

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.
- What would you do if you were excited about going on a trip, but you became anxious or overwhelmed when you got there?

During Reading:

- What are some of the things that caused a problem at the beach?
- What did the boy do to cope because he was becoming overwhelmed by the beach?

After Reading:

- Has there been a time you were excited to go somewhere, but were disappointed once you got there? How did you handle that?
- Have you ever been to a place that was too loud, had too many people, too bright, or had too much going on? How did that feel? What did you do to handle that feeling?

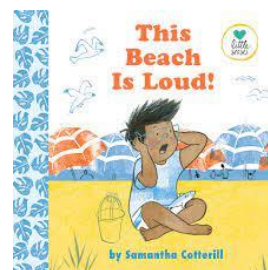
Putting into Practice:

- What does stress, irritation, frustration, or overwhelmed feel like in your body?
- What can you do if you feel yourself becoming frustrated, irritated, or overwhelmed? What else might you try?
- Why is it important to know yourself and what causes you to become stressed? Would it be helpful to know the stressors of your family or friends? Why would it be helpful?

Contact Us

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A storybook guide for **This Beach is Loud!** written and illustrated by Samantha Cotterill.

SEL Competencies

Self-Awareness, Self-Management, Relationship Skills, Responsible Decision-Making

Themes

Beach, Sensory Processing Awareness, Loud Places, Crowded Places, Coping Skills, New Places, Family Fun

Book Description

A day at the beach can be overwhelming with all the sounds and different textures.