**Nonfiction**

**Guys Stuff Feelings: Everything You Need to Know About Your Emotions**
by Cara Natterson
RS24 NAT

**The Resilient Teen: 10 Key Skills to Bounce Back from Setbacks & Turn Stress into Success**
by Sheila Raja
155.5 RAJ

**The Growth Mindset Workbook for Teens: Say Yes to Challenges, Deal with Difficult Emotions, & Reach Your Full Potential**
by Jessica L. Schleider
155.5 SHLE

**The Teen’s Guide to Social Skills: Practical Advice for Building Empathy, Self-esteem, & Confidence**
by Kate Fitzsimons
RS1 FITZ

**When Anxiety Makes You Angry: CBT Anger Management Skills for Teens with Anxiety-driven Anger**
by Kelsey Torgerson Dunn
168.82200 DUNN

**Fiction**

**Clap When You Land**
by Elizabeth Acevedo

**Darius the Great Is Not Okay**
by Adiba Khorram

**When You Were Everything**
by Ashley Woodfolk

**Genesis Begins Again**
by Alice Williams

**Pudding**
by Julie Murphy

**Teen Activity: The Moral Dilemma**

1. Put out a collection box and some notecards.
2. Give your family a week to brainstorm moral dilemmas to put in the box.
3. Ask them for an example moral dilemma from their childhood. Then let them place it into their collection box.

**Supplies:**
- 1. Tags (or popsicle sticks)
- 2. Scissors or scissors
- 3. Assorted colors of yarn or embroidery floss
- 4. Permanent marker
- 5. Low heat glue gun

**Directions:**
1. Collect dry leaves from around your yard.
2. Cut them into 1-2” pieces.
3. Wrap the leaves with different colors of yarn or embroidery floss.
4. Staple the corners together to secure the leaves. Glue the leaves to the twigs with glue gun.
5. Wrap the twigs with different colors of yarn or embroidery floss. Finish by cutting the yarn and knotting to secure. Then place on a twig and glue it in place.

**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 others 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) to form the CASEL website (https://www.casel.org/). Following 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 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**

Fall 2022

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.

**Homeschool Calendar**

Looking for ideas?
View our calendar below for great events and activities.

**Location Key**

| CA | Calhan Library | 600 Bank St., Calhan | (719) 531-6333, x7013 |
| CH | Cheyenne Mountain Library | 1785 S. Cr. 26, CA | (719) 531-6333, x7010 |
| EA | East Library | 5555 W. Notre Dame Ave., CA | (719) 531-6333, x7014 |
| FO | Fountain Library | 235 S. Main St., Fountain | (719) 531-6333, x7002 |
| HI | High Prairie Library | 7035 Old Mendenhall Rd., Peyton | (719) 531-6333, x7003 |
| KCH | Knights of Columbus Hall | 20 W. Pikes Peak Ave. | (719) 531-6333, x8142 |
| LI | Library 2tc | 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 |
| MO | Monument Library | 1706 Lake Woodmoor Dr., Monument | (719) 531-6333, x7007 |
| OL | Old Colorado City Library | 2418 W. Pikes Peak Ave. | (719) 531-6333, x7007 |
| PA | Palmer Lake Library | 66 Lower Glenway St., Palmer Lake | (719) 531-6333, x7007 |
| PA | Penrose Library | 20 N. Cascade Ave. | (719) 531-6333, x7007 |
| RO | Rock Creek Library | 832 Village Center Dr. | (719) 531-6333, x7007 |
| RU | Ruth Holley Library | 855 N. Murray Blvd. | (719) 531-6333, x7007 |
| SA | Sand Creek Library | 1821 S. Academy Blvd. | (719) 531-6333, x7018 |
| UT | Ute Pass Library | 8010 Seway Rd., Cascade | (719) 531-6333, x7011 |

**Books for Kids**

**Picture Books (J-EASY)**

**I Wish You Know**
by Jackie Aziza Kramer
158.13 CARD

**I Am Enough**
by Grace Byers
158.13 HARD

**How to Apologize**
by David LaRochelle
158.13 FITZ

**The Perfectly Perfect Wish**
by Lisa Mantchev
158.13 SELB

**The Growth Mindset Workbook for Teens: Say Yes to Challenges, Deal with Difficult Emotions, & Reach Your Full Potential**
by Jessica L. Schleider
155.5 SHLE

**Kid’s Activity: The Moral Dilemma**

1. Put out a collection box and some notecards.
2. Give your family a week to brainstorm moral dilemmas to put in the box.
3. Ask them for an example moral dilemma from their childhood. Then let them place it into their collection box.

**Supplies:**
- 1. Tags (or popsicle sticks)
- 2. Scissors or scissors
- 3. Assorted colors of yarn or embroidery floss
- 4. Permanent marker
- 5. Low heat glue gun

**Directions:**
1. Collect dry leaves from around your yard.
2. Cut them into 1-2” pieces.
3. Wrap the leaves with different colors of yarn or embroidery floss.
4. Staple the corners together to secure the leaves. Glue the leaves to the twigs with glue gun.
5. Wrap the twigs with different colors of yarn or embroidery floss. Finish by cutting the yarn and knotting to secure. Then place on a twig and glue it in place.

**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 letting their worries to the doll and then placing it under their pillow.

**Materials:**
- 1. Twigs (or popsicle sticks)
- 2. Yarn
- 3. Assorted colors of yarn or embroidery floss
- 4. Permanent marker
- 5. Low heat glue gun

**Directions:**
1. Collect dry leaves from around your yard.
2. Cut them into 1-2” pieces.
3. Wrap the leaves 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. Then place on a twig and glue it in place.

**Homeschool Connections**

An Educational Resource Tool
**I. 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.education/)

**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. [gonoodledo.com](gonoodledo.com)

**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/](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! [confidentparentsonconfidentkids.org/kid-resources/](confidentparentsonconfidentkids.org/kid-resources/)

**5. Imagine Neighborhood Podcast**
Learn to talk 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 Al Yankovic! [imagineneighborhood.org](imagineneighborhood.org)