

Taking a Social Emotional Lens to Classic Fairy Tales

For Caregivers: According to the Collaborative for Academic, Social and Emotional Learning (CASEL) the tenets of social emotional learning (SEL) are self-awareness, self-management, responsible decision making, relationship skills and social awareness (www.casel.org). In essence, helping a child to be aware of their feelings and emotions will help them to better manage their feelings and emotions that will lead to responsible decision making and supporting their ability to choose and maintain healthy relationship culminating in a social sensitivity and awareness.

Helping your child understand negative emotions is a key component to their self awareness and ultimately to the building of their empathy. Taking a look at characters in some of the most beloved fairy tales can be a way to start a conversation with your child about negative emotions and feelings. Information at this link may be helpful in having that discussion <http://www.ianetwork.org/sel-parent-activity-guide/> First, caregivers you should discuss some of the emotions and words your child may not know. Then, whether you are reading with your child or they are reading independently, the following questions used with the chart can help guide a meaningful conversation about negative emotions and feelings.

Guiding Questions

Name of the fairy tale or book _____

Hero/heroine of the story _____

Who was against the hero/heroine of the story? Who was the villain?

What negative feelings did the villain portray during the story? Provide evidence.

Why do you think that character may have felt that way?

What happened because of the villains negative emotions/feeling?

Have you ever experienced those types of emotions/feelings? What caused you to have those them?

How did you act when you had those emotions/feelings?

Did the villain's emotions/feelings change? If so, how did they change and why do you think they changed?

Think about a time you felt a negative emotion or feeling? Why and how did that emotion or feeling change?

If you know someone who is experiencing an emotion/feeling that a character in the book experienced or that you experienced, how do you think you could help them?

Bonus Idea: Discuss the negative emotions and feelings the hero/heroine portrayed in the story.