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

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

Source: https://education.gouv.qc.ca/
TEACHING
SOCIAL AND
EMOTIONAL
SKILLS

What?
Why?
Who?
Where?
When?
PROMOTING SOCIAL AND EMOTIONAL SKILLS

Source: https://casel.org/

- Building Positive Relationships with children, families and colleagues
- Creating Supportive Environments
- Social Emotional Teaching Strategies
- Individualized Intensive Interventions
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
- **Inspire** a love of reading, engagement, positive self-awareness
- Become a **significant adult** by responding to student needs
- Build **attachment**
- Build a **sense of community**
• 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=swgvn35XjiQ
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.

- Source: www.study.com
• 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/opvzngw0d80ku3o1
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
FUN TIME!
BOOK EXPLORATION

- Self-awareness
- Social-awareness
- Self-management
- Relationship skills
- Responsible decision making
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…
THE COLORS OF EMOTIONS
EMOTIONS
INSIDE AND
OUT

IN MY
HEART

A Book of Feelings
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
• 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
But the gorilla loved Beauty.
until one night they watched a film together. The gorilla became more and more upset.

and then very ANGRY!
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.
Characters who have to decide whether or not to do the right thing.
APOLOGY
FORGIVENESS
SPREAD THE KINDNESS

Words and your heart

Kate Jane Neal
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 ONE'S 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 cope 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
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 relevant.
How Characters' Feelings Change...

- 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

The Heart and the Bottle

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

• Simple inspiring and motivating reflections
• Growth mindset
GOAL SETTING

• Dreams
• Seeing our potential
• Believing in ourselves
Books that Heal kids
https://booksthathealkids.blogspot.com/

Children’s Library
• https://childrenslibrarylady.com/

Mighty Girls
https://www.amightygirl.com/

We Are Teachers
https://www.weareteachers.com/

CASEL
https://casel.org/

• 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!