

Bibliotherapy: using children's books to address students' social and emotional concerns

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Abstract:

All students experience circumstances that have the potential to negatively impact their social and emotional well-being and performance in school. Limited time and resources have made it increasingly challenging for schools and parents to effectively address these issues. This document reviews current literature in the psychological and educational fields related to using bibliotherapy to assist students in overcoming difficult experiences. Bibliotherapy can help students develop social, emotional, problem-solving, and coping skills that can contribute to success in school and beyond. The prepared project is a comprehensive bibliotherapy implementation guide. The purpose of this project is to provide school-based professionals and parents with a practical and effective resource for addressing common social and emotional concerns experienced by students.

Description:

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of literature to help people understand and solve problems relevant to their therapeutic needs. For years, adults have used children's literature as an adjunct tool to help guide a child's thinking, instill moral values, strengthen personal character, and shape behavior. Words that heal: Using children's literature to increase empathy and help students cope with bullying. ADL curriculum connections: Anti-bias lesson plans and resources for K–12 educators. Examining disabilities through children's and young adult literature is one way to facilitate students' understanding and acceptance of individual differences. For years, teachers and librarians have used bibliotherapy as a strategy for addressing the healthy social and emotional development of individuals with disabilities and for helping those without disabilities to understand the issues associated with children and youth with special needs (Kurtts & Gavigan, 2008; Pardeck, 1994). Teaching future educators how to implement bibliotherapy sessions effectively can help them devel