



# Self-Awareness

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## ABOUT COMMITTEE FOR CHILDREN

SEL Academic Integration Activities are designed for K–8 classroom teachers. These simple activities integrate self-regulation and social-emotional concepts and skill practice into academic areas (literacy, math, science, social studies, fine art, music, and physical education). The activities are adapted from Second Step: Skills for Social and Academic Success.

# Literacy, Name the Feelings

By: Second Step



## Literacy

### Name the Feelings

Select a book to read out loud in which at least one character in the story experiences a range of feelings. For example: *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst; *All My Feelings at Home: Ellie's Day* by Susan Conlin and Susan Levine Friedman; or *Amanda Pig on Her Own* by Jean Van Leeuwen. As you read the book, stop after each page or set of pages and ask students:

**How is this character feeling? How can you tell? Have you ever felt like that? Is that a comfortable or uncomfortable feeling?** If the character is feeling sad, lonely, or another uncomfortable feeling, ask: **What is something you or another character in the book could do to show this character you care?**

**Excerpted from:** Academic Integration Activities in the *Second Step* Kindergarten Empathy Unit

**Unit goal:** To develop students' ability to have empathy and show compassion for others

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Early Learning—Grade 8

The research-based *Second Step* program teaches students social-emotional skills that help prevent problem behaviors; build safe, supportive schools; and empower success.