

I Can Handle **NEW THINGS**

by Finny Li Doherty





SET THEME:

I Can Manage Myself and Set Goals

Build Social and Emotional Intelligence

Use the following tips to help children handle new things:

- Encourage them to talk about their feelings before trying something new.
- Discuss ways to deal with their emotions.
- Ask them to reflect on past experiences and how they were successful when trying something new.
- Have them share examples of new things they would like to try and goals they would like to set for themselves.

Executive Editor: Kellie Cardone
Creative Director: Laurie Berger
Senior Art Director: Glenn Davis
Production: Ben Rude
Photo Director: Cynthia Carris
Senior Photo Editor: Amy McNulty

Credits: Inside Front Cover, Title Page, Page 23: Aleksandr Davydov /Alamy; All other images from Getty Images and Shutterstock.

© Newmark Learning, LLC. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage or retrieval system, without permission in writing from the publisher.

Printed in Guangzhou, China.
XXXXXXXXXX

ISBN: 978-1-4788-7764-6 **A**

How to Read This Book with Children

- 1** Read aloud the title. Discuss what it means to handle new things and why it's important.
- 2** Read aloud the book with children.
- 3** Ask children to talk about strategies that they can use to remain calm and confident while trying new things.
- 4** Ask children to describe how they feel when they are faced with something new.
- 5** After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
- 6** Guide children to connect the story to their own experiences.

I Can Handle **NEW THINGS**

by Finny Li Doherty



Look around you. There are many new opportunities, places, and things to try.



There are museums to visit. There are new foods to taste, and new places to explore.



But sometimes all these new things can be overwhelming.



It can be scary trying something new for the first time. But there are ways to handle them.



This year, I'm entering second grade. We're visiting the school before the first day of class. But I'm still a little nervous.



Then I remember my teacher taught us stretches in first grade. When I was nervous, I would stretch. It helped me calm down. Maybe I could do stretches in second grade, too.



I tell my mom how I feel. She reminds me that I was nervous to start first grade, too.



Then she tells me to take a break and stretch when I feel nervous. She says that I can handle new things. I feel better. I'm ready for second grade.



We're moving to a new neighborhood.



My brother and I are helping Mom pack.
My younger brother is excited to move.



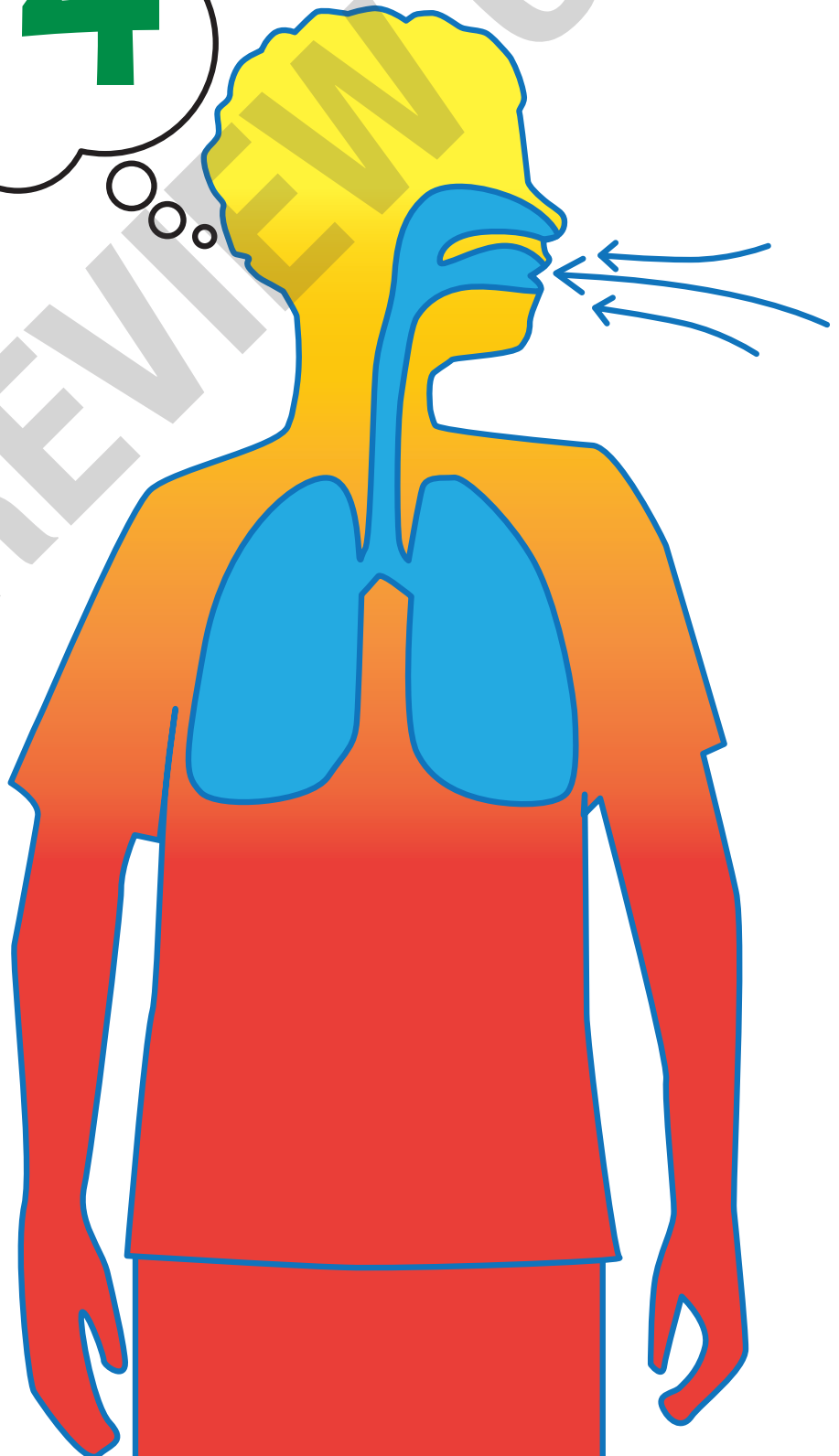
I'm excited, too. But I'm also scared.



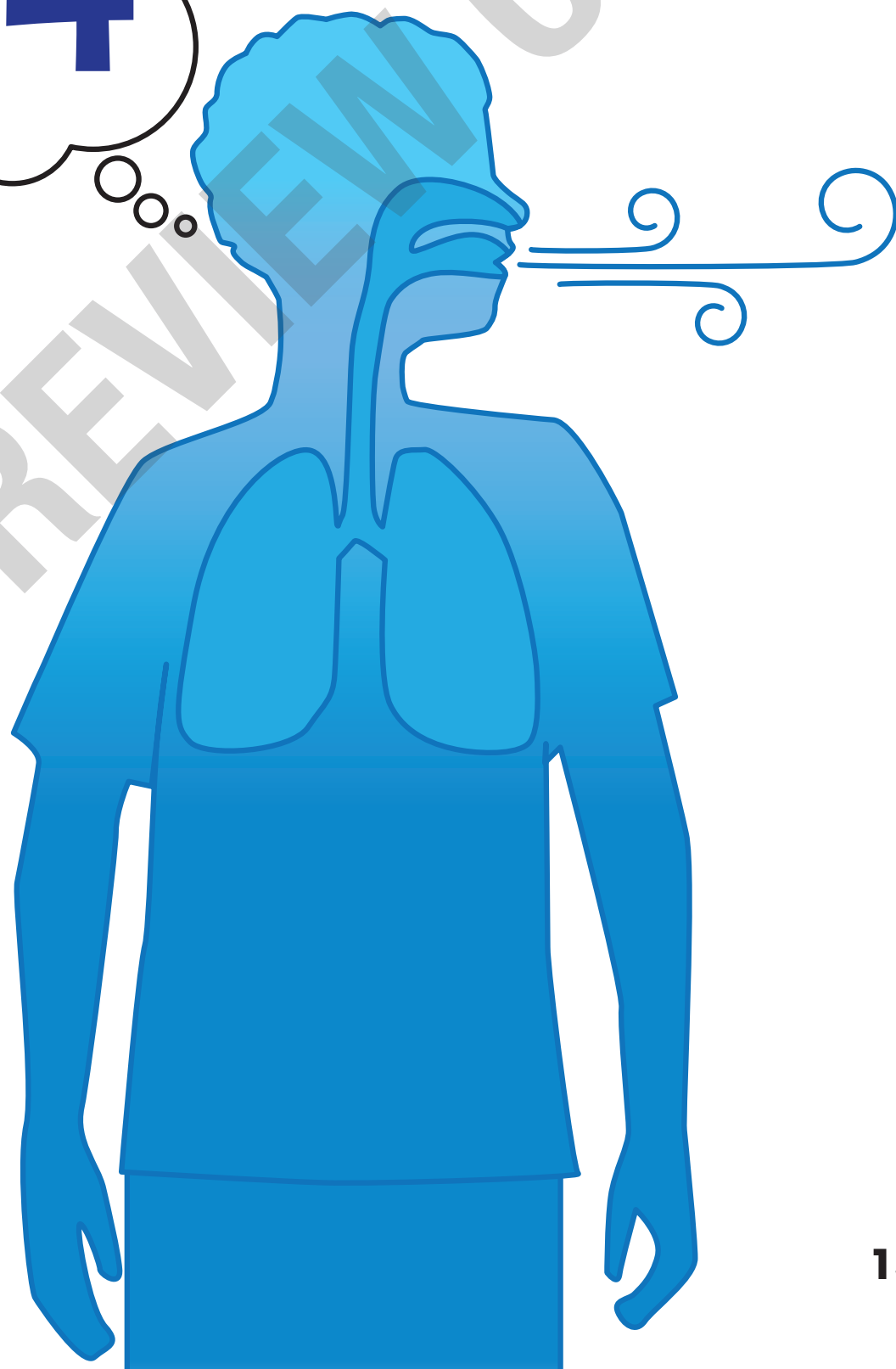
I don't know what to expect. What will happen?
Will I make new friends?



I tell my mom how I feel. She tells me moving can be scary. But sometimes we have to do new things.



She told me when she feels scared, she takes deep breaths in and out. 1, 2, 3, 4, breathe in! 1, 2, 3, 4, breathe out. I will try it. I think it will be okay.



FOR REVIEW ONLY

It's time for camp! And this year, I'm going to a sleepover camp. I am very excited.



My best friend will be there, too.



We're learning and trying a lot of new things! It's so much fun.



What a great day. I can't wait for tomorrow.
But now it's time to go to sleep.



It's really dark. I want to go home. I tell my friend that I'm scared. She starts to dance, stretch, and move around our cabin.



She makes me laugh. I join her. Now, I'm too tired to feel scared. I can handle sleepover camp. Good night!



Trying new things might make you feel nervous, scared, or uneasy.



But when you know how to manage your emotions, it's easier to handle new things.



What's next? I'm ready!



Real-World Wrap-Up

My Thoughts:

What are the girl and her family doing? How can you tell?

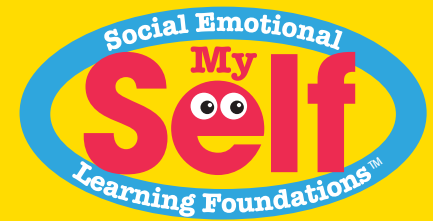


My Feelings:

Describe something new that you did. How did you handle it?
How did it make you feel?



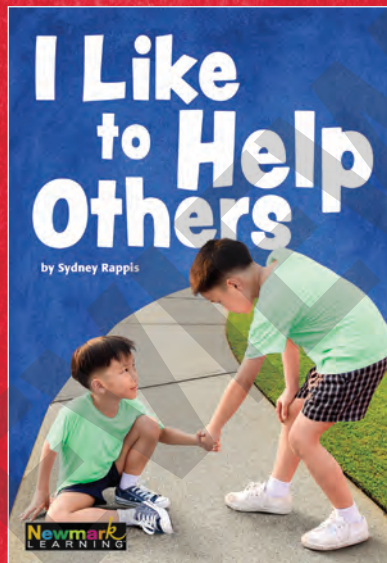
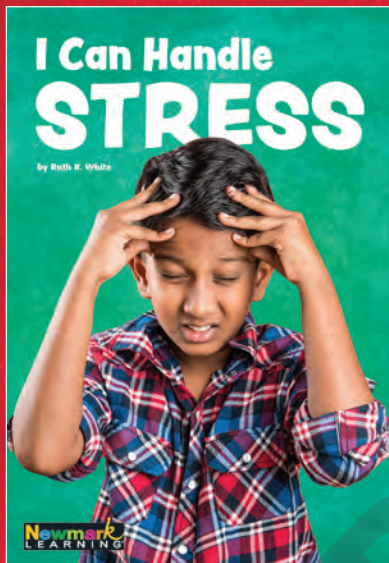
Starting something new, like moving, can be exciting by also overwhelming. But there are things you can do to manage your emotions so that you can handle new challenges.



Social and emotional intelligence comprises the abilities and character traits that enable people to work with others, learn effectively, and play important roles in their families and communities.

I Can Manage Myself and Set Goals

This set focuses on self-management and goal-setting skills, such as planning and organizing, stress management, and coping techniques.



145 Huguenot Street • New Rochelle, NY • 10801
1-855-232-1960 • www.newmarklearning.com



NL6346

