



Tier 1 intervention

## Children's Literature

### Rationale:

Working at building a '*language of emotions*' with students. Books help provide a context of intervention that is 'one step removed' making the topic at hand less vulnerable meanwhile allowing students to make links from the story to their personal experiences. We have included a range of activities which have been created or found to help take the intervention 'one step further.'

Emotional wellness in children begins by adults creating an invitation for the process to unfold. We need to make it safe for our kids to express their emotions and convey that we are there to help them through their big feelings.



[Video capsule](#)



### Top ten books:

- Maya Was Grumpy by Courtney Pippin-Mathur
- In My Heart by Jo Witek
- I am Yoga by Susan Verde
- Lots Of Feelings by Shelley Rotner
- The Invisible String by Patrice Karst
- My Many Coloured Days by Dr. Seuss
- Mean Soup by Betsy Everitt
- Your Fantastic Elastic Brain by Joann Deak PHD
- The Rabbit Listened by Cori Doerrfeld
- My Body Sends a Signal by Maguire Natalia
- Listening To My Body by Gaby Garcia
- The Sorry Plane by Deborah MacNamara

### Accompanying activities:

- [Grumpy friend](#)
- [What's in your heart](#)
- [The poses](#)
- [Use your playdough to make a face](#)
- [Invisible string bracelet](#)
- [My many colours of days journal](#)
- [Paper cup dragon mask](#)
- [Can stretch my brain](#)
- [Bunny directed drawing, Bunny craft, Put on your listening ears](#)
- [The feelings in my body, This is how I look when I am...](#)
- [Listening to my body](#)
- [How to fold a paper airplane, paper airplane sample](#)



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### Other favorites:

- Check out the I Can Dance series by Hannah Beach.



### For adults:

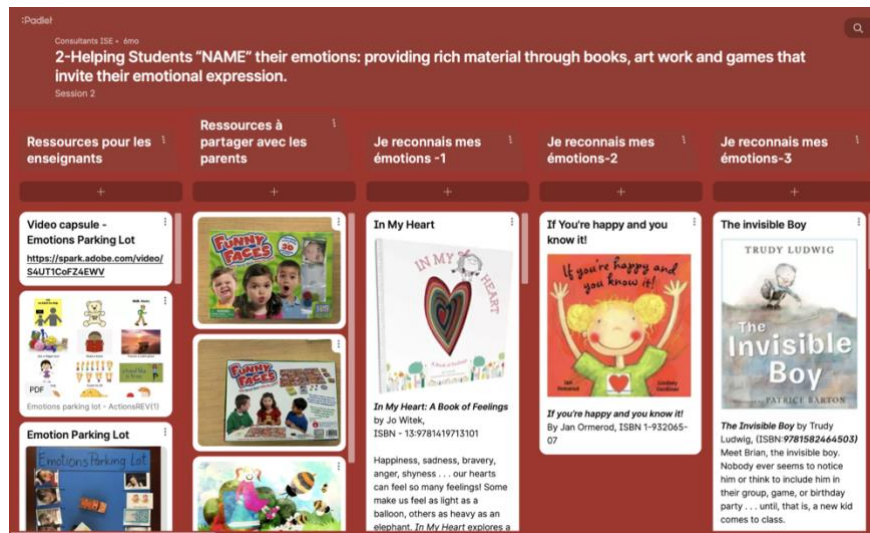
- Recommended resources that have been used in professional development.
- Book studies are available via the CEBM website.



### Additional resources on Padlet:

#### Books and activities on ‘naming emotions’

[Click HERE to access the link](#)



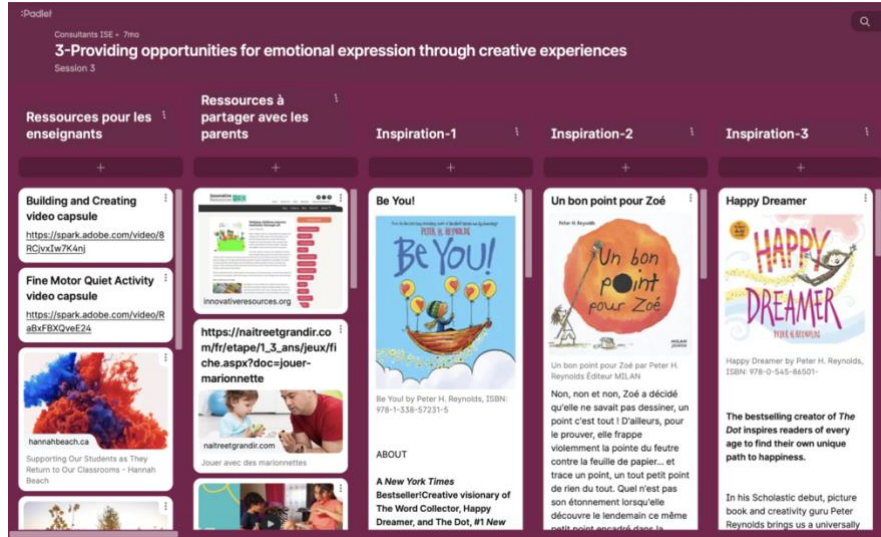


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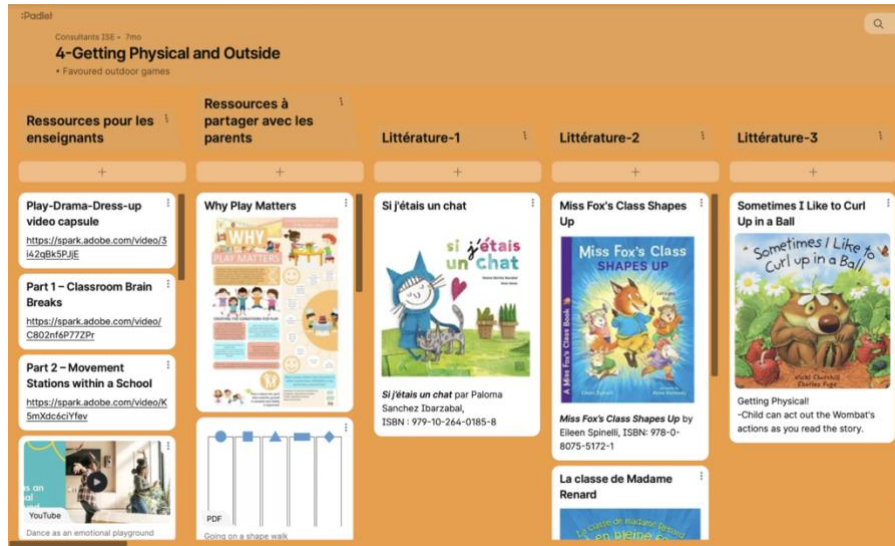
## Books and activities on ‘emotional expression through creative experiences’

[Click HERE to access the link](#)



## Books and activities on ‘getting physical and outside’

[Click HERE to access the link](#)



Links:

<https://www.cebmmember.ca/children-s-literature>

<https://www.cebmmember.ca/emotional-health-and-coregulation>

