

How Literature Supports SEL

We are storytelling and conversation creatures. Our brains are hardwired for stories and including stories can be key to building strong social emotional skills in our students.

Books can provide opportunities for students to hear situations that display a character's emotions and behaviors and can be used to help them understand their own emotions and behavior choices in a non-threatening conversation starter. Students can see the modeling of social skills through the books that are read and engage with in the classroom.

Our ELA Standards (Speaking & Listening and Reading) require students to determine a theme or central idea, analyze how characters interact with other characters and participate in collaborative conversations with diverse partners about texts.

Books emphasizing the social emotional skills can provide opportunities for students to meet the standards and understand emotions that may be present in books and begin to connect those to themselves.

Students are more relaxed and open to discuss a "character's struggles" rather than their own. Adults can offer guidance, reflection and decision skills using the books as an opening.

Illinois Social Emotional Learning standards are made up of 3 goals divided into 10 standards.

Goal 1 – Develop self-awareness and self-management skills to achieve school and life success.

- Standard 1A- Identify and manage one's emotions and behavior.
- Standard 1B- Recognize personal qualities and external supports.
- Standard 1C- Demonstrate skills related to achieving personal and academic goals.

Goal 2 – Use social awareness and interpersonal skills to establish and maintain positive relationships.

- Standard 2A- Recognize the feelings and perspectives of others.
- Standard 2B- Recognize individual and group similarities and differences.
- Standard 2C- Use communication and social skills to interact effectively with others.
- Standard 2D- Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

Goal 3 – Demonstrate decision-making skills and responsible behaviors in personal, school and community context.

- Standard 3A- Consider ethical, safety, and societal factors in making decisions.
- Standard 3B- Apply decision-making skills to deal responsibly with daily academic and social situations.
- Standard 3C- Contribute to the well-being of one's school and community.



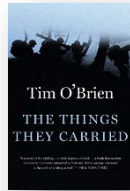
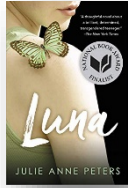
Social Emotional Book List

High School



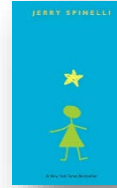
Empathy

- The Diary of a Young Girl**
by Anne Frank
- A Tree Grows in Brooklyn**
by Betty Smith
- Great Expectations**
by Charles Dickens
- Looking for Alaska**
by John Green
- Into Thin Air: A Personal Account of the Mt. Everest Disaster**
by Jon Krakauer
- In the Time of the Butterflies**
by Julia Álvarez
- Luna**
by Julie Anne Peters
- Nectar in a Sieve**
by Kamala Markandaya
- The Help**
by Kathryn Stockett
- The Things They Carried**
by Tim O'Brien



Relationship/Friendship

- Staying Fat For Sarah Byrnes**
by Chris Crutcher
- The Great Gatsby**
by F. Scott Fitzgerald
- If You Come Softly**
by Jacqueline Woodson
- Pride and Prejudice**
by Jane Austen
- Stargirl**
by Jerry Spinelli
- A Separate Peace**
by John Knowles
- Of Mice and Men**
by John Steinbeck
- Tuesdays with Morrie**
by Mitch Albom
- Romeo and Juliet**
by Shakespeare
- Drowning Anna**
by Sue Mayfield



Respecting Diversity

- The Joy Luck Club**
by Amy Tan
- Things Fall Apart**
by Chinua Achebe
- To Kill a Mockingbird**
by Harper Lee
- Hidden Roots**
by Joseph Bruchac
- The Kite Runner**
by Khaled Hosseini
- A Raisin in the Sun**
by Lorraine Hansberry
- Black Elk Speaks: Being the Life Story of a Holy Man of the Oglala Sioux**
by Nicholas Black Elk and John G. Neihardt
- Bless Me, Ultima**
by Rudolfo Anaya
- Caramelo**
by Sandra Cisneros
- The Invention of Wings**
by Sue Monk Kidd



Exploring Emotions

- Face on the Milk Carton**
by Caroline Cooney
- Emotional Intelligence: Why It Matters More than IQ**
by Daniel Goleman
- The Old Man and the Sea**
by Ernest Hemingway
- The Catcher in the Rye**
by J.D. Salinger
- Extremely Loud and Incredibly Close**
by Jonathan Safran Foer
- Am I Blue?: Coming Out from the Silence**
by Marion Dane Bauer
- The Scarlet Letter**
by Nathaniel Hawthorne
- The Picture of Dorian Grey**
by Oscar Wilde
- The Perks of Being a Wallflower**
by Stephen Chbosky
- The Secret Life of Bees**
by Sue Monk Kidd



Resilience/ Self-Esteem

- Brainstorm: The Power and Purpose of the Teenage Brain**
by Dan Siegel
- Angela's Ashes**
by Frank McCourt
- Loser**
by Jerry Spinelli
- The Grapes of Wrath**
by John Steinbeck
- Charlie's Story**
by Maeve Friel
- The Alchemist**
by Paulo Coelho
- Ophelia Speaks. Adolescent Girls Write About Their Search For Self**
by Sara Shandler
- Twelve Years a Slave**
by Solomon Northup
- Hoops**
by Walter Dean Myers
- Life of Pi**
by Yann Martel



Bullying /Conflict Resolution

- Sticks and Stones**
by Beth Goobie
- Some Girls Are**
by Courtney Summers
- Before, After, and Somebody In Between**
by Jeannine Garsee
- Hate List**
by Jennifer Brown
- Speak**
by Laurie Halse Anderson
- Snow Flower and the Secret Fan**
by Lisa See
- Odd Girl Out: The Hidden Culture of Aggression in Girls**
by Rachel Simmons
- The Outsiders**
by S.E. Hinton
- Just Listen**
by Sarah Dessen
- Lord of the Flies**
by William Golding

