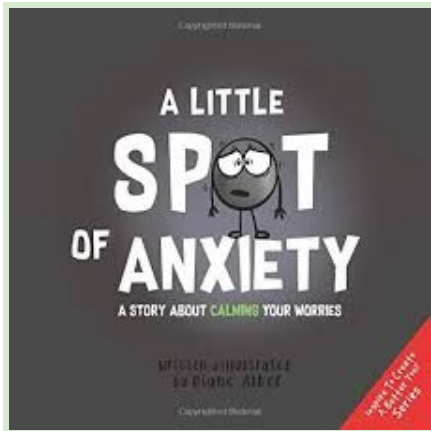


BOOK NOOK

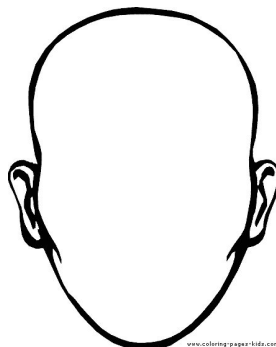
IMPLEMENTING LITERACY TO PROMOTE SOCIAL AND EMOTIONAL DEVELOPMENT



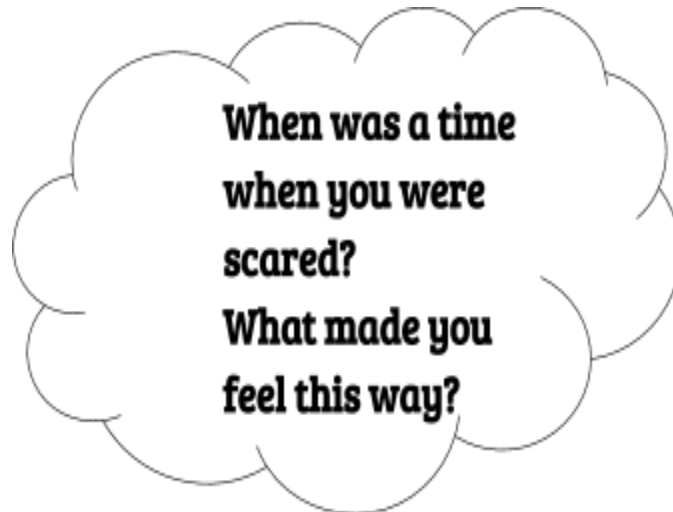
A Little Spot of Anxiety by Diane Alber can be used to teach students about feeling scared, worried, or anxious. The book explores what incidents or scenarios could evoke worry and conveys positive methods of how children can cope with their anxiety.

Examples of Activities that can be used when reading *A Little Spot of Anxiety* and throughout the day to expand on social and emotional concepts.

- **Read Aloud:** Before reading the story, give each student an outline of a face. Have the students draw with crayons what they look like when they are scared, worried, or anxious. Once finished creating the face, write around the outline of the face about two to three things that make you scared, worried, or anxious. After the students are finished, read the story *A Little Spot of Anxiety*.



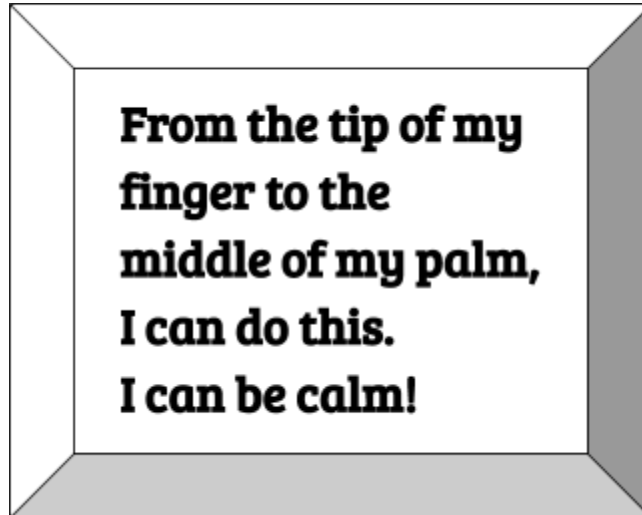
- **Peer Support:** While reading, pause in the middle of the story and prompt students by asking **When was a time when you were scared? What made you feel this way?** Have students turn and talk to a partner.



- **Individual Activity:** After reading the story, give each student a blank piece of paper. Put students in partners to trace each other's hands using a pencil. Use scissors to cut the traced hand. Next, use a gray crayon to draw the five anxious spots on the five fingers then a green crayon to draw the peaceful spot on the palm of the hand. Once finished, have the students tape these on the top of their desks to touch their peaceful spot throughout the day when they feel scared, worried, or anxious.



- **Transition Time:** Have students repeat this phrase throughout the school day during transition times “From the tip of my finger to the middle of my palm, I can do this. I can be calm”



At-Home Activity

- **Breathe Bubble:** When students wake up in the morning and when they are about to go to sleep, have them lay on the floor and set the three-minute breath bubble timer. Have the student practice taking a deep breath then blowing the bubble away to shrink our anxieties.



- **DIY Stress Ball:** Have students create their own stress ball with their family at home with the bag of materials provided (flour, ballon, empty water bottle, and funnel). Put the funnel into the top of the water bottle and pour flour into the funnel. The flour will go into the empty water bottle. Place the balloon on top of the water bottle and pour the flour into the water bottle. Gently take the balloon off the top of the water bottle and take away the extra air from the balloon. Tie the balloon at the top

and you will have your own stress ball to squeeze! This is a positive, hands-on way for children to relieve and cope with their anxiety at home and school.

