

Grades
1-2

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

No part of this publication may be reproduced in whole or in part, or stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission of the publisher. For information regarding permission, write to Scholastic Inc., 557 Broadway, New York, NY 10012. Copyright © 2021 by Scholastic Inc. All rights reserved. Published by Scholastic Inc. Printed in the U.S.A.
ISBN: 978-1-338-75940-2 • SCHOLASTIC and associated logos are trademarks and/or registered trademarks of Scholastic Inc. Other company names, brand names, and product names are the property and/or trademarks of their respective owners. Scholastic does not endorse any product or business mentioned herein.

1 2 3 4 5 6 7 8 9 10 40 30 29 28 27 26 25 24 23 22 21

Scholastic Inc., 557 Broadway, New York, NY 10012

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.

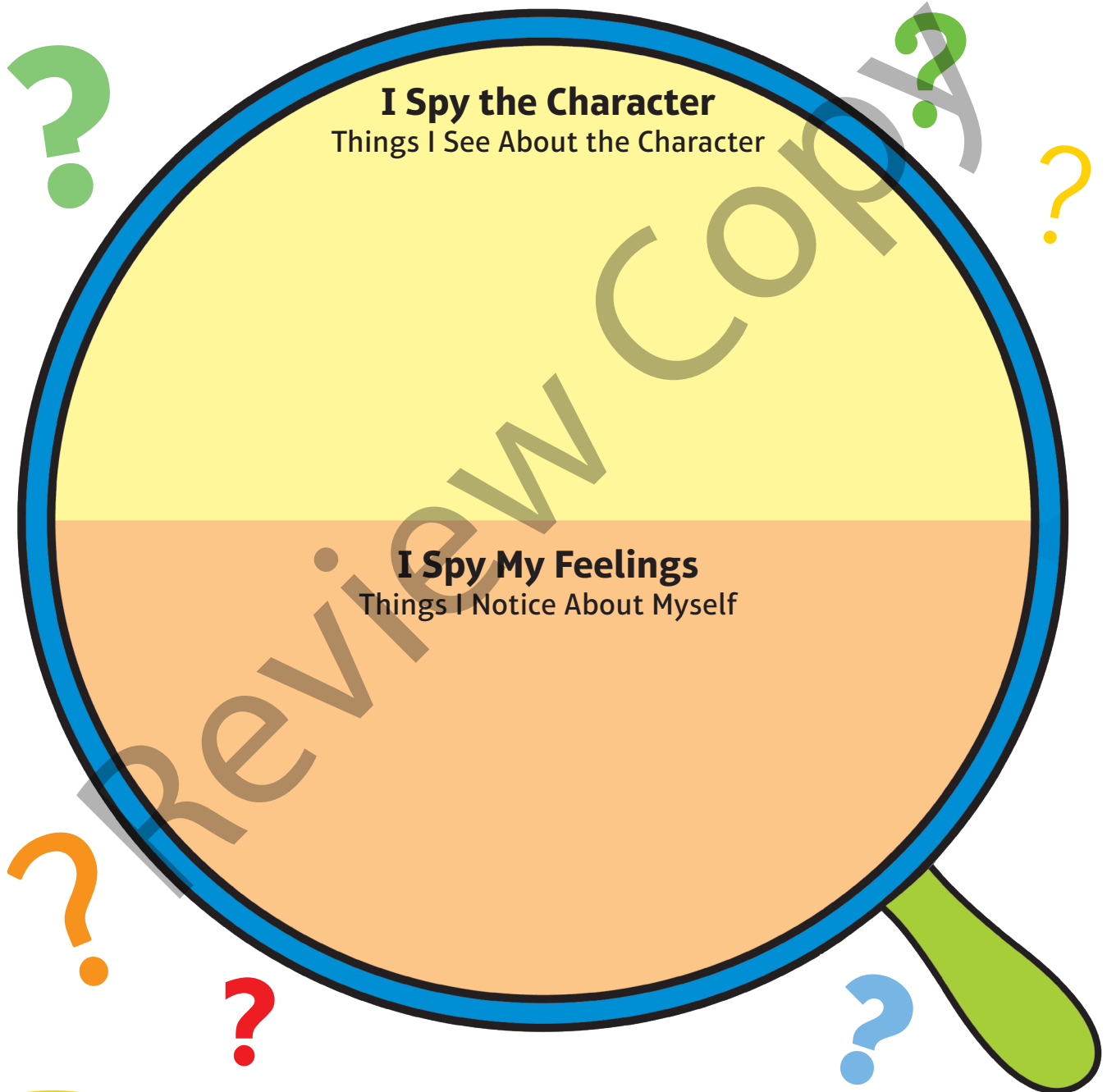
Making Decisions

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

Take a Close Look!

A character in a book can be a person, an animal, or a creature. When you read a book, you can take a close look at the character. You can find out how the character thinks and feels. You can take a look at your own feelings, too. Write some of the character's feelings. Then write how the character made you feel.

Book Title: _____ Character: _____



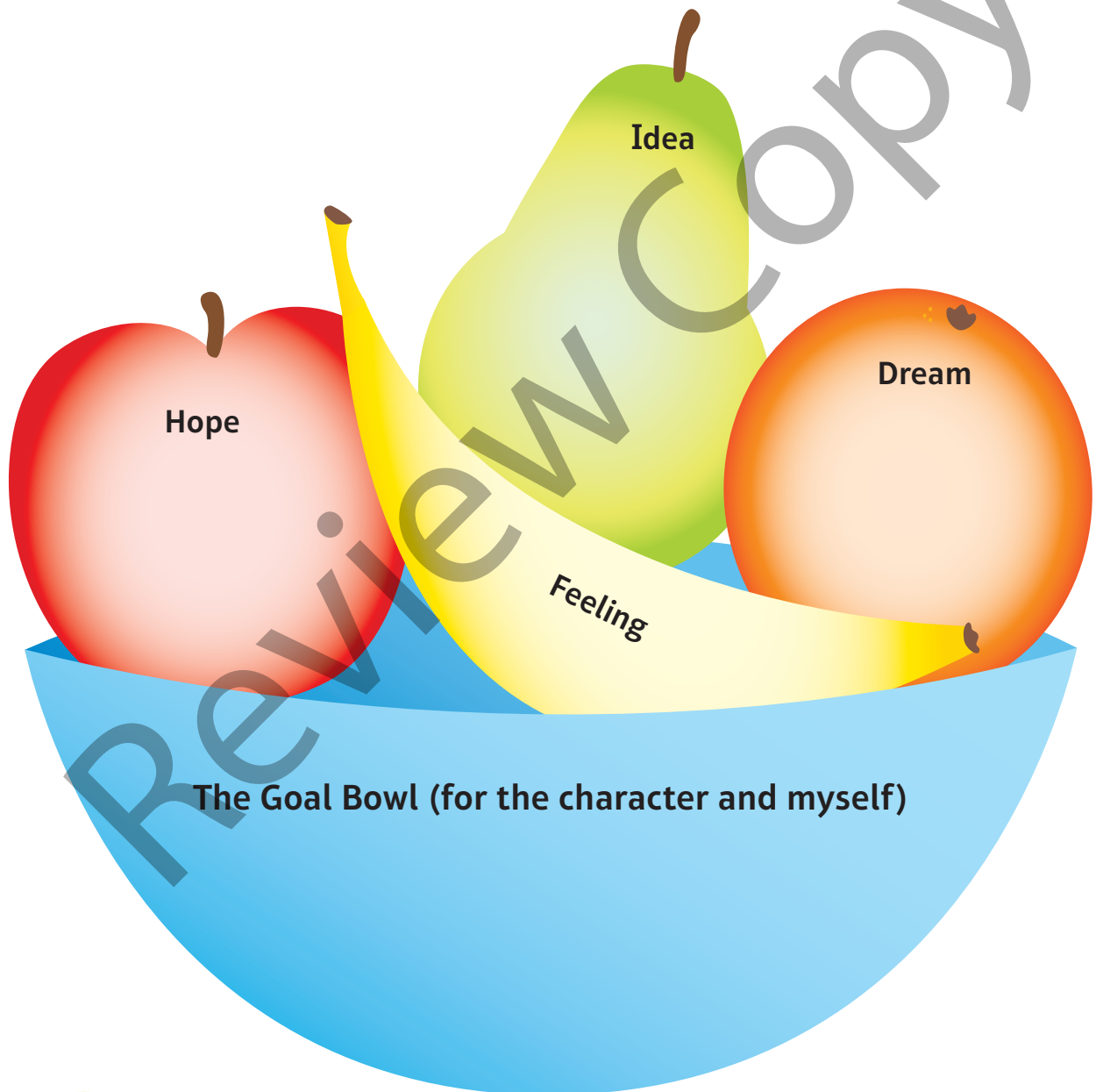
When you talk openly with your child about his or her goals, hopes, and dreams, you stretch your child's imagination and creativity. Talk about how you feel. Then encourage your child to share his or her own feelings. Come up with a routine together, so that you and your child can openly discuss how each of you might be feeling at any given moment.

The Goal Bowl

To get to know a character, you need to understand what the character is thinking. What are the character's ideas, feelings, hopes, and dreams? The same thing is true for getting to know yourself. In each piece of fruit, write something about a character or a real person you read about. Then in the goal bowl, write about a dream you have.

Book Title: _____

Character or Real Person: _____

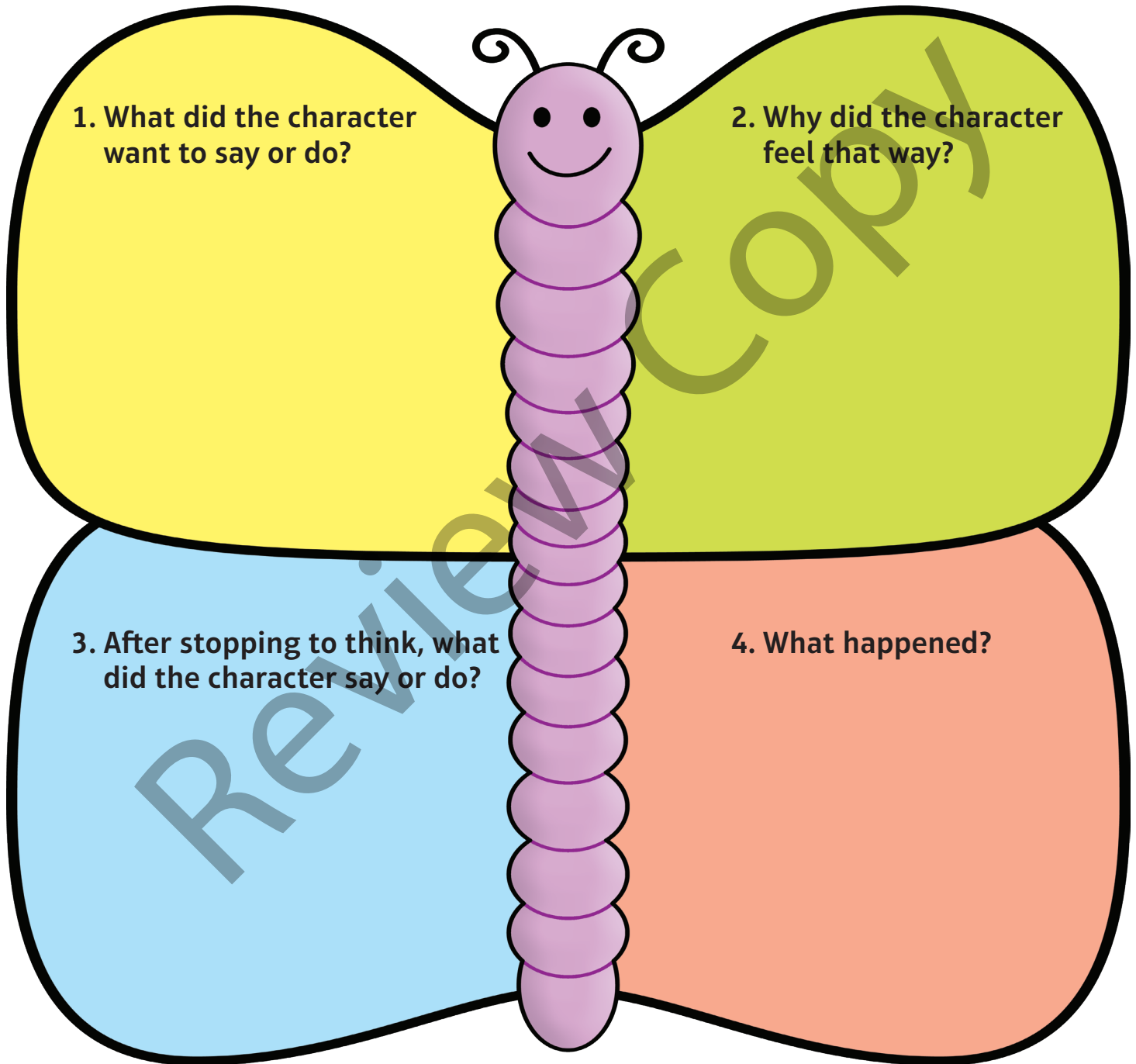


When you talk openly with your child about his or her goals, hopes, and dreams, you stretch your child's imagination and creativity.

Growing Inside

Sometimes we all want to act in ways that we know aren't the best way to be. Think about places in the book when a character had to stop and think. Fill in the butterfly to show what the character wanted to do and what the character did.

Book Title: _____



Discuss specific ways your child can think through something before he or she acts on his or her initial feelings. Talk about the importance of stopping to think before saying or doing something that might not be the best decision.

Don't Bug Out!

Everyone feels stress sometimes. Stress is when you feel worried or nervous. It's an uncomfortable feeling. Use this bug to write what "bugs" a character, or causes him or her to feel stress. You can add your feelings about stress, too!

What Makes the Character Bug Out?

What Worries the Character?

What Makes the Character Feel Better?

Book Title:

Character:

Mind Builder Tip
Emotional
Development

Ask your child how he or she might act when feeling happy, sad, or angry. Practice taking a deep breath together and share other healthy behaviors your child can do when his or her feelings are intense.

Giving to Others

In the fiction and nonfiction books you read, there are often heroes. One kind of hero gives to others by being kind and showing he or she cares. Use the gift tag to show who the gift is from: a fiction character or a nonfiction hero. Then write about who the gift is for: a fiction character, a nonfiction hero, or even you, the reader! Finally, write about the ways of giving you read about.

From _____

To _____

Book Title: _____

Retell how someone in your book showed care and kindness for others. What did he or she say, share, or do?



Discuss ways that you and your child can show respect for others, such as using kind words, listening to others, and being polite. Talk together about practical ways you and your child can be respectful every day.

Working Together

In many true stories, people work together to make the world a better place. On the fish, write about your book. How does it tell about showing respect or admiring someone, working together, helping others, and protecting the earth? Write on the tail to tell how you show you care about the world and helping people.

How do you show you care?

Showing Respect

Working Together

Helping Others

Protecting the Earth

Book Title: _____

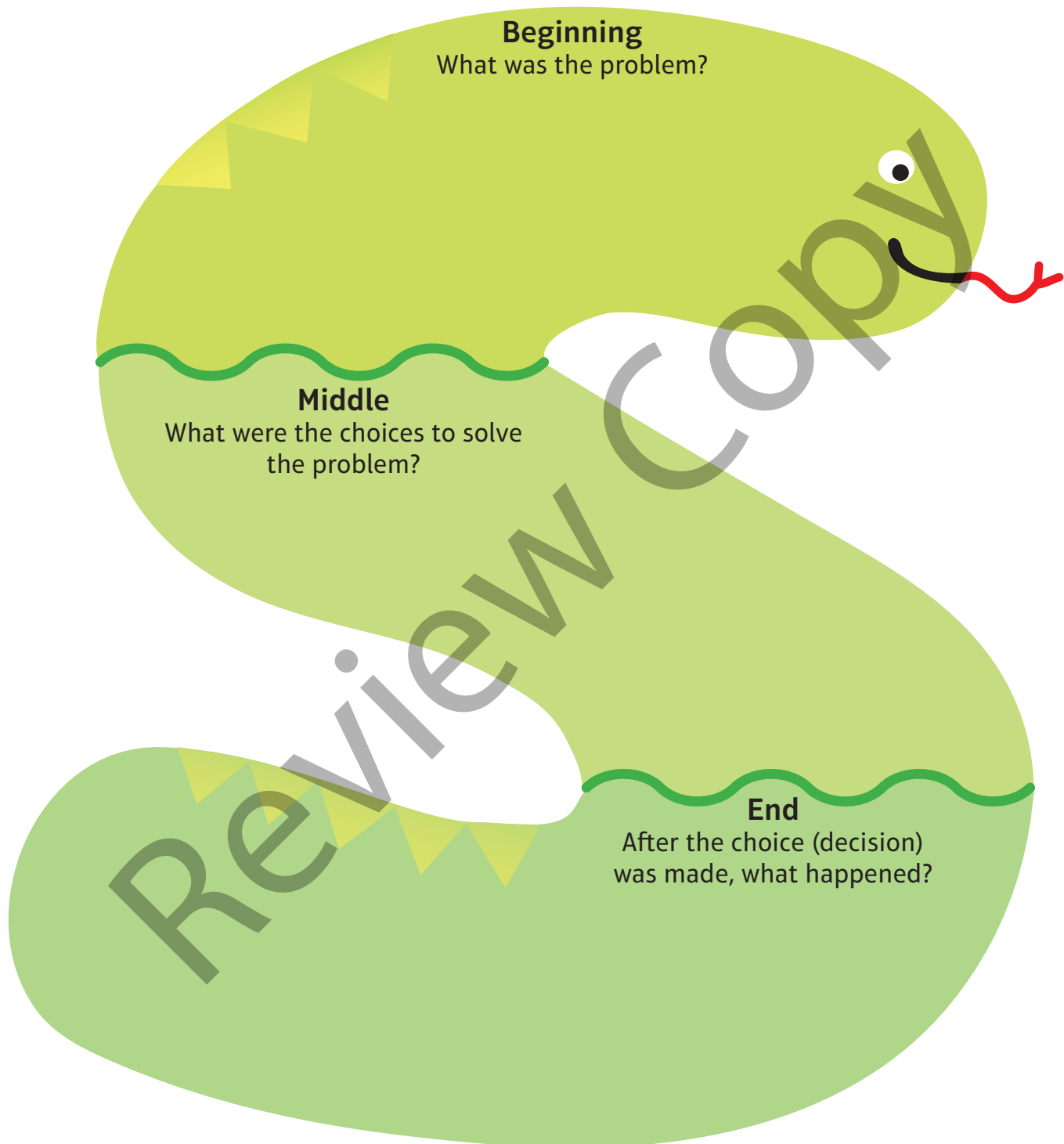
Topic: _____



Brainstorm ways your child can show respect, like taking turns and following routines. Provide your child with a scenario, like wanting to play with a toy another child is playing with. Ask your child what he or she might do in that situation to show respect, such as waiting patiently for his or her turn to play with the toy.

Slinky Snake Choices

S-s-s-so you just read a super new book! What happened at the beginning, middle, and end of the story? Use this slinky snake to retell what you read.



When you read together, talk about the problem the character faces. Have your child imagine what he or she would do when faced with a similar problem. Talk with your child about creative solutions to solve the problem.

What's the Best Choice?

You make little decisions every day. What games to play or what clothes to wear are little decisions. In a book, a character has to make a big decision. Use the house below to tell about a tough decision a character had to make. Think about tough decisions you have had to make, too.

Draw a picture of the decision here.

The Character's Problem

Ways to Solve the Problem (choices)

List the possible choices here.

Book Title: _____ Character: _____

Coming Together

At first, you may not understand why a character acts or feels a certain way. As you keep reading, the pieces of the puzzle fit together, and you begin to understand the character. Pick your favorite character in the book. Use each puzzle piece to write a few words or a sentence to tell about the character.

Book Title

Character

What the character said:

What the character did:

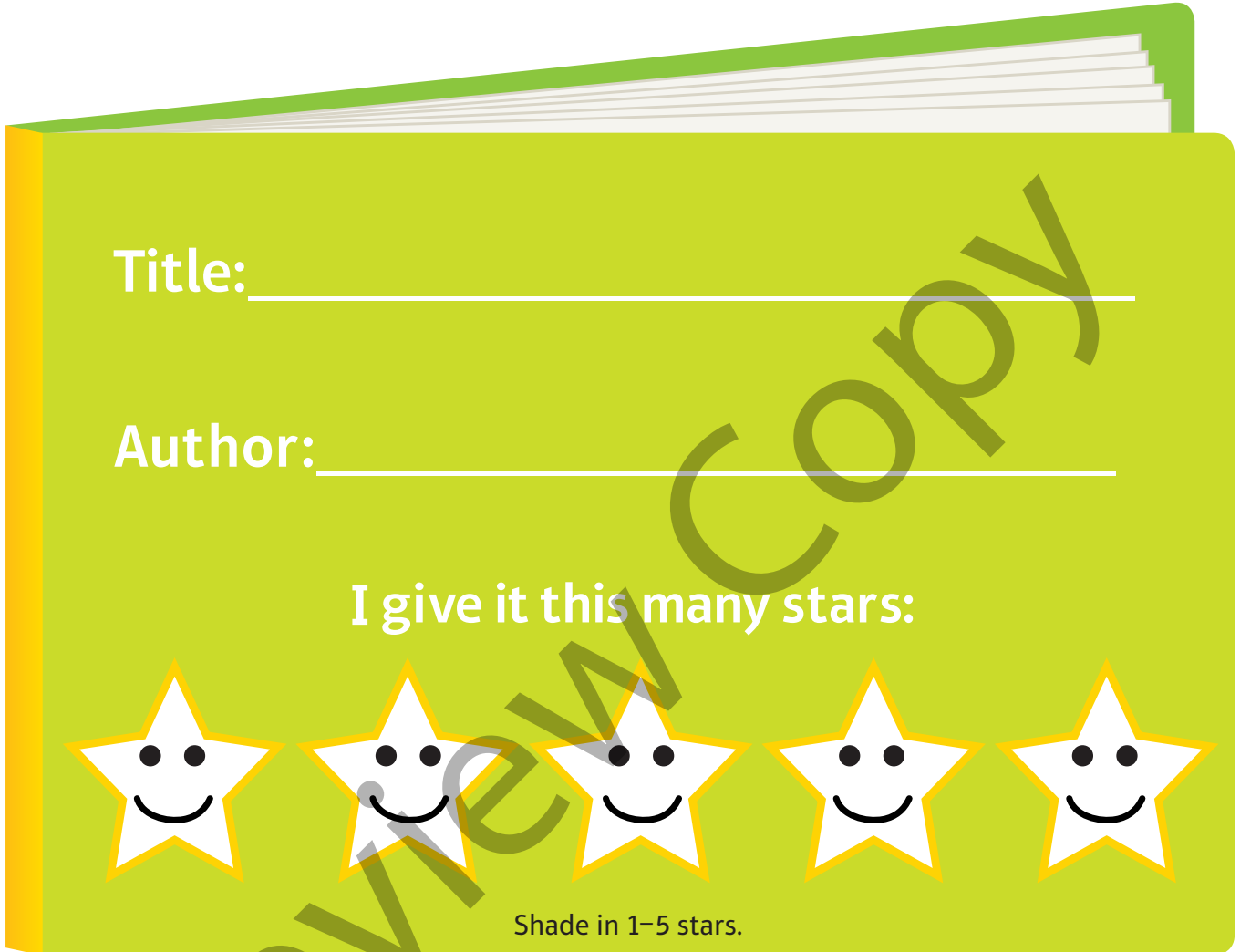
How the character felt:

How the character changed:

My Book Review

What did you think of the fiction book you just read?


Fill in the blanks to create your very own book review. Ready, set, write!



Title: _____

Author: _____

I give it this many stars:



Shade in 1-5 stars.

Take a look! Take a look! I just read a brand-new book!

It was about _____ . Oh, how neat!

main idea

_____ was someone I got to meet!

character in book

I give it _____ , yes, I do!

number of stars (1-5) star/stars

I _____ recommend this book to you!

would/would not

My Book Review

What did you think of the nonfiction book you just read?
Fill in the blanks to create your very own book review. Ready, set, write!

Title: _____

Author: _____

I give it this many stars:

Shade in 1-5 stars.

Take a look! Take a look! I just read a brand-new book!

It was about _____ . Oh, how neat!
main idea





















_____ was someone I got to meet!
character in book

I give it _____ , yes, I do!
number of stars (1-5) star/stars

I _____ recommend this book to you!
would/would not

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 circle the happy or sad face to tell how you felt about it.





















Title of Book	Fiction or Nonfiction	How I Felt About It
1		 
2		 
3		 
4		 
5		 
6		 
7		 
8		 
9		 
10		 



_____, you read _____ books!
child's name number 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 circle the happy or sad face to tell how you felt about it.

Title of Book	Fiction or Nonfiction	How I Felt About It
1		 
2		 
3		 
4		 
5		 
6		 
7		 
8		 
9		 
10		 



Congratulations _____, you read _____ books!

child's name

number of books read

My BOOKS
Social-Emotional Collection

Grades 1-2

ISBN-13: 978-1-338-75940-2

ISBN-10: 1-338-75940-X



9 781338 759402