

# Reading into Success Story Guides

## Social Emotional Learning

### Before Reading:

- Read the title aloud, along with the author and illustrator. Ask for a prediction on what the book will be about, after showing the cover.
- Do a picture walk by flipping through the pages looking at the illustrations. Let the child make observations. You do not have to read text, unless you want to draw attention to any special features.
- Have you ever had a day/time where you felt overwhelmed with emotions? What did you do to help?

### During Reading:

- What emotion(s) might he boy feel on the yellow days? Why do you think that?
- What emotion(s) might he be having at night with the fear? What makes you think that?
- What emotion(s) might he be feeling when he has to stop playing and his hands clench? Why do you think that?
- What emotion(s) could he be feeling, as he is happy? How do you know?

### After Reading:

- Did stuffing his feelings deep down work? How do we know this did not work?
- Why did the boy think he needed to hide his feelings?

### Putting into Practice:

- Why is hiding our emotions unhealthy?
- What can we do if we become overwhelmed with emotions? Who could possibly help us understand our emotions?
- Is it okay/acceptable to feel and express emotions?

## Contact Us

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A storybook guide for **The Boy with Big, Big Feelings** written by Britney Winn Lee and illustrated by Jacob Souva.

## SEL Competencies

Self-Awareness, Self-Management, Relationship Skills, Social Awareness

## Themes

Feelings, Empathy, Loneliness, Making Friends, Common Human Experience

## Book

### Description

A boy, full of big feelings, is afraid what others will think of all his feelings.