

Books for Kids

Picture Books (J-EASY)

- I Wish You Knew***
by Jackie Azúa Kramer
- I Am Enough***
by Grace Byers
- How to Apologize***
by David LaRochelle
- The Perfectly Perfect Wish***
by Lisa Mantchev
- Big Feelings***
by Alexandra Penfold
- You Matter***
by Christian Robinson
- I Am Human: A Book of Empathy***
by Susan Verde

Chapter Books (J-Fiction)

- The Ogress and the Orphans***
by Kelly Barnhill
- The Sea in Winter***
by Christine Day
- Rain Reign***
by Ann M. Martin
- Ghost***
by Jason Reynolds
- Roll With It***
by Jamie Sumner
- Front Desk***
by Kelly Yang

Chapter Books (J-Nonfiction)

- Thoughts and Feelings: Identifying Emotions***
by Rachael Morlock
152.4 MORL
- The Monster Parade: A Book about Feeling all Your Feelings and then Watching Them Go***
by Wendy O'Leary
152.4 OLEA
- Making Memories***
by Amy Tangerine
745.5938 TANG
- The Big Feelings Book for Children: Mindfulness Moments to Manage Anger, Excitement, Anxiety, and Sadness***
by Sharon Selby
158.13 SELB
- How to Train Your Pet Brain***
by Nelly Buchet
612.82 BUCH
- Mindful Moves: Kid-friendly Yoga and Peaceful Activities for a Happy, Healthy You***
by Nicole Cardoza
158.13 CARD

Books for Teens

Nonfiction

- Guy Stuff Feelings: Everything You Need to Know about Your Emotions***
by Cara Natterson
152.4 NATT
- The Resilient Teen: 10 Key Skills to Bounce Back from Setbacks & Turn Stress into Success***
by Sheela Raja
155.5 RAJA
- The Growth Mindset Workbook for Teens: Say Yes to Challenges, Deal with Difficult Emotions, & Reach Your Full Potential***
by Jessica L. Schleider
155.519 SCHL
- The Teen's Guide to Social Skills: Practical Advice for Building Empathy, Self-esteem, & Confidence***
by Kate Fitzsimons
158.1 FITZ
- When Anxiety Makes You Angry: CBT Anger Management Skills for Teens with Anxiety-driven Anger***
by Kelesy Torgerson Dunn
616.852206 DUNN

Fiction

- Clap When You Land***
by Elizabeth Acevedo
- Darius the Great Is Not Okay***
by Adib Khorram
- When You Were Everything***
by Ashley Woodfolk
- Genesis Begins Again***
by Alicia Williams
- Puddin'***
by Julie Murphy

Teen Activity: The Moral Dilemma

Directions

- Put out a collection box and some notecards.
- Give your family a week to brainstorm moral dilemmas to put in the box.
- An example moral dilemma: Your friend confesses to you that they shoplifted jewelry from a store. Do you tell an adult or keep it secret? This example is straightforward, but you can make your dilemmas as simple or elaborate as you want!
- After a week of anonymous brainstorming, talk through the moral dilemmas as a family.

Kid's Activity: Guatemalan Worry Dolls

These dolls, which originated in Guatemala, are a quick, easy craft and can help kids manage their worries and anxieties at bedtime by telling their worries to the doll and then placing the doll under their pillow.

Supplies:

- Twigs (or popsicle sticks)
- Sharp scissors or gardening shears
- Assorted colors of fine yarn or embroidery floss
- Permanent marker
- Low heat glue gun



Directions:

- Collect dry twigs from around your yard.
- Cut them into 1"-2" pieces.
- Wrap the twigs with different colors of yarn or embroidery floss. Leave a small length of yarn sticking out and wrap it over a few times. Choose a different color of yarn and follow the same process until the twig is covered with yarn. Finish by cutting the yarn and knotting to secure it or use a hot glue gun to glue the yarn down.



- Use a permanent marker to draw eyes and a mouth on the doll.

Activity & images courtesy of *Happy Hooligans*

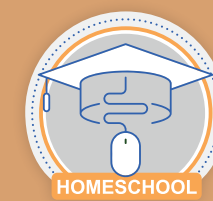


Social & Emotional Learning

Modern conventional wisdom dictates that for children to be successful they must be able to function emotionally, socially, and academically. The role of emotional intelligence in a person's ability to function and complete daily life tasks has been informally and formally recognized by employers, teachers, parents, and other professionals for many years, but it was not until the mid-1990s that researchers from a variety of disciplines convened at the Fetzer Institute and the Collaborative for Academic, Social and Emotional Learning (CASEL) was formed. The CASEL website is probably the single best source for learning about SEL (casel.org/).

After reviewing a wide body of research spanning disciplines such as psychology, educational policy and practice, and school social work, CASEL published the seminal work, *Promoting Social and Emotional Learning: Guidelines for Educators* (1997), outlining an SEL framework that included five competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision making. In short, these competencies encompass a variety of skills, including the ability to regulate and recognize one's emotions, identify and solve problems, make decisions with positive outcomes, build and maintain healthy relationships, empathize with other people regardless of their ethnicity or culture, demonstrate impulse control, and communicate effectively. These skills have allowed students to work well in groups and individually, demonstrate pro-social behaviors, and have led to less conduct issues both in and out of the classroom.

So, how do you encourage SEL at home? Read the rest of this issue for great resources and activities that you can use at home to nurture the development of these crucial life skills! And consider having your kids attend children's and teen library programs, which encourage social interaction and are a great way for them to experiment with using social and emotional skills in a safe environment!



Homeschool Hub | ppld.org/homeschool-hub

Whether you are a veteran homeschooling family, or just getting started, visit the PPLD Homeschool Hub to check out community and library events, sign up for eNewsletters, and access reading lists. Click on the "Resources" tab to link to information on getting started, Colorado homeschool law, local enrichment programs, tutoring, extracurricular activities, support organizations, and more.



Location Key

- CA Calhan Library**
600 Bank St., Calhan
(719) 531-6333, x7013
- CH Cheyenne Mountain Library**
1785 S. 8th St.
(719) 531-6333, x7001
- EA East Library**
5550 N. Union Blvd.
(719) 531-6333, x7014
- eLibrary**
ppld.org
Open 24 hours, 7 days a week
- FO Fountain Library**
230 S. Main St., Fountain
(719) 531-6333, x7002
- HI High Prairie Library**
7035 Old Meridian Rd., Peyton
(719) 531-6333, x7003
- KCH Knights of Columbus Hall**
20 W. Pikes Peak Ave.
(719) 531-6333, x6142
- LI Library 21c**
1175 Chapel Hills Dr.
(719) 531-6333, x7012
- MA Manitou Springs Library**
515 Manitou Ave., Manitou Springs
(719) 531-6333, x7004
- MLS Mobile Library Services**
ppld.org/mobile-library-services
(719) 531-6333, x7702
- MO Monument Library**
1706 Lake Woodmoor Dr., Monument
(719) 531-6333, x7005
- OL Old Colorado City Library**
2418 W. Pikes Peak Ave.
(719) 531-6333, x7006
- PA Palmer Lake Library**
66 Lower Glenway St., Palmer Lake
(719) 531-6333, x7007
- PA Penrose Library**
20 N. Cascade Ave.
(719) 531-6333, x7015
- RO Rockrimmon Library**
832 Village Center Dr.
(719) 531-6333, x7008
- RU Ruth Holley Library**
685 N. Murravy Blvd.
(719) 531-6333, x1584
- SA Sand Creek Library**
1821 S. Academy Blvd.
(719) 531-6333, x7018
- UT Ute Pass Library**
8010 Severy Rd., Cascade
(719) 531-6333, x7011



The New Bookshelf

The Katha Chest by Radhiah Cowdhury

Asiya loves visiting Nanu's house, where there is a chest filled with katha quilts made from saris that are too worn to wear anymore. These quilts hold stories, wonderful stories about the women in her family - grandmother, mother, and aunts. Wordless spreads are paired with a narrative that provides information about events, encouraging discussion.

Ages 5 – 8
Family Stories & Adventure
J-EASY CHOW

A Good Place by Lucy Cousins

Brilliant bugs dance across the pages of this book, looking for a good place to live. Bee wants flowers; Ladybug wants leaves; Beetle wants dead wood; and Dragonfly wants a pond. Can they find a place with all these things?

Ages 2 – 5
Science & Adventure
J-EASY COUS

Field Trip to Volcano Island by John Hare

The latest book in this wordless field trip series is packed with fun (and do not mistake wordless for simple)! The kids are dressed in heat suits as they embark on a volcano excursion, so they look identical, until one child picks flowers along the way - forming the basis for an amazing adventure. Have your child tell you what is happening in this complex wordless book.

Ages 5 – 8
Adventure
J-EASY HARE

Mina by Matthew Forsythe

Mina is a mouse who loves to read. Her father enjoys bringing home surprises, and one day he brings a squirrel... only Mina is pretty sure it's really a cat - and is a bit worried. This tall book with big illustrations tells a story with moments of humor that preschoolers will love.

Ages 3 - 8
Adventure & Humor
J-EASY FORS

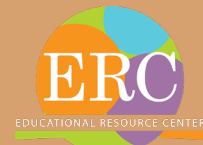
Big Ship Rescue! by Chris Gall

A big cargo ship has wrecked in a storm and the call goes out for help. The tugboat Mighty Mackerel is on the way to rescue the crew and carefully pull the ship off the rocks. A few nautical terms are highlighted, and a labeled diagram of the tug is appended. The final page changes the story's setting from the wild waves to the bathtub.

Ages 2 – 5
Adventure
J-EASY GALL

PPLD Resources: Social & Emotional Learning Tools in the ERC

The Educational Resource Center (ERC), housed on the second floor of East Library, offers a thoughtfully curated collection of resources for all areas of learning. You can access the ERC during library open hours by reservation ([go to ppld.org/erc](http://go.to.ppld.org/erc) for advance reservations, or drop in for immediate use, depending on availability). There are hundreds of items to choose from, including these engaging resources that focus on positivity, connection, and problem solving, supporting a foundation for lifelong social and emotional wellness.



1. Learn-A-Lot Avocados!

Your toddler will have fun interacting with these avocado sets with eight expressive faces. This resource also helps to develop fine motor and color skills. An activity guide is included for extended learning fun! (Ages 1 - 3)



2. See My Feelings Mirror

This hand-held safety mirror with emotion slides comes with activities that focus on identifying and naming common emotions, as well as activities that focus on managing negative emotions and resolving conflict. (Ages 3 up)



3. Emoti Blocks

Sized just right for little hands, chunky mix-and-match pieces can be stacked to create imaginative 3-D Emoticons that will inspire your child to identify and demonstrate common emotions. This game offers a natural segue into concepts like tolerance, empathy, and racial diversity. (Ages 2-6)



4. Emoji Square

This fast-paced, interactive emoji puzzle cube game for all ages will challenge your child's concentration and logic skills! (Ages 5 up)



5. Big Feelings Pineapple

Children express themselves by arranging face and arm pieces on a tropical pineapple pal. You can work with your child and teach them about emotional processing and empathy. (Ages 3 up)



6. Outfoxed!

In this cooperative whodunit board game, children work as a team of detectives, gathering clues and eliminating possible suspects to figure out which is the guilty fox before it escapes! (Ages 5 up)



Other Cool Resources: Social & Emotional Learning

1. Better Kids

Better Kids has created the first game-based social and emotional learning app for kids! Download "Wisdom: The World of Emotions" and enjoy hands-on printable activities to help you practice mindfulness, or augmented reality breathing exercises led by Wisdom. Play on your own, or with a family member!

betterkids.education/



betterkids

2. Go Noodle

Go Noodle aims to improve children's physical and mental wellbeing through activities like guided dance, mood journaling, and lessons in mindfulness. Find games, videos, printable activities, and more on topics ranging from math to mental health.

gonoodle.com/



GoNoodle

3. Inner Explorer at Home

Practicing mindfulness can help you reduce stress when the world is confusing. Use this app to add a few minutes of mindfulness to your day! Check out one of 180 different daily practices, with topics like staying present, gratitude, and self-care. These guided activities are recommended for preschool through grade 12 - great for the whole family!

innerexplorer.org/homeapp/



4. Confident Parents, Confident Kids

Check out this site's resources tab for ways to flex your social-emotional skills! Learn how games like Charades and Who Done It can improve your self-awareness and listening skills, or visit the "Global Exploration" section to find out how families like yours live in other parts of the world!

confidentparentsconfidentkids.org/kid-resources/



5. Imagine Neighborhood Podcast

Learn to tackle big emotions with this weekly podcast, which uses fun stories and activities to teach kids and families how to talk about their feelings and work together to solve problems. Check out the recent episode featuring Weird AI Yankovic!

imagineneighborhood.org/



Did you know?

Did you know that reading stories builds empathy? Not only does reading make your brain more powerful by building memory and cognitive skills, but reading also grows your social skills, too.

Empathy is the ability to understand how someone else is feeling.

Reading narratives puts you in someone else's shoes, experiencing their conflict, their frustration, their sadness, their joy. Reading about someone else's life challenges our own biases and perspectives. Reading any stories will help build your

emotional intelligence, but stories with rich character development and told from authentic viewpoints go that much further to grow those empathic skills.

