

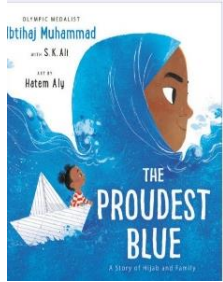




MONTH	SEL COMPETENCY	IB Learner Profile	THEME	BOOK SUMMARY
<p><b>August</b></p> 	<p><b>Relationship Skills</b> allows students to develop and maintain healthy relationships with others, including the ability to resist negative social pressures, resolve interpersonal conflict, and seek help when needed. Students need to be able to work well with their classmates in order to participate in collaborative groups.</p>	<p><b>Attribute:</b> Inquirer</p> <p><b>Attitudes:</b> Confidence Independence Curiosity</p>	<p><b>Welcome to the School Community</b> (We recognize the value of our home communities, while making a daily contribution to our school community through acts of kindness.)</p>	<p>Be Kind by Pat Zietlow Miller</p> <p>In a world of turmoil and confusion, we begin the school year with a story of one girl's contemplation of what it means to be kind. Building relationships is more important now more than ever and this moving and thoughtful story explores what a child can do to be kind, and how each act, big or small, can make a difference--or at least help a friend.</p>
<p><b>September</b></p> 	<p><b>Self-awareness</b> is the ability to recognize one's own feelings, interests, and strengths, in addition to maintaining an accurate level of self-efficacy. Students who are self-aware are capable of describing and understanding their own emotions. In addition, they are capable of recognizing their own strengths and weaknesses. Students' beliefs about their own strengths and weaknesses influence the academic choices they make, how long they will persist on tasks and whether or not they will ask for help on academic tasks.</p>	<p><b>Attribute:</b> Communicator</p> <p><b>Attitudes:</b> Confidence Cooperation Respect Integrity</p>	<p><b>Individuality and Positive Self-Concept</b> (We are aware of the importance of each unique identity and the strengths we all bring as individuals)</p>	<p>Sulwe by Lupita Nyong'o</p> <p><i>Sulwe</i> tells the story of a little girl who "was born the color of midnight" and is treated differently than her lighter-skinned friends and family members because of it. The tale takes a magical turn when a star comes in her bedroom and takes her on a mythical journey ending in her own self-love and appreciation of the brightness and beauty held all completions.</p>

## October



**Social awareness** allows individuals to take others' perspectives into account and to empathize with others. Socially aware students are more likely to recognize and appreciate the similarities and differences of others. Social awareness is particularly important for students as they participate in new instructional shifts. Students need to take the perspectives of their classmates during classroom discussions and attempt to empathize and relate with characters during analysis of texts.

**Attribute:**  
Risk-Taker

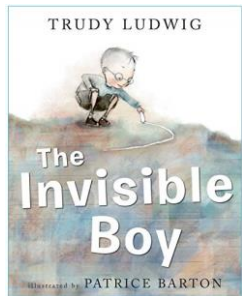
**Attitudes:**  
Confidence  
Curiosity  
Independence

**Diversity and Acceptance**  
(We show appreciation for diverse perspectives and experiences)

The Proudest Blue by Ibtihaj Muhammad

The illustrations and the colors are just as powerful as words in conveying the passionate message of how to be proud of one's culture, individuality, and religion and how to stay strong and keep one's faith. This is an empowering book for young readers who can see themselves in Asiya or know someone like her. This book is also a great tool to learn about the beauty that comes from other's culture, religion and life experiences.

## November



**Social awareness** allows individuals to take others' perspectives into account and to empathize with others. Socially aware students are more likely to recognize and appreciate the similarities and differences of others. Social awareness is particularly important for students as they participate in new instructional shifts. Students need to take the perspectives of their classmates during classroom discussions and attempt to empathize and relate with characters during analysis of texts.

**Attribute:**  
Reflective

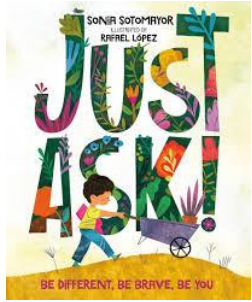
**Attitudes:**  
Confidence  
Appreciation  
Curiosity

**Empathy**  
(We appreciate the value of kindness in building and maintaining a positive learning community)

The Invisible Boy by Judy Ludwig

We all feel disconnected sometimes. This touching story is about how a simple act of kindness can transform disconnection into friendship...Meet Brian, the invisible boy. Nobody ever seems to notice him or think to include him in their group, game, or birthday party . . . until, that is, a new kid comes to class. Through working together and having empathy for others, Brian and his friends shine by creating a great collaboration in a class project.

## December



**Responsible decision making** enables students to keep in mind multiple factors—such as ethics, standards, respect, and safety concerns—when making their decisions. This competency includes students' capacity to identify problems and develop appropriate solutions to those problems, whether they are social or academic problems.

**Attribute:**  
Caring

**Attitudes:**  
Confidence  
Appreciation  
Empathy

## Inclusion

(We identify ways to include all individuals and recognize the multiple perspectives that come with learning and physical differences)

## Just Ask by Sonia Sotomayor

Feeling different, especially as a kid, can be tough. But in the same way that different types of plants and flowers make a garden more beautiful and enjoyable, different types of people make our world more vibrant and wonderful. In *Just Ask*, US Supreme Court Justice Sonia Sotomayor, using her own experience as a child with diabetes, uses the context of building a community garden, to encourage children and all people to *Just Ask* when you come across someone who is different from you.

## January



**Self-management** skills allow individuals to handle daily stresses and control their emotions under difficult situations. Students' capacities to regulate their emotions impact student memory and the cognitive resources they use on academic tasks. Self-management skills include the ability to monitor and reflect on personal and academic goal-setting. Academic self-regulation has important implications for student motivation in the classroom, as well as the learning strategies students use to master material.

**Attribute:**  
Principled

**Attitudes:**  
Respect  
Tolerance  
Integrity

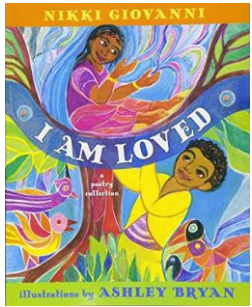
## Courage

(We analyze the courage it takes to overcome adversity, take risks, and advocate for one's self)

## After a Fall by Dan Santat

*After the Fall* follows Humpty Dumpty, an avid bird watcher, who loves to be high up on the city wall. But after his fall, Humpty is terrified of heights and can no longer do his favorite things. He finally pulls together the courage to climb back up the wall. This inspiring and unforgettable picture book will encourage even the most afraid to overcome their fears, learn to get back up—and reach new heights.

## February



**Responsible decision making** enables students to keep in mind multiple factors—such as ethics, standards, respect, and safety concerns—when making their decisions. This competency includes students' capacity to identify problems and develop appropriate solutions to those problems, whether they are social or academic problems.

**Attribute:**  
Open-Minded

**Attitudes:**  
Curiosity  
Tolerance  
Appreciation

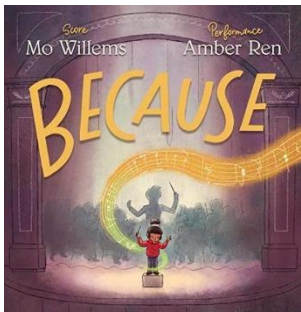
**Problem-Solving**

(We explore skills related to problem-solving and how those skills are developed to support learning, positive relationships and self-efficacy)

**I am Loved: A collection of Poems by Nikki Giovanni**

*It is often said that we are born scientists but we are all equally born poets.* This book is a collection of poems by world renowned African American poet Nikki Giovanni, celebrating a message to young, old, parent, child, grandparent, and friend alike: You are loved. As a bonus, one page is mirrored, so children reading the book can see exactly who is loved—themselves!

## March



**Self-management** skills allow individuals to handle daily stresses and control their emotions under difficult situations. Students' capacities to regulate their emotions impact student memory and the cognitive resources they use on academic tasks. Self-management skills include the ability to monitor and reflect on personal and academic goal-setting. Academic self-regulation has important implications for student motivation in the classroom, as well as the learning strategies students use to master material.

**Attribute:**  
Thinker

**Attitudes:**  
Creativity  
Curiosity  
Independence

**Perseverance**

(We set and achieve realistic goals, both immediate and long term, by maintaining our focus and using a growth mindset)

**Because by Mo Williams**

Because sometimes it's the smallest moments that have the biggest impact... Mo Willems, a number one New York Times best-selling author and illustrator, composes a powerful symphony of chance, discovery, persistence, and magic in this moving tale of a young girl's journey to center stage. Illustrator Amber Ren brings Willems' music to life, conducting a stunning picture-book debut.

April



**Self-awareness** is the ability to recognize one's own feelings, interests, and strengths, in addition to maintaining an accurate level of self-efficacy. Students who are self-aware are capable of describing and understanding their own emotions. In addition, they are capable of recognizing their own strengths and weaknesses. Students' beliefs about their own strengths and weaknesses influence the academic choices they make, how long they will persist on tasks and whether or not they will ask for help on academic tasks.

**Attribute:**  
Knowledgeable

**Attitudes:**  
Commitment  
Confidence  
Enthusiasm  
Integrity

**Growth-Mindset**  
(We recognize that we can achieve anything with effort and support. Learning capability is limitless)

Just Breathe by Mallika Chopra + Supplemental Mindful Kids Cards

*Just Breathe* is a fun and accessible, fully illustrated go-to meditation guide with practical advice on breathing techniques and guided meditations for a number of topics and scenarios, including dealing with stress, getting to sleep, building self-confidence, focusing on school/tests/other work, ridding oneself of anxiety. This book will also teach kids how to prepare their own meditation spaces.

May



**Relationship Skills** allows students to develop and maintain healthy relationships with others, including the ability to resist negative social pressures, resolve interpersonal conflict, and seek help when needed. Students need to be able to work well with their classmates in order to participate in collaborative groups.

**Attribute:**  
Balanced

**Attitudes:**  
Confidence  
Independence  
Commitment

**Service Learning**  
(We commit to working with others to make our community and the world better)

Greta and the Giants by Zoe Tucker

This picture book tells the story of Nobel Peace Prize nominee Greta Thunberg—the Swedish teenager who has led a global movement to raise awareness about the world's climate crisis—using allegory to make this important topic accessible to young children and illustrates that no one is too small or too young to advocate for issues that matter to them. This book is a great tool to begin a bigger discussion on how students can work collectively to create change in the world.