



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:

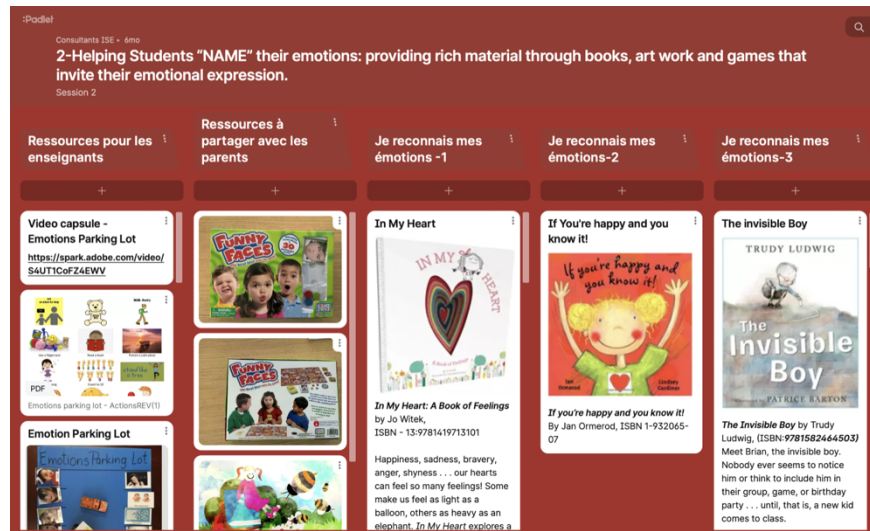
- Recommended resources that have been used in professional development.
- Book studies are available via the CEBM website.



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](#)

Padlet
Consultants ISE • 7mo
3-Providing opportunities for emotional expression through creative experiences
Session 3

Ressources pour les enseignants

- Building and Creating video capsule
<https://spark.adobe.com/video/8BCvxIw7K4n/>
- Fine Motor Quiet Activity video capsule
<https://spark.adobe.com/video/RaBxFBXQveE24>
- Supporting Our Students as They Return to Our Classrooms - Hannah Beach
hannahbeach.ca

Ressources à partager avec les parents

- https://naitreetgrandir.com/fr/etape/1_3_ans/jeux/fiche.aspx?doc=jouer-marionnette
- Jouer avec des marionnettes
naitreetgrandir.com

Inspiration-1

- Be You!
By Peter H. Reynolds, ISBN: 978-1-338-97231-5
A New York Times Bestseller/Creative visionary of The World Collector, Happy Dreamer, and The Dot, #1 New

Inspiration-2

- Un bon point pour Zoé
By Peter H. Reynolds, Editeur MILAN
Non, non et non, Zoé a décidé qu'elle ne savait pas dessiner, un point c'est tout! D'ailleurs, pour le prouver, elle frappe violemment la pointe du feutre contre la feuille de papier... et trace un point, un tout petit point de rien du tout. Quel n'est pas son étonnement lorsqu'elle découvre le lendemain ce même petit point encadré dans la

Inspiration-3

- Happy Dreamer
By Peter H. Reynolds, ISBN: 978-0-545-86501-1
The bestselling creator of The Dot inspires readers of every age to find their own unique path to happiness.
In his Scholastic debut, picture book and creativity guru Peter Reynolds brings us a universally

Books and activities on 'getting physical and outside'

[Click HERE to access the link](#)

Padlet
Consultants ISE • 7mo
4-Getting Physical and Outside
• Favoured outdoor games

Ressources pour les enseignants

- Play-Drama-Dress-up video capsule
<https://spark.adobe.com/video/3442qkSPJJE>
- Part 1 - Classroom Brain Breaks
<https://spark.adobe.com/video/C802nf6P77ZPr>
- Part 2 - Movement Stations within a School
<https://spark.adobe.com/video/K5mXdc6cYfey>
- Dance as an emotional playground
YouTube

Ressources à partager avec les parents

- Why Play Matters
- Going on a shape walk
PDF

Littérature-1

- Si j'étais un chat
si j'étais un chat
Si j'étais un chat par Paloma Sanchez Ibarzabal, ISBN : 979-10-244-0185-8

Littérature-2

- Miss Fox's Class Shapes Up
Miss Fox's Class Shapes Up by Eileen Spinelli, ISBN: 978-0-8075-5172-1
- La classe de Madame Renard

Littérature-3

- Sometimes I Like to Curl Up in a Ball
Sometimes I Like to Curl Up in a Ball
Getting Physical!
-Child can act out the Wombat's actions as you read the story.

Links:

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

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