



CONQUERING KINDERGARTEN STORYTIME SIDEKICK

Books are a great way to teach reading and social-emotional learning (SEL) skills.

Here is how you can support children as you read books together:

1. Ask open-ended questions about the SEL skill in the book.
2. Respond to children’s answers and build on them to start a conversation.
3. Connect the SEL skill in the book to real experiences in children’s lives.

Try this strategy with the story *Cool Down and Work Through Anger*. In this book, children see the value of the SEL skill *Handles Conflict Appropriately*, as they hear how they can recognize feelings of anger and build skills for managing it. After reading this story, follow the guide below.

GUIDE	 ASK A QUESTION	 RESPOND AND EXTEND	 CONNECT TO EXPERIENCE
	EXAMPLE	<p>You say:</p> <p><i>What happened to the boy when he gets angry?</i></p>	<p>Child says:</p> <p><i>His face got hot.</i></p> <p>You say:</p> <p>Yes, he felt hot and he also breathed loudly.</p>



Want more examples of this strategy?

	1 ASK A QUESTION	2 RESPOND AND EXTEND	3 CONNECT TO EXPERIENCE
EXAMPLE 1	You say: <i>What was something the boy did to calm himself down when he was having a problem with someone else?</i>	Child says: <i>Took a breath.</i> You say: <i>That's right! He took deep breaths and he also counted to ten.</i>	You say: <i>Remember the other day when you were having a problem with your friend? How did you feel? What did you do to stay calm?</i>
EXAMPLE 2	You say: <i>What was something the boy did to work through the problem he was having with his friend?</i>	Child says: <i>He talked to her!</i> You say: <i>Yes, he talked to his friend. He tried to explain how he felt and understand how she felt too.</i>	You say: <i>Can you think of a time when your worked through a problem with a friend by talking to them about it?</i>



What else can you do to teach the skill in this book?

Talk to children about what feelings look and sound like. The ability to identify emotions helps children recognize and manage difficult feelings when they come up, like during a conflict. When reading stories or watching videos, ask children to identify how characters feel and why they think the character feels that way. Or ask them to act out an emotion and give them a mirror so they can see how their face looks to others.

Want to learn more about this strategy?

Research shows that reading and talking with children about books helps them build both reading and SEL skills. To get the most out of each book, read it again to support children's understanding.

It is also helpful to make real-time connections between children's experiences and the books they know. Point out when you see something in your real life that reminds you of a book.

Conquering Kindergarten aims to help families and teachers support children's development of 14 key SEL skills through evidence-based tools. For more tips, book recommendations, and reading guides, **visit CKPhilly.org**.



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