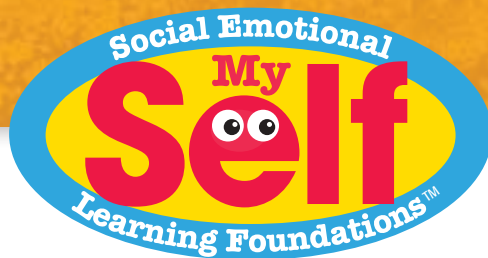


How Do You **FEEL,** Ella?

BY REGINA ALVARADO
ILLUSTRATED BY SARAH JENNINGS





SET THEME:

I Am Self-Aware

Build Social and Emotional Intelligence

Use the following tips to help children understand how to manage feelings:

- Discuss and role-play how to talk about feelings.
- Teach children ways to calm themselves (e.g., take deep breaths, think about something happy, etc.).
- In the classroom, provide a space where children can “take five” to calm down (e.g., read a book, listen to music).
- Praise children for exercising self-control and verbalizing their feelings appropriately.

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How to Read This Book with Children

- 1.** Read aloud the title. Discuss the difference between feelings and behaviors (actions).
- 2.** Read aloud the book with children.
- 3.** Talk about the characters' actions as you read.
- 4.** Ask children to describe how Ella responds to various events in the story.
- 5.** After reading, use the Real-World Wrap-Up prompts to discuss the photographs.
- 6.** Guide children to connect the story to their own experiences.



Ella

“Look, Mom! I’m wearing my new sparkly sneakers! I feel like a superhero!” said Ella.



“Ella, you have to wear your boots.
It’s raining,” said Ella’s mother. “Put your
sneakers in your bag.”



By the time Ella and her mom got to school,
Ella felt tired and wet.

She did **NOT** feel like a superhero.

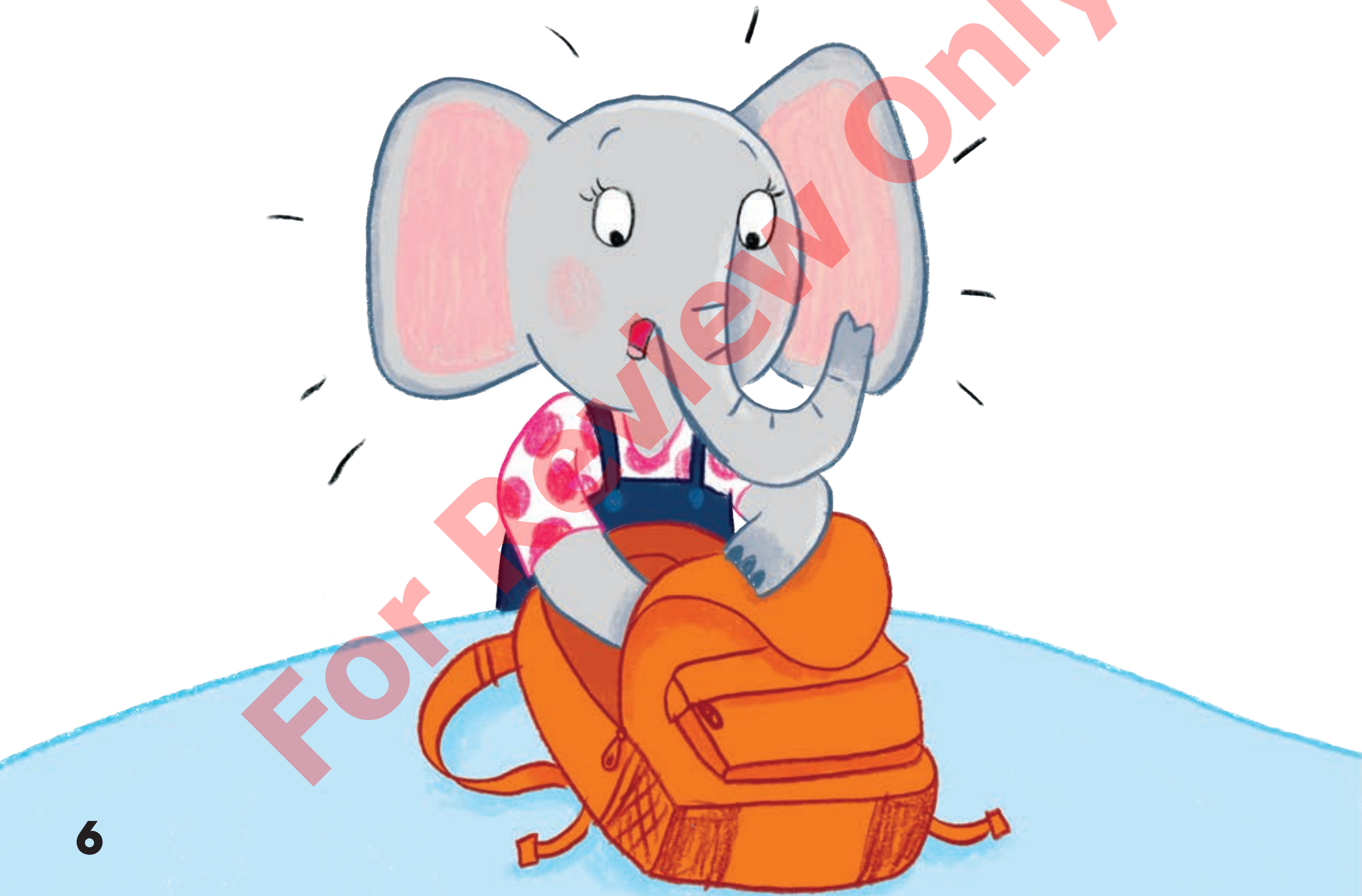


“Good morning, Ella,” said Ms. Kay.

“Good morning, Ms. Kay,” replied Ella, even though she thought it had not been a good morning **AT ALL**.



“I can wear my new sneakers now!” Ella thought. But when she opened her bag . . .



NO SNEAKERS! She took a deep breath
as Ms. Kay had taught her to do.

And then another one.

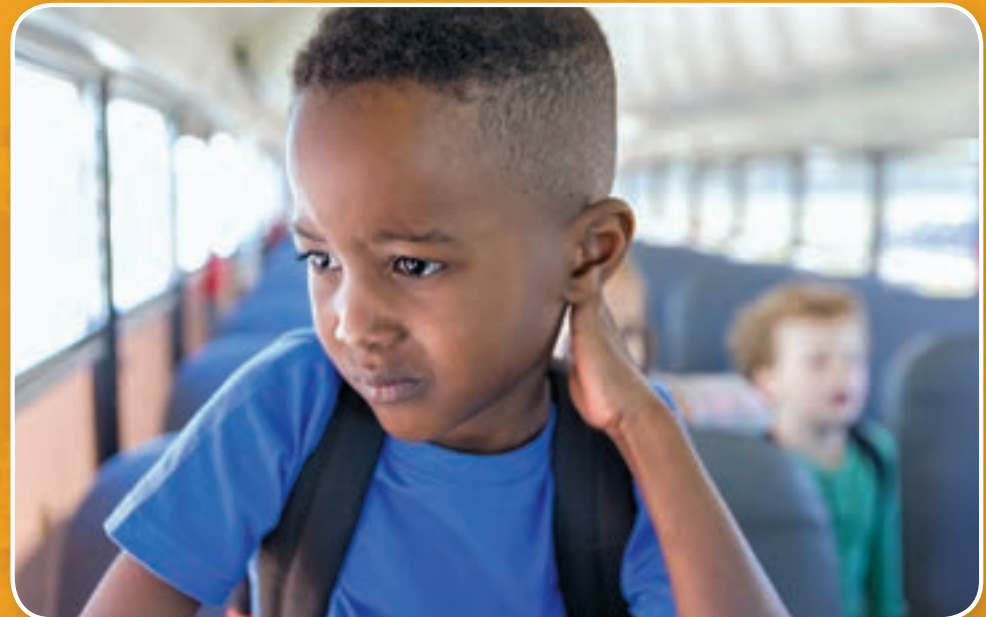
And another.



Real-World Wrap-Up

My Thoughts:

How do you think these children are feeling? What can they do to feel better?



My Feelings:

How do you feel when something doesn't happen as you had hoped?
How do you calm down when you experience strong feelings?