

SEL Book Bag

Title: Green Pants

Author: Kenneth Kraegel

Grade Levels: 2-5 ,{ focus on 3rd}

SEL Competency: Self-Management

Summary:

Jameson only ever wears green pants. But if he wants to be in his cousin's wedding, he's going to have to wear a tuxedo, and that means black pants. How can he not wear green pants? Will Jameson turn down this big honor, or will he find a way to make everyone happy, including himself? In this pitch-perfect ode to individualism, acclaimed author-illustrator Kenneth Kraegel creates a character readers of all ages can root for - whatever color pants they wear.

SEL Student SWBAT: Student will be able to identify situations or things that trigger feelings that make them feel out of place or out of control. The students will create their "Top Five Triggers" list. Each student will share their list with a friend, parent, teacher or any confidant. This can be done at home, after school, during recess. The student and their trusted person will discuss what may be some options that can help your student overcome or control the reaction they have to these triggers. The student will write it down in their SEL journal to have as a reference for the future. This can be a week-long activity so that the student may go over more than reaction.

Activity Materials:

- Green Pants book
- "Top Five Triggers" list
- SEL Journal

Directions:

1. Teacher will read book to the students (whole class).
2. Students will discuss what was going on with Jameson in the story what was/were his trigger(s) and how did he manage?
3. Students will self-reflect on their triggers of panic or anger and write five down on their "Top Five Trigger" list.
4. Students will share and discuss their triggers with their trusted person and discuss possible ways to manage their triggers.
5. Students will write how they will manage their triggers in their SEL journal.