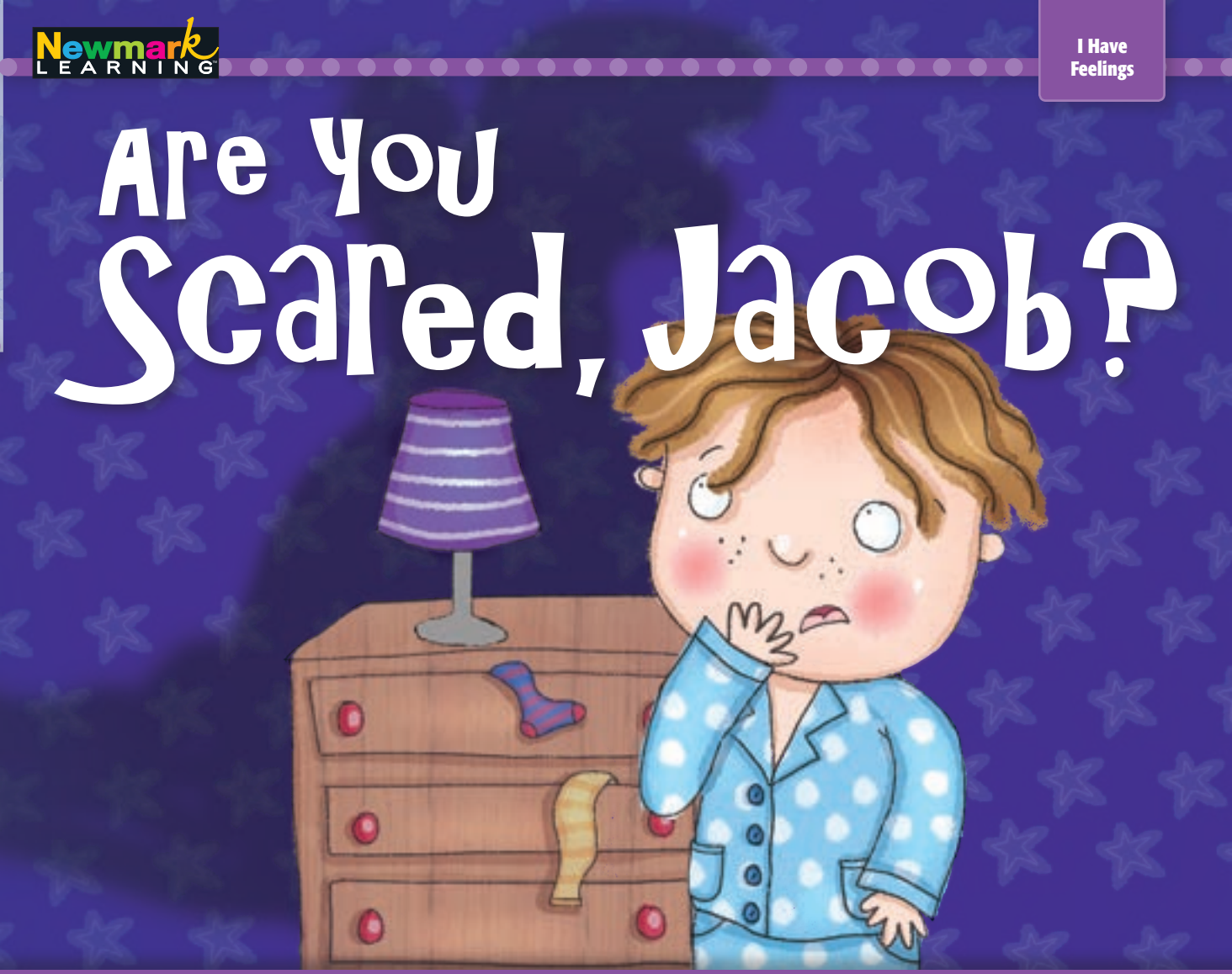
Newmark LEARNING

I Have Feelings

Are You Scared, Jacob?



by Claire Daniel • illustrated by Helen Poole

Social Emotional My Self Learning Foundations™

Set Theme: I Have Feelings

Build Social and Emotional Intelligence

Help children deal with fear by:

- Reassuring them that they can safely share their fears.
- Acknowledging their fears, no matter how irrational.
- Encouraging them to take deep, controlled breaths when feeling frightened.
- Giving children simple, rational explanations for fear when possible.
- Teaching positive statements, such as:
  I am safe here.
  I know that shadow can't hurt me.

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How to Read This Book with Children

1. Read aloud the title. Discuss what it means to feel scared or afraid.
2. Read aloud the book with children.
3. Talk about the characters' actions as you read.
4. Talk about feelings as you read.
5. After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
6. Guide children to connect the story to their own experiences.

Jacob

For Review Only

"Mom is going to have the baby tonight!" Dad said. "Get your bag, Jacob."

For Review Only

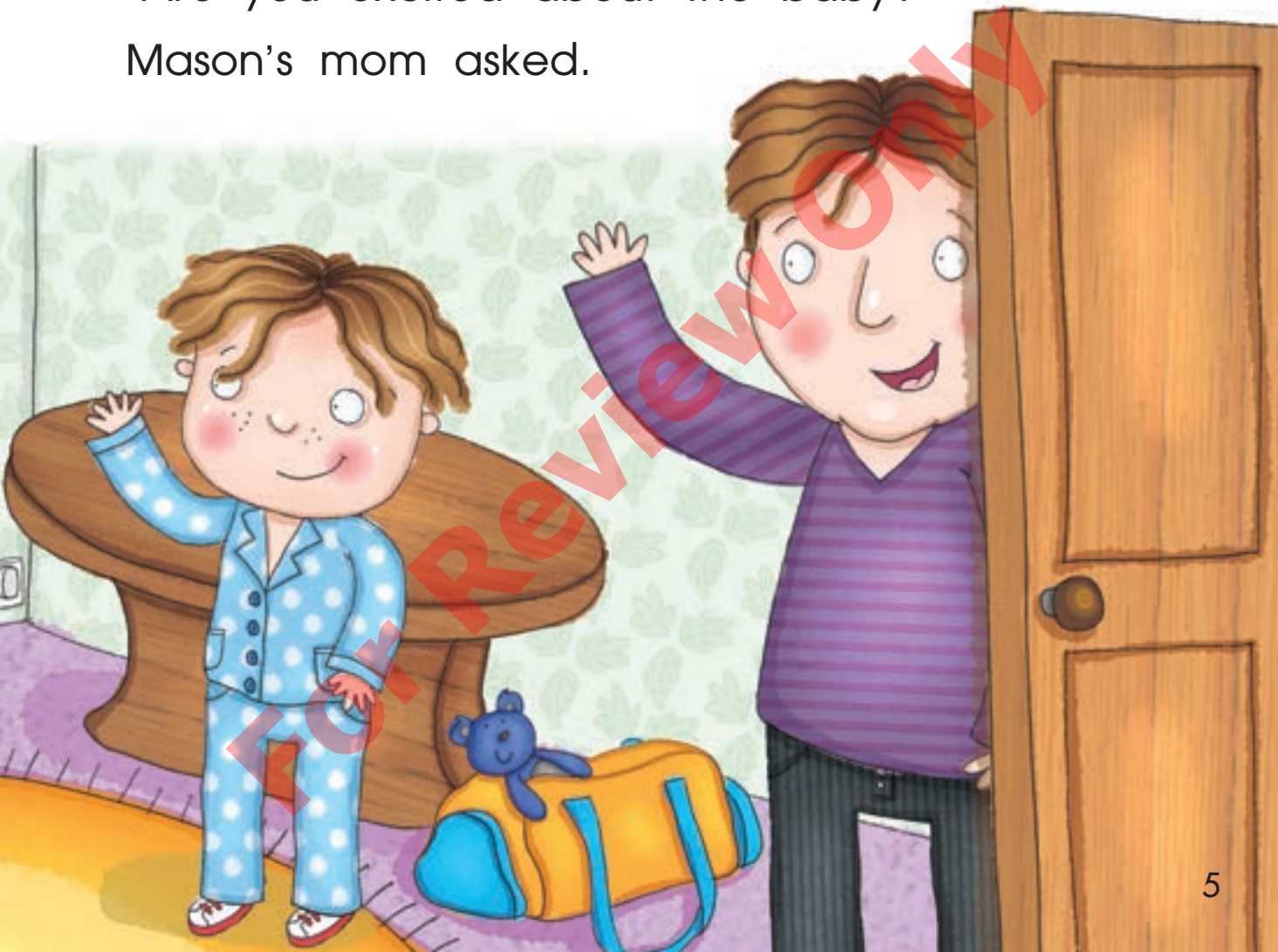
Dad took me to Mason's house before he took Mom to the hospital.

For Review Only

Mason is my best friend, but I had never been to his house at night.

For Review Only

"Are you excited about the baby?" Mason's mom asked.



For Review Only

"Yes," I said, "but I wish I were with Mom."

"I know," she said. "You'll get to visit her in the morning. For now, get some sleep."

For Review Only

"Come on, Jacob," Mason said.
"Let's go to my room."

For Review Only

Real-World Wrap-Up

My Thoughts:

What do you think is making these shadows?

My Feelings:

What makes you feel scared?

What helps you feel better?

For Review Only

Are You Scared, Jacob?

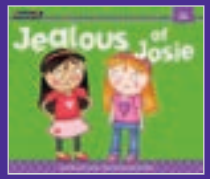
Jacob's mom is having a baby, so he sleeps over at his best friend's house for the first time. He's scared to be away from home, but learns not to be afraid.

Social Emotional My Self Learning Foundations™

Social and emotional intelligence comprises the abilities and character traits that enable people to work with others, learn effectively, and play important roles in their families and communities.

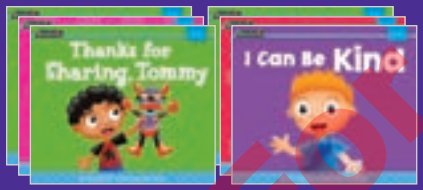
I Have Feelings

The books in this set help children recognize and understand feelings.



Look for the other sets in this series.

I Get Along with Others



I Am in Control of Myself

I Believe in Myself

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For Review Only