Noisy Nora, Big Al, and the Knuffle Bunny: Using Children's Literature to Support Social Emotional Development

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What Is Social Emotional Competence?

- A sense of confidence and competence
- Ability to develop good relationships with peers and adults
- Ability to persist at tasks
- Ability to follow directions
- Ability to identify, understand, and communicate own feelings/emotions
- Ability to constructively manage strong emotions
- Development of empathy

The Six Life Skills

- Attachment
- Affiliation
- Self Regulation
- Initiative
- Respect
- Conflict Resolution and Problem Solving

Source: Beyond Behavior Management by Jenna Bilmes

Promoting Social and Emotional Competence

Attachment

- "I have an adult who cherishes me and keeps me safe."
- Look to adult for love and affection
- Depend on adults for safety and security
- Seek out adults for conversation and play
- Accept adult's help and comfort

Attachment themes in Children's Literature

- Separations and reunions
- Unconditional love
- Holding the other "in mind"
- Comforting routines
- Comfort objects (binkies and blankies…)
- Substitute caregivers

Affiliation

"I can have a friend and be a friend"

- Cooperates in play with increasingly larger numbers of children
- Play entry and maintenance skills
- Understands "social scripts" of preschool
- Sharing, turn taking
- Developing sense of empathy

Affiliation Themes in Children's Literature

- What it takes to be a friend
- Shared interests
- Loyalty
- Acceptance and inclusion
- Sibling relationships
- Cross generational relationships

Respect

- "I have unique gifts and challenges and so do others"

Respect Themes in Children's Literature

- We all have something in common
- We are all unique
- We're different and we're friends
- What's on the inside is most important
- Self-respect
- Cooperation vs. competition

Self Regulation

" I can manage my strong emotions and am in control of my behavior"

- 4 Basic Building Blocks of self regulation:
  - Understand cause/effect
  - Understand limits and expectations
  - Manage emotions and control impulses
  - Figure out time, space, and transitions. (wait, share space, deal with changes)

Self Regulation Themes in Children's Literature

- Physiological regulation
- Emotional regulation
- Modulation of activity
- Cause/effect of behavior
- Managing time, space and transitions- (how to wait, share space, deal with changes)

Self Regulation Themes in Children's Literature

- Physiological regulation
  - Sleep routines
  - Eating
  - Toileting
- Co-regulation

Emotional Regulation

- Labeling and validating feelings
- Modulating responses
- Recognizing that feelings change
- Developing coping skills

Labeling Feelings

Modulation of Activity

- Learning classroom rules
- Where and when?
- Controlling impulses

TOO
LOUD
LILY

Promoting Social and Emotional Competence

Cause Effect Thinking

- Connect actions with consequences
  - Make predictions
- Your behavior affects others
- Making responsible choices

Conflict Resolution and Problem Solving

- "I can solve problems and resolve conflicts"
- Have a problem solving attitude
- Develop problem solving and conflict resolution skills

Conflict Resolution Themes in Children's Literature

- Adult/child conflicts
- Peer conflicts/sibling conflicts
- Friendship problems
- Teasing and bullying

Problem Solving Themes In Children's Literature

- The importance of imagination and creativity
- Trying multiple solutions
- The power of the group (teamwork) to fix problems

Initiative

- "I can grow and change and learn new things."
- Children with initiative:
  - Can persist, focus, and complete a task.
  - Are competent and confident.
  - Look forward to the future.

Initiative Themes in Children's Literature

- Working toward a goal
- Overcoming obstacles
- Growing up –becoming independent
- Anxiety

Choosing Books for Read-Aloud

- What are some of your children's/student's favorite books?
- What are some books that really hold kid's attention when read in group?
- What do these books have in common?

Extending the Learning

Your ideas?

- Chanting or singing
- Create a movement activity using themes or characters from story
- Create an art or cooking activity using themes from story
- Use puppets or stuffed animals to problem-solve
- Act the story out
- Draw the story
- Create an individualized story following book's format or themes
- Write a letter from one character to another
- Create a diary for a character in the story
- Compose an alternate ending

Bibliotherapy

"…the use of books in order to assist with resolution of problems of a personal nature." Pardeck & Pardeck, 1989

"We read to know we are not alone." C.S. Lewis

Promoting Social and Emotional Competence

Choosing Books for Bibliotherapy

- *Fictional* protagonist that child can identify with.
- Characters we care about and believe in
- Characters with believable emotions and reactions
- Humor, surprise or suspense
- Creative problem solving
- Engaging, eye catching illustrations
- Appropriate to child's developmental level

Reading SE literature with children

- Make it engaging
- Relate it to their experiences, but without putting them on the spot
- Have a conversation
  - Talk about feelings
  - Problem solve together
- Be open to, and prepared for, the different directions conversation might take.

Resources

- Story Stre.e.e.tchers
- SE Curriculum books
  - The Peaceful Classroom
  - The Optimistic Classroom
  - Adventures in Peacemaking
  - Making it Better
- CSEFEL –Book Nooks

http://www.vanderbilt.edu/csefel/practicalstrategies.html#booknook

- Books to Grow With
  Cheryl Coon
- Children's Picture Book Data Base
  - http://www.lib.muohio.
  - edu/pictbks/
- Carnegie Library of Pittsburgh
  - http://www.clpgh.org/kids/booknook/bibliotherapy/
- Barnes and Noble, Amazon websites
- Seattle Public Library
- Multnomah County Library
- Local libraries

Book Nooks

http://www.csefel.uiuc.edu/practical-ideas.html

On Monday When it Rained

Glad Monster Sad Monster

Hands Are Not for Hitting

2.4