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Nota di contenuto	Introduction 1. The Research: What's the Big Deal about Sel? 2. How It All Works: What the Brain Has to Do with Sel 3. Playing Is Learning: Songs and Games at Storytime 4. Let's Be Friends (Or Not): Storytimes about Empathy, Kindness, and Gratitude 5. I Can Do It!: Storytimes about Determination, Making Mistakes, and Critical Thinking 6. Up, Down, and All Around: Storytimes about Feelings, Anger Management, and Courage 7. Mine! Now!: Storytimes about Sharing and Patience 8. Go, Team!: Storytimes about Teamwork and the Team of Cs (Competition, Cooperation, Communication, and Compromise) 9. Here I Am: Storytimes about Self-Acceptance and Self Esteem 10. Manners Matter: Storytimes about Please, Thank You, Listening, and More 11. Put It All Together: Storytime Design for Success Appendix A: Resources for Mindfulness and SEL: Books, Recordings, and Curriculum Appendix B: Research Resources Index

## Sommario/riassunto

Learn how to use children's books during storytime to approach sensitive topics and increase children's social-emotional wellness-and how to create storytimes that are engaging, participative, and FUN! The emotional challenges many children experience consume the time of teachers, exhaust parents, and sometimes lead children toward behaviors that prohibit social and academic success. Storytime to the rescue! Library storytimes prepare children for kindergarten; storytimes at home and in preschools allow teachers, parents, and children to think and talk about empathy and the importance of honoring your own and others' feelings. In *Bringing Heart and Mind into Storytime*, Heather McNeil teaches librarians and teachers how to use books to open conversations with children to teach such concepts as patience, tenacity, kindness, and teamwork. McNeil shares research on brain development, social-emotional learning, and the importance of play, but she also emphasizes maintaining the fun of storytime. She recommends songs, action rhymes, games, and crafts that contribute to fun and healthy storytimes. Extensive lists of recommended books will help readers find the right ones for their audience.

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