

7. Story Books to Help Children Cope

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“One need not be a therapist to be therapeutic.”

Welcome!

How do you feel when someone really, truly listens to you?

Go to menti.com

Enter code:

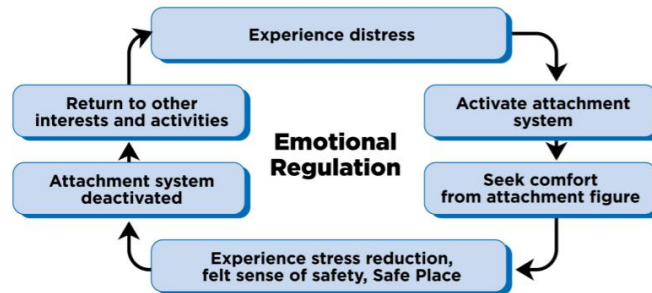
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Or just type it in the chat box!

Empathy

Skill of Empathy

The Skill of Empathy, which flows from the Power of Acceptance, helps us regulate our emotions. Our ability to offer empathy to ourselves and others in moments of upset stems from mental models formed in early childhood.



-Conscious Discipline

A Felt Sense of Safety

- Sharing stories allows for children to express their feelings.
- Storytelling allows us to create connections
- The unraveling of a story...
 - Little bit, listen for understanding, little bit more
 - This person gets me!

Setting the stage

Who, what, when, where, how does story time happen with your group of children?

- Who
 - Do children have the opportunity to talk as much as adults?
- What
 - What do you want children to takeaway?
- When
 - Is there time for free play and free discussion?
 - Create space for one on one opportunities?
 - If a story is shared at any moment of the day, is there an opportunity to stop and listen?
- Where
 - Are there cozy areas of your room for children to feel physically comfortable while they share?
 - Are there moments where you are sitting and observing during play when they have the opportunity to approach you?
- How
 - How do you show up?
 - Does your face match your heart?

Which Story Books?

Promoting Resilience – *Bear Feels Scared*

by Karma Wilson

Go Away, Big Green Monster!

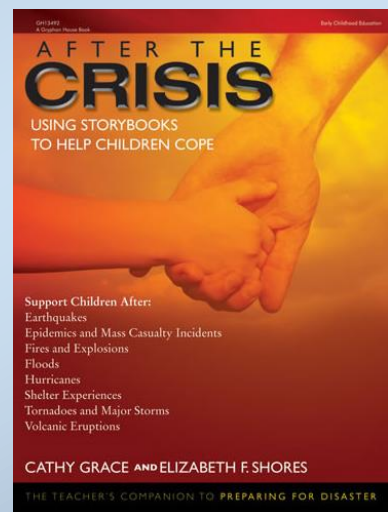
by Ed Emberley

Epidemics – *Dakota's Mom Goes to the Hospital*

by Annie Thiel, Ph.D.

Tornadoes – *That Sky, That Rain* by Carolyn Otto

Fires – *The Little Fire Engine* by Lois Lenski



Which Story Books? (continued)

Grief – *The Fall of Freddie the Leaf* by Leo Buscaglia

Lifetimes by Brian Melonie

The Invisible String by Patrice Karst

Crying is Like the Rain by Heather Feinberg

One Wave at a Time by Holly Thompson

Car Accidents – *I Remember Miss Perry* by Pat Brisson

Shelter Experiences – *Fly Away Home* by Eve Bunting

A Terrible Thing Happened

- Goes over some of the physical symptoms
- Feel safe naming it and talking about it
- Not our prescribed way, their way



How to listen to one child in a large group?

- Lots of free play with sports casting - so the child can feel seen, heard, and understood.
- Sharing time in group setting
 - “I want to make time for this story. Hold it in your mind until we finish and then you can tell me more!”
 - “This story is just for me to hear first. I’m going to finish this activity and then you can tell me in the safe place.”
- Draw a picture of it
- Use co-teacher if possible
- Lots of empathy
- Talkers need to feel heard!
 - Think-pair-share?
 - Opportunities for one on one time?

The Do's and Don'ts

- Do read the book before reading aloud to the class
- Do create a safe place with dolls, animals, or drawing materials for describing or recreating stories if they want to.
- Do use accurate language (no 'fluff')
- Do create time and space for the child to bring it up – (Use - 'This is really important and I want to make sure I can really listen.')
- Don't ask too many questions – (Use - 'Do you want to share anything else?')
- Don't interrupt
- Don't use platitudes – (Use - 'It is so hard.')

Avoid Re-traumatizing

- “Wow, that sounded really sad for you.”
- “Thank you for sharing with me.”
- “You were really brave to tell me about this.”
- “Do you want to tell me more?”

Possibly summarize what they share.

Our own trauma

- Recognize what triggers us
- Practice responding with a trusted friend or colleague
- Get support from another adult
 - Breathe and offer calm
 - Empathize
 - If still help listening, we can ask a colleague to listen with us or take over, without dismissing the child.

How have you made time and space for children to share?

Please share any tips or strategies with the group by unmuting or typing in the chat box.

Questions?

E-mail our team at
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