

Grades
3-5

YALE CHILD STUDY CENTER
+ SCHOLASTIC COLLABORATIVE
for Child & Family Resilience

Social-Emotional Learning

READING JOURNAL

My name is

Welcome to My Books: Social-Emotional Collection

Dear Student,

Welcome to your social-emotional book collection! We hope you already love books. But you may not know all the ways books help you grow.

- Reading is a great way to relax and take your mind off of things.
- Reading can give you time alone but make you feel less alone.
- Reading helps you think about and understand other people.
- Reading helps you learn about the world and also learn about yourself.

These books have been chosen to do all of the above! They focus on something called **social-emotional learning**. You'll learn more about that on the next page.

We've also included this **Reading Journal** to help you get the most from your new books. You can use the pages in this journal with any books that you are reading. Just choose the page that is the best match for your book.

Happy Reading,

Your Friends at Scholastic

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What Is Social-Emotional Learning?

As you grow, you learn to read and write. You learn math, science, and about places near and far. But at the same time, you're learning other important skills: social-emotional skills. These skills help you understand your feelings and those of others. Using this Reading Journal will help you build these skills as you read books.

Understanding Myself

- I know what I'm feeling.
- I can name that feeling.
- I feel more confident.

Managing Myself

- I know what I'm thinking and how I'm acting.
- I can think before I act.
- I can help calm myself down when I'm upset or angry.

Respecting Others

- I think about how others feel.
- I know that different people see things in different ways.
- I care about the feelings of others.

Building Relationships

- I can talk and listen well with others.
- I can be a good friend.

Making Decisions

- I can make good choices.
- When I have a problem, I work to solve it.
- I can get help with my decisions and problems.

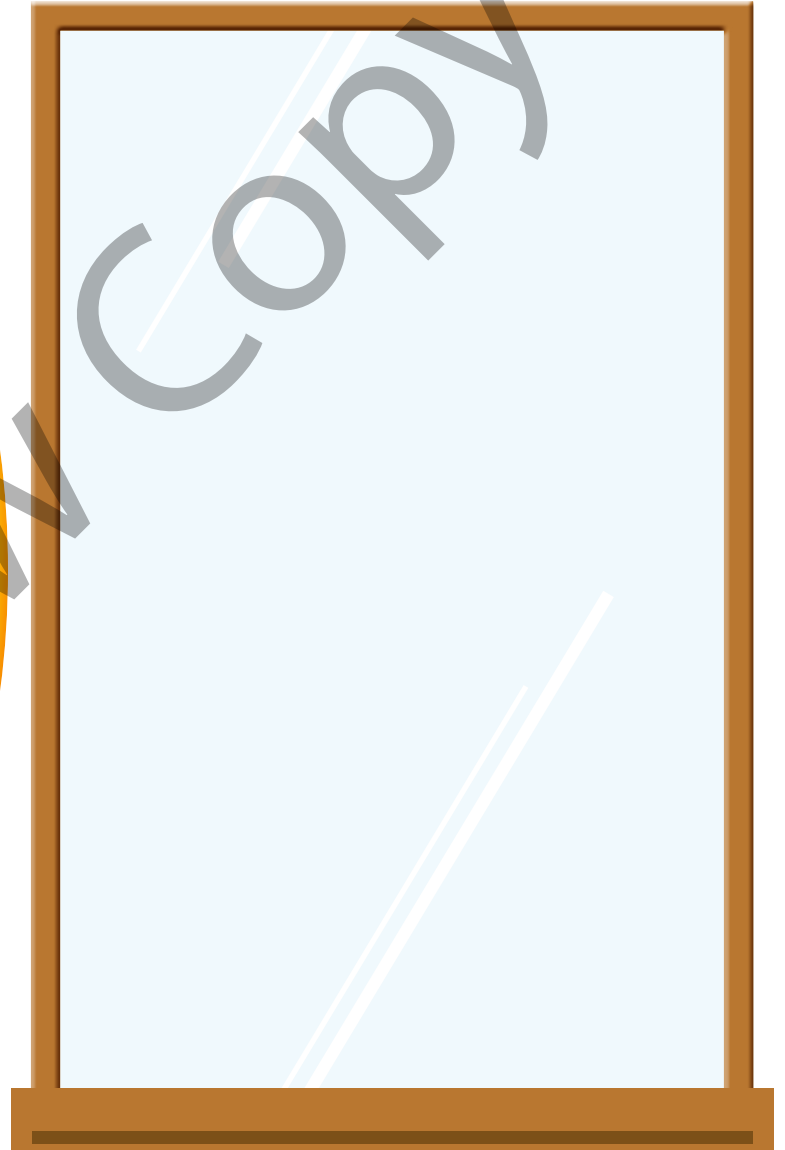
Look In and Out

How does this book help you understand something about yourself?

Write that in the mirror. How does this book help you understand the character?

Write that in the window.

Book Title: _____ Character: _____



Ask your child if he or she can relate to any of the characters in the book. Then talk about other elements in the book that your child may recognize in his or her own life. Applying story events to events in real life is a great way to practice making connections.

Wishing Well

Pick a favorite character in a book. What does the character wish for? Write the character's hopes and dreams in the wishing well. Then, under the wishing well, add your own hopes and dreams.

Book Title: _____

The Character's Wish: _____

I wish _____



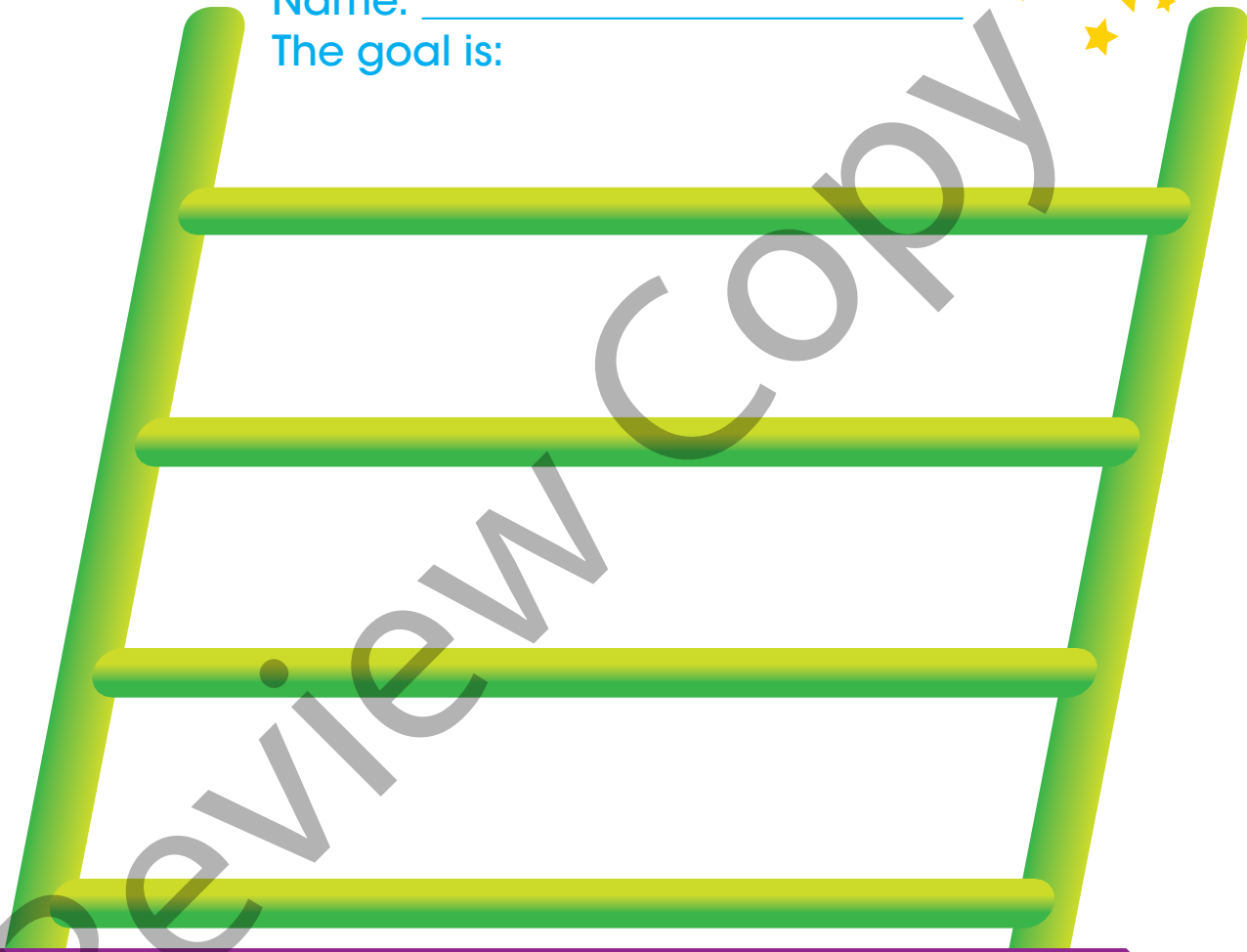
Talk with your child about some of your personal hopes and dreams. Then ask your child to share his or her hopes and dreams. Encouraging your child to consider personal hopes and dreams can help your child identify what he or she wants and strengthen his or her emotional development.

Setting a Goal

Think about a goal that someone from a book was trying to achieve. At the top of the ladder, write that person's name and the goal. Then, starting at the bottom of the ladder, write three steps that person took to reach that goal. In the box below, write a goal you have and two ways you could reach it.

Name: _____

The goal is:



My goal is:



Learning to plan for the future and wait for things is an important developmental skill. Practice setting a goal that requires your child to spend time working toward it. Then reward that effort, perhaps with a book!

The Key to Keeping Calm

Think of a character in a book who was under stress or suffering with uncomfortable feelings, like nervousness or even anger. Think about ways to keep calm. Then write a sentence or two to help the character deal with stress.

Character:

Book Title: _____



Discuss specific and practical ways you and your child can manage your emotions in different situations. Ask your child how he or she might act when feeling angry or stressed. Talk about healthy, appropriate behaviors your child can do when his or her feelings are intense. Practice taking deep breaths together and discuss other possible strategies to use when you both need to calm down in a situation.

Someone Else's Shoes

What is it like to be in someone else's shoes? Pick a character from a book. In the top shoe, write about the challenges the character faced. How did he or she react to them? On the bottom shoe, write how you felt about his or her behavior. Why do you think he or she acted that way?



Talk with your child about the word *empathy*, or "the ability to understand another person's emotions." Ask your child what the word *empathy* means to him or her. Then ask your child how showing respect toward others is one way to practice empathy.

Star Worthy

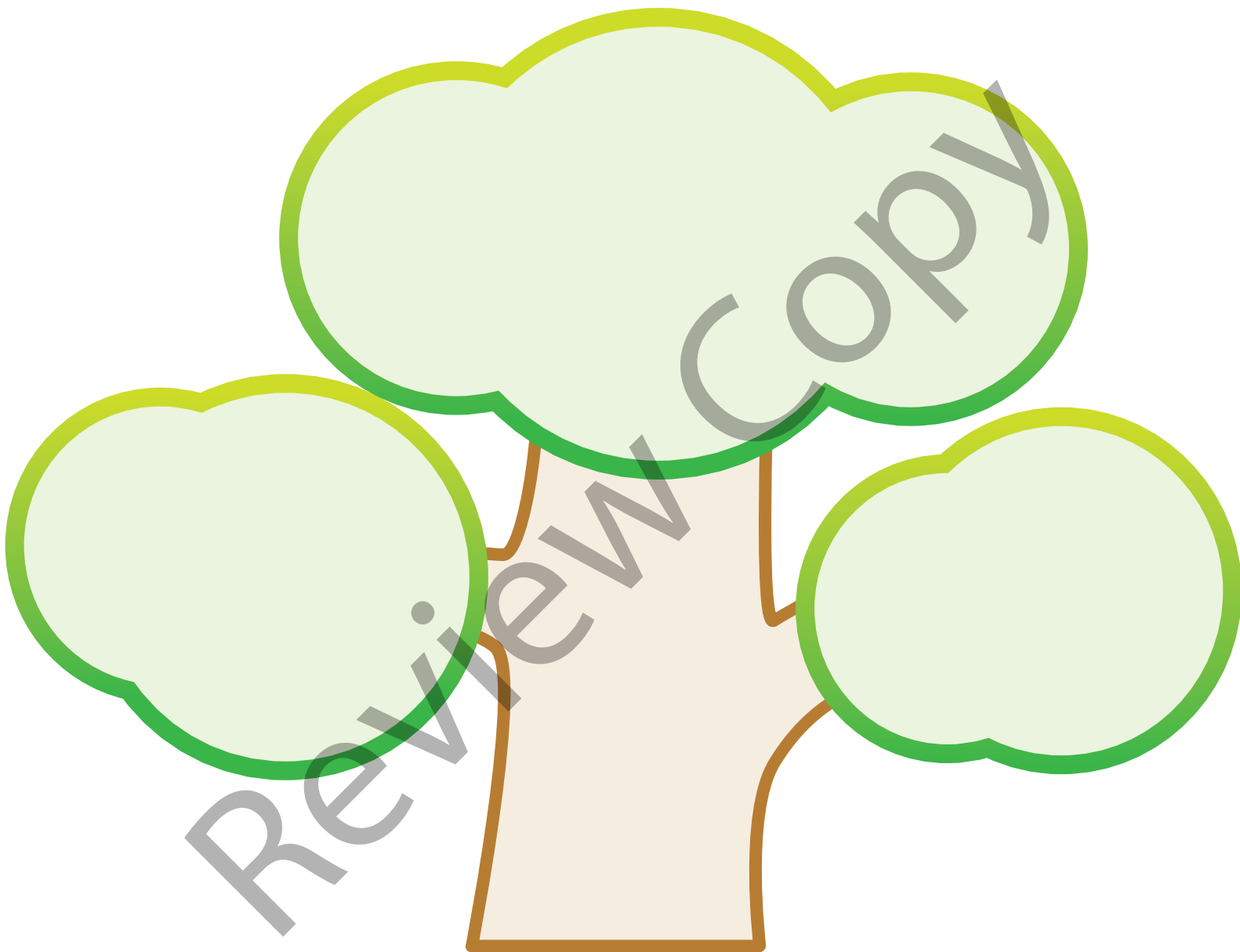
In each shooting star, write the name of a character or a real person in a book. In the tail of the star, give the reason why you like, admire, or respect the character or person.



As you read with your child, pause and take time to discuss story characters and their admirable traits. Which specific character does your child admire the most and why? Then ask which personality trait your child admires the most in him- or herself. Encouraging your child to consider his or her own admirable traits can help build confidence and self-esteem.

Decision Tree

On the trunk of the tree, write a decision that a character or a real person you read about had to make. On each branch of the tree, write a choice he or she had to make or a challenge he or she faced on the way to making the decision.



Book Title: _____

Character or Person: _____



As you read together, pause and take time to discuss character motivations and actions. Sometimes, characters make tough decisions to achieve what they want. Ask your child what he or she might do in a similar situation. Considering how others might feel in different situations is a great exercise to practice empathy.

Facing the Decision: A Mini-Movie

Use the book to plan a mini-movie. Just like in a book, a character in a movie faces tough decisions. Inside the film frames, retell what happened in order. The problem the character faced comes first. Then write about the choices he or she made. In the end, write the results of the final decision.

Title: _____

Beginning

Middle

End

Review Copy



Summarizing and retelling are important reading skills. They are also great ways for your child to develop his or her working memory. Building working memory will help power your child’s learning and can also improve behavior.

Helping Hands

On the thumb and fingers, write ways that someone in your book helps someone else.



Talk together about the importance of helping others. Ask your child how he or she feels when receiving help from someone else. Brainstorm practical ways you and your child can help each other and others every day. Helping others as a daily practice can aid your child in forging relationships with others.

Talk It Out

Sometimes talking about things makes everything better. How did two characters become closer, solve a problem, or understand each other by talking things out? Pick two characters from a book who had trouble getting along. In each speech bubble, write the conversation that helped the two characters reach an understanding.

Book Title: _____

Page # _____

Character: _____

Page # _____

Character: _____



Share about a time when you decided to talk things out with someone else and how open communication made things better. Encourage your child to share about a time when he or she had to talk things out with a friend or peer. Ask your child how he or she felt after talking to the friend. Then ask your child why communication is important in friendships.

My Book Review

What did you think of the book you just read? Create a book review by filling in the information on the blank lines below. Rate your book by giving it up to five stars. Then write your reasons for your star rating.

Fiction or Nonfiction: _____

Book Title: _____

Author: _____

I give it this many stars:

Shade in 1-5 stars.

The reason I gave this book _____ stars is _____

My Reading Log

Write the title of each book you read on this chart. Write *F* if it is fiction or *N* if it is nonfiction. Then color one to five stars to show how much you liked it.

	Title of Book	Fiction or Nonfiction	My Rating
1			★ ★ ★ ★ ★
2			★ ★ ★ ★ ★
3			★ ★ ★ ★ ★
4			★ ★ ★ ★ ★
5			★ ★ ★ ★ ★
6			★ ★ ★ ★ ★
7			★ ★ ★ ★ ★
8			★ ★ ★ ★ ★
9			★ ★ ★ ★ ★
10			★ ★ ★ ★ ★



Congratulations _____, you read _____ books!

your name

of books read

My Reading Log

Write the title of each book you read on this chart. Write *F* if it is fiction or *N* if it is nonfiction. Then color one to five stars to show how much you liked it.

	Title of Book	Fiction or Nonfiction	My Rating
1			★ ★ ★ ★ ★
2			★ ★ ★ ★ ★
3			★ ★ ★ ★ ★
4			★ ★ ★ ★ ★
5			★ ★ ★ ★ ★
6			★ ★ ★ ★ ★
7			★ ★ ★ ★ ★
8			★ ★ ★ ★ ★
9			★ ★ ★ ★ ★
10			★ ★ ★ ★ ★



_____, you read _____ books!
your name # of books read