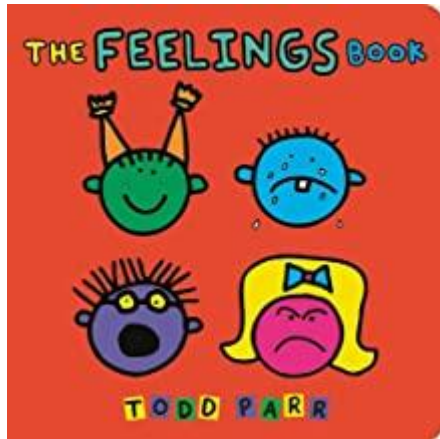


# Social and Emotional Learning (SEL)

“Whatcha Reading Wednesday”

Featuring: *The Feelings Book* by Todd Parr

## Elementary (PreK – 5<sup>th</sup> Grade)



## Online Read Aloud

### Spanish Read Aloud

<https://www.youtube.com/watch?v=Kz8FsAyE4vM>

### English Read Aloud


<https://www.youtube.com/watch?v=9a9pgV9P8ek>

## Discussion & Activities

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| <ol style="list-style-type: none"> <li>1. Tell me your favorite part of the book?</li> <li>2. Can you remember some feelings the character's felt?</li> <li>3. Have you ever felt some of these feelings (Silly, Cranky, Scared, Brave, Lonely)? (Parents may start the conversation like “Have you ever felt silly?” “Tell me a time you've felt scared, brave, cranky, lonely”, etc.,)             <ol style="list-style-type: none"> <li>a. Pick two to three feelings and let your child talk about the times they've felt those feelings. Children can also draw a picture of times they've felt these feelings if they prefer.</li> <li>b. Parents are encouraged to also talk about times they've felt specific emotions. For examples, parents may say “I've also felt scared before”. Parents should use caution when discussing their own personal stories and make sure it is an age appropriate example.</li> </ol> </li> </ol> | <ol style="list-style-type: none"> <li>4. Some of the characters liked making mud pies, dancing, reading books, what are some things you like to do.</li> <li>5. Parents and students have a daily discussion about your current feelings using the thermometer or the rubric of 1 to 5. Five meaning I feel great and a one meaning I am sad or don't feel well.</li> </ol> <hr/> <ol style="list-style-type: none"> <li>1. ¿Qué cosas te pueden hacer sentir malhumorado/a?</li> <li>2. ¿Qué cosas nos pueden dar miedo?</li> <li>3. ¿Hay algo que te esté causando estar malhumorado/a? ¿O miedo?             <ol style="list-style-type: none"> <li>a. Pueden escoger otros sentimientos, y dejar que sus hijos respondan.</li> </ol> </li> </ol> |
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	<p>b. También nos gustaría que los padres compartan con sus hijos como se sienten. De esa manera pueden ver que los adultos también tenemos sentimientos diferentes.</p> <p>4. ¿Qué cosas te hacen llorar, o querer gritar?</p> <p>5. Padres tengan una discusión diaria con sus hijos acerca de como se sienten. Pueden utilizar el termómetro que les proporcionamos, y del 1 al 5 decir como se sienten ese día.</p>
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## Middle School & High School (6<sup>th</sup>- 12<sup>th</sup> Grade)

<p>Parents here is a poem to read and discuss with your student and be sure to reserve all judgment as your student opens up to share.</p>	<div style="border: 1px solid black; padding: 10px;"> <p>Adversity is like a strong wind. It tears away from us all but the things that cannot be torn, so that we see ourselves as we really are.</p> <p>By Arthur Golden</p>  </div>
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### Reflect:

After reading the poem 2-3 times to yourself. Ponder the following questions: What do you think the Author was trying to say? What comes to mind when you read the poem?

### Expression:

- Take a moment and journal or draw about your responses to the questions above.
- Discuss this poem with a friend, family member or someone you trust your responses to the previous questions.
- Discuss this poem with a friend, family member or someone you trust about a time you experienced adversity. What did you

### Other Reflection Questions:

- Parents and students have a daily discussion about your current feelings using the rubric of 1 to 5. Five meaning I feel great and a one meaning I am sad or don't feel well.
- What were some positive things that occurred though that trying time in your life? What are some positive things you can take away from being at home?

learn about yourself from that experience?

## Middle School & High School (6<sup>th</sup>- 12<sup>th</sup> Grade)

### Reflexiona:

Luego de leer el poema, unas 2-3 veces. Piensa acerca de lo siguiente: ¿Qué crees que el autor estaba tratando de decir? ¿Qué te viene a la mente cuando lees el poema?

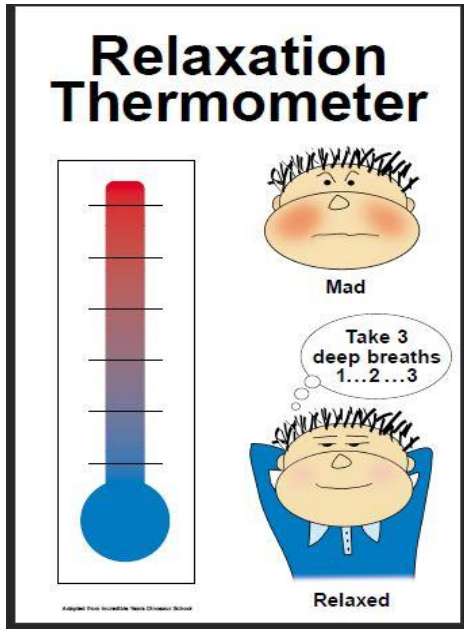
### Exprésate:

Tomate un momento, para escribir en un cuaderno o dibujar tus respuestas a las preguntas  
Habla acerca de tus respuestas al poema con un amigo, familiar o alguien en que confíes.  
Habla con un amigo, familiar, o alguien de confianza acerca de algún momento donde hayas tenido que enfrentar una adversidad. ¿Qué aprendiste, acerca de ti mismo durante esa experiencia?

### Otras Preguntas de Reflexión:

¿Durante esos momentos difíciles que enfrentaste, sucedió algo positivo? ¿Hay algo positivo, de poder estar en casa?

## RESOURCES:



[The Feelings Book: Parr, Todd: 9780316012492: Amazon ...](#)

[www.amazon.com](http://www.amazon.com) › [Feelings-Book-Todd-Parr](#)

[The Feelings Book by Todd Parr - Goodreads](#)

[www.goodreads.com](http://www.goodreads.com) › [book](#) › [show](#) › [120674.The\\_Feelings\\_Book](#)

[The Feelings Book by Todd Parr, Paperback | Barnes & Noble®](#)

[www.barnesandnoble.com](http://www.barnesandnoble.com) › [Kids' Books](#)

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