

Think Equal

Book Title	Objectives
Marvelous Me	<ul style="list-style-type: none"> • Understand the concepts 'same' and 'different' • Celebrate similarities and differences • Demonstrate self-confidence
These Feelings	<ul style="list-style-type: none"> • Understand that feelings will come and go • Demonstrate strategies for managing feelings
The Weather Inside Me	<ul style="list-style-type: none"> • Express their understanding of the Mood Meter • Give examples of how emotions in our bodies can feel like different types of weather • Understand that feelings come and go like the weather
See Learning A	<ul style="list-style-type: none"> • Recognise that we all want happiness and kindness • Create a personal drawing of kindness that they can use as a resource
Ted The Tiger Tamer	<ul style="list-style-type: none"> • Name different emotions • Link emotions to feelings inside the body • Use 'Take a Break, Make a Plan' as a tool to calm their bodies and brains and make positive changes
The Secret Adventures of Anonymouse	<ul style="list-style-type: none"> • Perform acts of kindness around school and the classroom • Demonstrate an understanding that small acts of kindness can inspire other acts of kindness
Curly the Chameleon	<ul style="list-style-type: none"> • Name at least five different emotions • Understand the levels of energy and pleasantness to the Mood Meter
See Learning B	<ul style="list-style-type: none"> • Begin developing ways of showing kindness based on group agreements • Apply their understanding of kindness to concrete individual and collective kind actions
Ahmed's Journey	<ul style="list-style-type: none"> • Name their five senses • Describe what it feels like in their bodies when they have a lot of energy
Faisal's Not Himself	<ul style="list-style-type: none"> • Recognise that boys and girls should both express their feelings • Recognise that boys and girls can do the same thing • Thate the [perspective of someone else (to be able to describe the feelings of a person whom others have been mean to)
Biyu The Brave Pea	<ul style="list-style-type: none"> • Experience empathy and the perspective of another • Discuss nature and the cycle of life
Thabo and the Trees	<ul style="list-style-type: none"> • Show a sense of responsibility for the environment • Understand the interconnectedness of all living things
See Learning C	<ul style="list-style-type: none"> • List vocabulary words that describe various sensations

Passing Clouds	<ul style="list-style-type: none"> • Recognise and name different feelings • Recall strategies to help them have control over their own feelings
Yoshi is Different	<ul style="list-style-type: none"> • Demonstrate confidence in themselves and their unique talents • Show empathy toward others who have different ideas and/ or interests
Nisha and the Tiger	<ul style="list-style-type: none"> • Show compassion for all creatures – animals and humans • Express empathy for others
Francisco's Family	<ul style="list-style-type: none"> • Understand that different families often share similarities but also are different in many ways • Identify things that make their family unique
See Learning D	<ul style="list-style-type: none"> • Continue to practise paying attention to sensations • Learn additional Help Now! strategies for regulating the body
Zelda goes on Holiday	<ul style="list-style-type: none"> • Demonstrate an understanding of compassion for those less fortunate than them • See things from a different perspective
The Monster in the Smoke	<ul style="list-style-type: none"> • Demonstrate an instance of critical thinking • Understand that they can speak out when they see something unfair
Nothando's Journey	<ul style="list-style-type: none"> • Identify unpleasant emotions • Practise calming strategies • Review the five senses
Reha to the Rescue	<ul style="list-style-type: none"> • Recognise various emotions • Demonstrate various ways these emotions can be displayed (face, body etc) • Understand that all creatures are important and can be cared for in safe ways
My Amazing Brain A	<ul style="list-style-type: none"> • Understand that we all have a brain in our heads • Name three things the brain can do
A Tiny Seed: The Story of Wangari Maathai	<ul style="list-style-type: none"> • Recognise the importance of trees • Understand that one person can make a positive difference
My Amazing Brain B	<ul style="list-style-type: none"> • Understand that neurons create pathways in the brain • Understand that the brain is growing and can always become stronger
Our Home	<ul style="list-style-type: none"> • Demonstrate a sense of responsibility towards the environment • Tell one way they will help to care for the earth • Name one way they will practise peace
Gokul's Game	<ul style="list-style-type: none"> • Continue to name and identify emotions in themselves and others • Describe the difference between what it feels like to be lonely/left out and what it feels like to be included

My Dream in the Drawer	<ul style="list-style-type: none">• Set a long-term goal• Understand that gender does not affect one's dreams
Sydney the Seahorse	<ul style="list-style-type: none">• Discuss diversity in skin colours positively• Express that people's skin is different shades of brown
Deji and NNedi and the Very Large Cushion	<ul style="list-style-type: none">• Practise strategies for peaceful conflict resolution based on empathising with others and conversations• Show perspective-taking skills