

Subject Area: Social/ Emotional/Behavioral

Grade Level: Middle Elementary

Title of Instructional Method: Bibliotherapy

Description of Method:

Using children's literature to promote emotional literacy in order for students to better express, identify, and understand their emotions in a healthy way.

References:

- Rives, B., Smith, T., & Staples, G. (2000). Improving student social skills through the use of children's literature. *Master of Arts Action Research Project, 25*, 1-55. Retrieved on January 16, 2007, from ASAP Plus database.
- DeGeorge, K. Using children's literature to teach social skills. *Intervention in School and Clinic, 33*, 157-162. Retrieved on January 16, 2007, from www.ldonline.org
- Center on the social and emotional foundations for early learning. Retrieved January 16, 2007, from <http://csefel.uiuc.edu/modules.html> from the University at Urbana-Champaign College of Education Early Childhood and Parenting Collaborative.

How-to Information:

Using children's literature in the classroom will enable students to better identify their feelings. This method will work because the students will be able to relate to the characters in the story. The characters will encourage the students to express themselves more comfortably in knowing that others feel these emotions, too. The book, entitled On Monday When It Rained by Cheryl Kachenmeister, tells about a boy and the emotions he feels on a daily basis. This book contains very expressive illustrations with a variety of emotions, as well. Encouraging students to read such books will help them understand the importance of expressing their emotions.

For a teacher to implement this method, he or she would first need to familiarize themselves with the emotions appropriate to address in the classroom. He or she must also be adequately prepared to handle the various situations that may arise during the

school day. For example, a student may come to the teacher disclosing information that they were being abused at home. It is the teacher's individual responsibility to take the right actions when dealing with the situations at hand. He or she should follow a model and practice approach when providing instruction, as well. The students should have the opportunity to practice their new skills in their natural environments. This can help them better understand and use these skills in real-life situations and across a variety of settings.

Implications for Practice/Other Considerations:

Cons:

- Cultural issues
- Misplaced feelings
- Does not conform to method

Pros:

- Tolerate frustration better
- Get into fewer fights
- Engage in less destructive behavior
- Are healthier
- Are less lonely
- Are less impulsive
- Are more focused
- Have greater academic achievement

“How-To” Information:

Different types of children's literature can be used across a variety of subject areas.

For example:

- Science: *Tucker Turtle Takes Time to Tuck and Think*
 - This can relate animals that are discussed in Science to the Social/Emotional development of our students.
- Spelling: *I Can Use My Words*
 - Children will learn to spell the emotions that they are feeling.

Additional Links:

<http://csefel.uiuc.edu/modules.html>

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