

Social Emotional Learning Connections to *10 Hidden Heroes*

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CASEL

10 Hidden Heroes is an effective and engaging means for helping children build essential social emotional learning skills in the CASEL 5 framework. Self-awareness, self-management, social awareness, relationship skills, and responsible decision making are the CASEL 5 core competencies.

SELF-AWARENESS

10 Hidden Heroes helps young children

- identify cultural assets (pages 14–15).
- make the connection between feelings, values, and thoughts (pages 20–21).
- agency in their own lives and can positively impact the lives of others (pages 2–3, 4–5, 6–6, 8–9, 10–11, 12–13, 14–15, 16–17, 18–19, 20–21).
- develop interests and a sense of purpose by seeing characters working with a sense of purpose in various settings (pages 2–21).

SELF-MANAGEMENT

10 Hidden Heroes helps young children

- show the courage to take initiative (pages 20–21).
- develop the understanding that they have the personal and collective agencies to accomplish goals (pages 20–21).
- demonstrate personal and collective agency (pages 6–7, 18–19, 20–21).

SOCIAL AWARENESS

10 Hidden Heroes helps young children

- look at situations from the perspective of others (pages 8–9).
- recognize strengths and gifts in others (pages 16–17, 18–19, downloadable Activity Color Pages).
- witness people of all ages in different settings demonstrating empathy and compassion (pages 2–3, 8–9).
- understand the influence of organizations, such the Special Olympics, Best Buddies, the Peace Corps, and Save the Children as well as faith communities, influence behavior (pages 10–11, 12–13, 14–15, 16–17, 18–19).

RELATIONSHIP SKILLS

10 Hidden Heroes helps young children

- demonstrate cultural competency (pages 12–13).
- see models of people seeking and offering help (pages 2–3, 4–5, 6–6, 8–9, 10–11, 12–13, 14–15, 16–17, 18–19, 2021).
- show leadership in groups (pages 10–11).
- see models of people seeking to resolve conflicts constructively (pages 18–19).
- develop positive relationships (pages 18–19).
- practice teamwork and collaborative problem-solving (downloadable finger puppets).

RESPONSIBLE DECISION-MAKING

10 Hidden Heroes helps young children

- identify solutions for personal and social problems (pages 8–9, 10–11, 18–19).
- anticipate and evaluate the consequences of one's actions (pages 18–19).
- recognize how critical thinking skills are useful both inside and outside of school (pages 14–15).
- reflect on one's role to promote personal, family, and community well-being (pages 6–7, 8–9, 10–11, 16–17).
- evaluating personal, interpersonal, community, and institutional impacts (pages 6–7, 10–11, 18–19).

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HEAD START

10 Hidden Heroes is a seek-and-find book through which children when guided by adults can build academic and social emotional school readiness skills. Children practice counting and active listening while at the same time building their capacity for social emotional skills, which aligns with the Head Start Early Learning Outcomes Framework (ELOF) Social and Emotional Development domain and its four sub-domains for preschoolers: Relationships with Adults, Relationships with Other Children, Emotional Functioning, and Sense of Identity and Belonging.

RELATIONSHIPS WITH ADULTS

10 Hidden Heroes illustrates models of children

- interacting readily with trusted adults (pages 2-3, 4-5, 6-7, 8-9, 10-11, 12-13, 14-15, 16-17, 18-19).
- seeking help from adults (pages 4-5, 10-11, 12-13).
- engaging in prosocial behaviors with adults (pages 2-3, 4-5, 6-7, 8-9, 10-11, 12-13, 14-15, 16-17, 18-19).
- following rules and expectations for appropriate behavior (pages 4-5, 10-11, 12-13, 16-17).

RELATIONSHIPS WITH OTHER CHILDREN

10 Hidden Heroes illustrates models of children

- engaging in positive interactions with other children (pages 2-3, 6-7, 16-17)
- taking part in joint play (pages 6-7, 10-11, 16-17, 18-19).
- showing enjoyment of play with other children (pages 10-11, 18-19).
- recognizing basic social problems in books or pictures (pages 2-3, 4-5, 6-6, 8-9, 10-11, 12-13, 14-15, 16-17, 18-19).

EMOTIONAL FUNCTIONING

10 Hidden Heroes illustrates models of children

- Expressing care and concern for others (pages 2-3, 8-9, 10-11, 18-19).
- Making connections between bravery and acts of mercy and compassion (pages 2-3, 4-5, 6-7, 8-9, 10-11, 12-13, 14-15, 16-17, 18-19, 2021).
- Offering support to adults or other children who are distressed (pages 2-3, 8-9, 10-11).

SENSE OF IDENTITY AND BELONGING

10 Hidden Heroes illustrates models of children

- experiencing belonging to family, community, and other groups (pages 2-3, 4-5, 6-7, 8-9, 10-11, 12-13, 14-15, 16-17, 18-19, 2021).
- demonstrating knowledge of uniqueness of self, such as talents, interests, preferences, or culture (pages 2021).
- using positive words to describe self (pages 2021).
- identifying as being a part of different groups, such as family, community, culture, faith, or preschool (pages 2021).



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