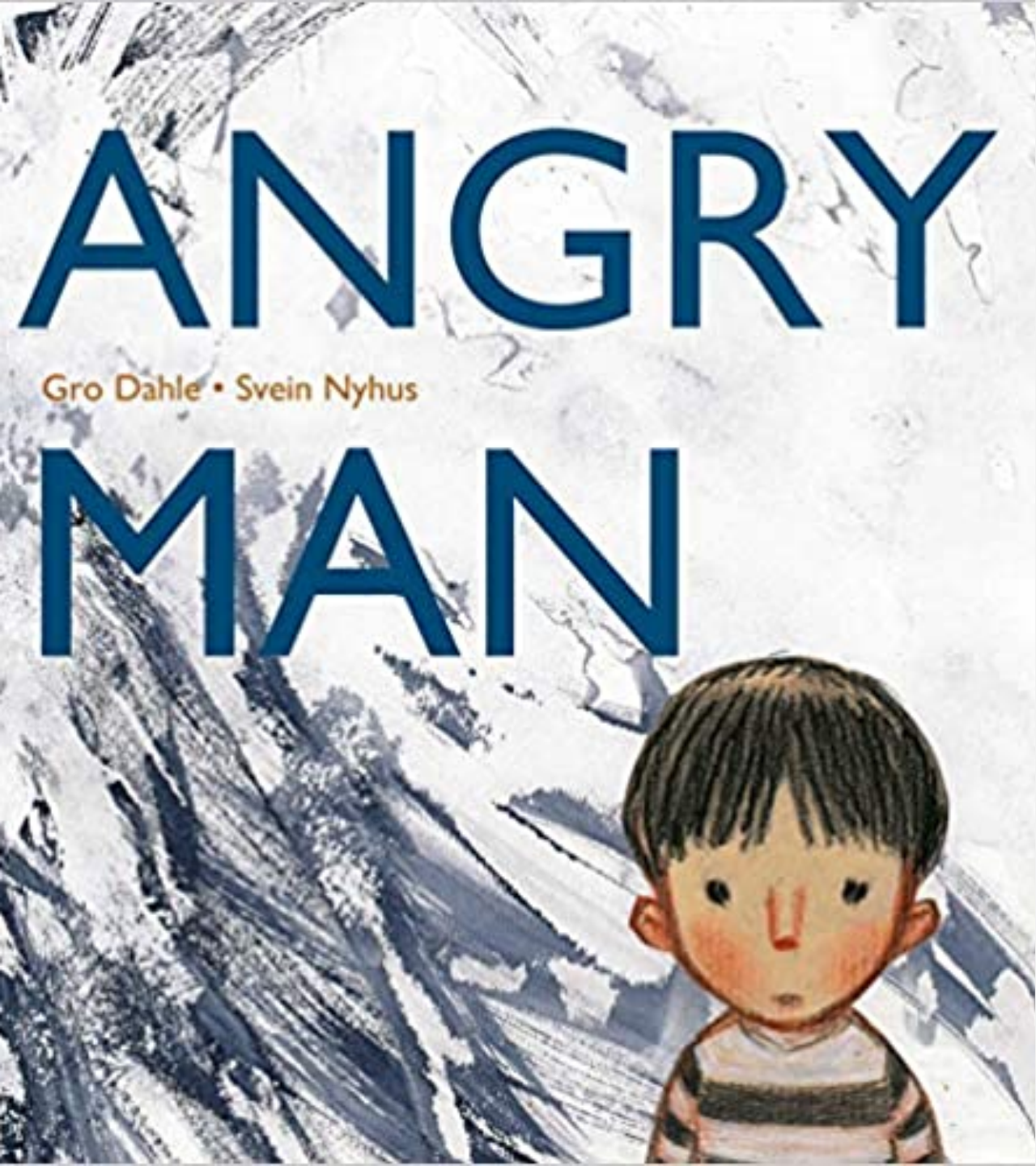
Characters who are
different than their
peers





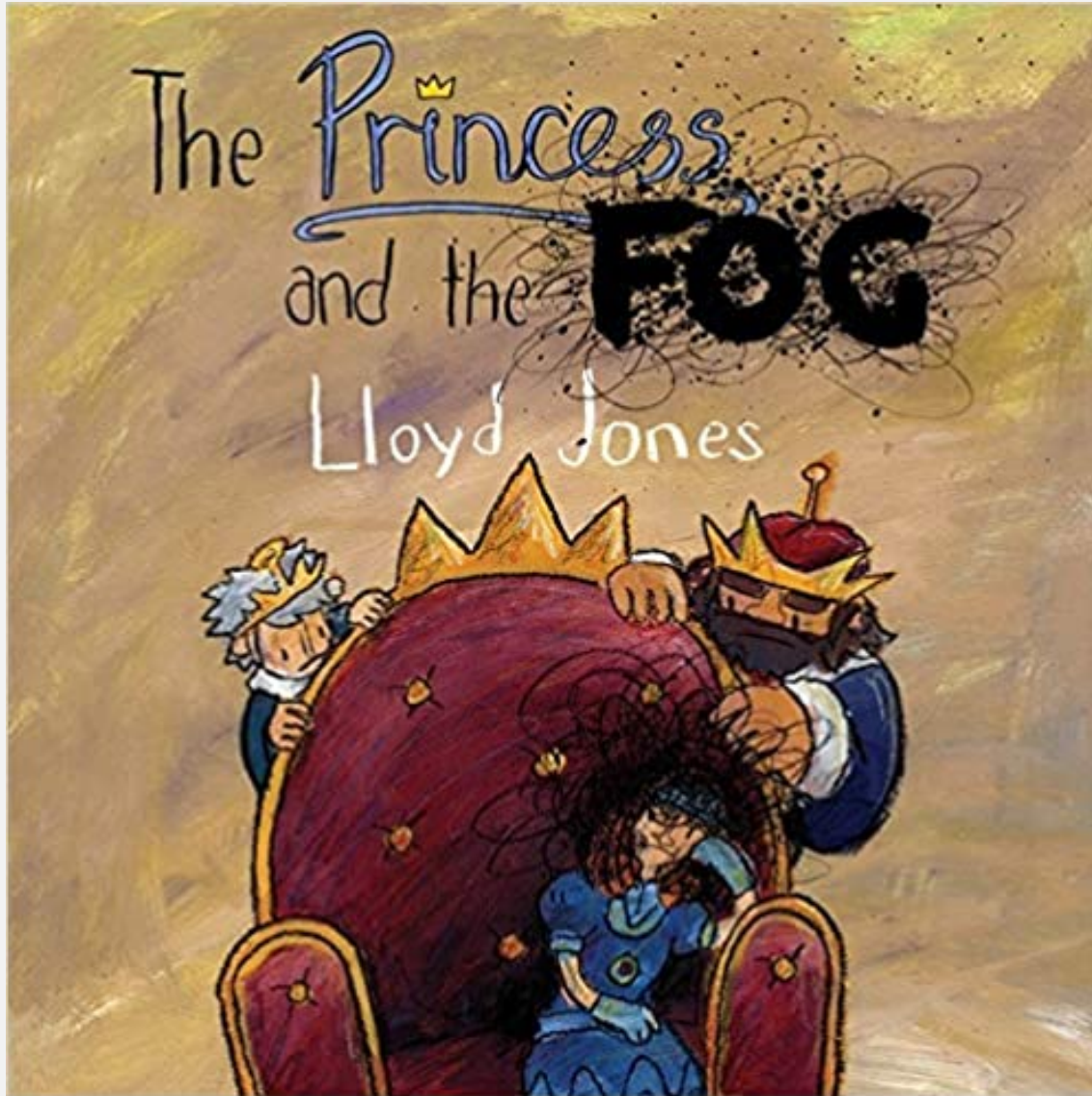
ANXIETY

- Sprinboard for conversation
- Not feeling alone



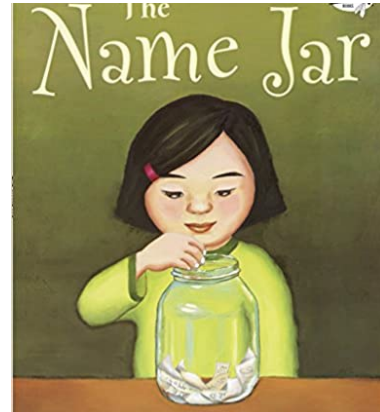
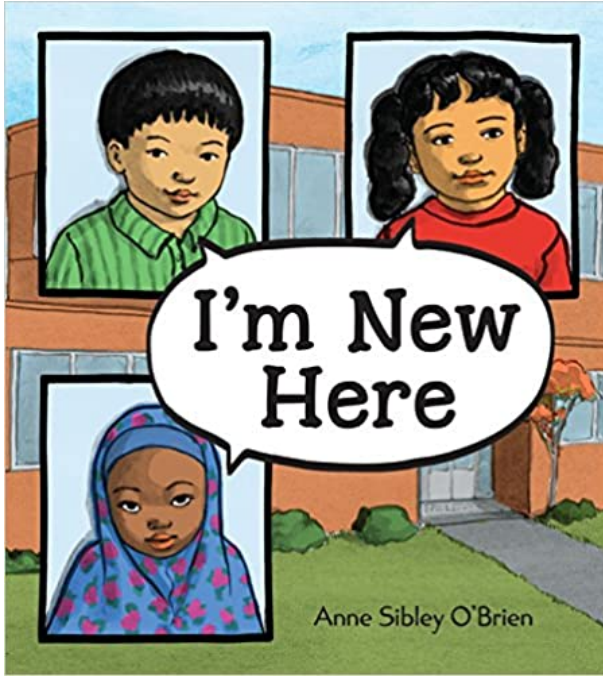
DOMESTIC VIOLENCE

- To help in counselling
- To respond to specific needs



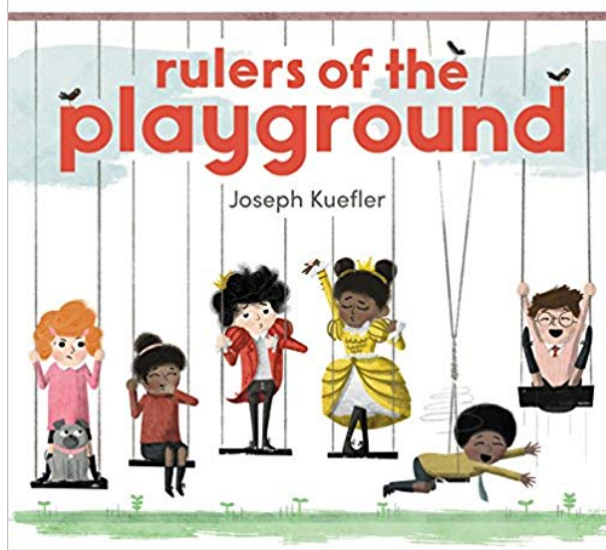
DEPRESSION IN CHILDREN

- Resources for parents
- Great home school connection



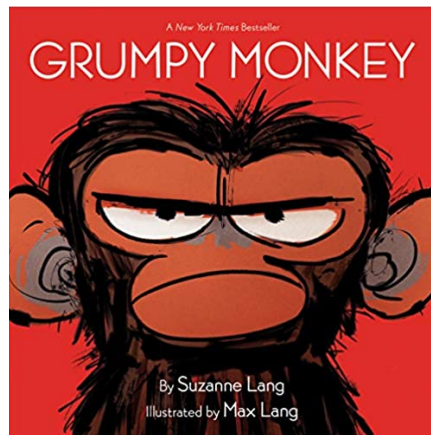
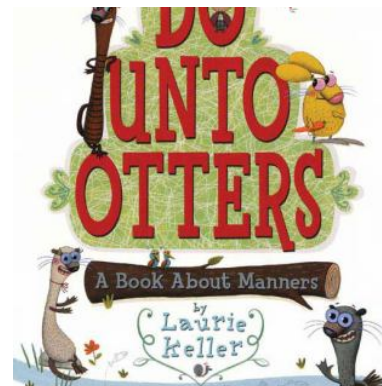
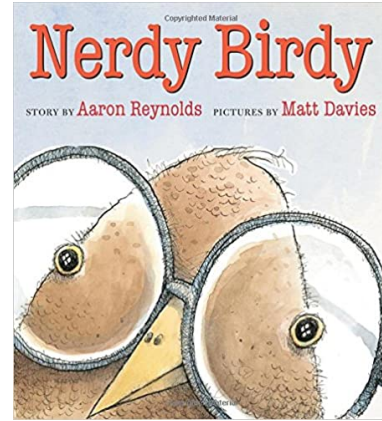
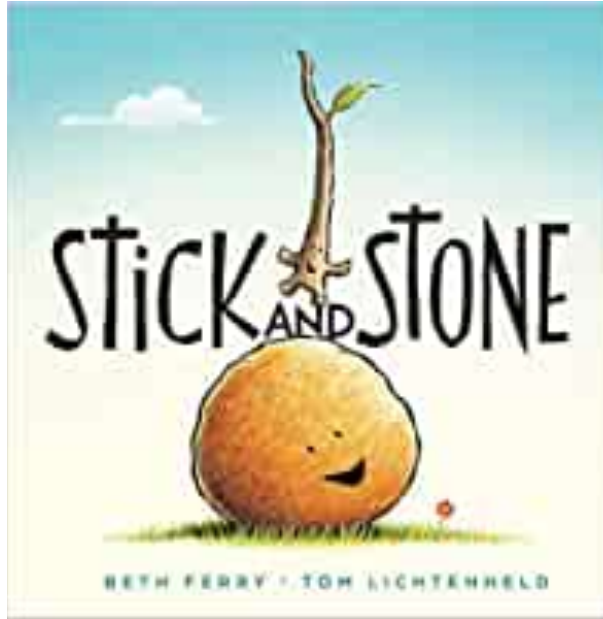
NEWCOMERS

- Culture change can cause a lot of stress and impact academic success and social emotional well-being



BECOME A PROBLEM SOLVER AND RESOLVE CONFLICTS

- Plots a clear problem and solution
- Characters who look for different ways to solve a problem

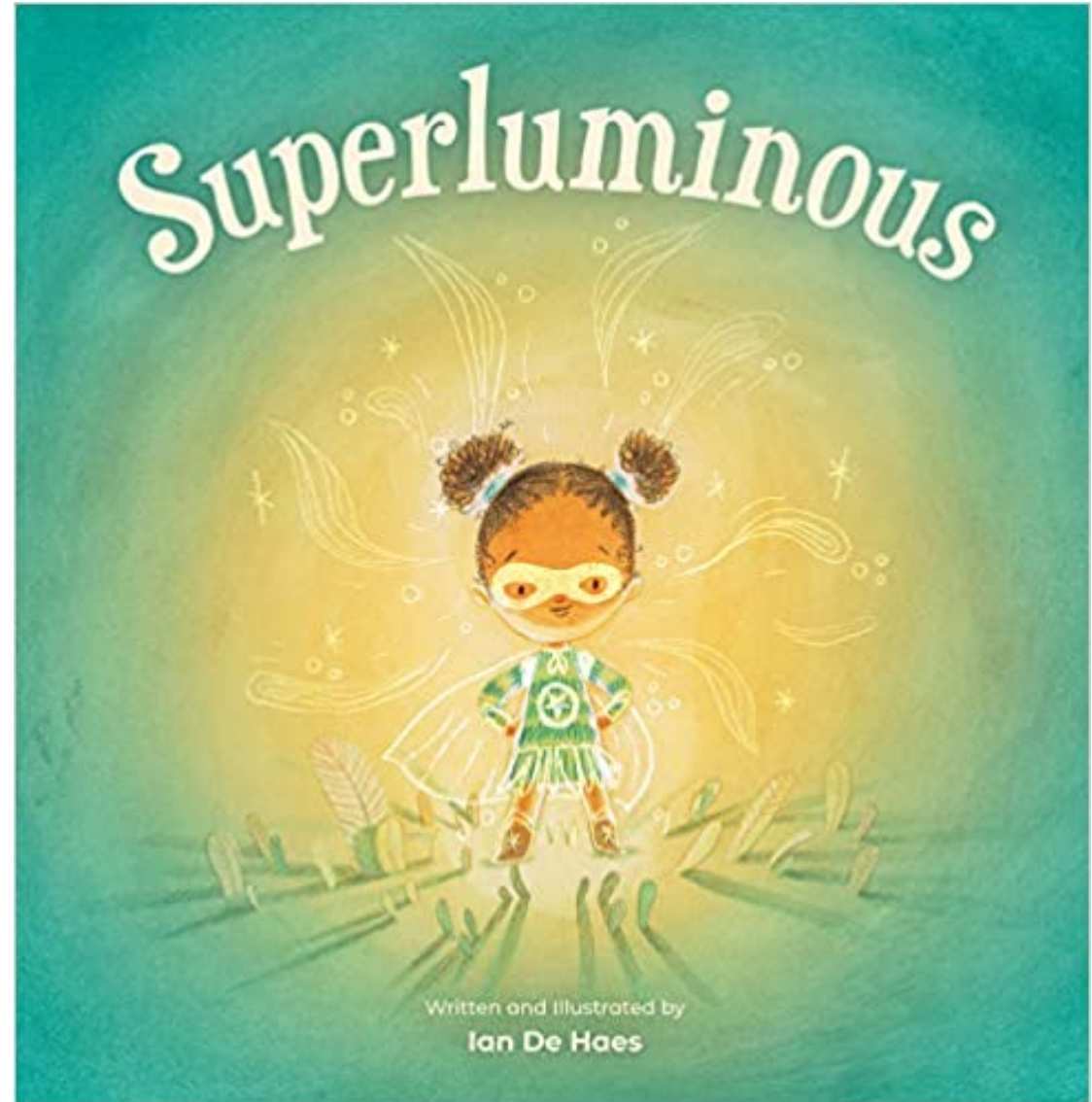


HUMOR

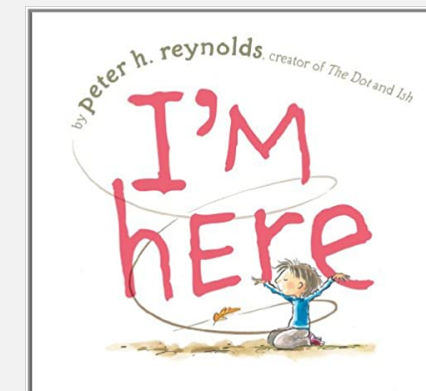
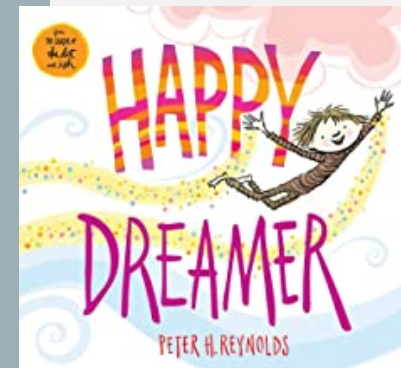
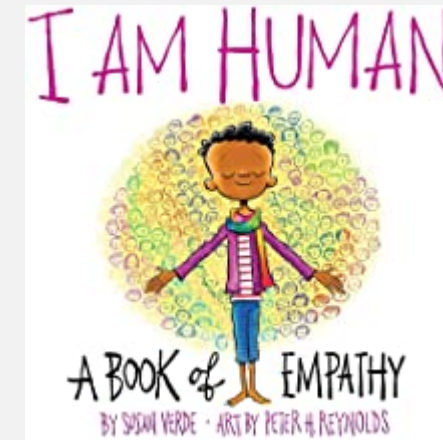
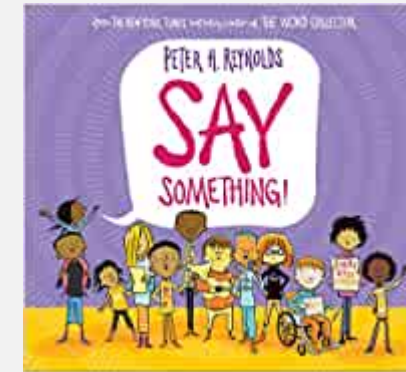
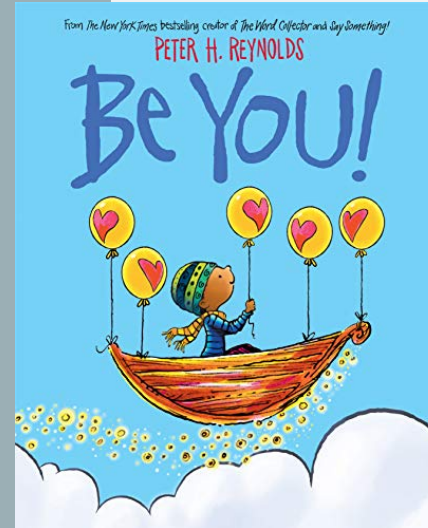
PLAY OF WORDS

- Love of reading
- Motivates reluctant readings
- Associates reading to enjoyable moments
- Enhances comprehension due to engagement
- Laughter is a bonding activity that fosters trust and opens communication
- Can break tensions around a difficult problem

SELF-
CONFIDENCE
BRAVERY
EMPATHY

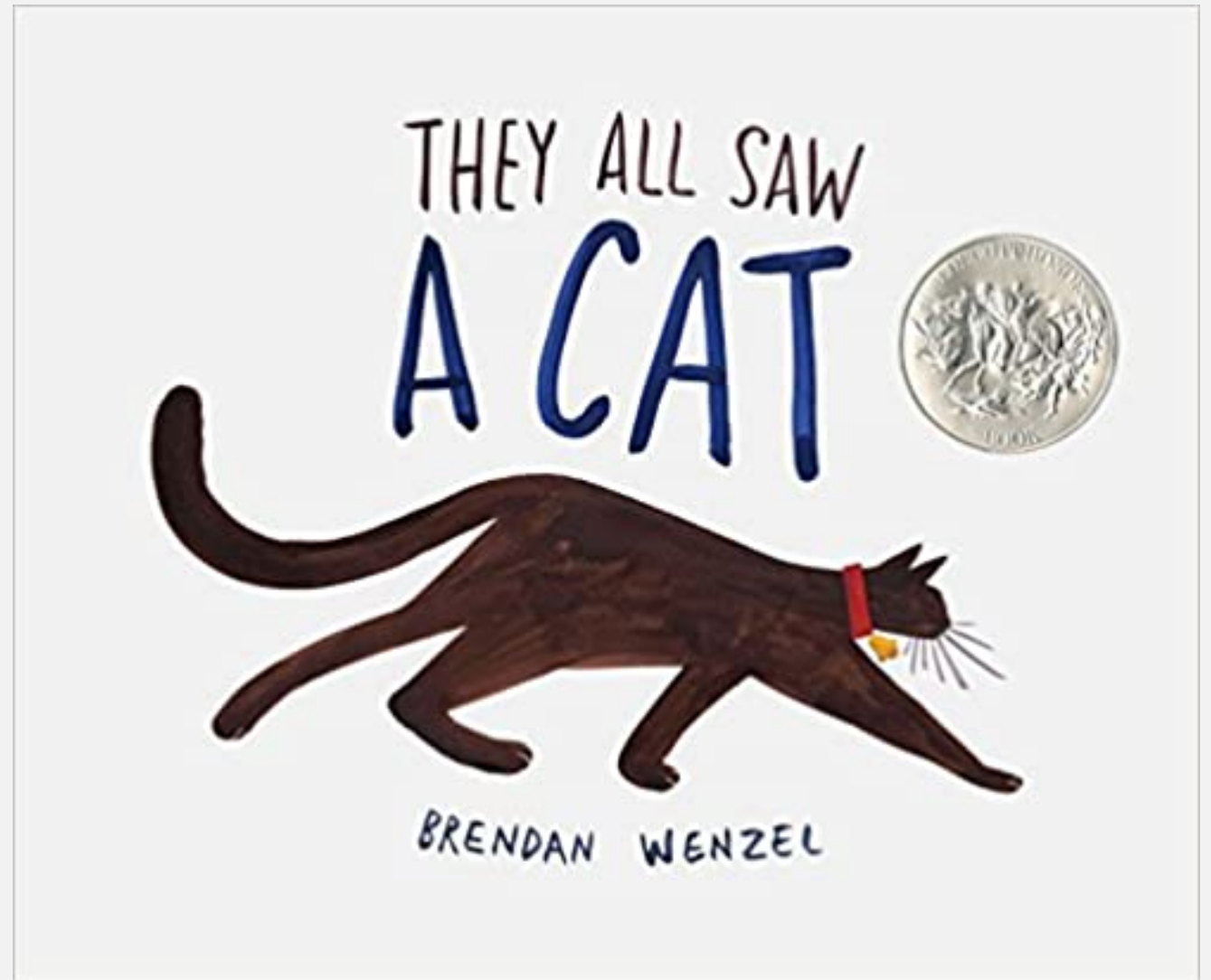


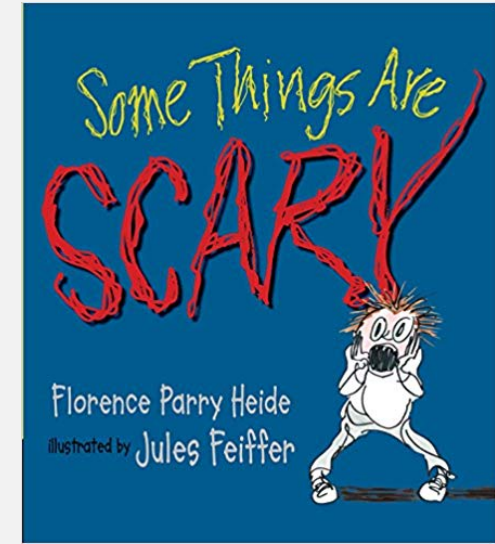
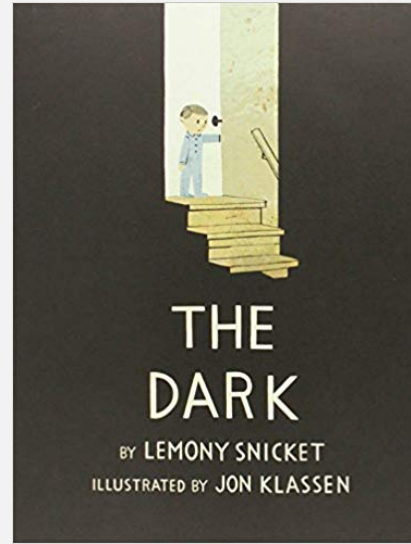
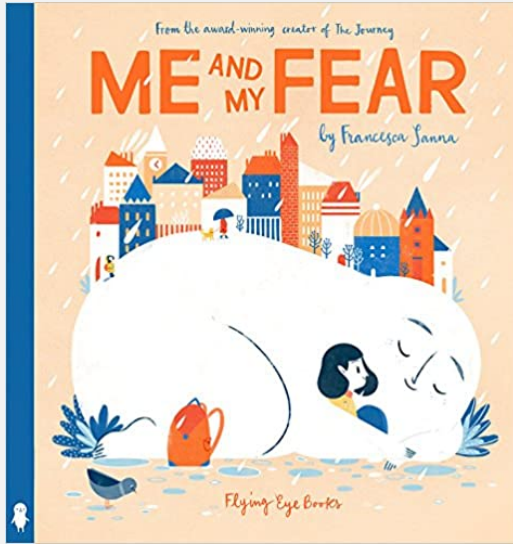
CONFIDENCE
CREATIVITY
BRAVERY
EMPATHY
POTENTIAL
BALANCE
INDIVIDUALITY
RESILIENCE
PATIENCE
VOICE



PERSPECTIVE- TAKING

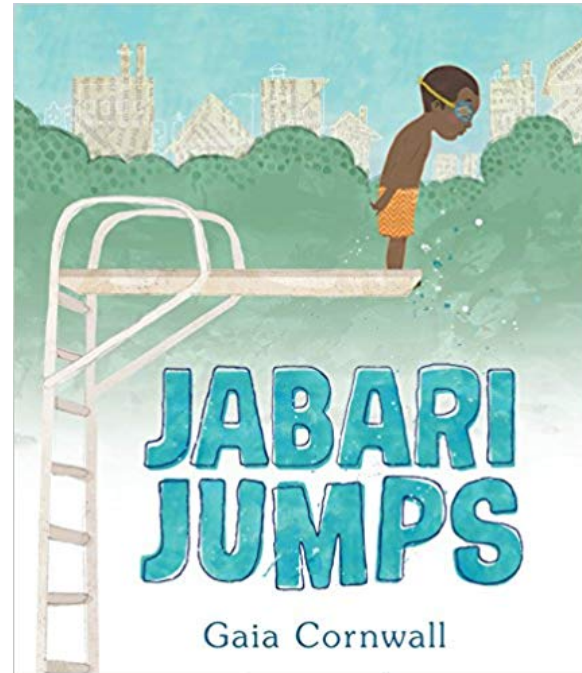
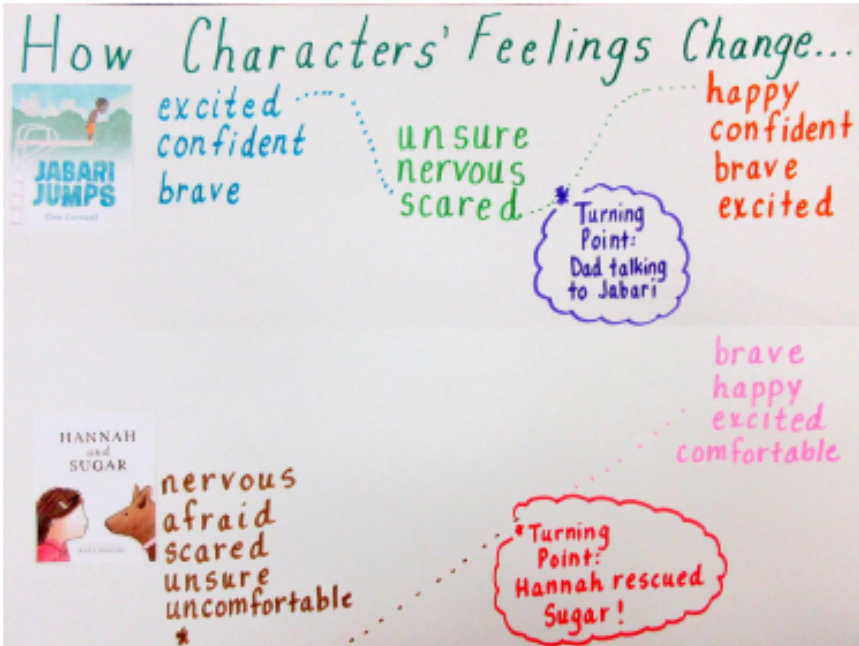
- Science aspect to this book
- Objects, situations, people can be seen as positive or negative depending on your knowledge, experience and who you are





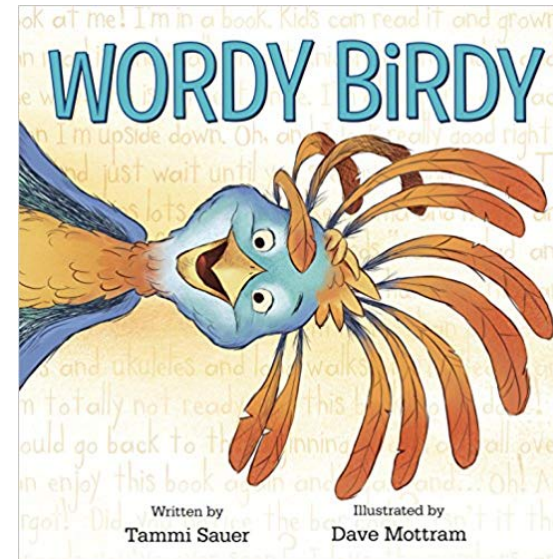
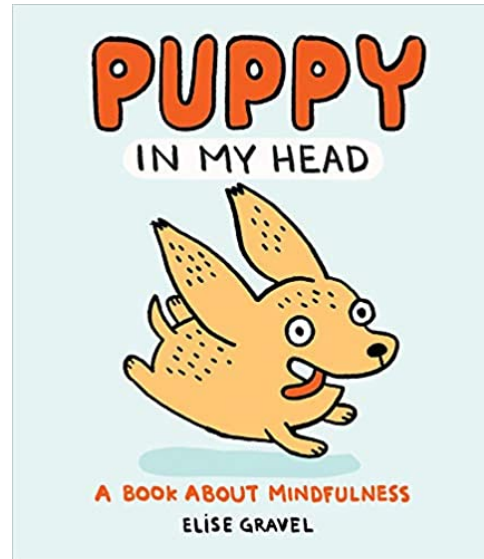
TALKING ABOUT FEARS

- Books are a safe place to talk about dark things
- To better prepare them to real life, we should not protect them by avoiding dark subjects. We must expose them and make sure they understand that they can fight back, be brave and win over dark things.
- Think of the original fairy tales, those are still revelant.

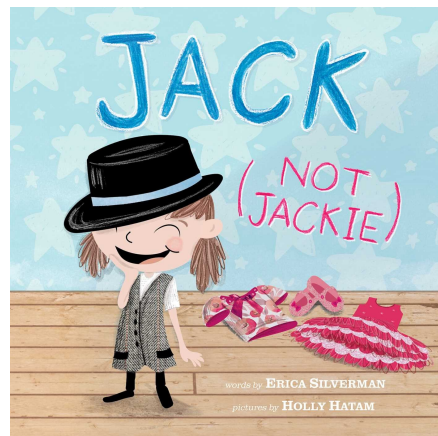
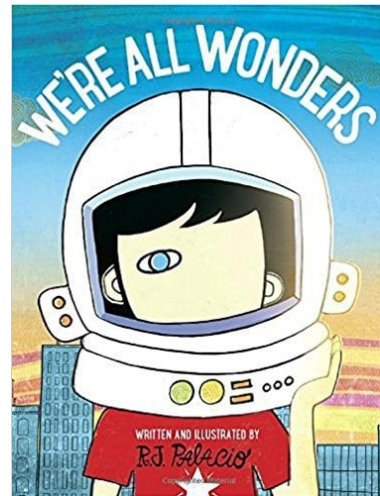
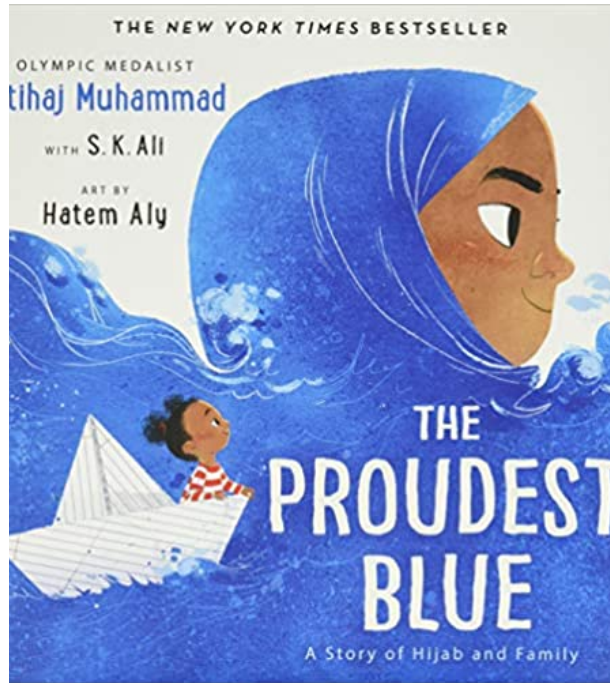


OVERCOMING FEARS

- Growth mindset
- Intensity of emotions
- Being brave
- Strong connections

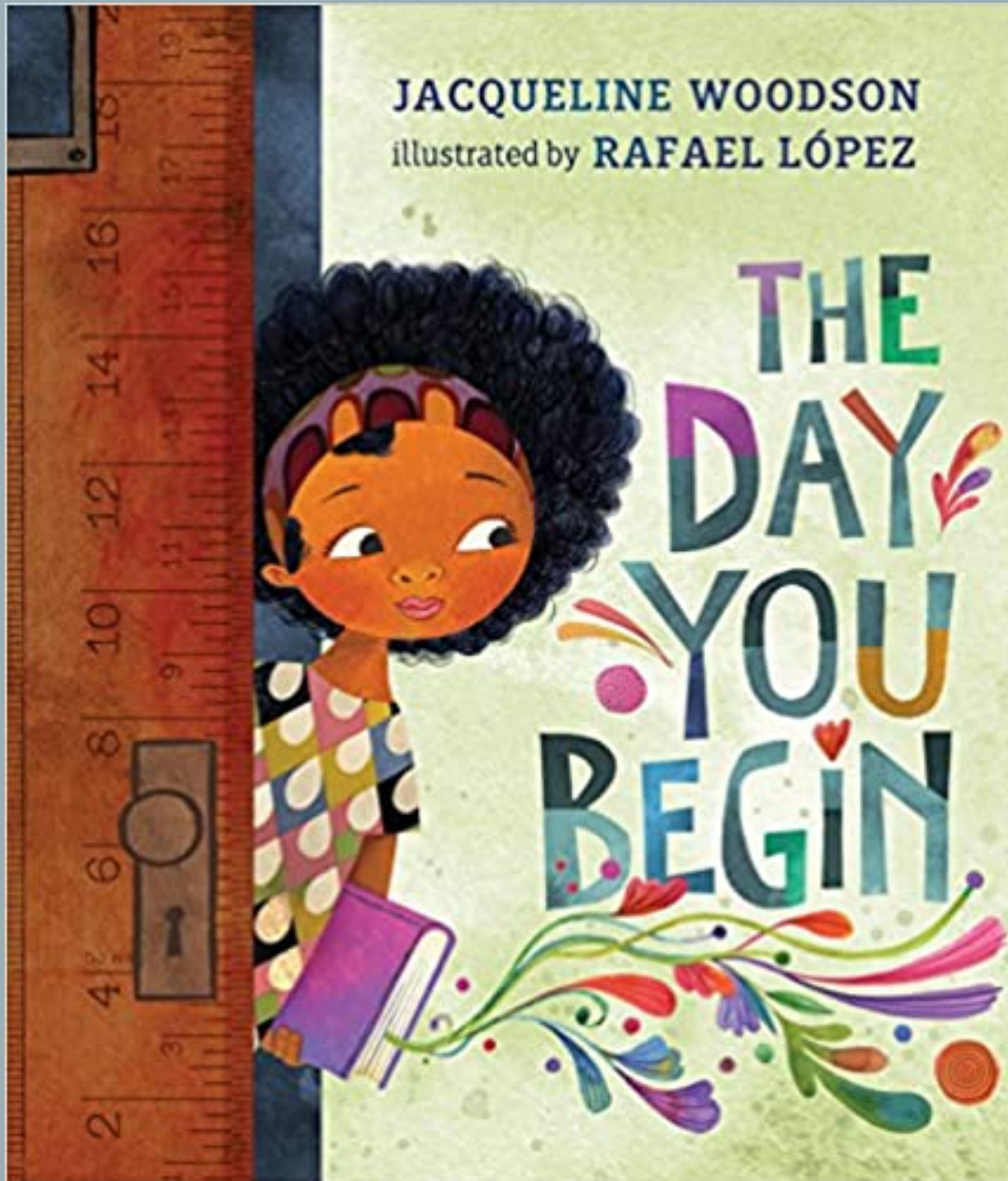


TALKING TOO MUCH?
NOT LISTENING ENOUGH? THINGS GO TOO FAST?
WE ALSO HAVE STUDENTS LIKE THESE



APPRECIATING DIFFERENCES AND INCLUDING OTHERS

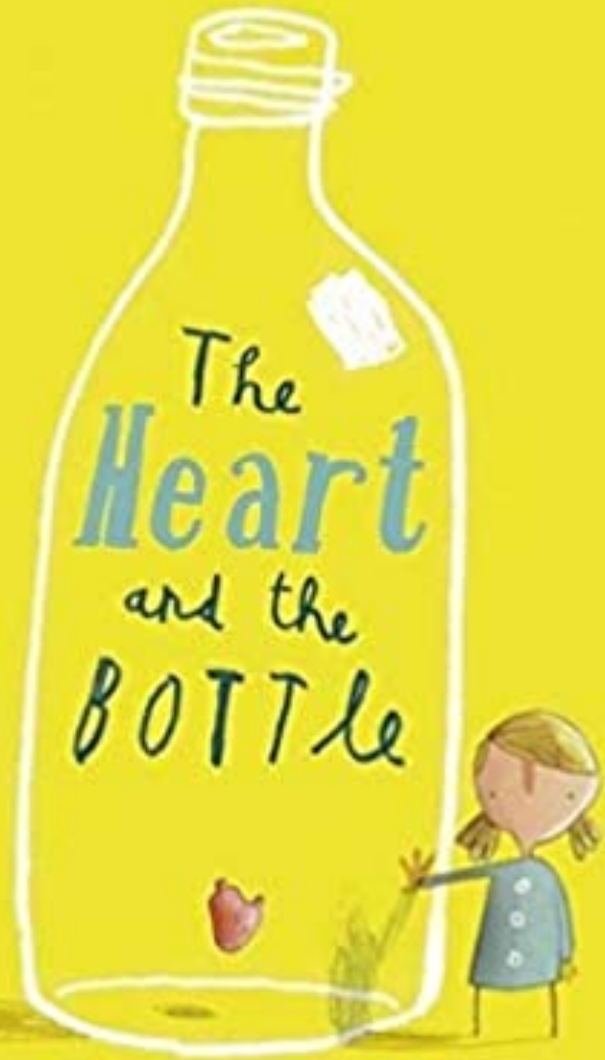
- Allows students to see themselves represented in a story and explore their identity
- Brings visibility to cultures different from our own
- Community and inclusion
- Opens discussions about what happens around the world and in current events
- Kids are kids no matter how different they are



SELF- ACCEPTANCE

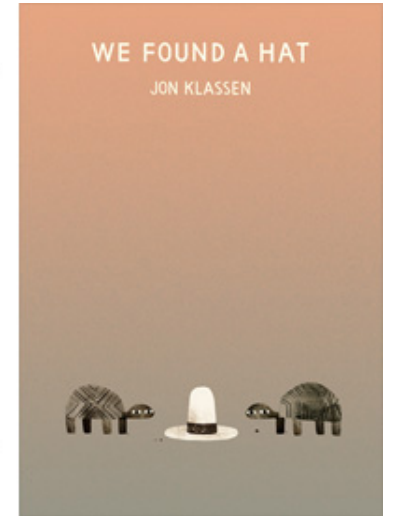
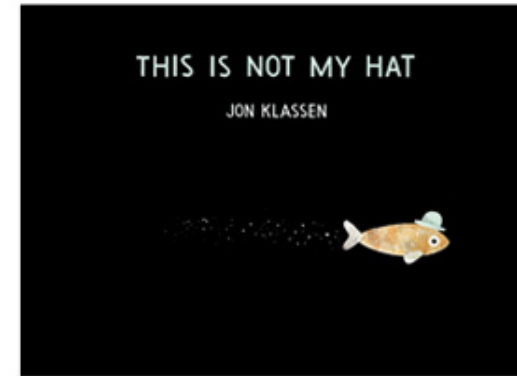
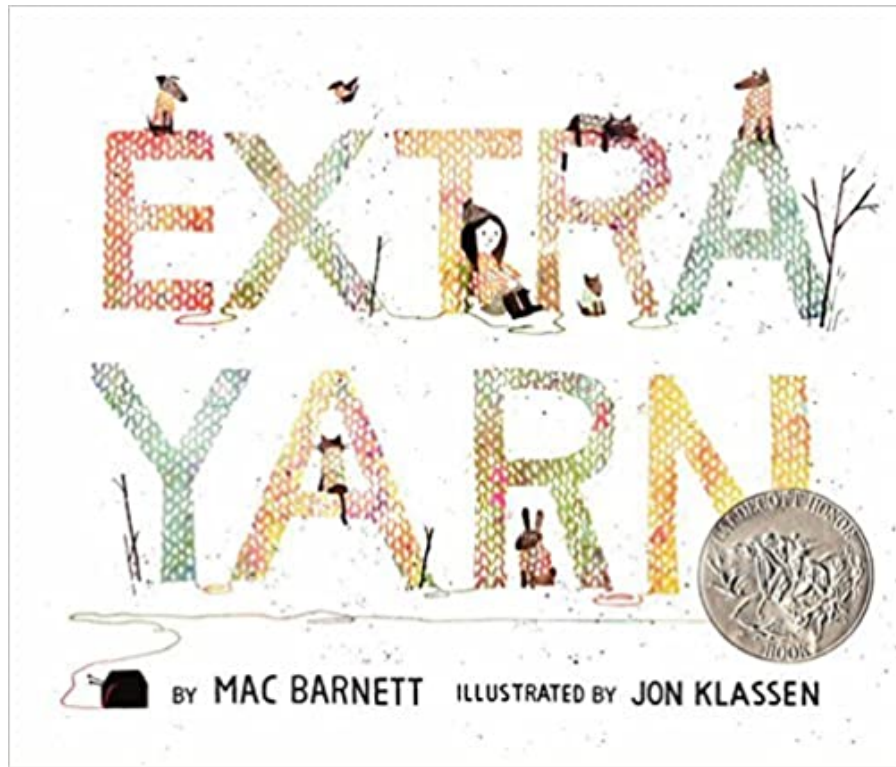
Love yourself to love others

OLIVER JEFFERS

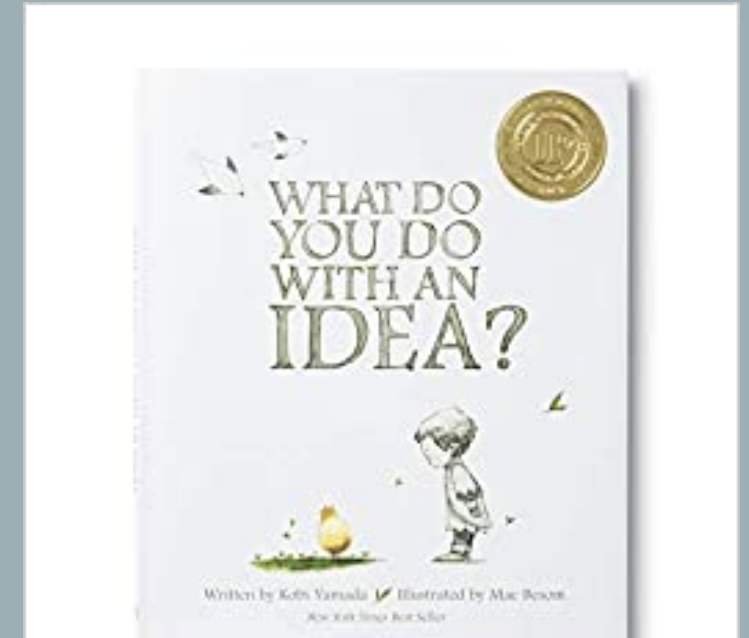
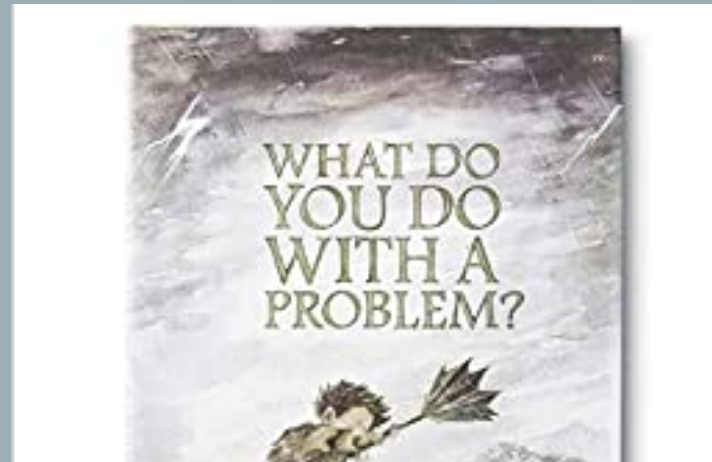
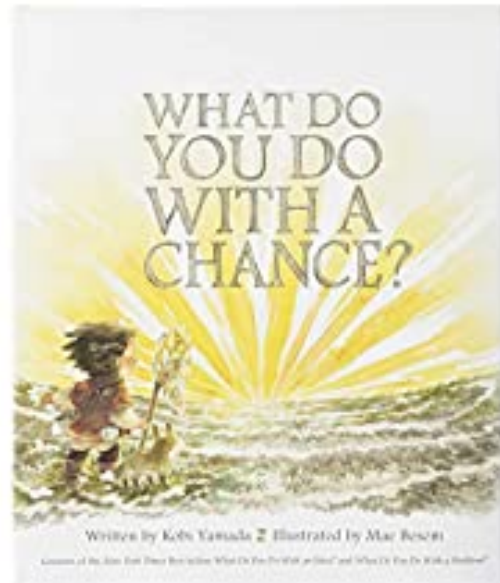


OLIVER JEFFERS

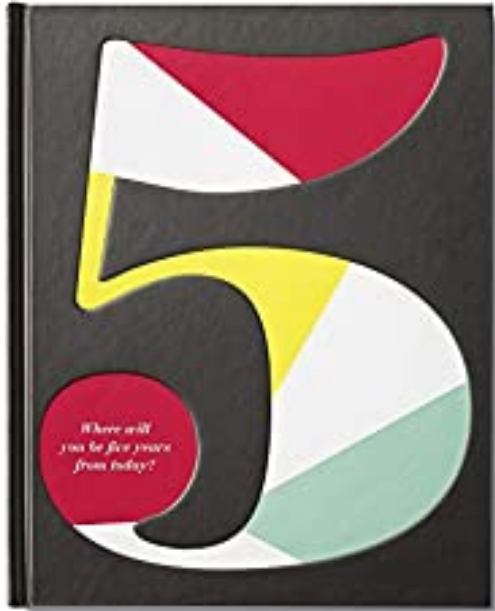
- A tender illustrated fable of what happens when we deny our difficult emotions
- Love and loss



JON KLASSEN

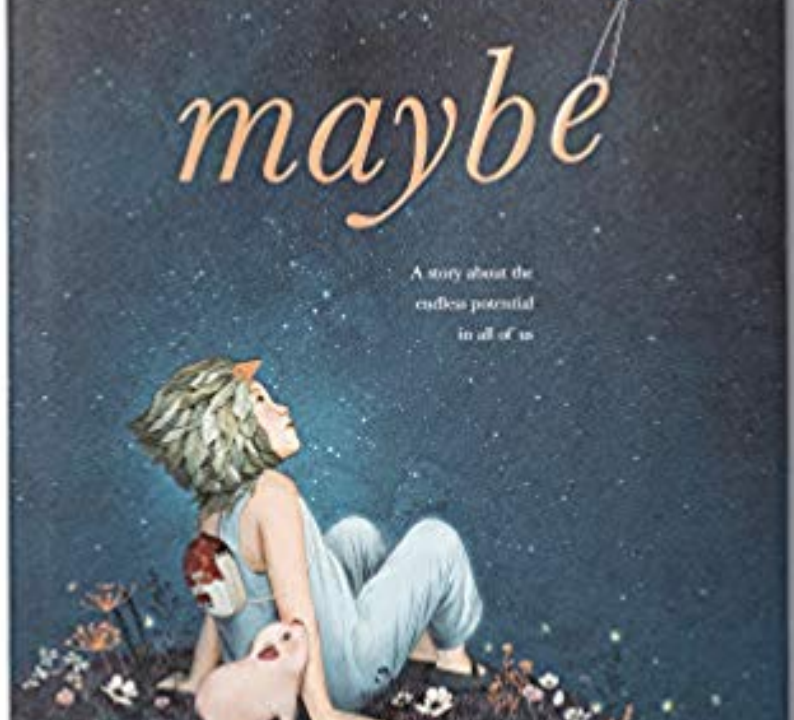


GROWTH MINDSET



NURTURING

- Simple inspiring and motivating reflections
- Growth mindset



GOAL SETTING

- Dreams
- Seeing our potential
- Believing in ourselves

THERE'S A BOOK FOR THAT

Books that Heal kids

<https://booksthathealkids.blogspot.com/>

Children's Library

- <https://childrenslibrarylady.com/>

Mighty Girls

<https://www.amightygirl.com/>

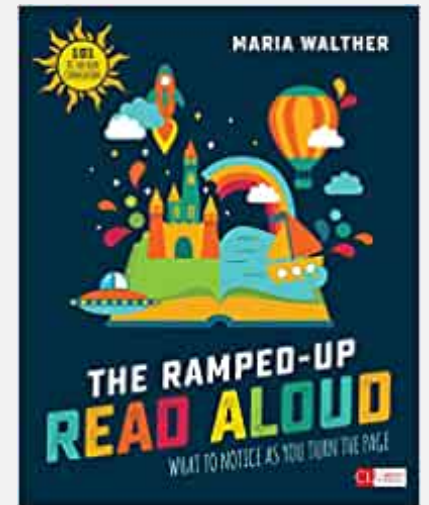
SOURCES

We Are Teachers

<https://www.weareteachers.com/>

CASEL

<https://casel.org/>



Serravallo, J. (2015). *The reading strategies book: Your everything guide to developing skilled readers*

- You inspire young scientists, romantics, adventurers, athletes, artists, science-fiction fans, drama queens, budding computer experts and daydreamers.
- You help teachers as well as students by directing them to books, materials and websites where the best information can be found.
- You have the up-to-date knowledge of what books will interest, stimulate and persuade children to expand their reading and growth mindset.
- You are meaningful for every student. You represent knowledge and wisdom,

YOU MAKE A DIFFERENCE!

QUESTIONS

