# Welcome! Before We Begin...

Please use the chat to tell us:

What is something that brings you joy? Why?







# Joyful Reading at School and at Home

March 25, 2021





## Virtual Meeting Norms





Use chat to support each other





Mute unless speaking ??? Ask questions, use emojis, raise hands



Participate fully



Have fun learning!



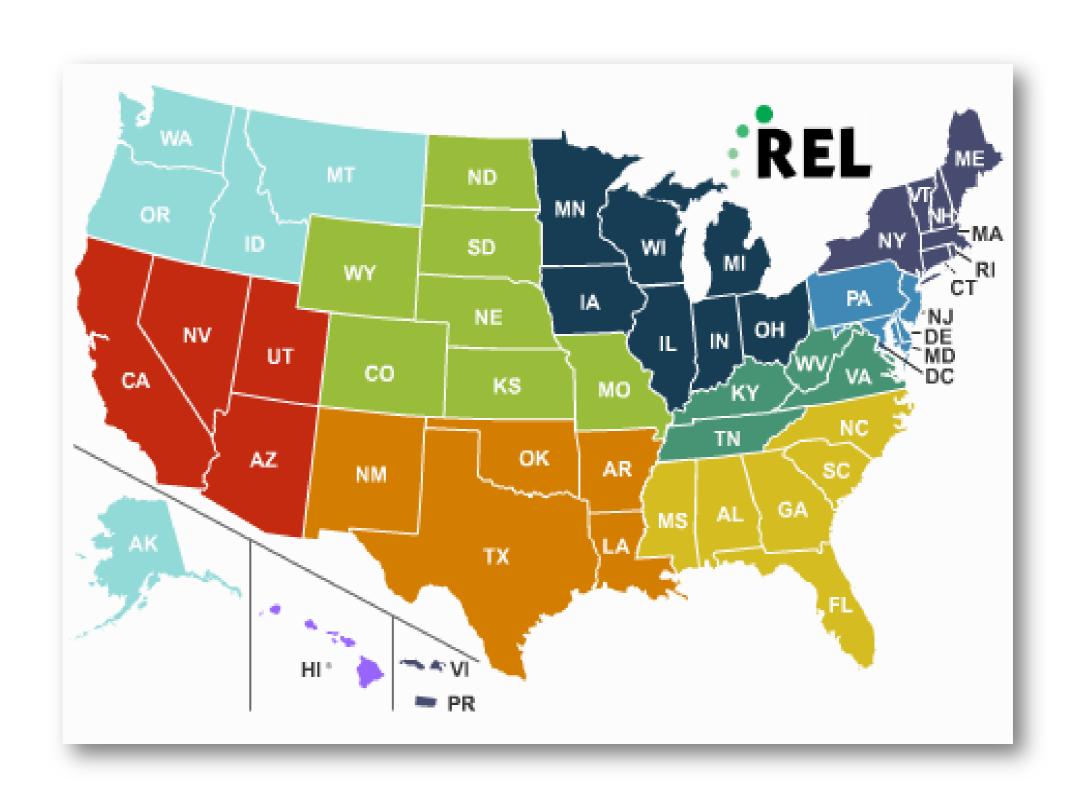
## Who is Joining Us Today?





## Regional Educational Laboratory West

- Conduct applied research
- Provide technical support around data collection, evidence use, and research
- Facilitate dissemination of actionable research evidence





## Joyful Reading Webinar Series

Webinar 1: January 28, 2021

Choosing culturally empowering, language-rich, and affirming books; prioritizing joyful reading with a school and home routine

Community of Practice 1: February 25, 2021

Reflect on what you tried after Webinar #1 and discuss what you learned with others

Webinar 2: March 25, 2021

Cultivating a love of books through oral re-telling, creative writing, and the arts

Community of Practice 2: April 15, 2021

Reflect on what you tried after Webinar #2, discuss what you learned with others, share a student artifact



## Creative Expression

Please use the Mentimeter:

What's your favorite artistic way to express yourself?

(The link is in the chat.)





## Our Presenters



Pam Spycher
REL West
WestEd



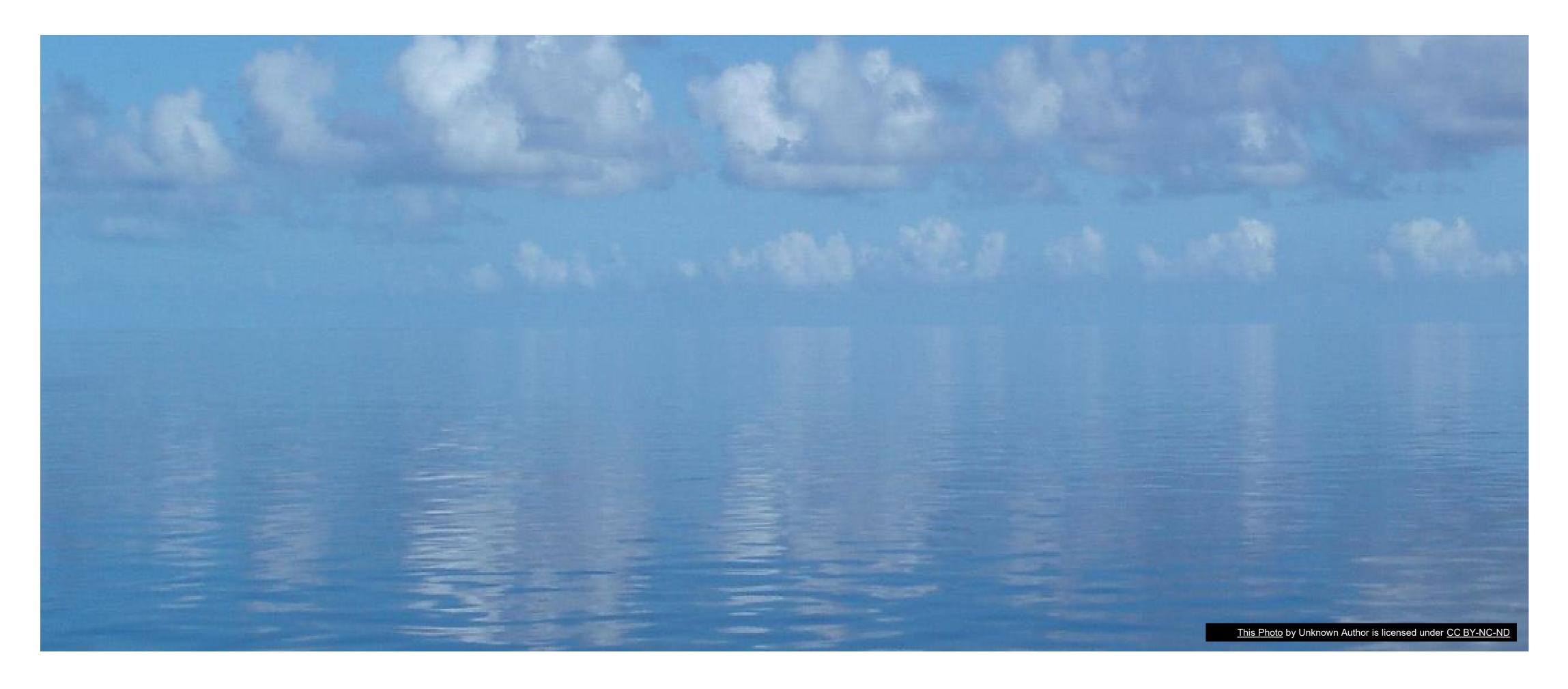
Thea Fabian
Wawona K-8 School
Fresno Unified School District



Danielle Garegnani
Horton Elementary School
San Diego Unified School District



## Settling In Activity





## Today's Topics

- Joyful Reading: A routine for home and school
- How creative expression supports language, literacy, and social-emotional development
- Examples of creative expression activities
- Stories from two school communities
- Resources, resources, resources!

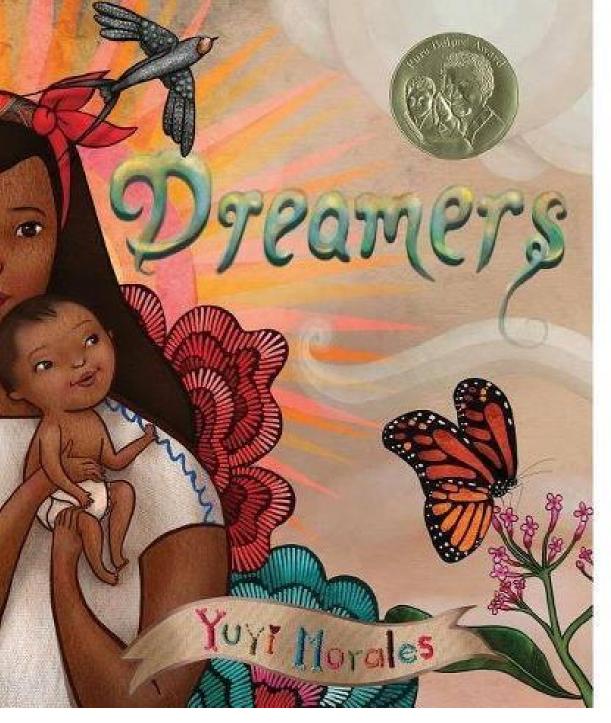




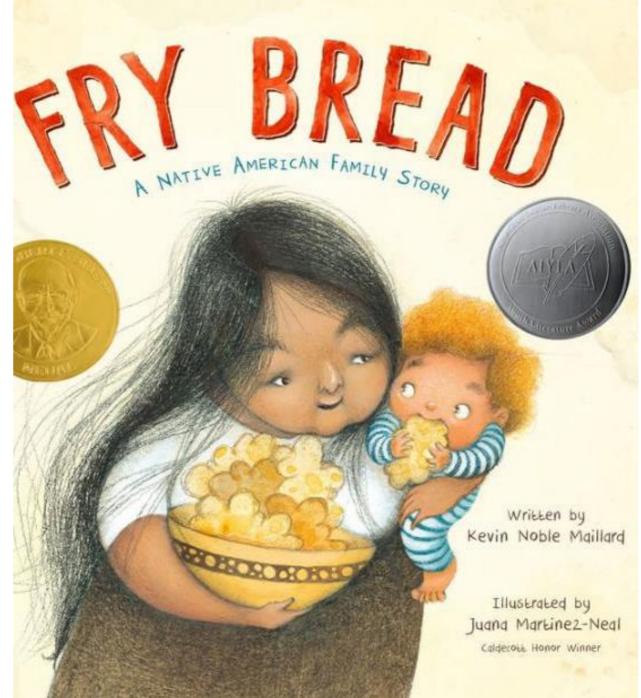
## Brief Recap of Webinar 1

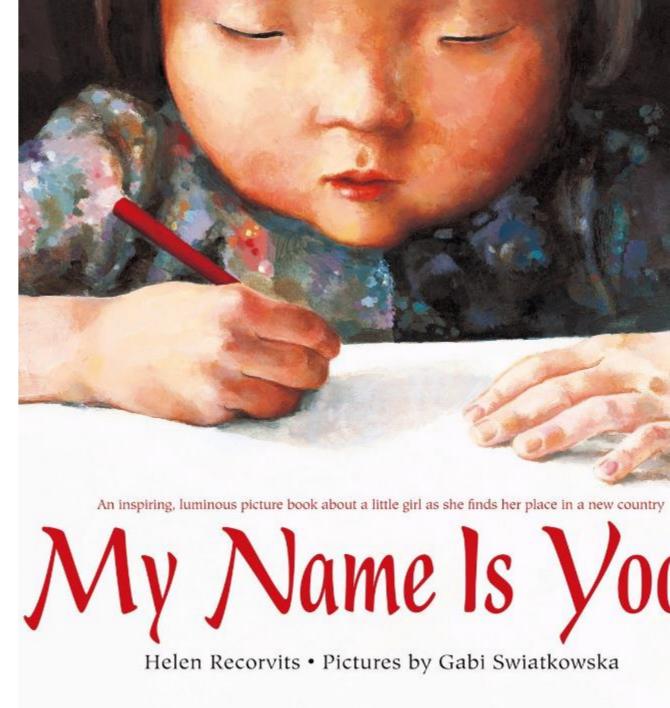


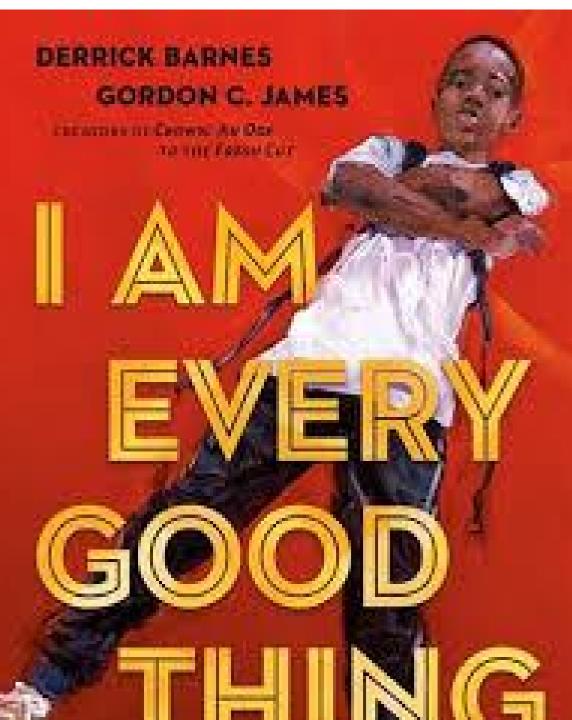


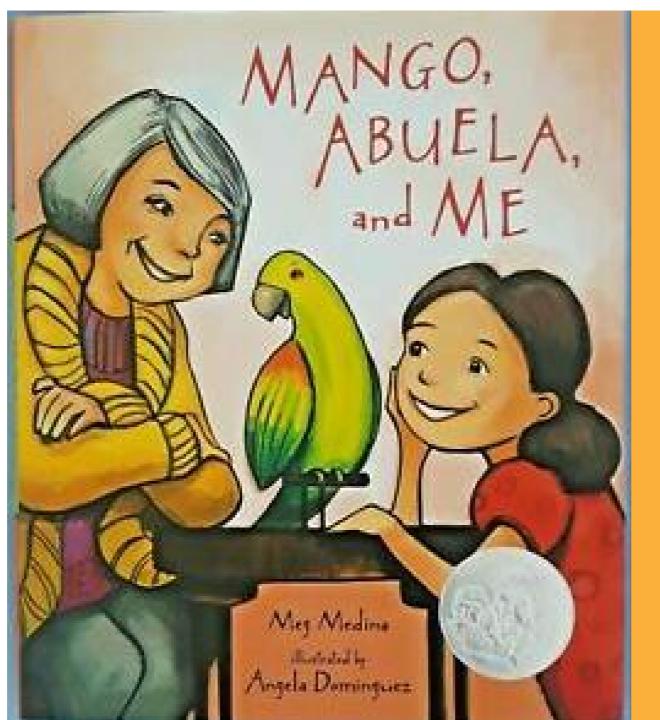










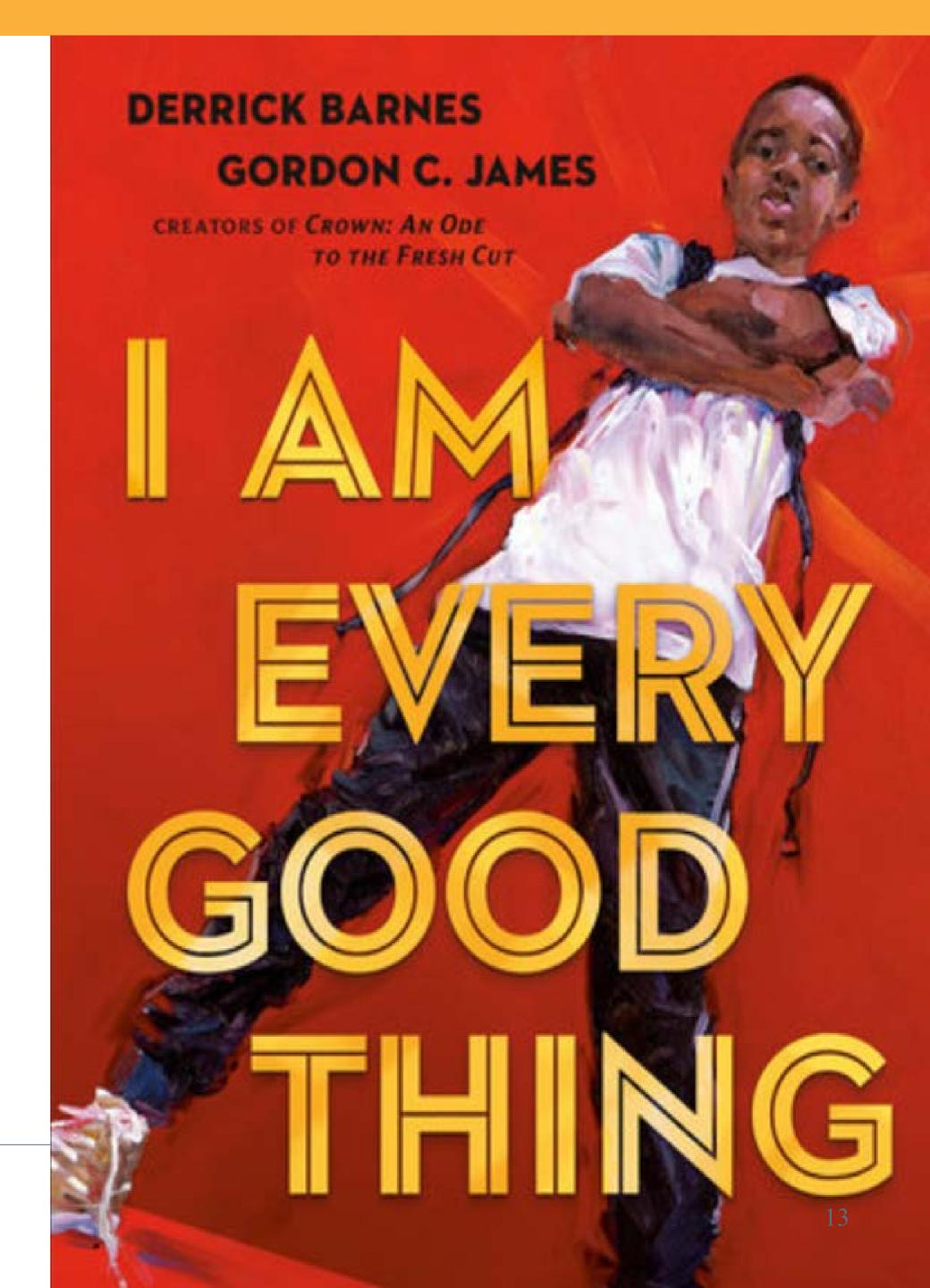


## Joyful Reading Webinar 1 Recap:

- Culturally affirming books
- Rich language and illustrations
- Lots of talking before, during, after

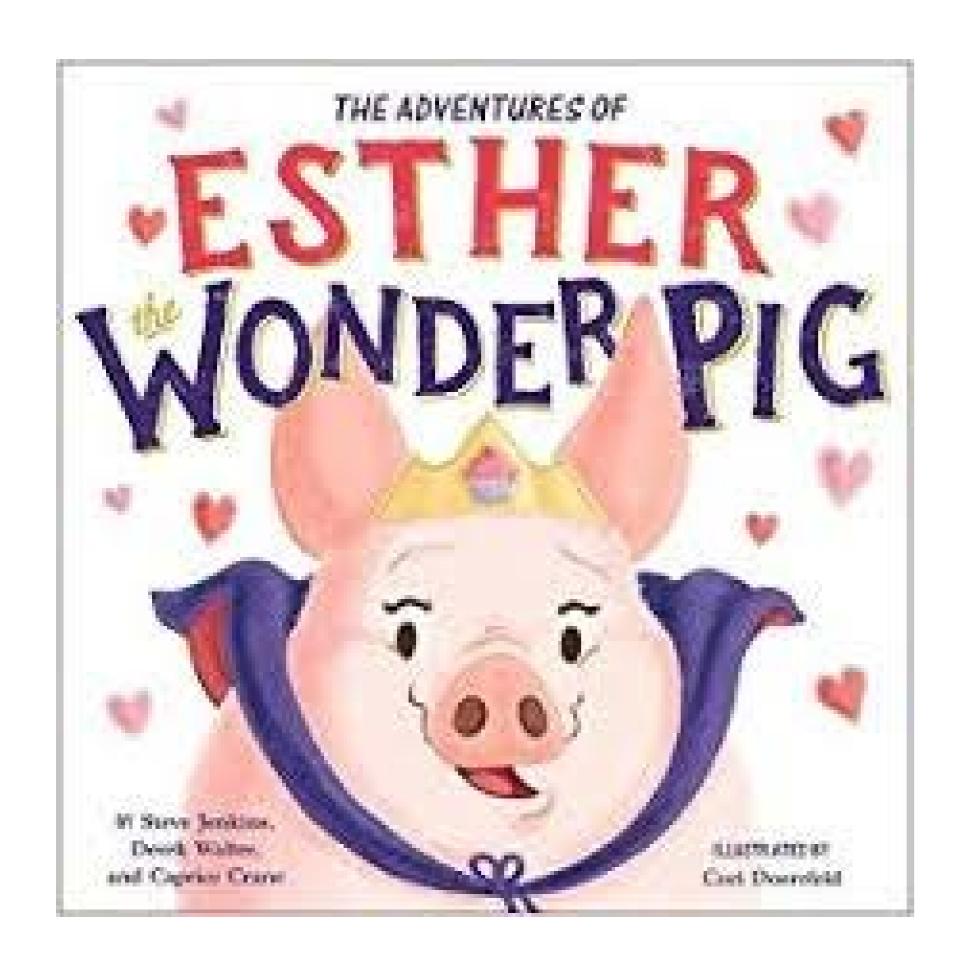
## A Book We Love & Some Reasons Why

- It promotes self-love and pride in Black culture and history.
- It has gorgeous illustrations and rich language.
- It features a talented, smart, hilarious, loving, and curious Black narrator.
- It teaches that when things are hard, it helps to remember we are brave, hopeful, and worthy of kindness, respect, safety, and happiness.





## Another Book We Love & Some Reasons Why



- It promotes compassion for animals and our responsibility for caring for them.
- It has beautiful and engaging illustrations children will want to talk about.
- It's funny and has an engaging plot.
- It features a loving family with two dads and teachers us that all families are what we make them—through love.



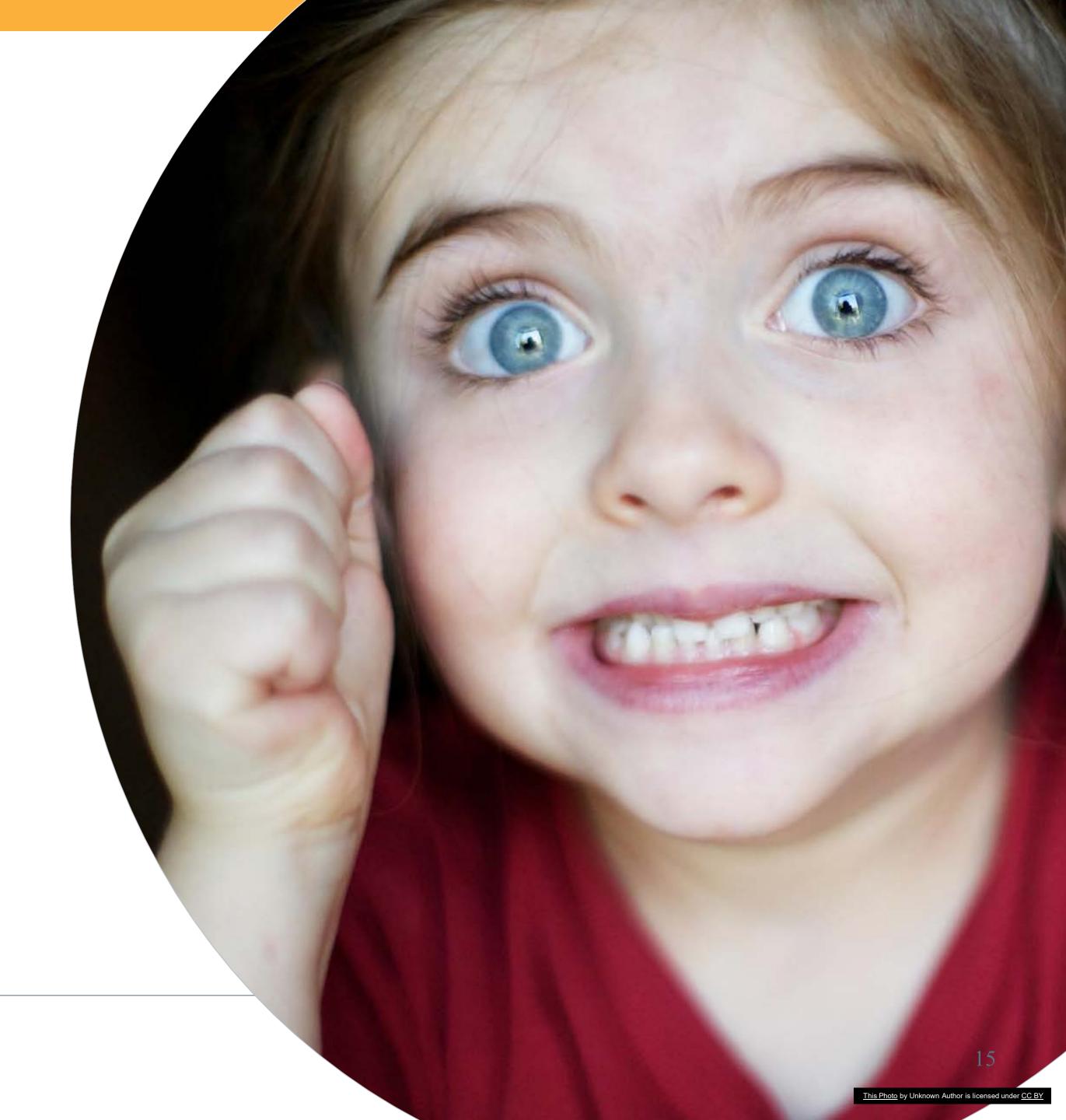
## Joyful Reading Routine for School and at Home

Before Reading: Let's get excited to read!

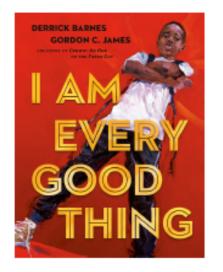
While Reading: Let's connect with the ideas and art!

After Reading: Let's talk about what we think and how we feel!

Creative Expression Activities: Poetry, Visual Arts, Kindness, Mindfulness, Movement, Literacy, and more!







### I Am Every **Good Thing**

By Derrick Barnes. Illustrated by Gordon C. James

Ideas for enjoying the book at home

Created by Pam Spycher

#### About the Book:

Before reading this book with your child, find out a little bit about it so you can help your child experience joyfulness while reading with you. This is a book about being proud of everything that makes us who we are. It's about self-love and the power of affirmations. Children will see themselves reflected in the Black narrator of this book because he tells us how talented, smart, hilarious, loving, and curious he is-just like all children are. Sometimes he is afraid, but then he remembers that he is brave, hopeful, and worthy of kindness, respect, safety, and happiness. Your child will relate to the beautiful ideas in this book, delight in the beautiful illustrations, and be inspired creatively.

#### Jump into Joyful Reading!

Invite your child to share their thinking and ask questions as you enjoy the book together. The main thing is to have fun and enjoy one another's company as you read together. Here are some things you can say and do to create a joyful reading experience for your child.



#### Before Reading:

- What do you notice about the cover?
- · What do you think about the title?
- What do you think we will discover in this book?



#### While Reading:

- What do you notice in the picture?
- · What do you think about what we just read?
- What are you curious about now?



#### After Reading:

- · What did you think about the book?
- How did it make you feel?
- What was your favorite part?
- What are some good things you can say about yourself?

Turn the page over for creative expression ideas!



Created by Pam Spycher, REL West at WestEd, 2020

#### **Creative Expression Activities**

After you read the book, unleash your imagination and creativity! Use the ideas below to choose your own adventure. What other ideas did the book inspire your amazing mind to think of?



#### Poetry

with "I am ..." and try to use some of

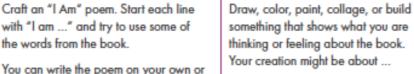
tell someone your words, and they can

write it. If you want to, draw a picture to

the words from the book.

go with your poem.

#### Visual Arts



- your favorite part of the book
- how the book makes you feel
- one of the affirmations from the book

#### Kindness

Begin and end each day with kind and loving self-talk

Choose affirmations from the book or your own words. Here's an example:

- I am loved.
- I am safe.
- I am kind.
- I am every good thing.



Sit very still or lie down somewhere comfortable. Close your eyes and be very still. Take three, slow, deep breaths and fill your belly up with air. Notice how it makes you feel calmer.

Now, breathe normally, and imagine that you are breathing in all the love in the world and then breathing out all your love to the world.

Open your eyes and give yourself a big hug. Smile. You are loved!

#### s Movement

Put on your favorite song, and dance! When the music stops, freeze! Your parent, family member, or caregiver will say some words from the book. When the music starts again, show what those words mean though dance. Here are some of the words you might hear:

- a nonstop ball of energy
- the glow of moonbeams
- a cool breeze
- a roaring flame of creativity
- the boom-bap-boom-bap
- waves crashing gently on the shore

#### Literacy

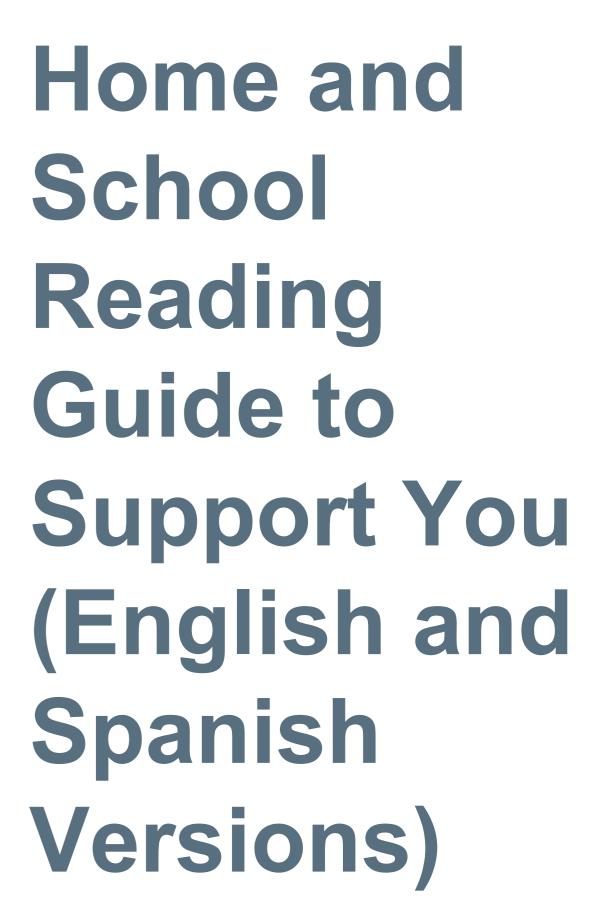
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If you want to, you can borrow some of the beautiful ideas, words, and pictures from "I Am Every Good Thing" and use them in your book. Or, you can make your book completely unique.

This is all about you!

Created by Pam Spycher, REL West at WestEd, 2020





Título, autor, ilustrador:

Ideas para disfrutar el libro en casa

Creado por:

Sobre el Libro:



iA disfrutar una

lectura divertida!

Invite a su niño o niña a compartir sus pensamientos y haga preguntas mientras disfrutan del libro juntos. El objetivo principal es divertirse y disfrutar de la compañía mientras leen juntos. Aquí hay algunas cosas que puede decir y hacer para crear una experiencia de lectura entretenida para su niña



#### Antes de leer:

- ¿Qué notas sobre la portada?
- ¿Qué piensas sobre el título?
- ¿Qué crees que descubriremos en este libro?



#### Mientras leen:

- ¿Qué notas en la imagen?
- gQué piensas sobre lo que acabamos de leer₹
- ¿Qué te da curiosidad ahora?



#### Después de leer:

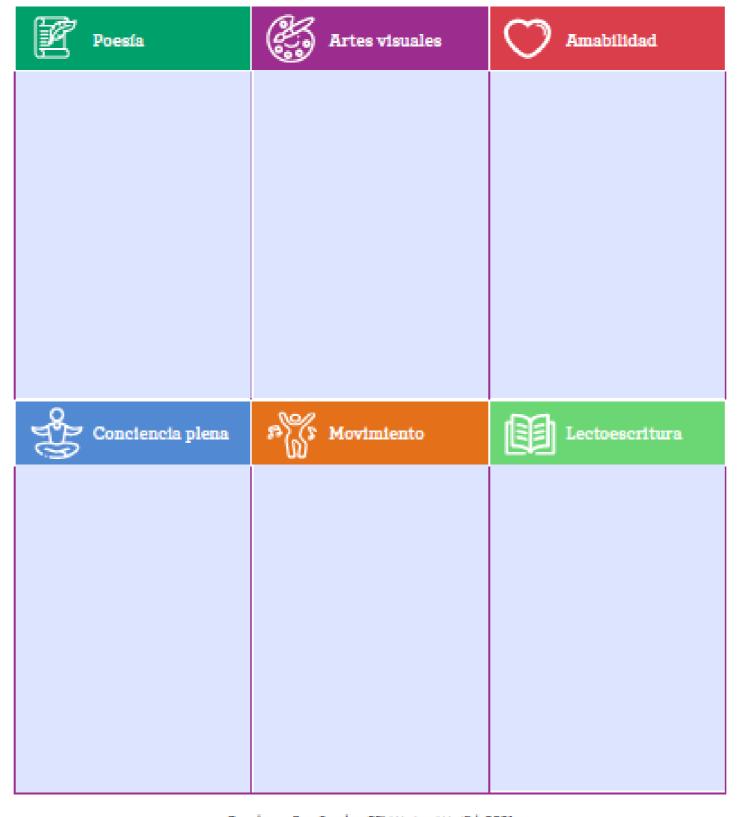
- ¿Qué piensas del libro?
- &Cómo te hizo sentir?
- ¿Cuál fue tu parte favorita?

iDe vuelta a la página para ver ideas de expresión creativa!

Creado por Pam Spycher, REL West en WestEd, 2021

#### Actividades para la Expresión Creativa

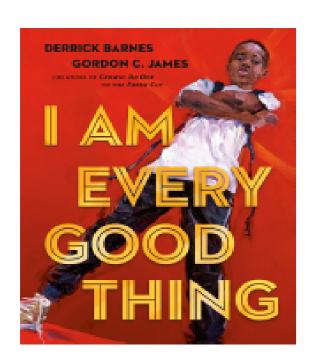
Después de leer el libro, ¡desata tu imaginación y creatividad!
Utiliza las siguientes ideas para elegir tu propia aventura.
¿Qué otras ideas inspiraron el libro en tu mente increíble?



Creado por Pam Spycher, REL West en WestEd, 2021

## Templates to Create Your Own Guides (English and Spanish Versions)





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By Derrick Barnes, Illustrated by Gordon C. James

Ideas for enjoying the book at home

Created by Pam Spycher

#### About the Book:

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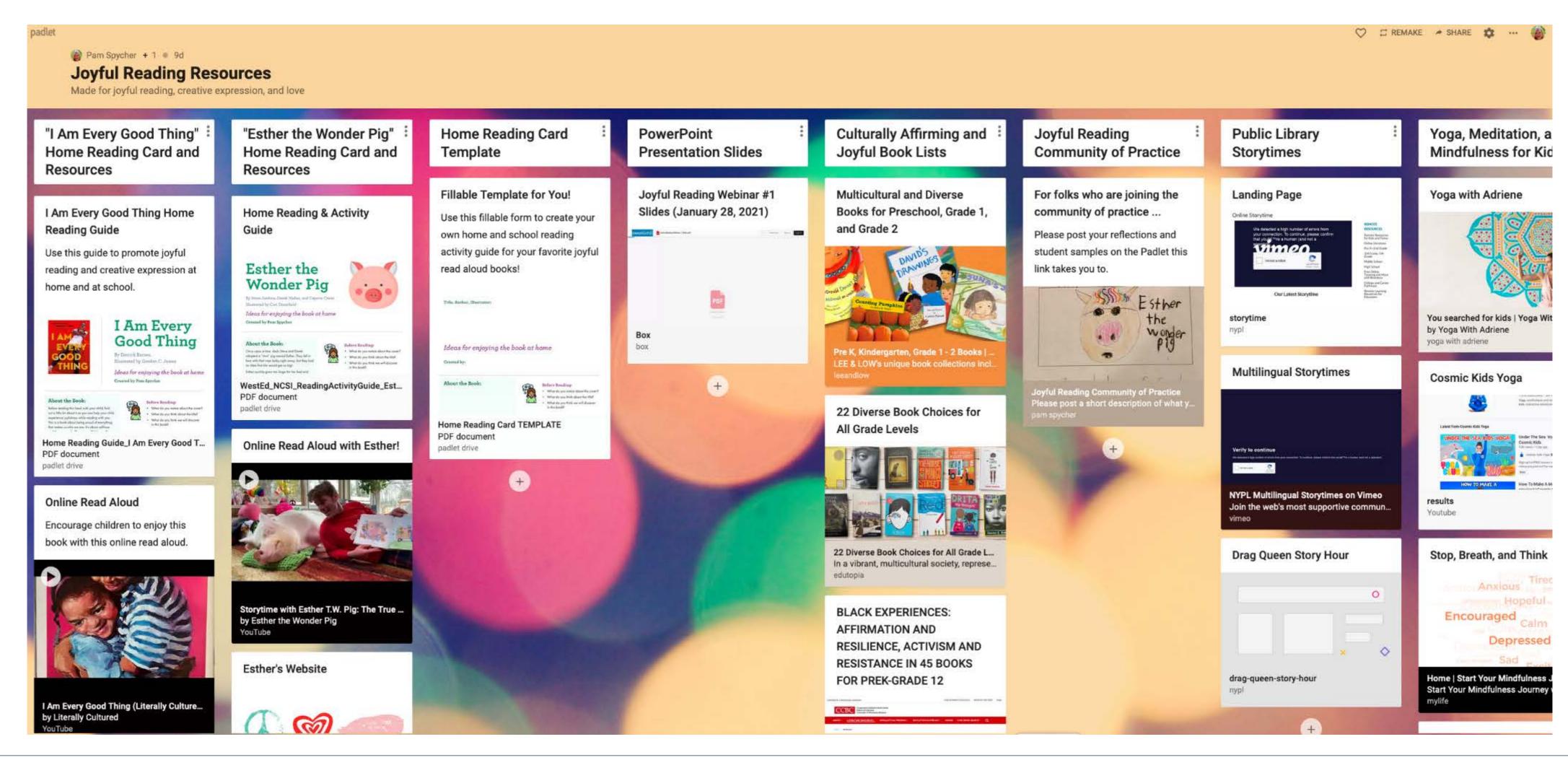
# Side 1 Focus: Shared Book Reading (See the webinar 1 recording to learn

more about side 1)



Created by Pam Spycher, REL West at WestEd, 2020

## Joyful Reading Resources (Padlet)



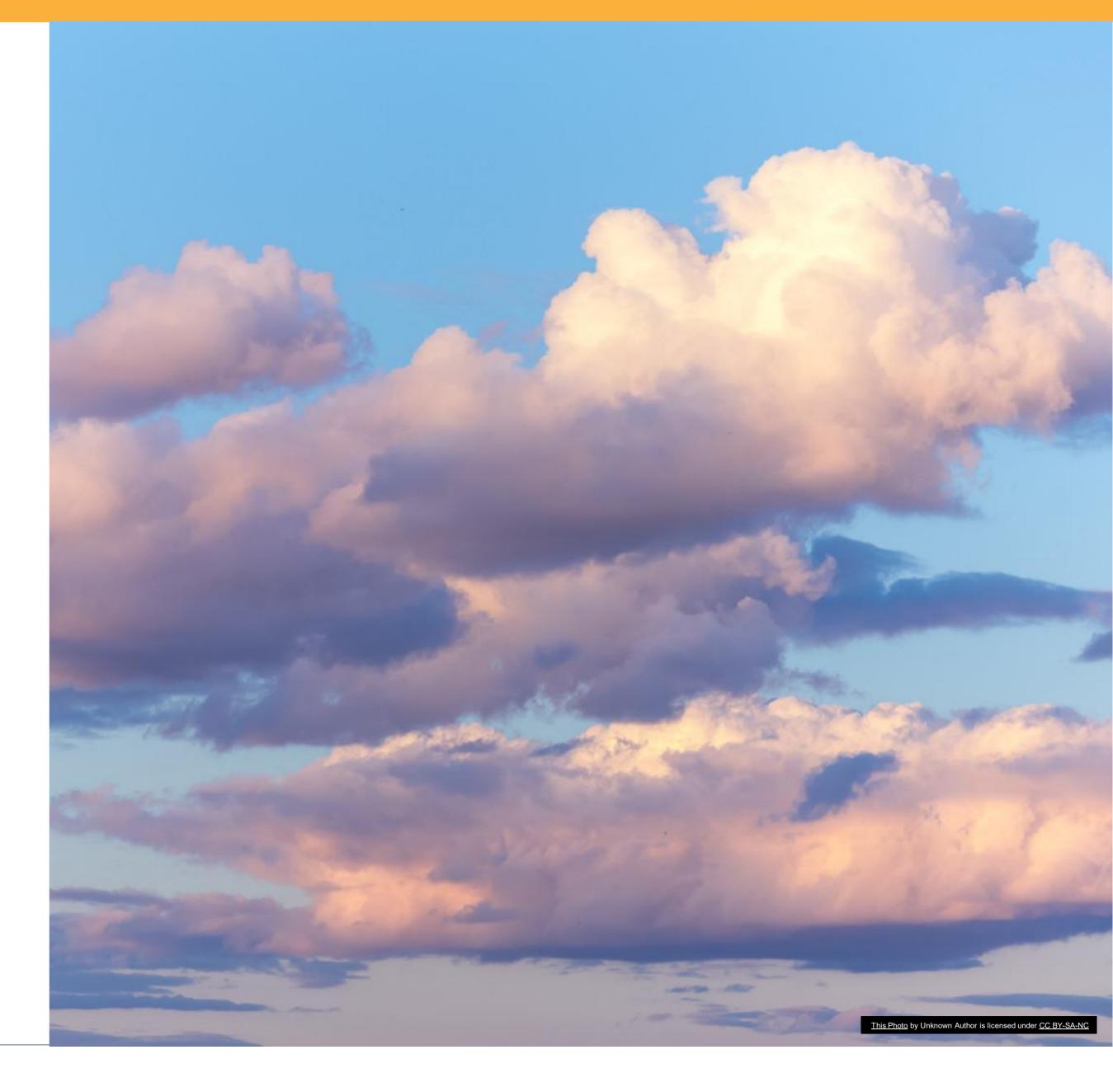


## Positive Self-Affirmations Activity



## Creative Expression

- Kindness and Community
- Mindfulness and Self-Awareness
- Visual and Digital Arts
- Movement and Music
- Poetry
- Literacy and Oracy





#### Creative Expression Activities

After you read the book, unleash your imagination and creativity! Use the ideas below to choose your own adventure. What other ideas did the book inspire your amazing mind to think of?



#### Poetry

#### Visual Arts



#### Kindness

Craft an "I Am" poem. Start each line with "I am ..." and try to use some of the words from the book.

You can write the poem on your own or tell someone your words, and they can write it. If you want to, draw a picture to go with your poem.

Draw, color, paint, collage, or build something that shows what you are thinking or feeling about the book. Your creation might be about ...

- your favorite part of the book
- how the book makes you feel
- · one of the affirmations from the book

Begin and end each day with kind and loving self-talk.

Choose affirmations from the book or your own words. Here's an example:

- I am loved.
- I am safe.
- I am kind.
- I am every good thing.



#### Mindfulness

#### Movement



#### Literacy

Sit very still or lie down somewhere comfortable. Close your eyes and be very still. Take three, slow, deep breaths and fill your belly up with air. Notice how it makes you feel calmer.

Now, breathe normally, and imagine that you are breathing in all the love in the world and then breathing out all your love to the world.

Open your eyes and give yourself a big hug. Smile. You are loved!

Put on your favorite song, and dance! When the music stops, freeze! Your parent, family member, or caregiver will say some words from the book. When the music starts again, show what those words mean though dance. Here are some of the words you might hear:

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How about writing and illustrating your own "I am" book?

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This is all about you!



## Side 2 Focus: Creative Expression Activities

## Why Prioritize Creativity? (1)

Creative expression and arts-integrated experiences...

- Help children to express themselves and to communicate their understandings about the world around them and their identities
- Promote positive social and emotional development, enhance selfesteem and self-awareness
- Foster motivation and engagement, increase connectedness to school, boost school attendance and academic achievement, and improve school climate

(College Board, 2012; Catterall, 2009; Peppler et al, 2014; Robinson, 2013)



## Why Prioritize Creativity? (2)

Arts-integrated experiences promote language and literacy development:

- Music, creative movement, and visual arts promote oral language and ELA achievement (Ludwig, Boyle & Lindsey, 2017)
- Dance and drama support oral language skills and vocabulary development (Ludwig, Boyle & Lindsey, 2017)
- Music education is correlated with reading fluency (Gazzaniga, 2008)
- Engaging and motivating activities connected to literacy cultivate students' interest in reading, which supports reading development (Shanahan et al, 2010)



## Mindfulness and Kindness: Key Points

- A whole child approach includes attention to social-emotional learning (SEL) and mental well-being.
- Mindfulness practices align with and may deepen SEL.
- It's essential to adopt a stance that is culturally and linguistically sensitive, pluralistic, and oriented toward social justice.





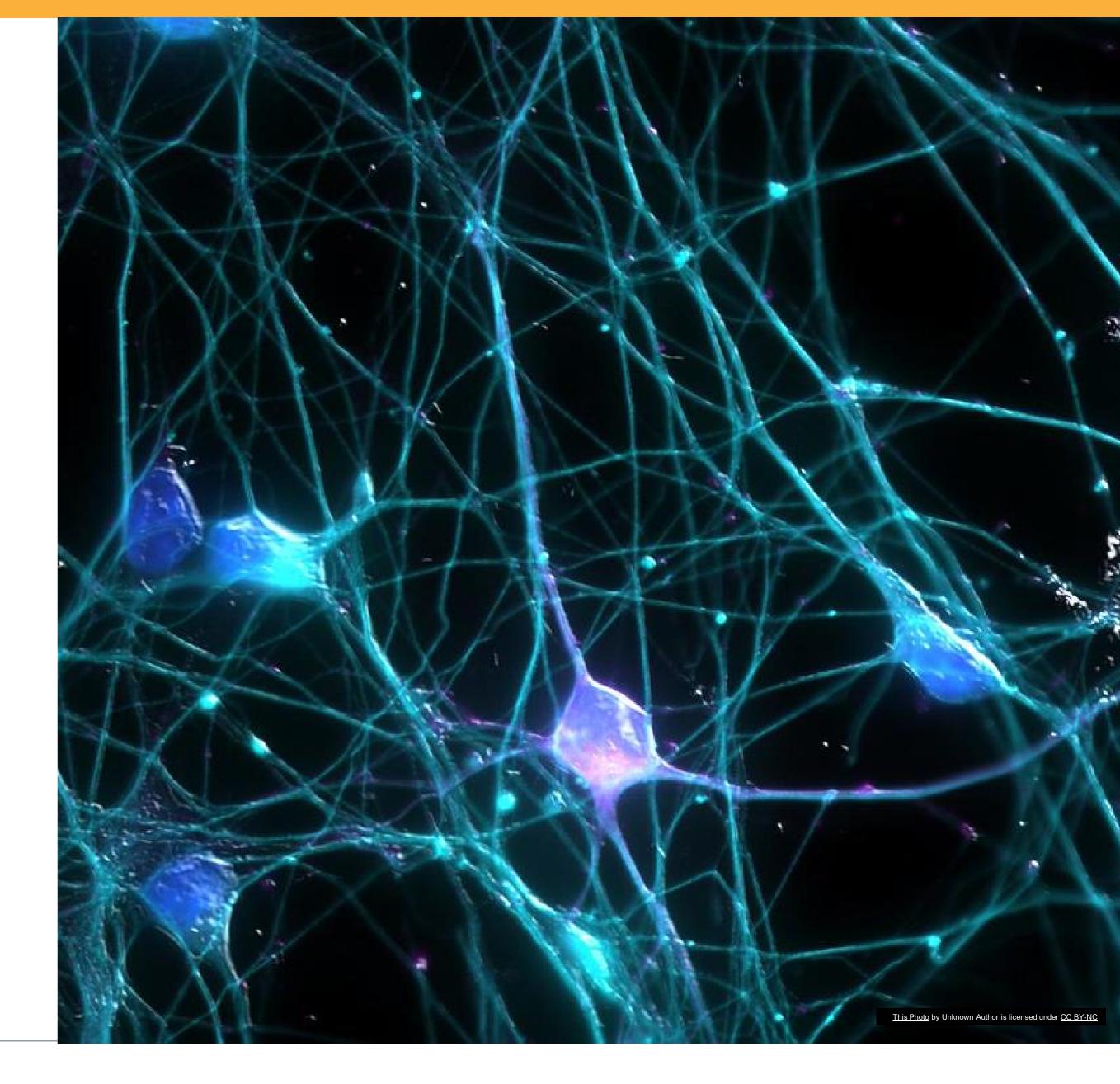
## Neuroplasticity

What you practice grows stronger.

Repeated practice of mindfulness, kindness, gratitude, meditation, and self-compassion has tangible benefits.

The areas of your brain related to attention, learning, and compassion grow bigger and stronger through mindfulness and meditation.

What do you want to spend your time helping children to grow?





## Welcome Joy

"Positive emotions – such as feelings of gratitude, love, and confidence – strengthen the immune system, protect the heart against loss and trauma, build relationships, increase resilience, and promote success...

Finding and protecting joy is worth doing at any time. And it's especially important when you're facing challenges – we can always turn to joy, claim it, and welcome it."

- Rick Hanson

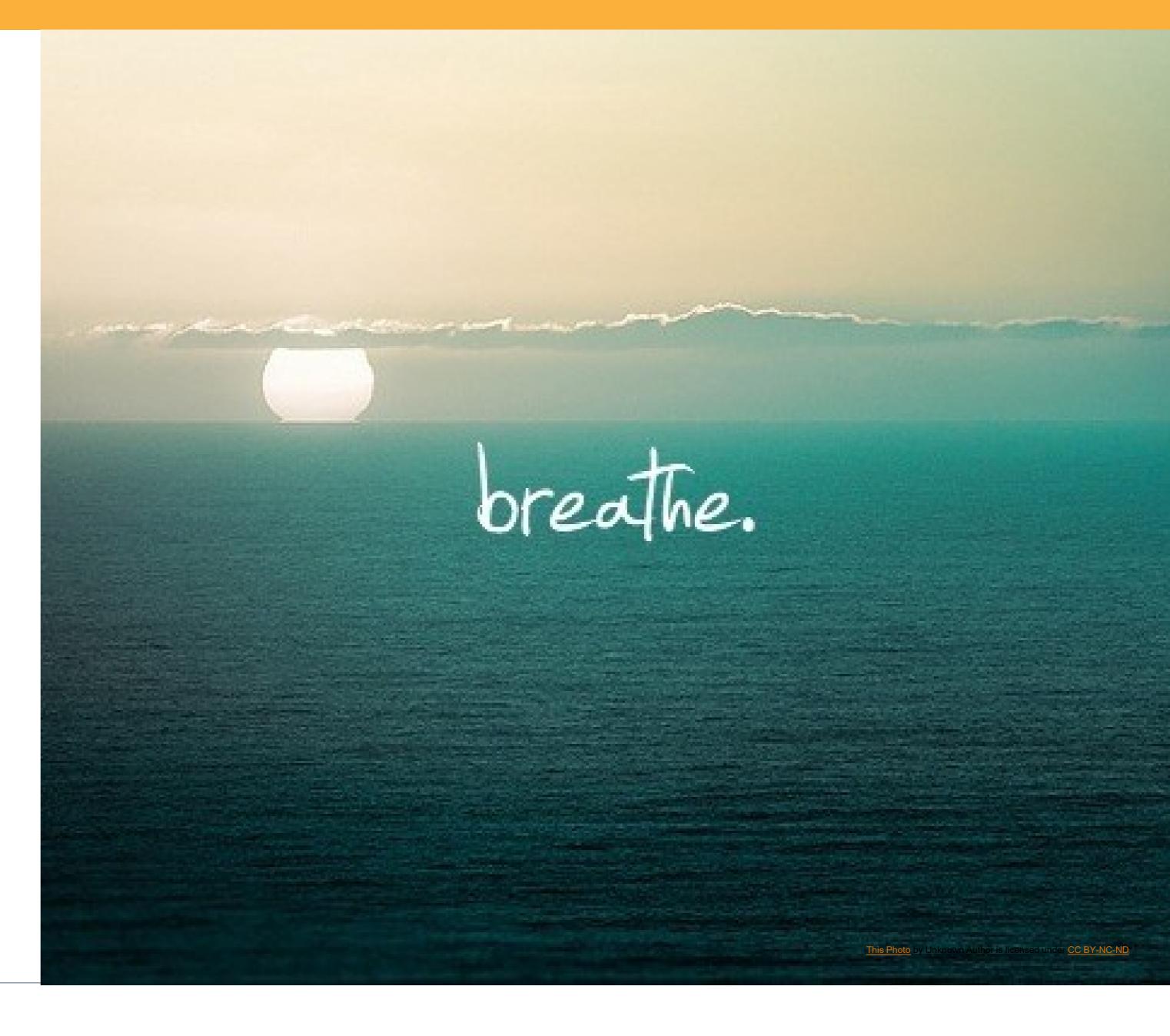




## The Power of Breath

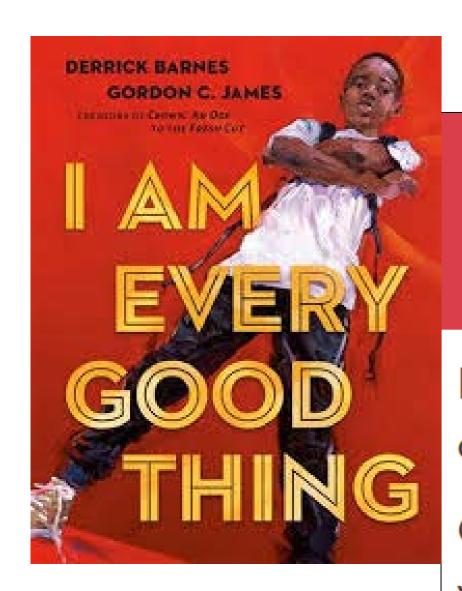
"Breathe in deeply to bring your mind home to your body."

Thich Nhat Hanh





## Mindfulness and Kindness: Sample Activities





Begin and end each day with kind and loving self-talk.

Choose affirmations from the book or your own words. Here's an example:

- I am loved.
- I am safe.
- I am kind.
- I am every good thing.



Sit comfortably. Place your hands over your heart. You can close your eyes, if you want to. Take a few deep breaths.

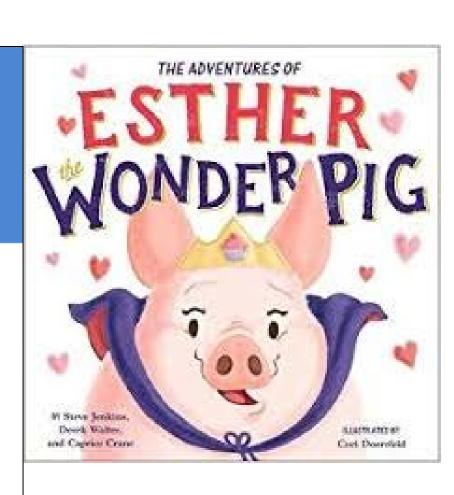
Think about a person or an animal you love and who loves you.

Notice how you feel when you think about this person or animal.

Send love and a kind wish their way. What would make them feel good?

Think about another person or animal you love and notice how you feel. Then, send them love and a kind wish.

Open your eyes and take a few deep breaths. Notice how you feel.





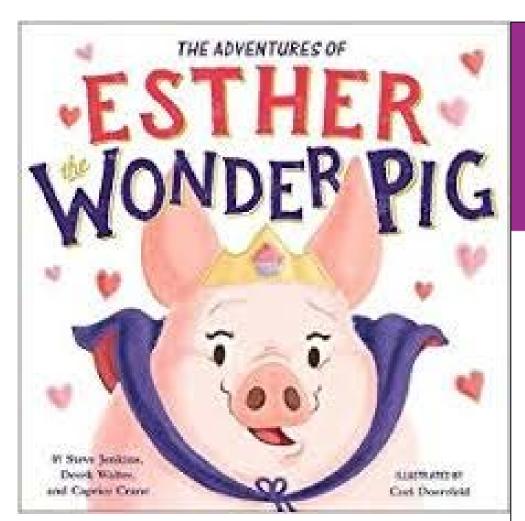
# Visual and Digital Arts and Movement: Key Points

- The arts help children communicate their understandings of themselves and their world.
- Arts integration promotes connectedness to school, high self-esteem, and social-emotional development.
- We need more creative thinkers in all fields.





## Visual Arts and Movement: Sample Activities





Visit Esther's website.

https://www.estherthewonderpig.com

Explore what Esther looks like, what she likes to do, who her family is, and where she lives.

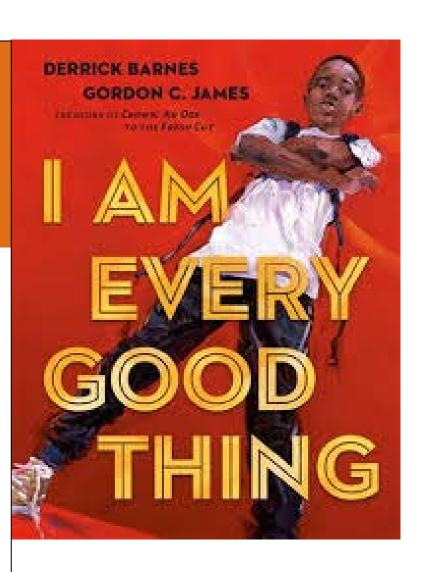
Look at the illustrations in the book for ideas.

Then, draw, paint, or collage a beautiful picture of Esther. Maybe you want to put yourself in your creation!



Put on your favorite song, and dance!
When the music stops, freeze!
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When the music starts again, show what those words mean though dance. Here are some of the words you might hear:

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## Let's Move!





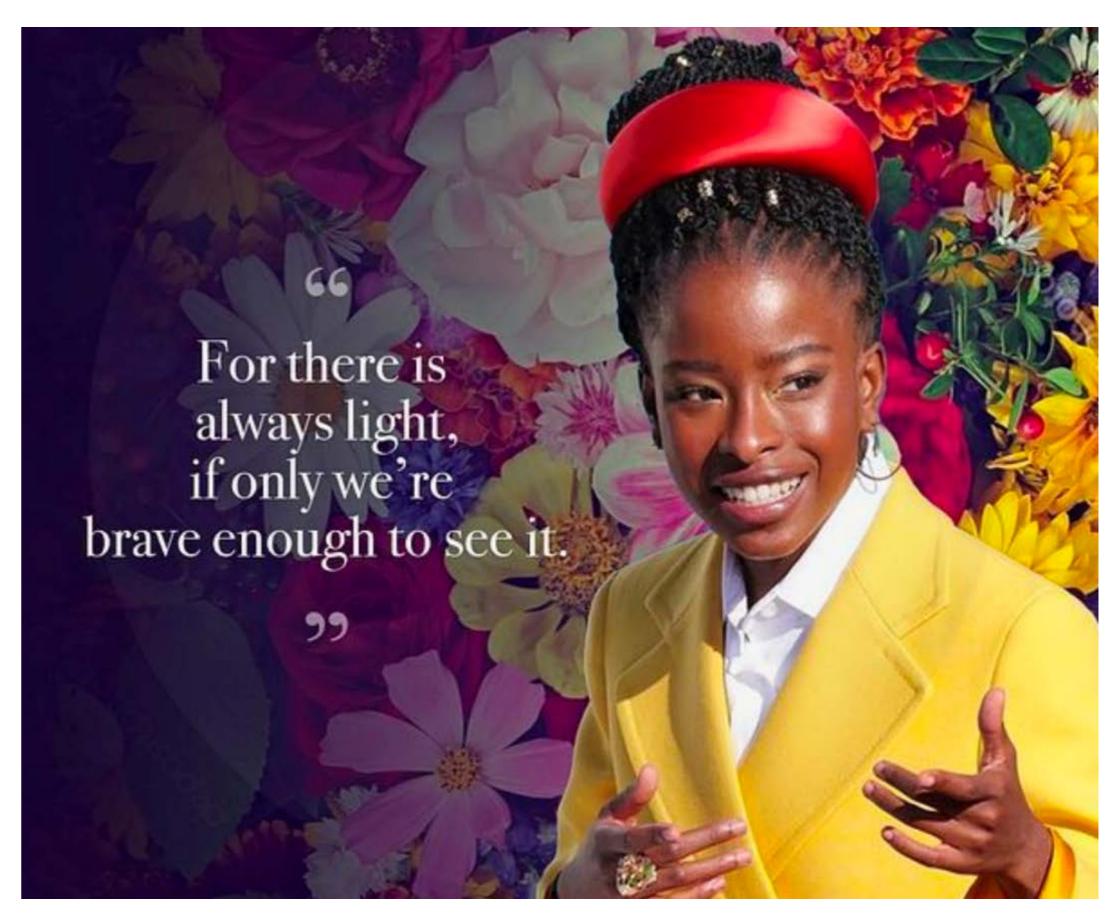
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## Poetry, Literacy, and Oracy: Key Points

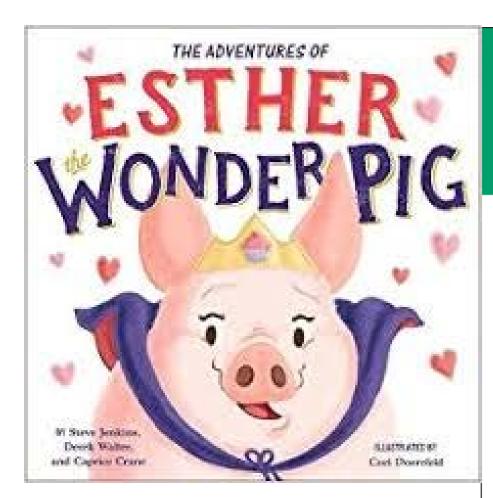
- Prioritize both oracy and literacy
- Promote curiosity about beautiful language and language choices
- Integrate oral and written English language instruction
- Provide regular, structured opportunities to develop written language skills
- Provide frequent opportunities for extended discussions
- Provide daily time to write
- Increase exposure to complex texts with rich language



Amanda Gorman, youngest inaugural poet in U.S. history



## Poetry and Literacy: Sample Activities





#### Poetry

Write a poem about Esther using the letters in her name to start each line. To help you get started, here are some things Esther likes to do: eating, sleeping, walking, bathing, playing, snuggling, foraging, exploring.

F

S

T

Н

E

R

You can write the poem together with an adult or on your own. Include a picture with your poem to make it extra special!



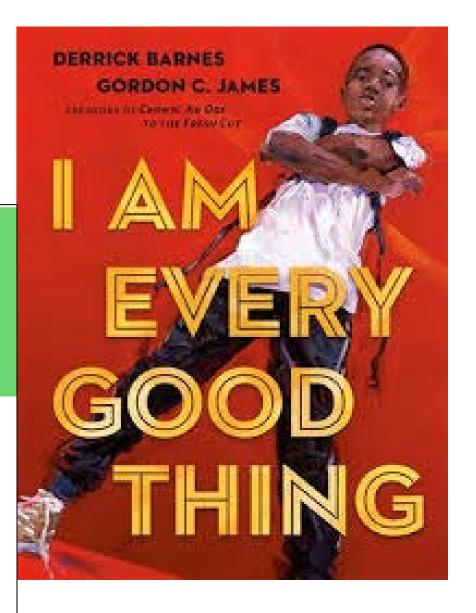
## Literacy

How about writing and illustrating your own "I am" book?

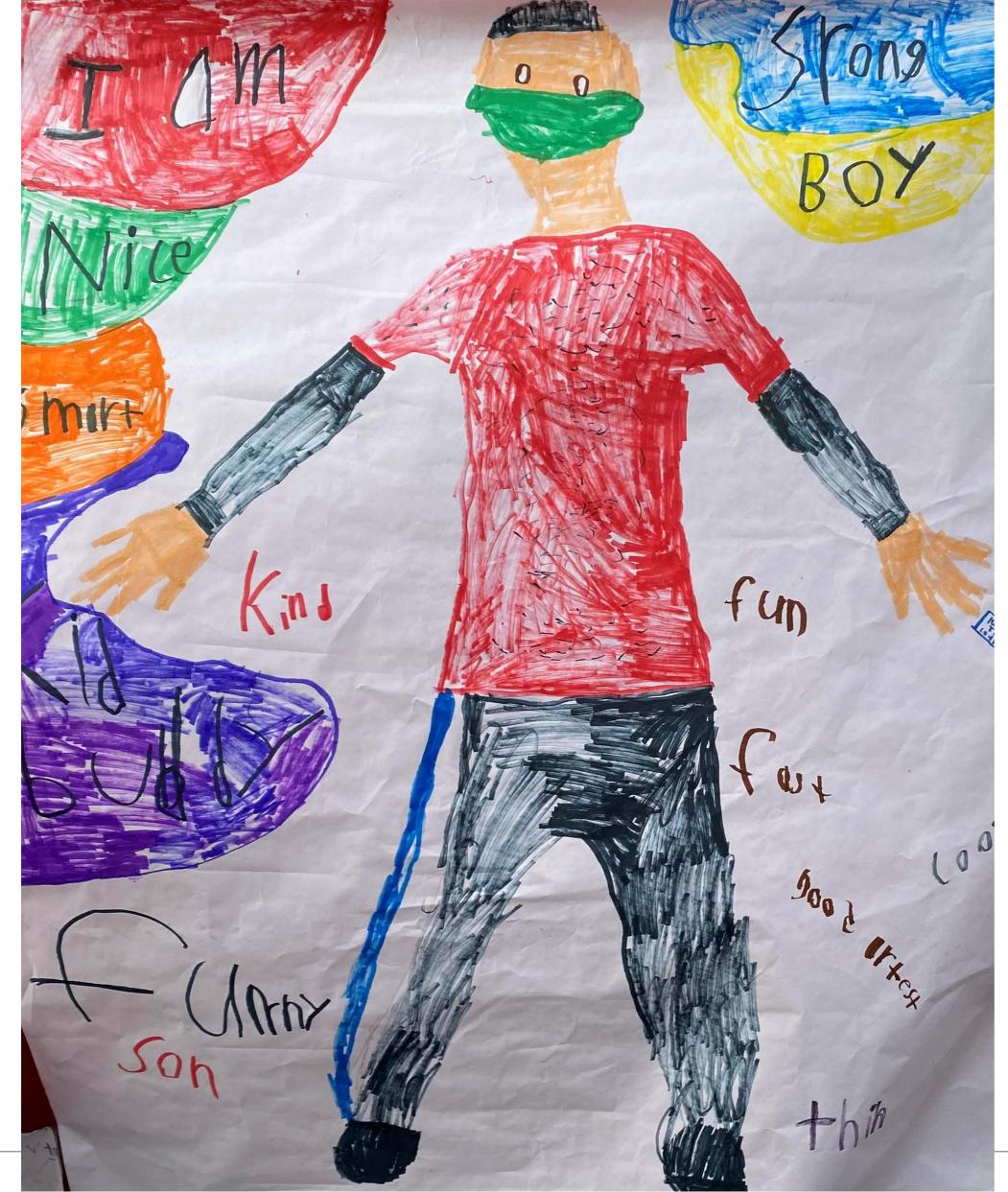
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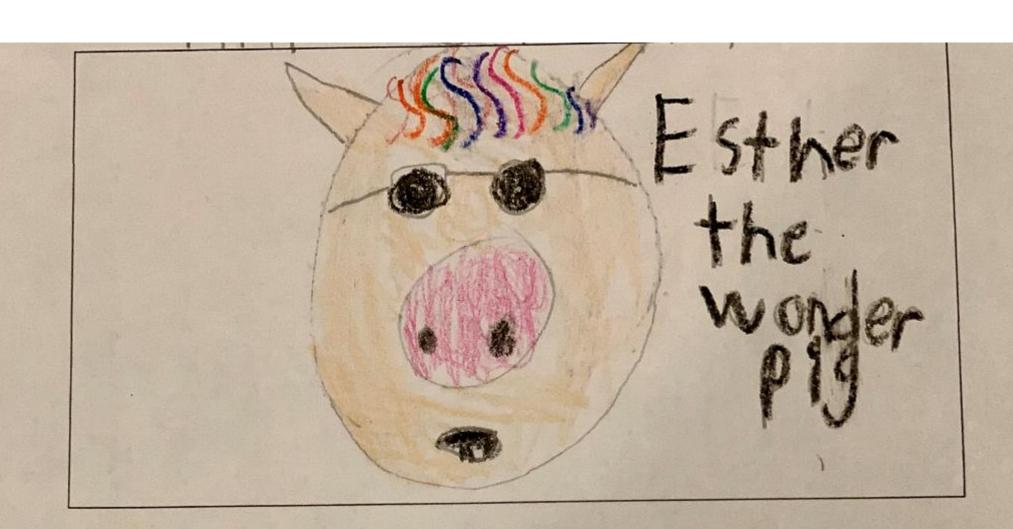
This is all about you!











Eats lots of food

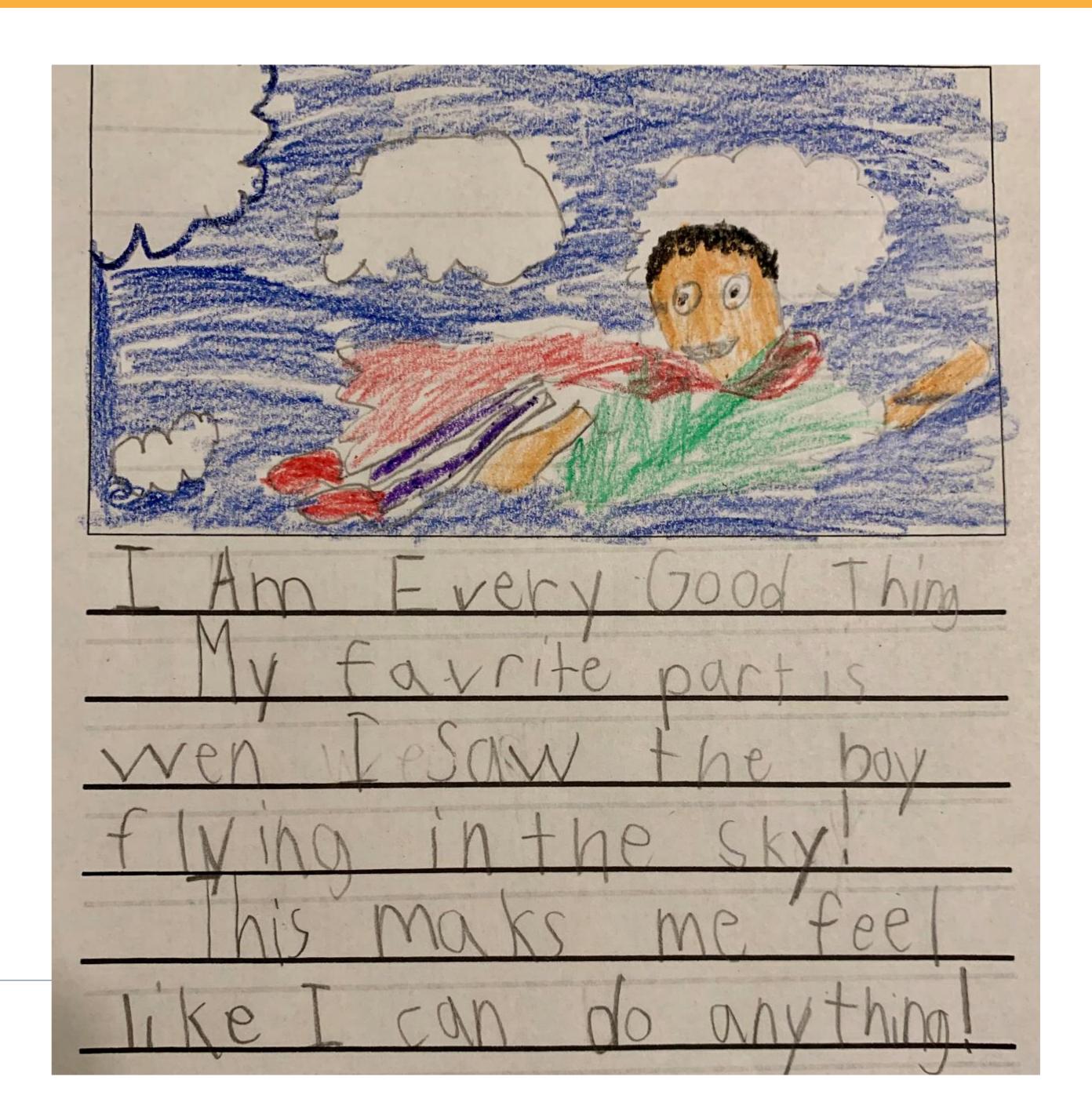
Speshol bubols inthetub

They move to a new hose

Her Dads love her!

E sther gets into tradel

R uns away!



### A-E-I-O-U (Your Choice) Reflection

A—Adjective: Share one or more adjectives that describe something you heard or learned.

**E—Emotion:** Share how a particular part of the presentation made you feel.

I—Interesting: Share something you found interesting and why.

O—Oh!: Share something that made you say, "Oh!"

U—Umm: Share a question you have.









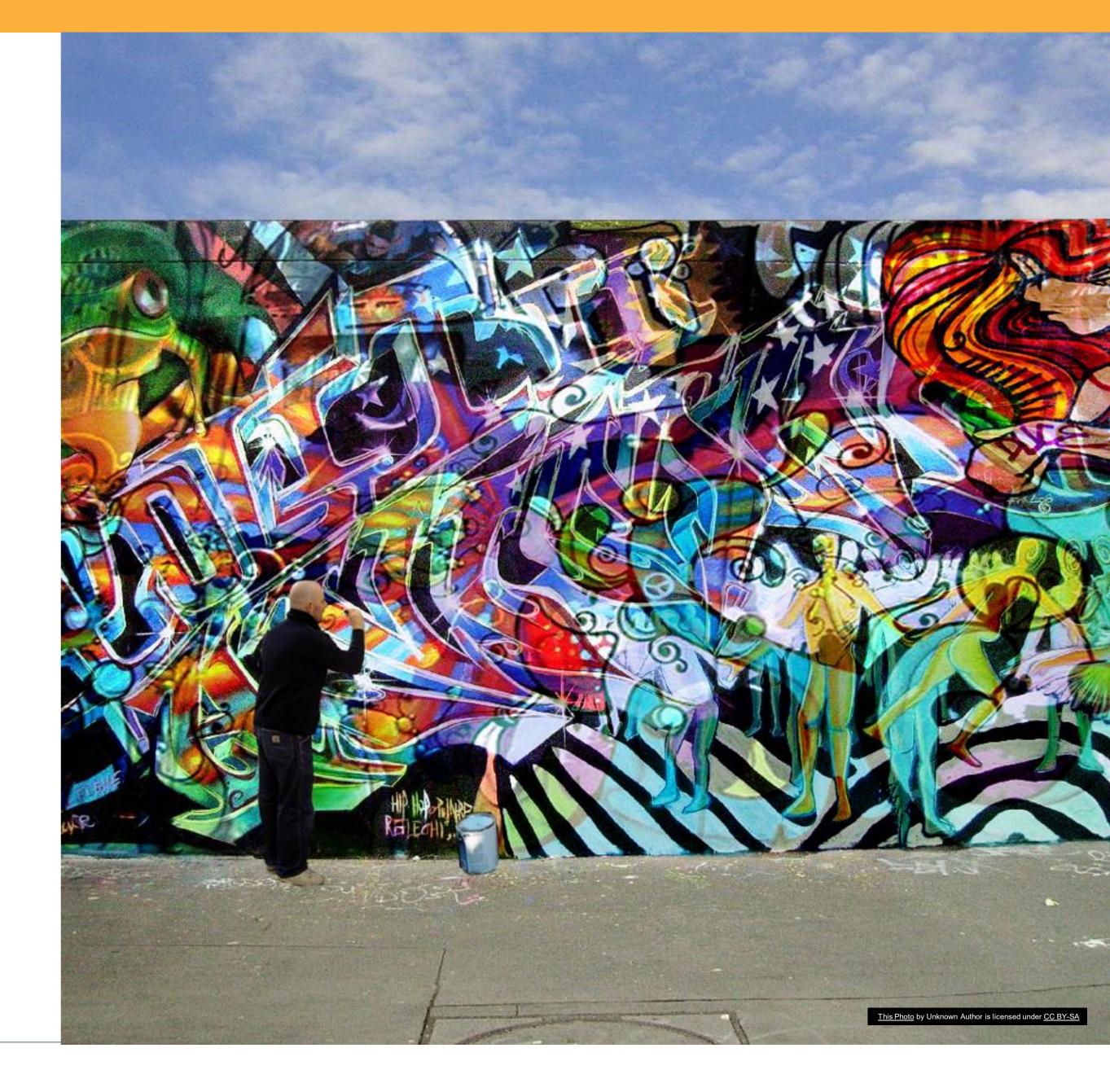
# Stories from School Communities

Thea Fabian

Vice Principal

Wawona K-8 School

Fresno Unified School District





### Wawona K-8 School

SEL, creativity, parent leadership around CLR texts



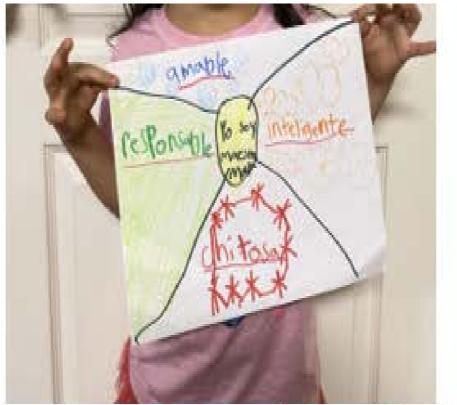
### Un enfoque en el amor y el autoestima

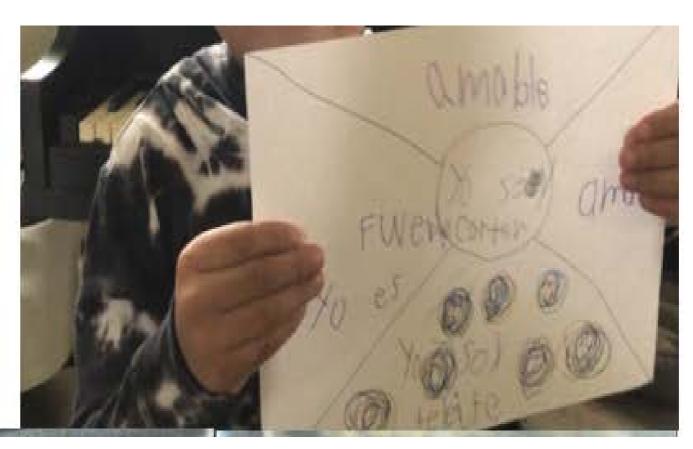






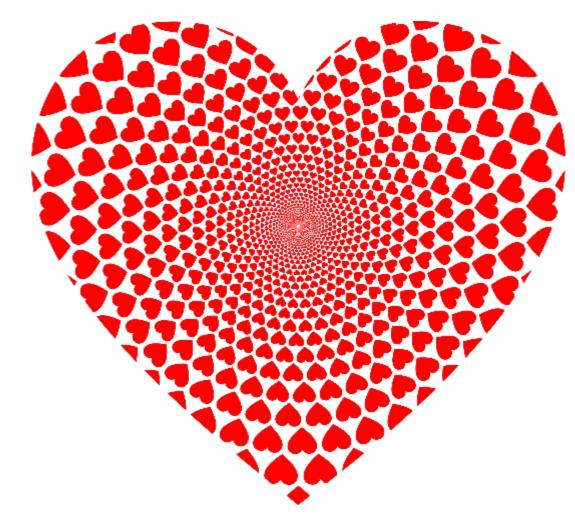


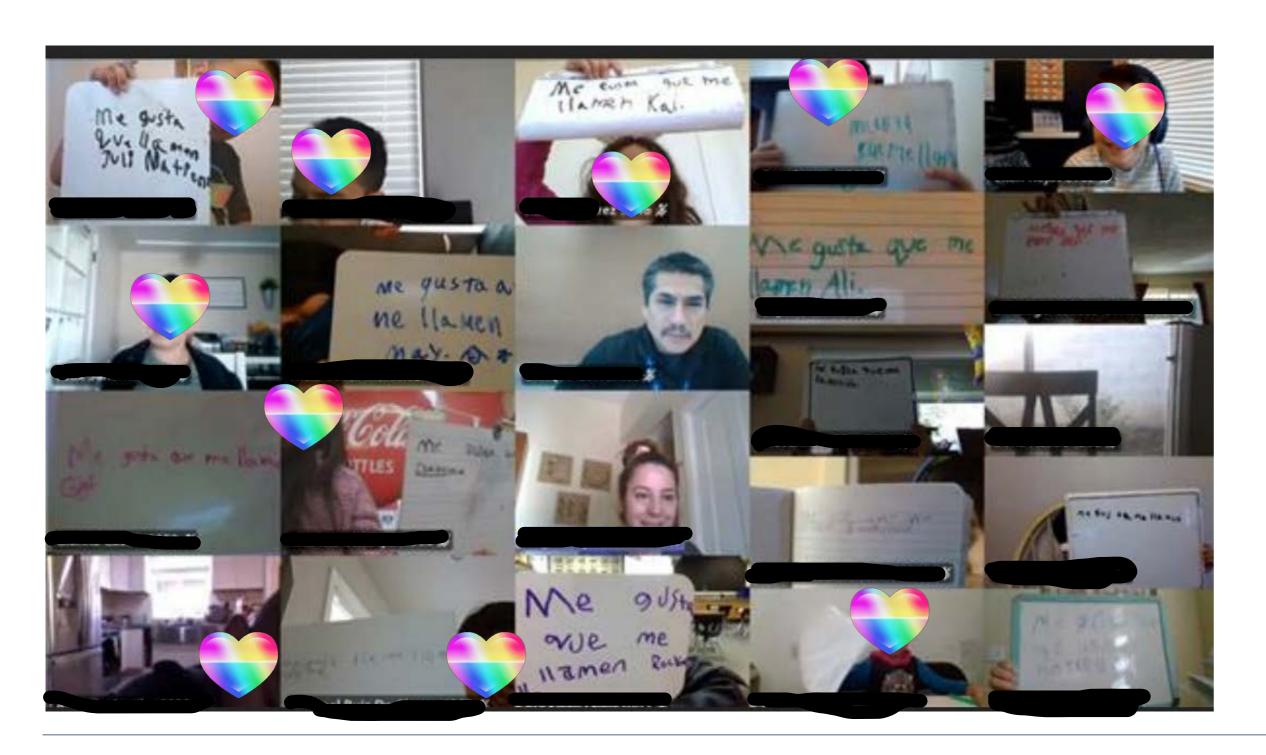


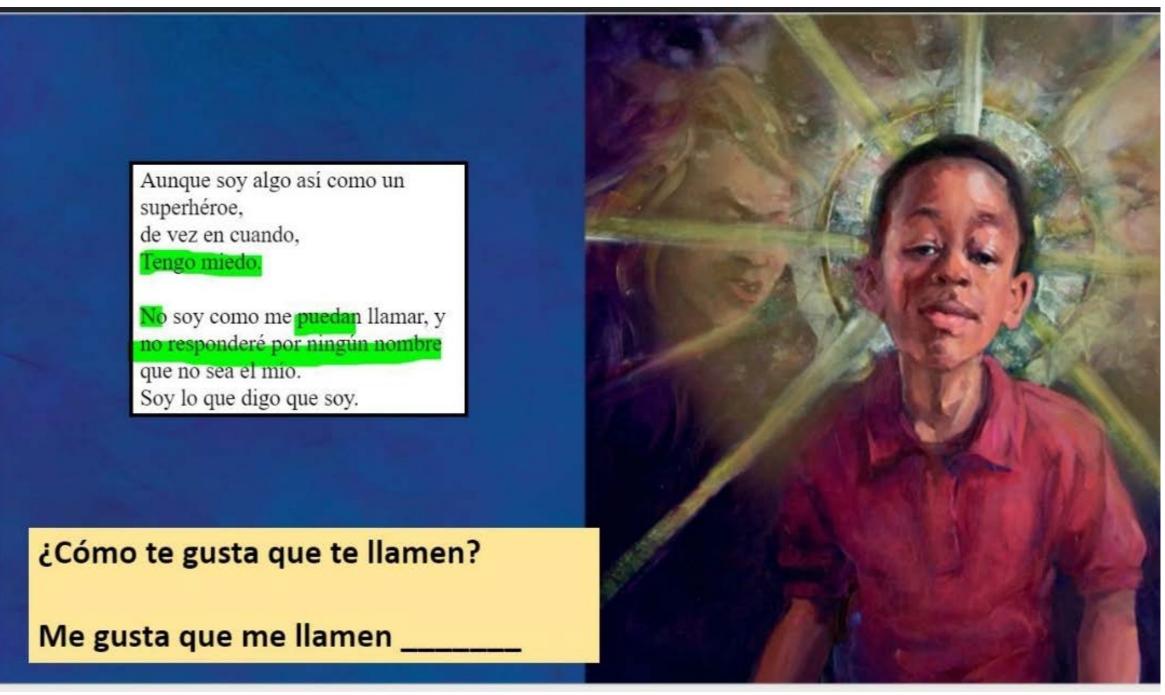




# Me gusta que me llamen... I like people to call me...





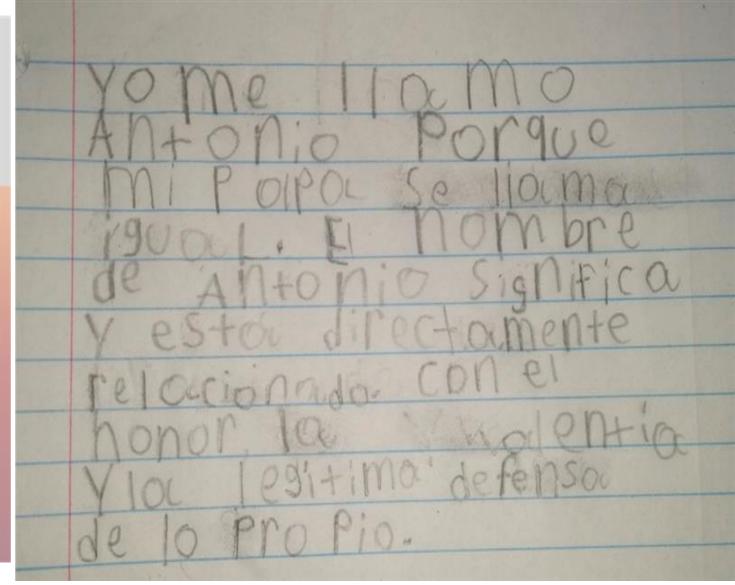




### Mi nombre significa...



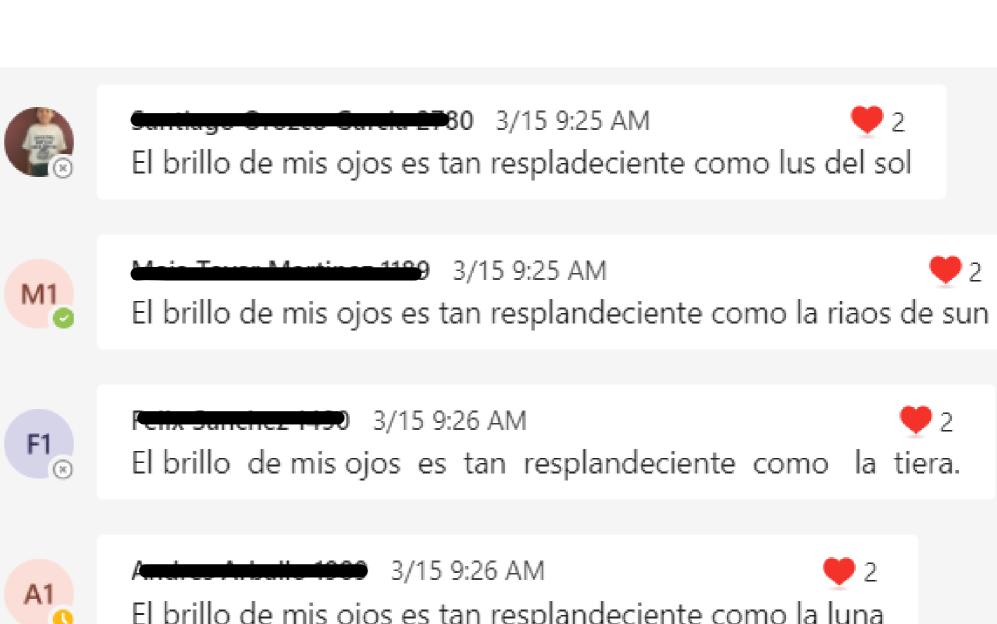


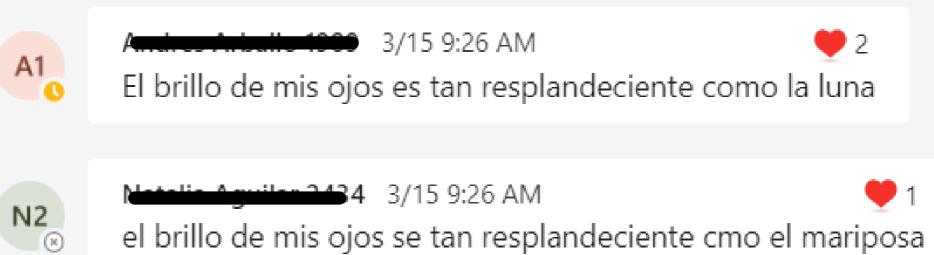




### El brillo de mis ojos...



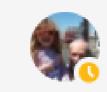




- Aliyah Silva 0680 3/15 9:27 AM

  El brillo de mes ojos es tan resplandesiente, como las estrellas.
- El brillo de mis ojos es tan resplandeciente como el agua del rio.





3/15 9:28 AM

El brillo de mis ojos es tan

resplandeciente como los flores.

Xandar Guzman 8035 3/8 9:31 AM



mi color de mi miel es coma los arbulea.......

Natalia Agaila: 2434 3/8 9:34 AM



el color de mi piel tan hermoso como esabejalaflode.

Intenie Aguilar 2303 3/8 9:35 AM

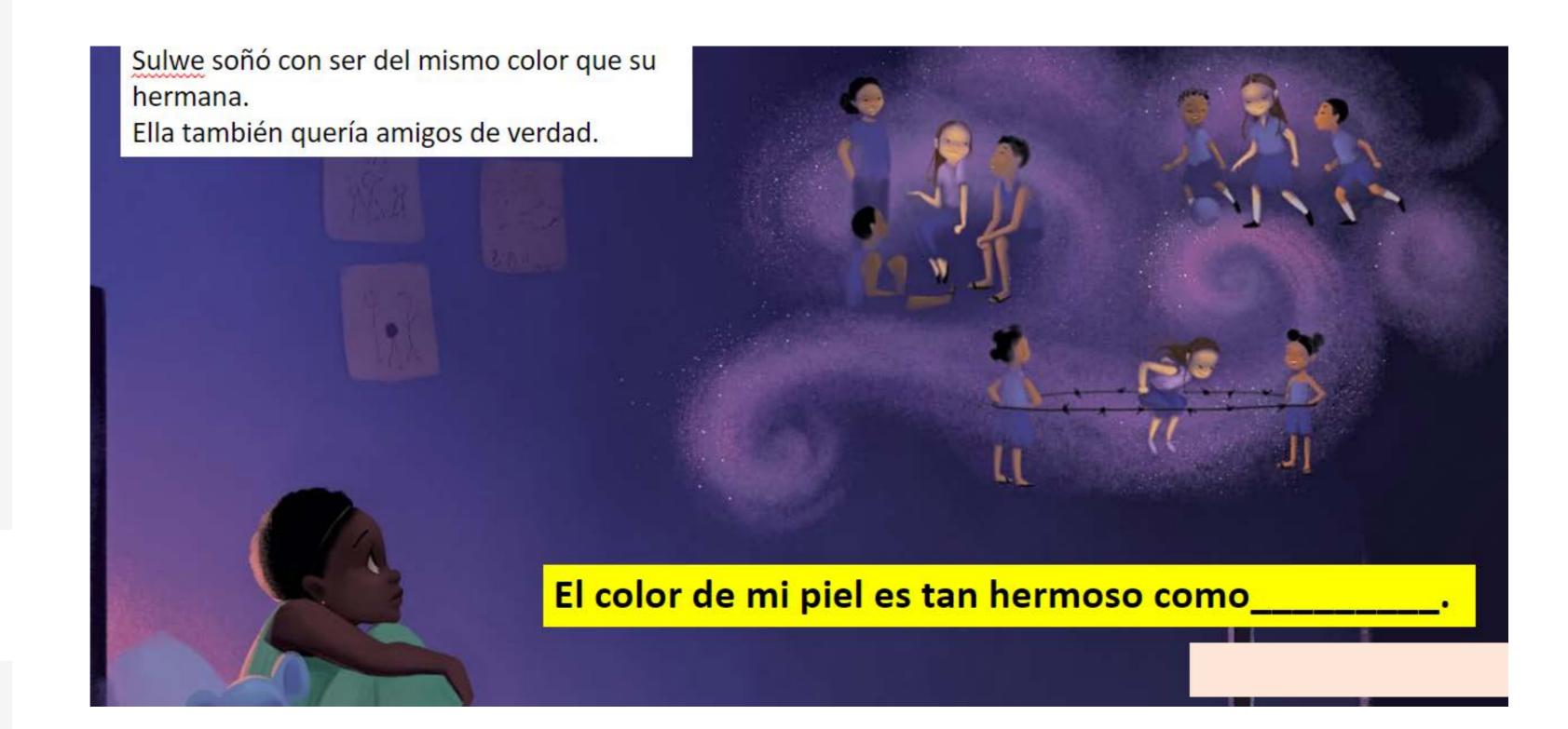
El color de mi piel es tan

hermoso como

Vicente Cruz Vidul 3964 3/8 9:50 AM



mi color de piel es carameloo y es muy ermoso





### Otros proyectos creatives/socioemocional

- Yo soy...poemas
- Mosaicos de mi



### La biblioteca...Our physical and digital library work...

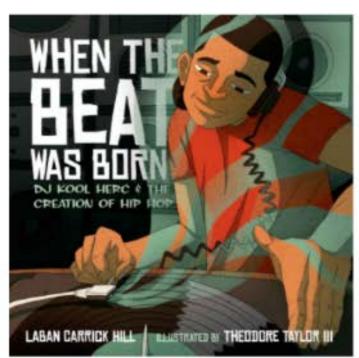
- Building CLR collections
- Connecting with teachers around texts to teach
- Connecting with students and matching texts
- Building digital spaces



A place where we can share our love of reading with our kids and each other!

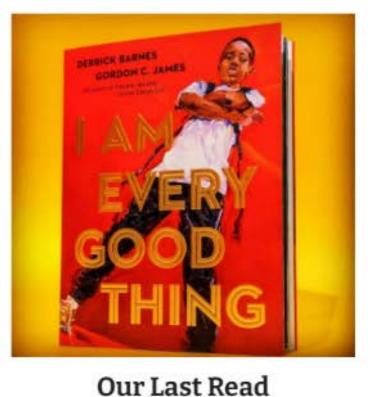


Why reading is so important



Our Next Read

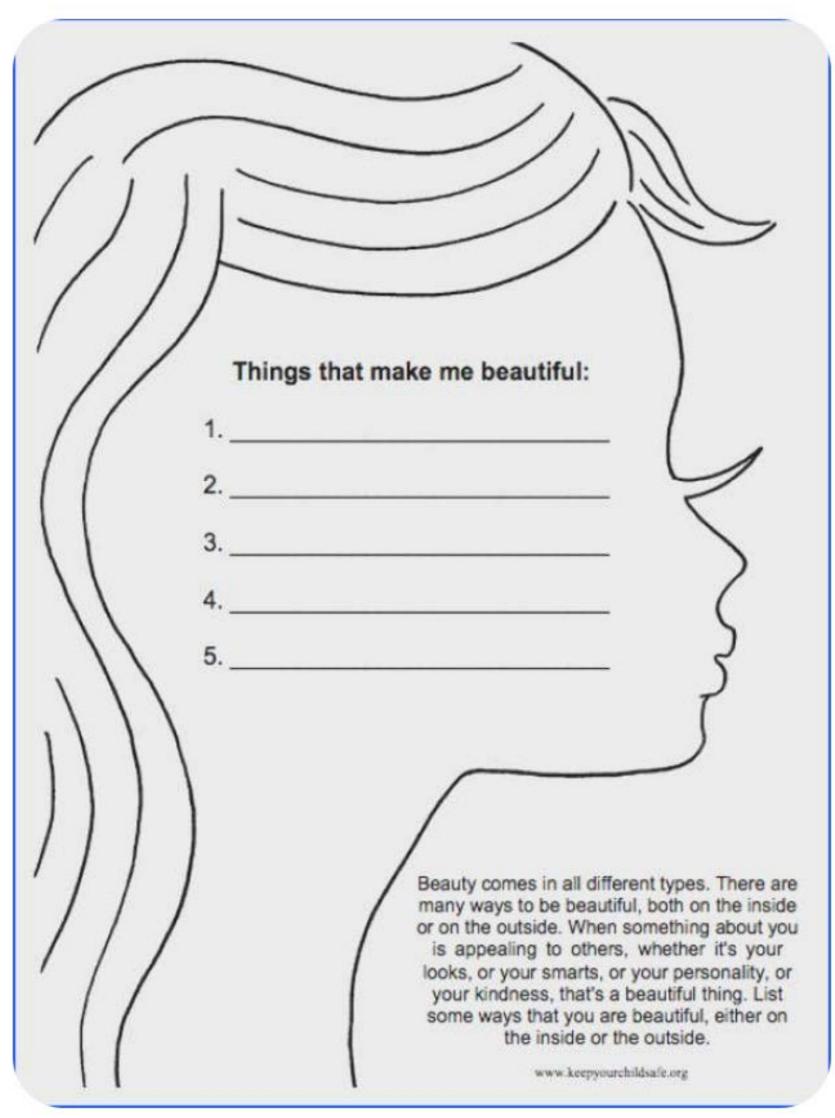
Mr. Acedo sharing his love of this book

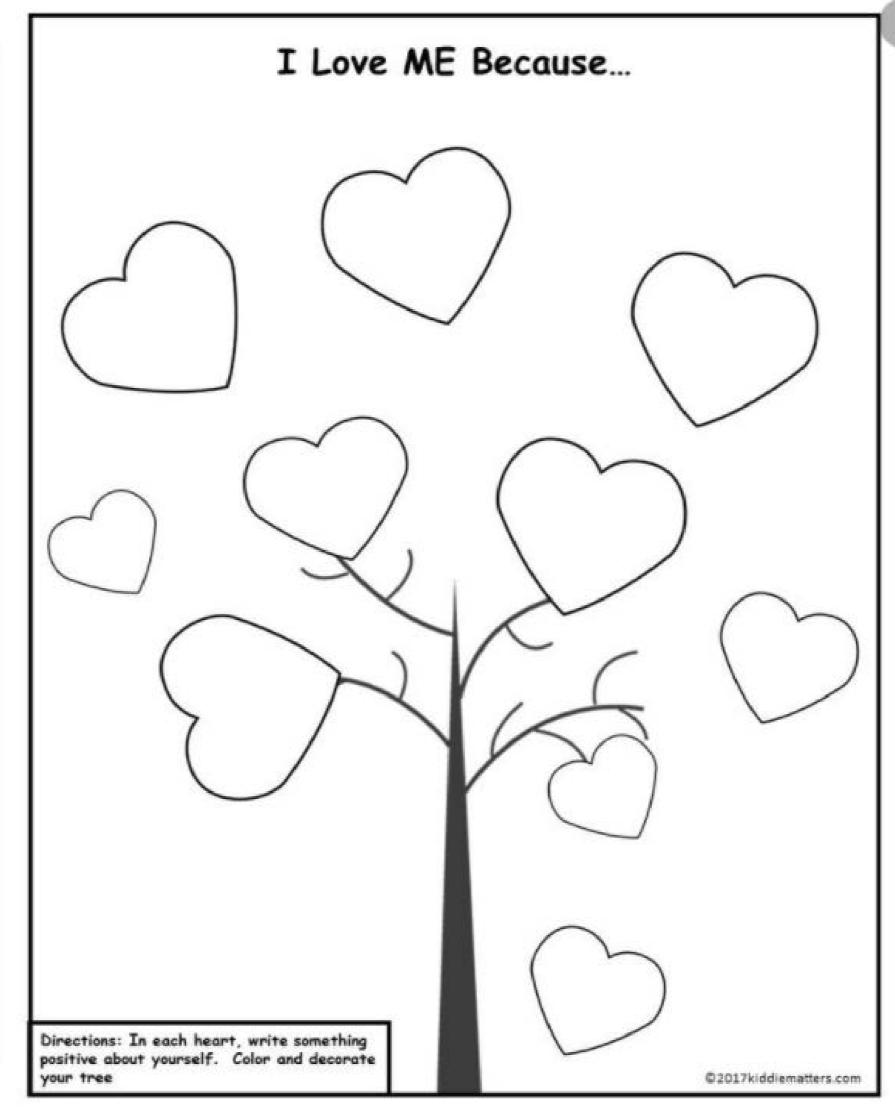


our Lust Heuu

Sou todo la Ruena (Spanish Translation)







# Positive Self-Identity



### Nuestros Padres...

Reading Challenge!









## Joyful Reading

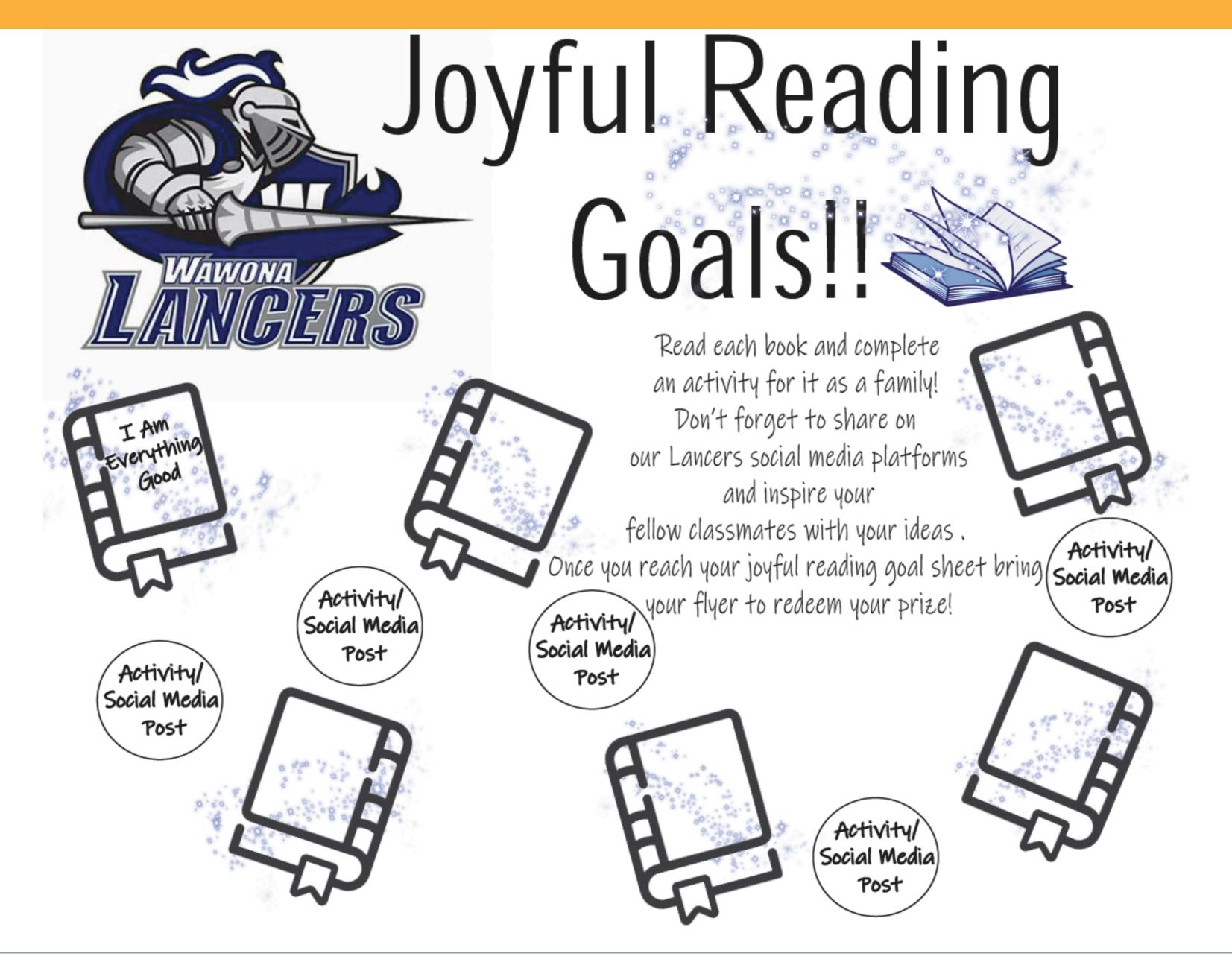
Wawona K-8; Hora Familiar



### **Parent Talents**

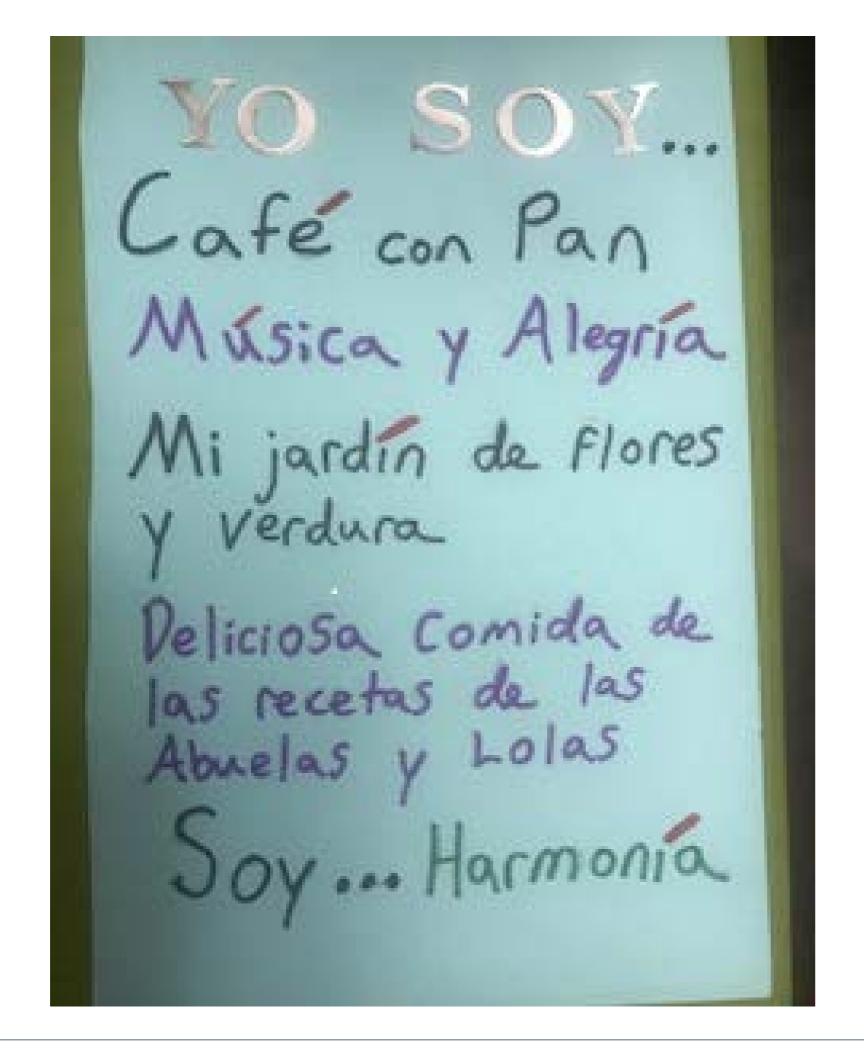
- Record parents reading the book both in English and Spanish
- Create a reading challenge list
- Request donations to make goodie bags as prizes.
- Hora Familiar: weekly meetings to collaborate with other parents on how to continue to promote Joyful Reading at home.

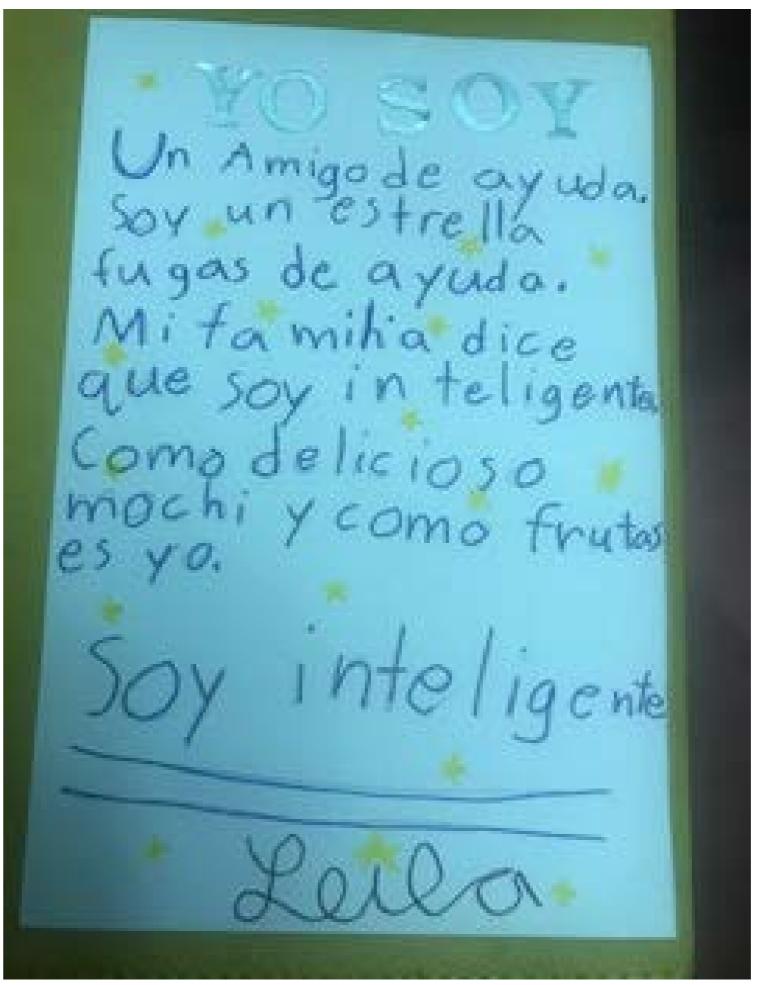






### Activities Completed by Families







## Activities Completed by Families







### Activities Completed by Families

# Today is a good day

I am strong

I am smart

I am capable

I work hard

I am respectful

I am not better than anybody

Nobody is better than me

I am amazing

I believe in myself

I am blessed



# Stories from School Communities

Danielle Garegnani

Principal

Horton Elementary School

San Diego Unified School District



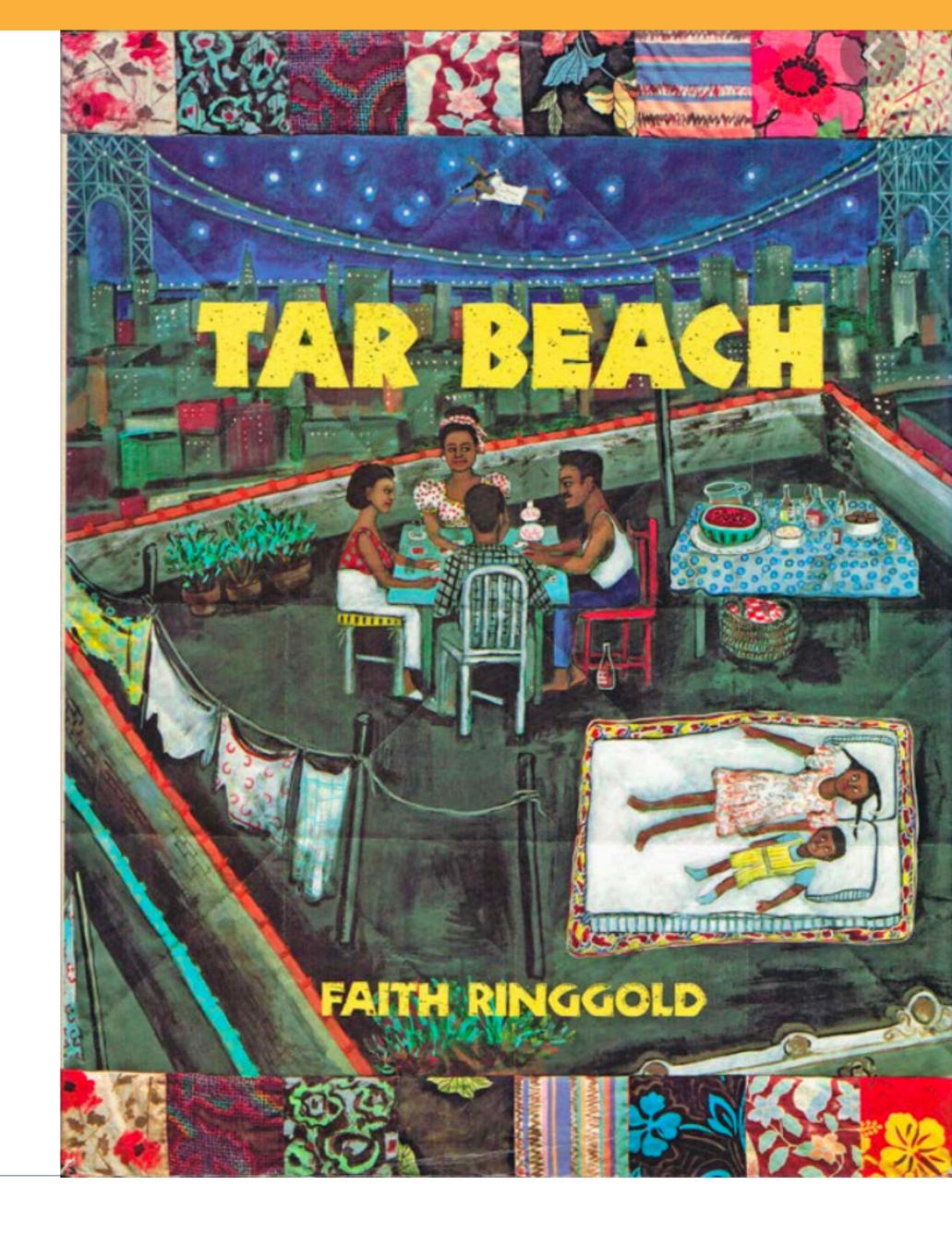


### Joyful Reading: Celebrating Black History Month

- Interactive Read Alouds in Classrooms
- Creative Expression Activities
- Family Art Night

Integration of multiple sets of standards:

- ELA
- VAPA
- History/Social Science
- English Language Development





# Tar Beach by Faith Ringgold

### Themes:

- Hope
- Freedom
- Imagination
- Family
- Racism
- Empowerment

Title, Author, Illustrator:

Ideas for enjoying the book at home

Created by:

### About the Book:



### Before Reading:

- What do you notice about the cover?
- What do you think about the title?
- What do you think we will discover in this book?



### While Reading:

- What do you notice in the picture? What do you think about what we
- What are you curious about now?



### After Reading:

- What did you think about the book?
- How did it make you feel?
- What was your favorite part?

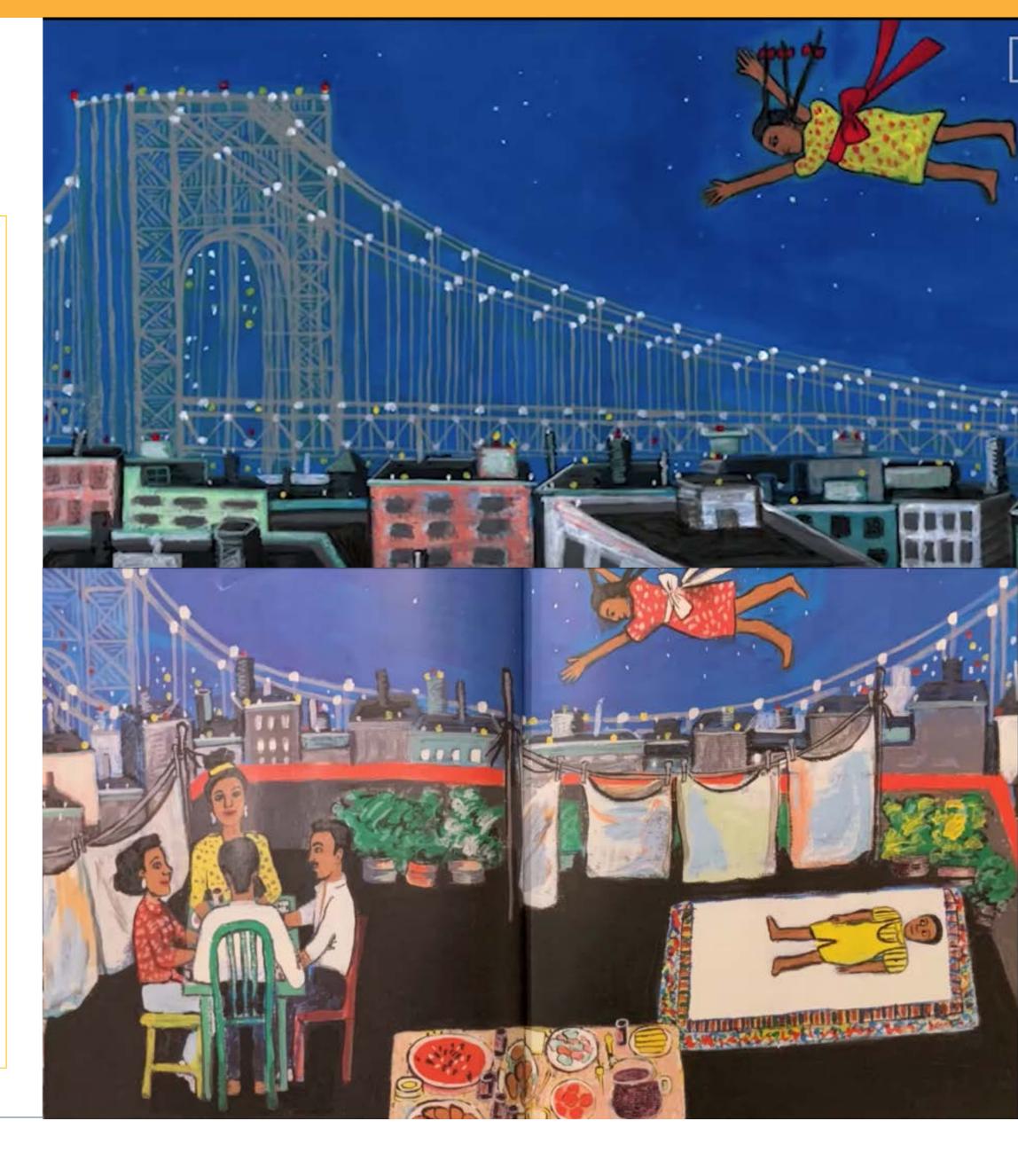
Jump into Joyful Reading!

Invite your child to share their thinking and ask questions as you enjoy the book together. The main thing is to have fun and enjoy one another's company as you read together. Here are some things you can say and do to create a joyful reading experience for

Turn the page over for creative expression ideas!



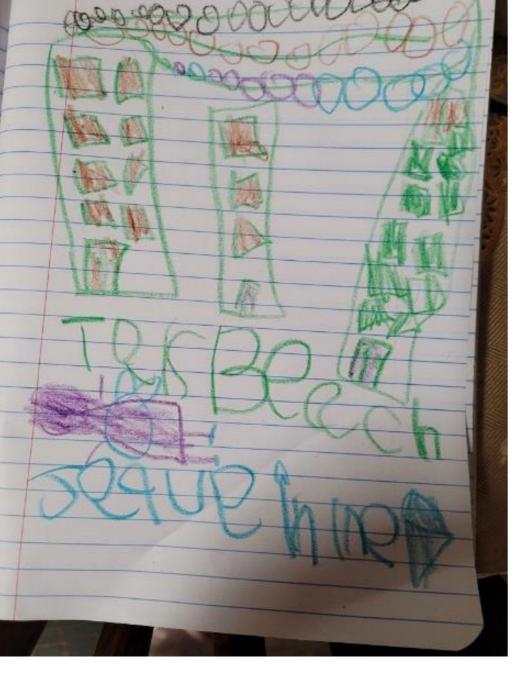
Created by Pam Spycher, REL West at WestEd. 2021

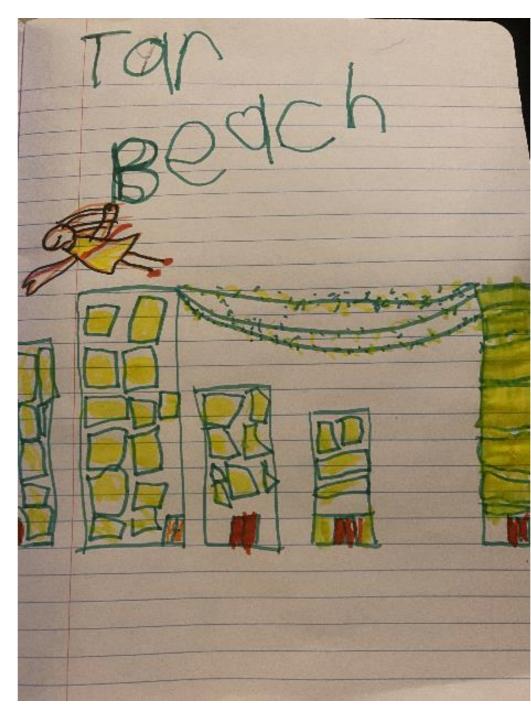


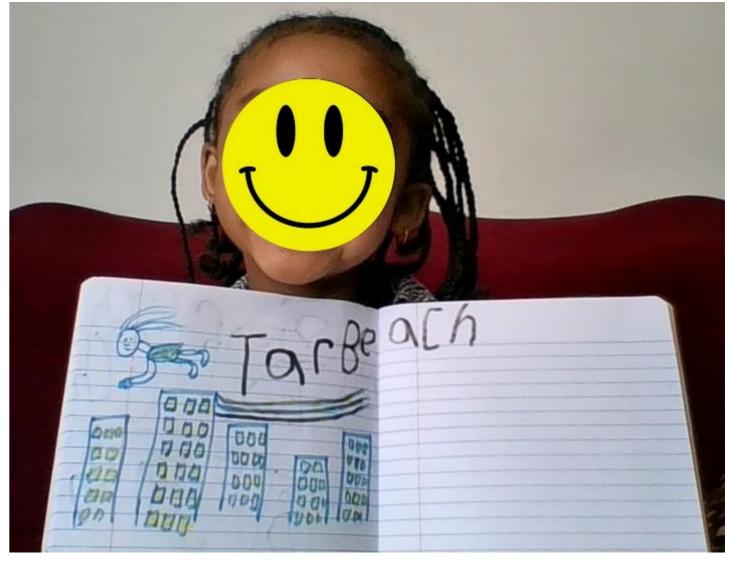


### Interactive Reading and Responses: PreK







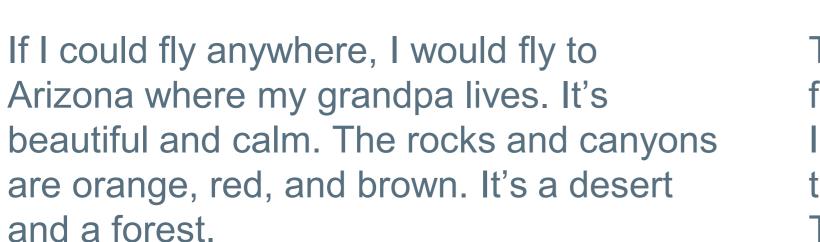






### Creative Expression Activities: Grades 2-5







The beach makes me happy. I would like to fly there because I have fun with my family. I can see the beautiful blue ocean and there are colorful fish. The sand is warm. The sun shines bright. I love the beach.



If I could fly anywhere, I would fly to a different country like Paris. I could own the Eiffel Tower and a lot of restaurants and the bakeries.



# Creative Expression Activities: Grades K-1

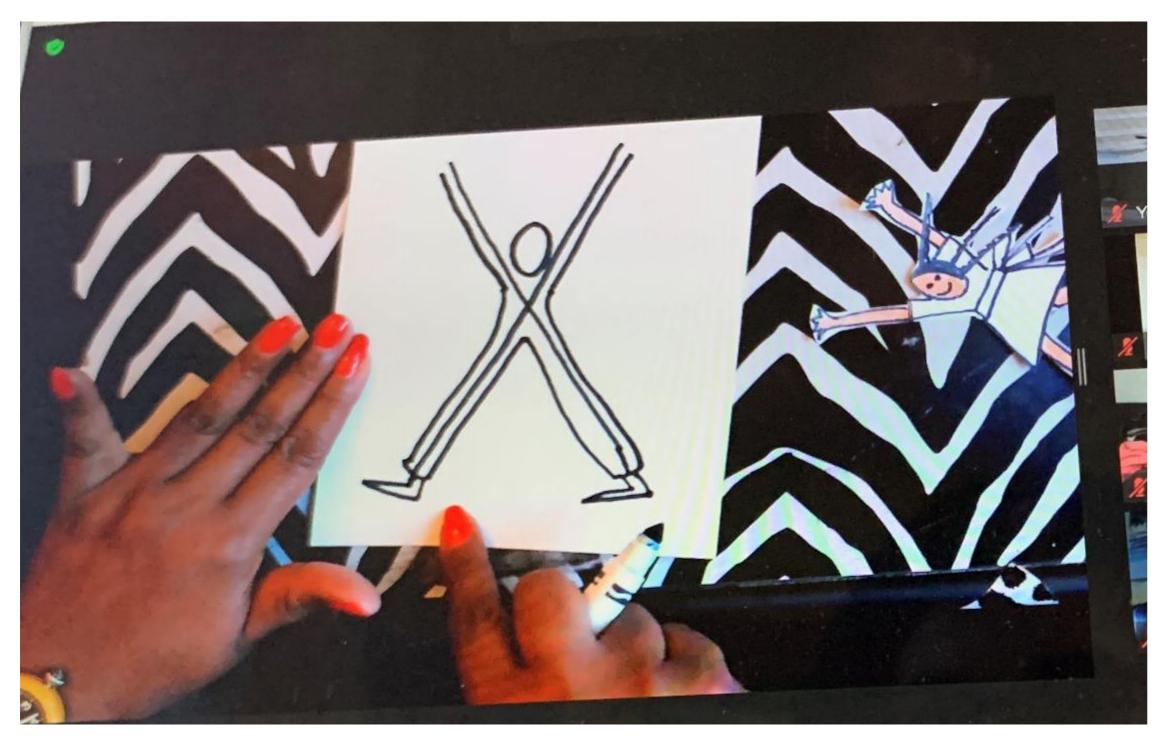




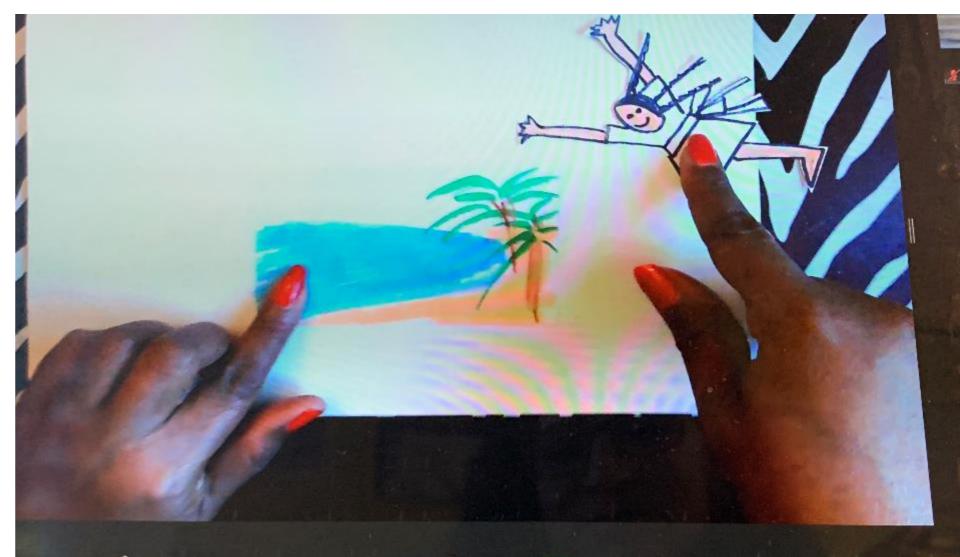




# Virtual Family Art Night

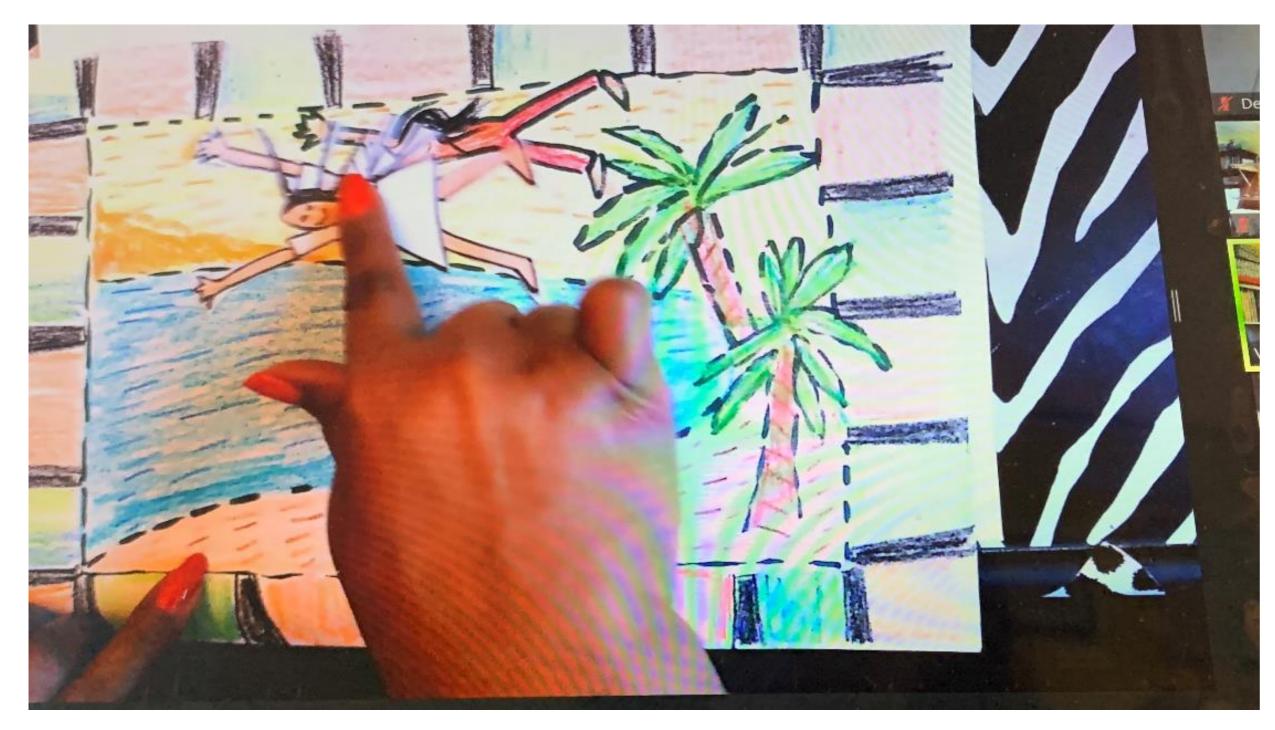


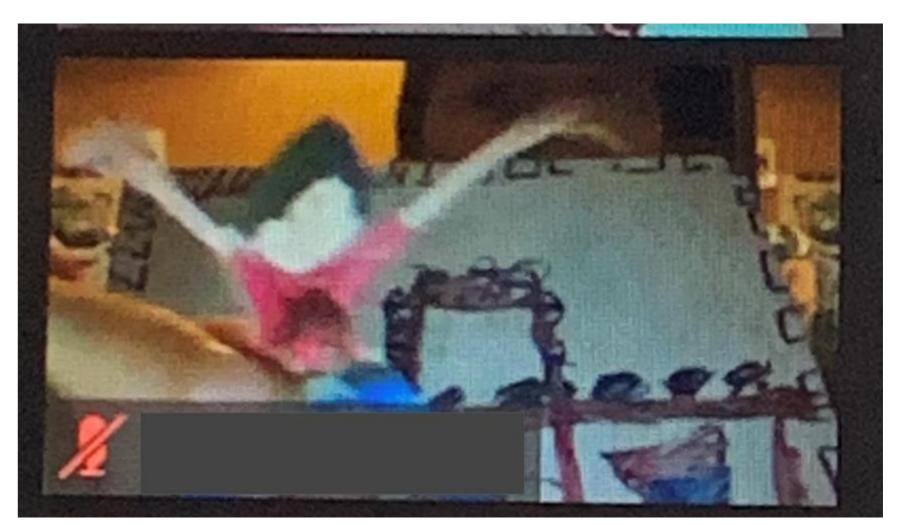






# Virtual Family Art Night



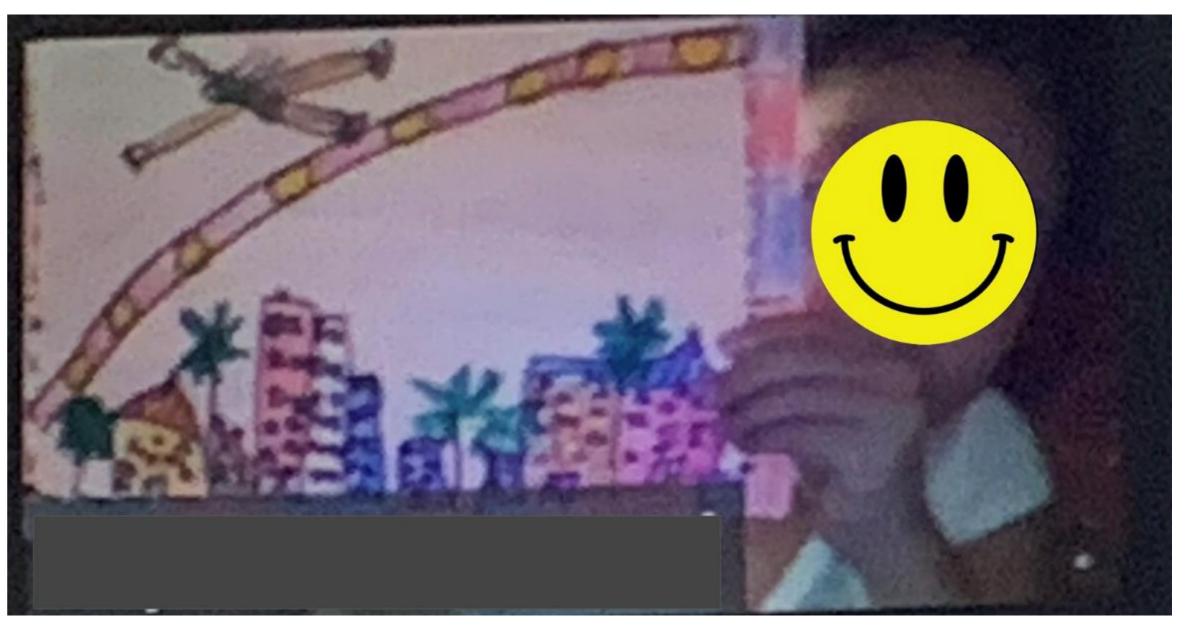




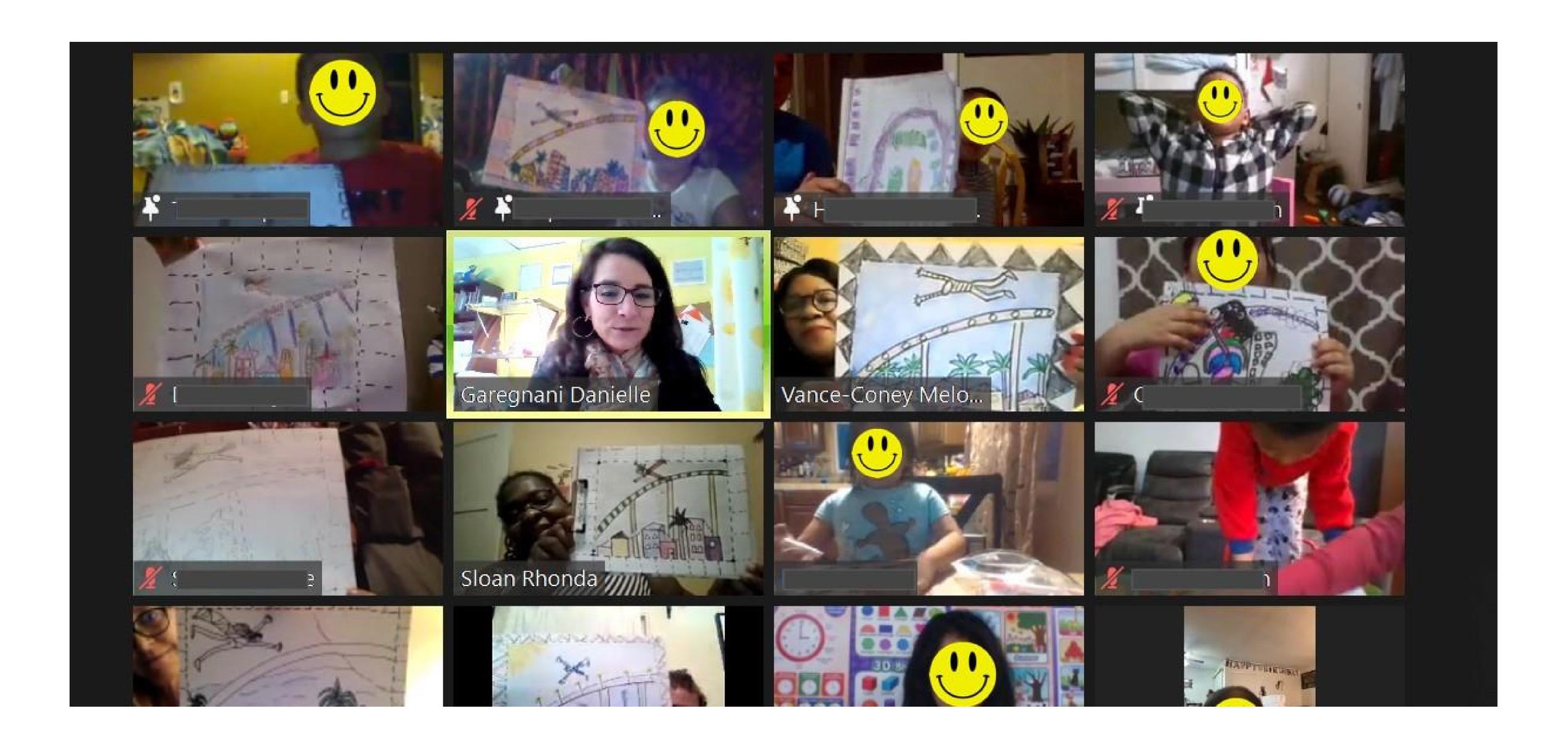


# Virtual Family Art Night











### Key Takeaways

- Spend more time with the book multiple reads
- Written responses with artwork
- Deeper connections to SEL
- Art exhibition/celebration (grade level or whole school)



### Pause and Ponder

Please share your questions, connections, and reflections in the chat.





### Community of Practice

### April 15, 2-3 PM Pacific

- Very interactive session (mostly small breakout groups)
- Before you come, try out some of the ideas from today's session
- Come ready to talk about what you did
- Bring an artifact, such as an art piece a child did, a poem the class wrote together, etc.





## Thank you for being here today!



"Every leaf that grows will tell you: what you sow will bear fruit, so if you have any sense my friend, don't plant anything but Love." - Rumi



### Check Your Email

- Survey link
- Webinar recording
- Invitation to the April 15<sup>th</sup> 2-3 PM Pacific Community of Practice

Questions? Please contact us at relwest@wested.org





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### Thank you!

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