YOU'VE GOT A FRIEND

WHEN YOUR FRIEND IS EXCITED



BLUE OWL BOOKS

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children grow their self and social awareness. They will learn how to manage their emotions and foster empathy toward others. Lessons and support in SEL help children build relationship skills, establish positive habits in communication and cooperation, and make better decisions. By incorporating SEL in early reading, children will have the opportunity to explore different emotions, as well as learn ways to cope with theirs and those of others.

BEFORE READING

Tell the reader that excitement is an emotion everyone experiences.

Discuss: What causes you to get excited? How does your mind and body feel when you are excited?

AFTER READING

Talk to the reader about how to recognize when someone else is excited.

Discuss: How can you tell when a friend is excited? What can you do and say to support that friend and join in his or her excitement? How can you help calm down a friend who is overexcited?

SEL GOAL

Young students struggle to understand their own emotions, and it's even more difficult for them to recognize how someone else is feeling. Being able to spot clues in a friend's body language and actions will help improve their social awareness skills. Lead a discussion about how students feel when excited and what helps them calm down if they become too excited. By sharing this information with each other, students will learn how to communicate with a friend who is feeling excited.

For Review Only

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CHAPTER 1

RECOGNIZING EXCITEMENT



When we are excited, we look happy! We smile. Our eyes open wide.

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We also show excitement with **body language**. We might clap or rub our hands together. Tim waves his arms around when his favorite team wins!

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It can be hard to sit still when we are excited! Carl and Tina get to go on a field trip today. They are excited! They skip to school.

We might fidget, jump up and down, or feel **restless**. Excited people sometimes laugh or talk loudly or quickly.

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Our bodies **react** to excitement, too. Flamingos are Megan's favorite animal. She gets to see them at the zoo today! She had a hard time sleeping last night.

Today, she feels like she has butterflies in her stomach. Her heart beats fast, and she breathes more quickly.



EXCITED OR ANXIOUS?

Excitement and **anxiety** feel very similar. Both make our hearts beat faster. Both can cause our stomachs to flutter. Both may make us feel **jittery**. But excitement is a happy feeling. We feel anxiety when we are worried or nervous.



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GOALS AND TOOLS

GROW WITH GOALS



Everyone gets excited for different reasons. How can you show it and join in it when your friends are excited?

Goal: Share your excitement! What is something you are excited about? Talk about it with a friend!

Goal: Get excited for something that will happen in the future! It is fun to have something to look forward to. Can you think of something fun coming up? How can you prepare for it?

Goal: Support your excited friend! Ask your friend what excites him or her most about something and how it feels.

WRITING REFLECTION



Write down the things that excite you.
Ask a friend to do the same.

1. Compare your lists. What things did you write down that were similar? Which were different?
2. For the things that were different, explain to your friend why you get excited about them. Ask your friend to do the same.
3. Then talk about the things you had in common. Do you get excited about them for the same reasons?

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GLOSSARY

anticipation
The feeling of expecting something to happen and being prepared for it.

anxiety
A feeling of worry or fear.

body language
The gestures, movements, and mannerisms by which people communicate with others.

emotion
A feeling, such as happiness, anger, or sadness.

express
To show what you feel or think with words, writing, or actions.

jittery
Feeling nervous or unable to relax.

joyous
Happy or delightful.

overeager
Excessively interested or excited.

patient
Able to put up with problems and delays without getting angry or upset.

react
To behave in a particular way as a response to something that has happened.

restless
Unable to relax or be still because of excitement, anxiety, or boredom.

TO LEARN MORE



Finding more information is as easy as 1, 2, 3.

1. Go to www.factsurfer.com
2. Enter "**whenyourfriendisexcited**" into the search box.
3. Choose your cover to see a list of websites.

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