

The SEL Interactive Read Aloud Collection

Tulare County Office of Education

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Something Good by Marcy Campbell

SEL Competencies:

Self-Awareness – Understanding personal emotions when faced with difficult situations.

Self-Management – Learning how to cope with uncomfortable feelings and work through them.

Social Awareness – Recognizing how words and actions affect others and understanding the feelings of those around us.

Relationship Skills – Encouraging kindness, cooperation, and unity within a community.

Responsible Decision-Making – Choosing to respond in a way that promotes healing and positive change.

Background

Something Good by Marcy Campbell explores the impact of an upsetting event at school—something hurtful has been written on a wall. The story follows the students and teachers as they navigate their emotions, discuss the situation, and ultimately work together to create something positive in response. The book highlights themes of empathy, kindness, and collective healing, making it an excellent choice for discussing difficult feelings and how communities can come together to make things better.

Before You Read

Look at the cover. What do you notice? What do you think this book might be about?

Have you ever seen or heard something that made you feel uncomfortable or sad? How did you handle it?

Why do you think words have power? How can words affect how someone feels?

What are some ways we can make a place feel welcoming and kind for everyone?

If something unkind happened at school, what could we do to make things better?

While You Read

Guiding Questions

1. **(Self-Awareness)** – The students in the book find out that something bad has been written on the wall. How do you think they are feeling?
2. **(Social Awareness)** – The students have different reactions to what happened. Why do you think some students feel sad, confused, or even mad?
3. **(Self-Management)** – When we feel upset about something, what are some ways we can calm ourselves down?
4. **(Relationship Skills)** – The teacher talks to the students about what

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	<p>happened. Why is it important to talk about our feelings instead of keeping them inside?</p> <ol style="list-style-type: none"> 5. (Social Awareness) – The book shows that everyone reacts to hurtful situations differently. How can we support each other when we feel sad? 6. (Responsible Decision-Making) – The students and teachers decide to do something good to make the school a better place. What do you think they might do? 7. (Relationship Skills) – The students start creating art and positive messages. How does working together help people feel better? 8. (Self-Awareness) – How do you think the students feel now that they are making something good? 9. (Responsible Decision-Making) – If we saw something unkind at school, what could we do to make the space feel welcoming again? 10. (Self-Management) – The book shows that even when bad things happen, we can make positive choices. What is one good thing you can do to help others feel safe and happy at school?
<p>After Reading</p>	<p>K-2 Activity: "Words Can Lift Us Up" Mural</p> <p>Objective: Encourage students to use positive words to create a welcoming and supportive environment.</p> <ul style="list-style-type: none"> • Provide students with paper or sticky notes and ask them to write or draw positive messages (e.g., "You are important," "Be kind," "You are a great friend!"). • Arrange the notes into a class mural on a wall or bulletin board. • Discuss: How do these words make you feel? Why is it important to spread kindness? <p>Grades 3-5 Activity: "Turning Hurt Into Healing – A Writing Reflection"</p> <p>Objective: Help students reflect on how they can respond to negative situations with positive actions.</p> <ul style="list-style-type: none"> • Ask students to write about a time they saw or experienced something unkind. • Have them reflect on what was done and what could have been done differently. • Challenge them to come up with a "Something Good" action plan—one way they could turn a negative situation into a positive one in their school or community. • Discuss: Why is it important to take action when we see unkindness? How does choosing kindness help everyone?

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