

"I CHOOSE TO TRY AGAIN"

[This is such a great book](#) for kids who struggle with big emotions. This book has such a great foundation for social-emotional learning as it applies to the idea of "failure". It reframes failure in such a wonderful (and needed!) way for children so that they aren't afraid of failing!

What I also love is that the main character moves through many different emotions throughout the book, so it's full of opportunities to discuss coping skills, emotional literacy, and social-emotional awareness. I highly recommend this book!

GOAL IDEAS:

To improve emotional awareness, To identify feelings
To improve coping skills, To build social-emotional skills
To practice emotional regulation skills

Tips:

1. I like to leave books out in the open for children to take notice of on their own. You could leave this book out for a child to move toward during a child-led session, or you could have it ready for a more directive experience.
2. Give the child the opportunity to choose to be read to or to read it (depending upon their age).
3. Don't feel the need to finish the whole book in one sitting!

REMEMBER:

YOU are one of the most important things in the therapy room. We can "do" interventions all day long, but the connection YOU bring into the room is an intervention in itself. Remember to attune to your clients, reflect their feelings and expressions, and be present.

Remember to "be"!

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Expansion Ideas:

Music: This rhyming book is a song waiting to happen! There are so many opportunities throughout this book that could turn into a song. My favorite way of doing this with this book is having the child pick out their favorite picture or part of the book and using that as the verse/chorus. Ask the child what part they remember the most, and use your clinical judgement on what other verses to include to balance out some of what the child is latching onto.

Art: Like the book, have the child create 4-5 images of themselves working on a goal that they have that is hard. Maybe it's something in school, a sport, and instrument, a friend situation, etc. After they create these images, have them find the appropriate verse that matches what they felt during that experience. They can then write that verse from the book onto their own page. When the child feels like they have completed their images and verses, turn it into their own book by laminating all of the pages!

Lists: Have the child create a list of time where they felt like they failed at something or something took them a really long time to complete. Get fun and creative with this list -- glitter, stickers, drawings, music, movement -- whatever you can add to create this list - just make it fun! Gather information about what they felt during the experience, what they felt like when it didn't come together as easily as they wanted, and how they felt after they did it (if they got to that point yet). Encourage the child to get curious about what they learned each time that they had to start over or had to try again.

- **Expand more:** Have the child write out future goals that they have or want to do where they are worried they might "fail". Identify parts of the book that would help them most in that moment, whether it be phrases or images. They can even identify friends or people who are helpful to turn to during those frustrating moments that will encourage them to try again when they are ready.
- **Revisit:** After some time, revisit these lists with children! Ask how those goals are going or what their experience was in trying to complete that goal. Continue to add this to their "list".