

# The SEL Interactive Read Aloud Collection

## Tulare County Office of Education

*Tim A. Hire, County Superintendent of Schools*

<b>Abuela's Super Capa</b> by Ana Siqueira	
<b>Self-Awareness</b> (understanding emotions and self-confidence) <b>Self-Management</b> (resilience, perseverance) <b>Social Awareness</b> (empathy, appreciation of family and cultural traditions) <b>Relationship Skills</b> (family bonds, communication)	
<b>Background</b>	Abuela's Super Capa is a heartwarming story about a young boy and his abuela, who teaches him that love, resilience, and family traditions are more powerful than any superhero cape. The boy admires his grandmother's strength and wisdom, learning that true strength comes from within. Through vibrant storytelling, the book celebrates family, cultural heritage, and the power of believing in oneself.
<b>Before You Read</b>	<b>Look at the cover.</b> What do you notice? What do you think the story will be about?  Have you ever thought of someone in your family as a superhero? Why?  What does the word <b>capa</b> mean in Spanish? How do superheroes use their capes?  What is something special that a grandparent or older family member has taught you?  Why do you think people wear capes in stories? Can a cape give someone real power?
<b>While You Read</b>  <b>Guiding Questions</b>	<b>(Self-Awareness)</b> How does the main character feel when he sees Abuela wearing her capa? Have you ever felt like that about someone in your family?  <b>(Relationship Skills)</b> How do Abuela and the boy spend time together? Why is it important to share time with loved ones?  <b>(Social Awareness)</b> What do you notice about Abuela's capa? Why do you think it's special to her?  <b>(Self-Management)</b> When the boy faces a challenge, how does he react at first? Have you ever had to keep trying even when something was hard?

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	<p><b>(Self-Awareness)</b> Abuela tells the boy that he doesn't need a real cape to be strong. What do you think she means?</p> <p><b>(Self-Management)</b> How does the boy change his mindset when he faces a problem? What does he learn about his own strength?</p> <p><b>(Social Awareness)</b> How does Abuela show love and support for her grandson? How do you show love in your family?</p> <p><b>(Relationship Skills)</b> What lesson does the boy learn from his Abuela about being strong and brave?</p> <p><b>(Self-Awareness)</b> At the end of the book, how does the boy feel about himself? What changed in the way she sees herself?</p> <p><b>(Social Awareness)</b> What does this story teach us about family traditions and how they make us feel connected?</p>
<b>After Reading</b>	<p><b>Objective:</b> Students will reflect on their own inner strengths and the lessons they've learned from a family member.</p> <p><b>Activity Steps:</b></p> <ol style="list-style-type: none"><li>1. <b>Think &amp; Discuss:</b> Ask students, "What makes you strong?" and "Who in your family has taught you something important?"</li><li>2. <b>Create:</b> Each student will design a paper "super capa" (super cape) with drawings or words representing their strengths, values, and important lessons from loved ones.</li><li>3. <b>Share:</b> Students will present their capes to the class, explaining what makes them "super" and how their family inspires them.</li><li>4. <b>Extension:</b> If possible, invite a grandparent or family member to visit the class and share a story about a time they had to be strong.</li></ol>