

A+SEL Lesson Plan 1 • For Ages 5–8
Ready for Read Aloud

By Jenny Rose and Lisa M. Griffin

Book Summary

Second-grader Rosa wants to read her favorite book during read aloud at school, but she feels too shy. So she practices reading aloud to the animals in her backyard. When a new neighbor moves in next door, Rosa learns it's easier to be brave with a little imagination and encouragement from friends.

Shyness is a feeling of anxiety in social situations. Students who are shy take longer to feel comfortable in new situations, and new experiences can be positive opportunities as long as they are introduced gradually or in small doses. Many classroom games and activities can help encourage and promote participation for students feeling shy. Here is one idea.

Nonverbal Line-up

Consider using this lesson before you read the book with the class.

Goal: Line up in a certain order without any talking

SEL Skills Focus: Relationship skills (social engagement, relationship-building, communication)

Opening:

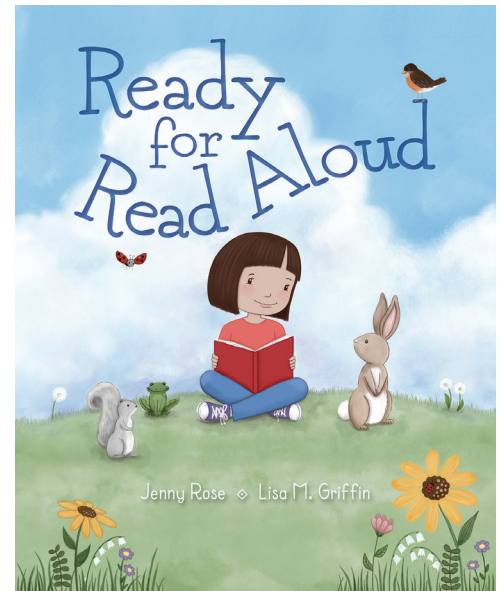
1. Tell students that they are going to line up in a certain order, such as by birthdays or address numbers, without any talking.
2. Ask students, "What are some strategies we might use to communicate with each other?" Take some ideas.
3. Designate an area of the classroom for the line to form. Point out areas where the line can begin and end.

Body:

1. Let students get started!
2. Encourage students to try different communication strategies, such as hand gestures, eye contact and facial expressions.
3. Give reminders for students not to use their voices.
4. Look for reluctant students and help them find ways to communicate with classmates and get involved.

Closing:

1. Gather students together.
2. Ask students to share aloud about the strategies they used to line up.
3. Ask if anyone felt shy during this activity. Briefly discuss what the word *shy* means, and share examples of what it may look like and feel like. Discuss what students might do to feel more confident. Challenge students to look and listen for characters in the story who might be feeling shy.



Specifications:

32 pages

9" x 11"

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Color

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This book addresses the following social and emotional learning skills:

- Shows patience with self when learning something new
- Greets and welcomes others
- Proactively includes others who are similar to and different from them
- Able to take initiative to work toward a positive outcome
- Accepts help to learn to be independent