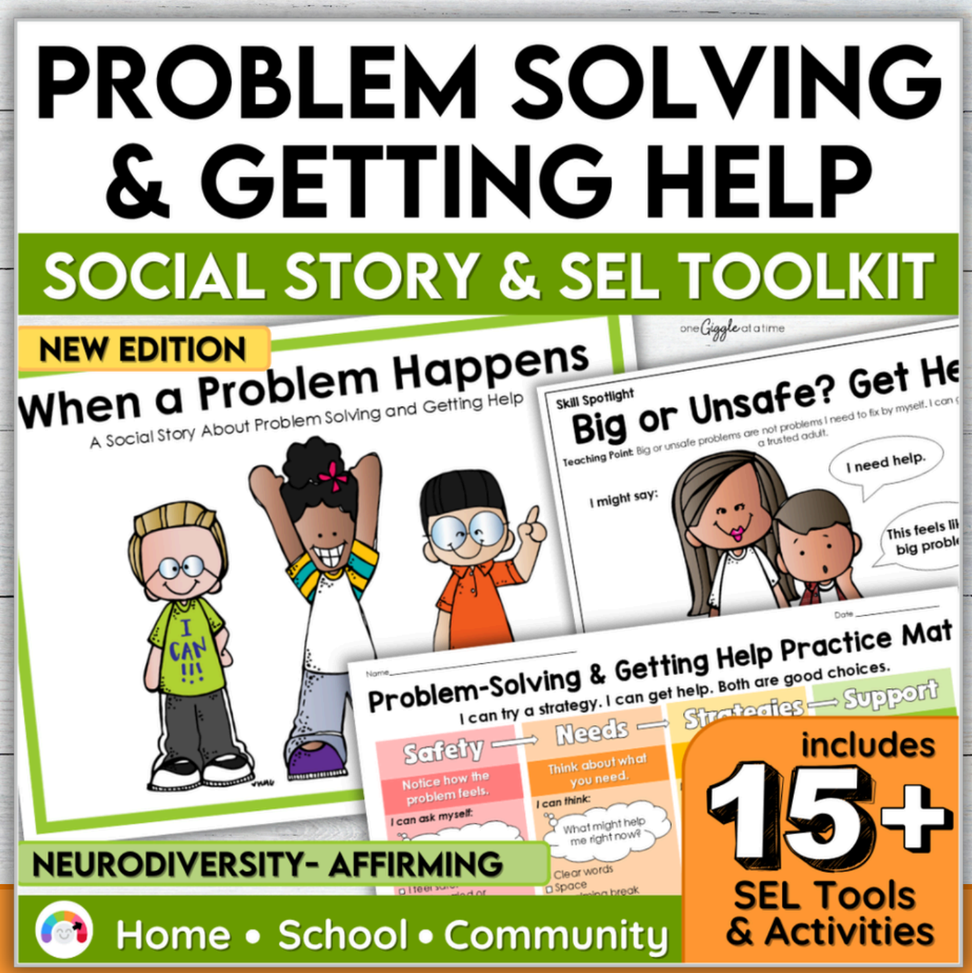
TEACH ACTIVE LISTENING WITH AN INCLUSIVE SEL TOOLKIT

This completely updated resource combines an engaging social story with SEL tools and activities designed to help children **solve everyday problems, recognize when they need support, and feel confident asking for help.**

Children learn that problem-solving does not mean handling every problem alone.
Through discussion, guided practice, reflection, and real-life application, children learn to:

- Notice how a problem feels.
- Think about what they need.
- Try a strategy when they feel safe.
- Ask for help when a problem feels hard or unsafe.
- Get support when a problem keeps happening or a strategy does not help.
- Use these skills at home, at school, and in their community.

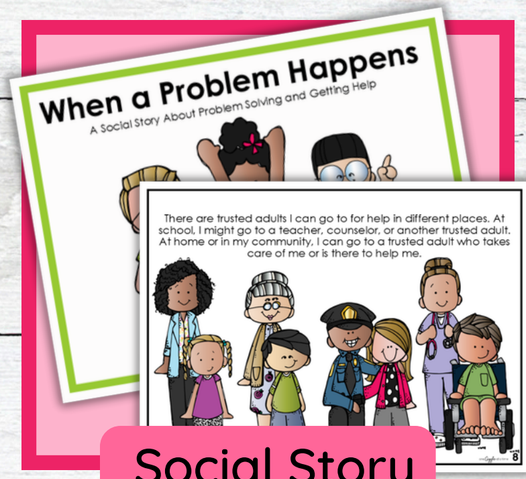
oneGiggle at a time



KEEP SCROLLING TO SEE WHAT'S INCLUDED!

WHAT'S INSIDE THIS RESOURCE

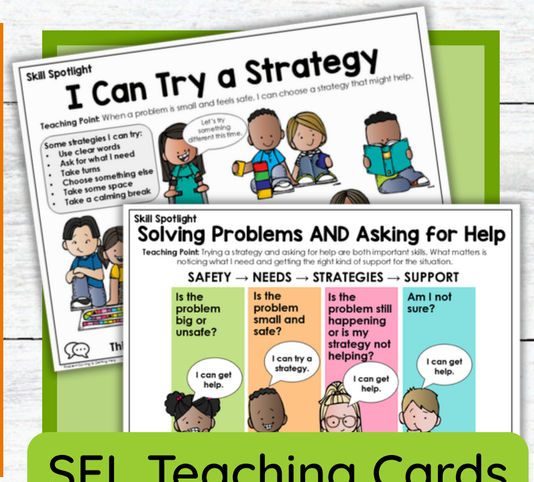
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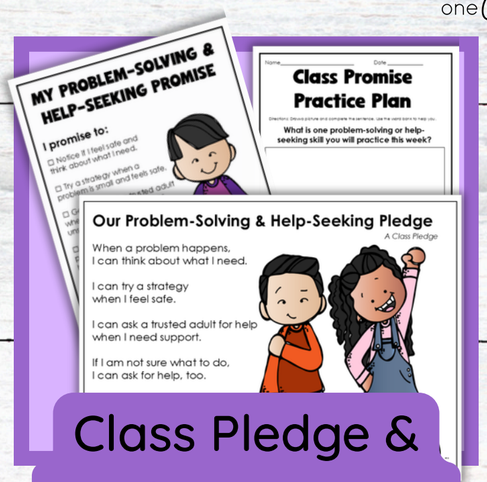
Social Story



Let's Talk Discussion Cards



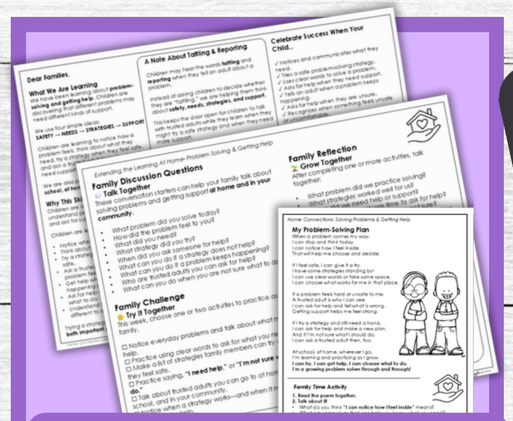
SEL Teaching Cards



Class Pledge & Student Promise



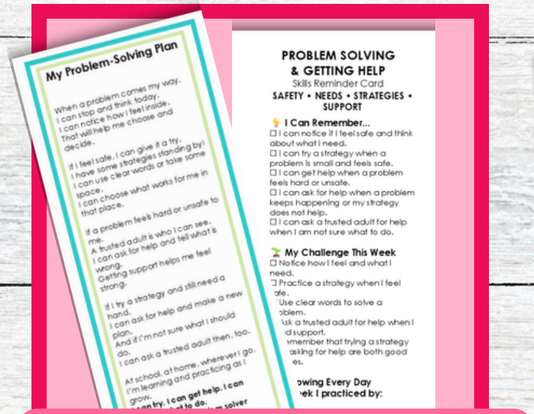
Calm & Confident Toolbox



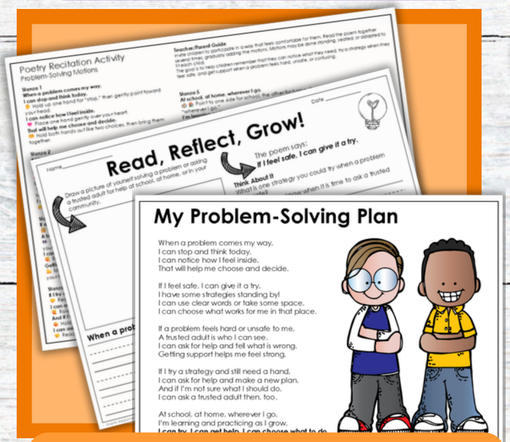
Family Connection Resources



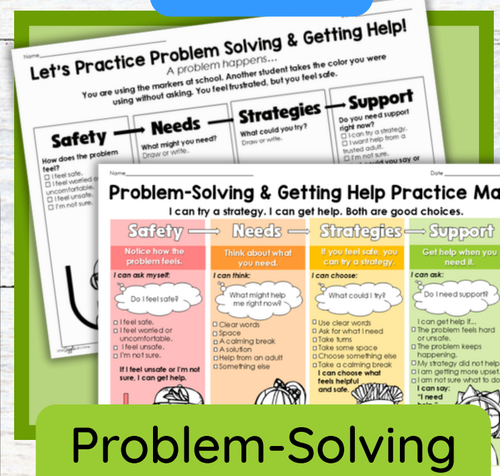
Social Skills Reader & Narrated Story Video



Reminder Challenge Cards



Poetry Connection



Problem-Solving Practice Activities

Designed for school, home, counseling, special education, homeschool, and SEL groups

A NEW APPROACH TO PROBLEM SOLVING & GETTING HELP

Moving beyond “tattling vs. reporting” toward safety, needs, strategies, and support.

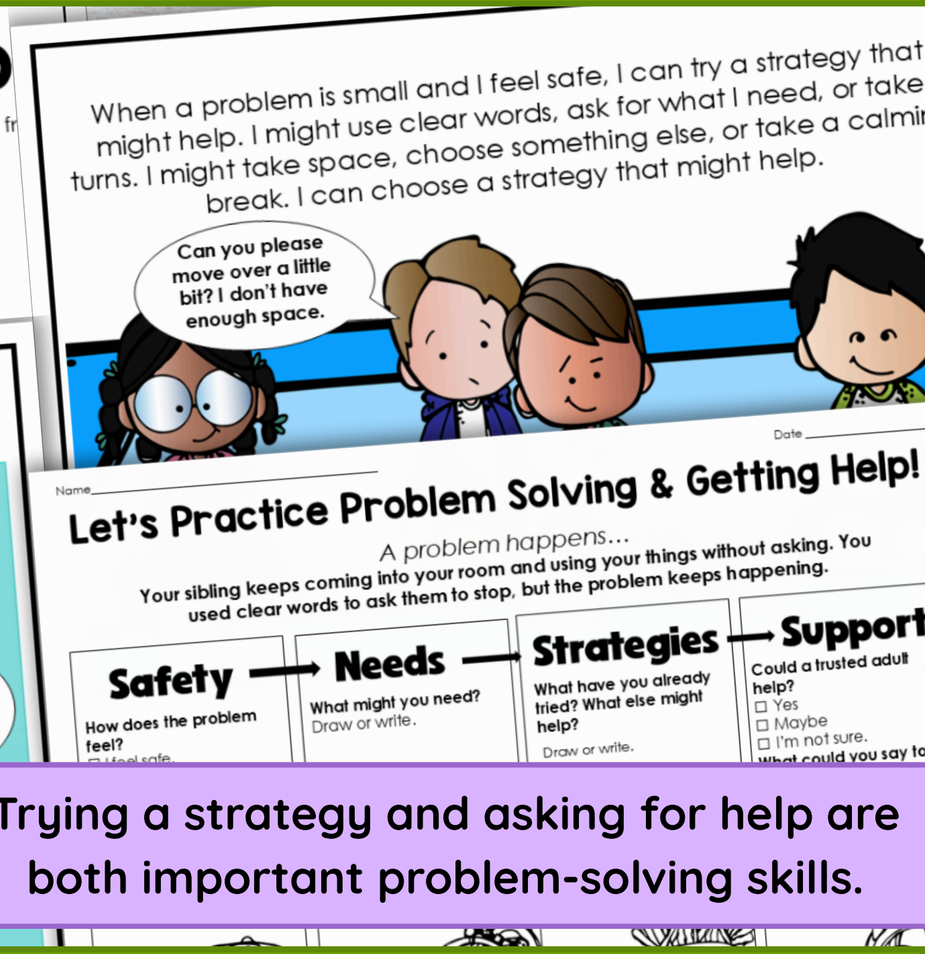
Children **do not** need to decide whether they are “tattling” before asking for support.

Instead, children learn to consider:

- Does this feel safe?
- What do I need?
- Is there a strategy I feel safe trying?
- Would support help?
- Is the problem still happening?
- Am I unsure what to do?

oneGiggle at a time





Trying a strategy and asking for help are both important problem-solving skills.

Supporting safety, self-advocacy, problem solving, and help-seeking.

SAFETY• NEEDS• STRATEGIES •SUPPORT

A simple framework children can remember and use across settings.

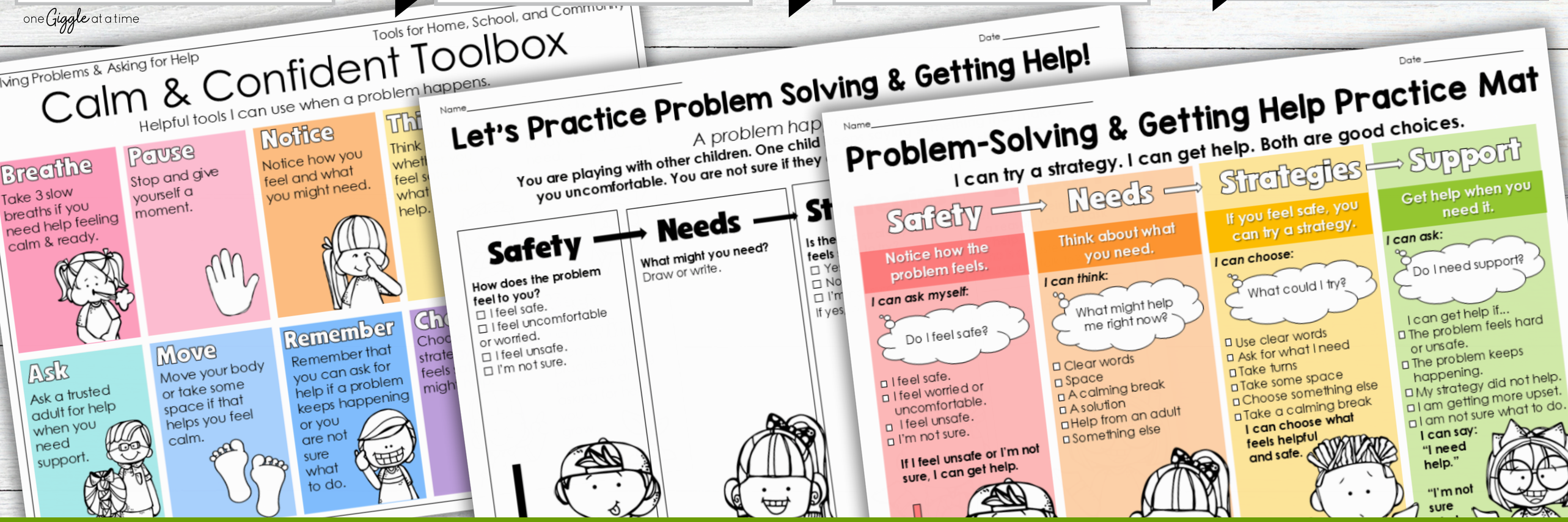
SAFETY
Notice how the problem feels.

NEEDS
Think about what you need.

STRATEGIES
If you feel safe, try a strategy.

SUPPORT
Get help when you need it.

oneGiggle at a time



A flexible routine for thinking, choosing, communicating, and getting support.

GETTING HELP IS PART OF PROBLEM SOLVING

Children learn that they do not have to handle every problem alone.

UNSAFE

"This does not feel safe."

HARD

"This problem feels hard for me."

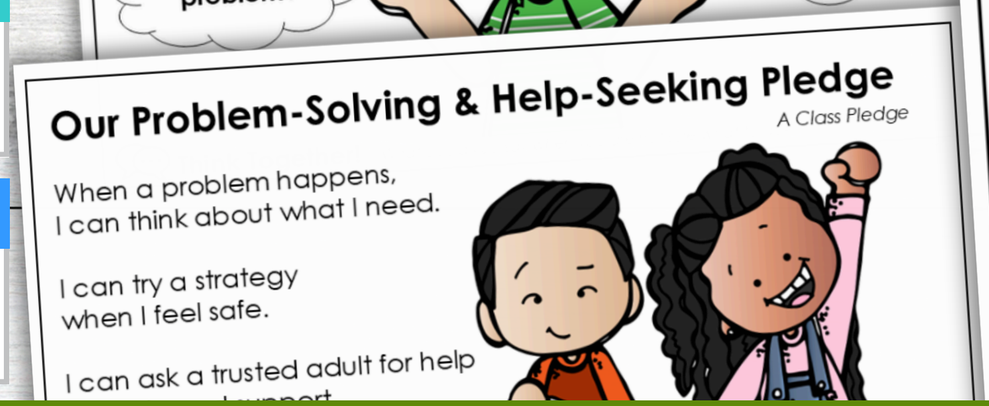
STILL HAPPENING

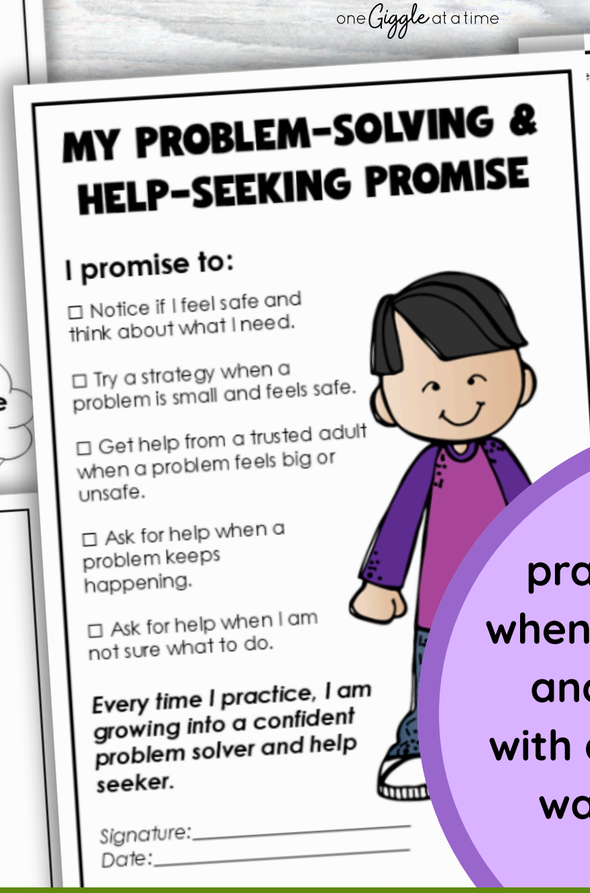
"I tried something, but I still need help."

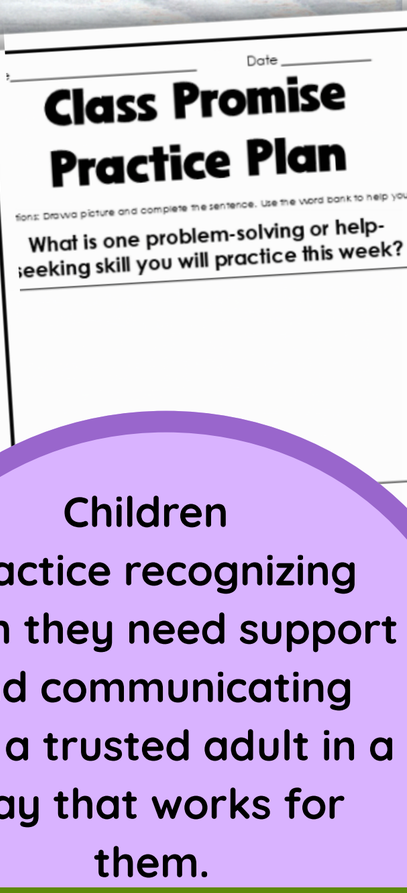
UNSURE

"I'm not sure what to do."









Children practice recognizing when they need support and communicating with a trusted adult in a way that works for them.

Building confident problem solvers, communicators, and self-advocates.

PROBLEM SOLVING GROWS WITH PRACTICE

Multiple opportunities help children understand, practice, reflect, and use problem-solving skills in real life.

READ
Learn about problems and getting help through a relatable social story.

DISCUSS
Explore feelings, safety, needs, strategies, and support.

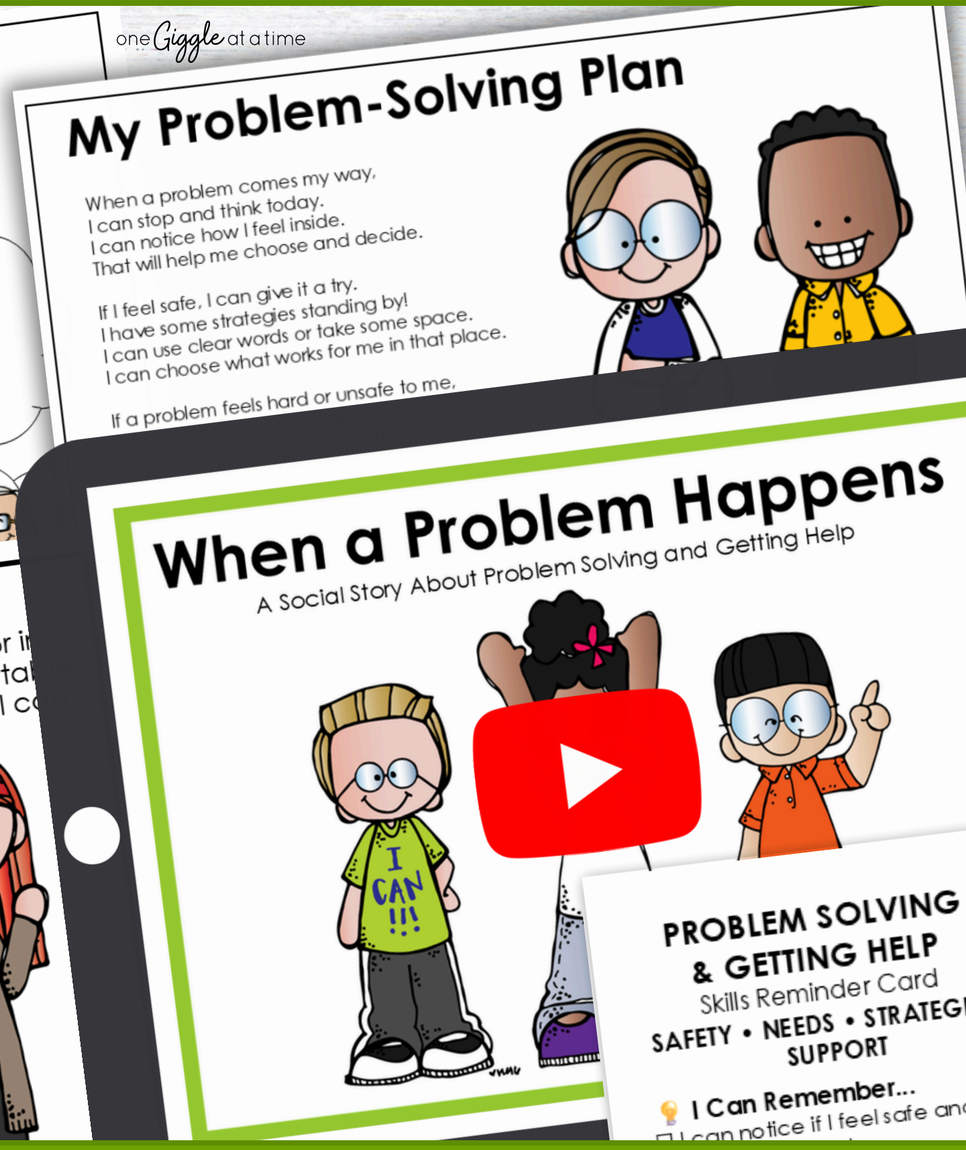
PRACTICE
Use SAFETY → NEEDS → STRATEGIES → SUPPORT.

REFLECT
Notice which strategies and supports work best for you.

CONNECT
Continue learning with family resources and home activities.

GROW
Build problem-solving and help-seeking skills across settings.





Read • Discuss • Practice • Reflect • Connect • Grow

PROBLEM SOLVING EVERYWHERE

Children practice skills they can use throughout everyday life.

AT HOME

Handle everyday disagreements and frustrations. Communicate needs. Ask a trusted adult for support when needed.

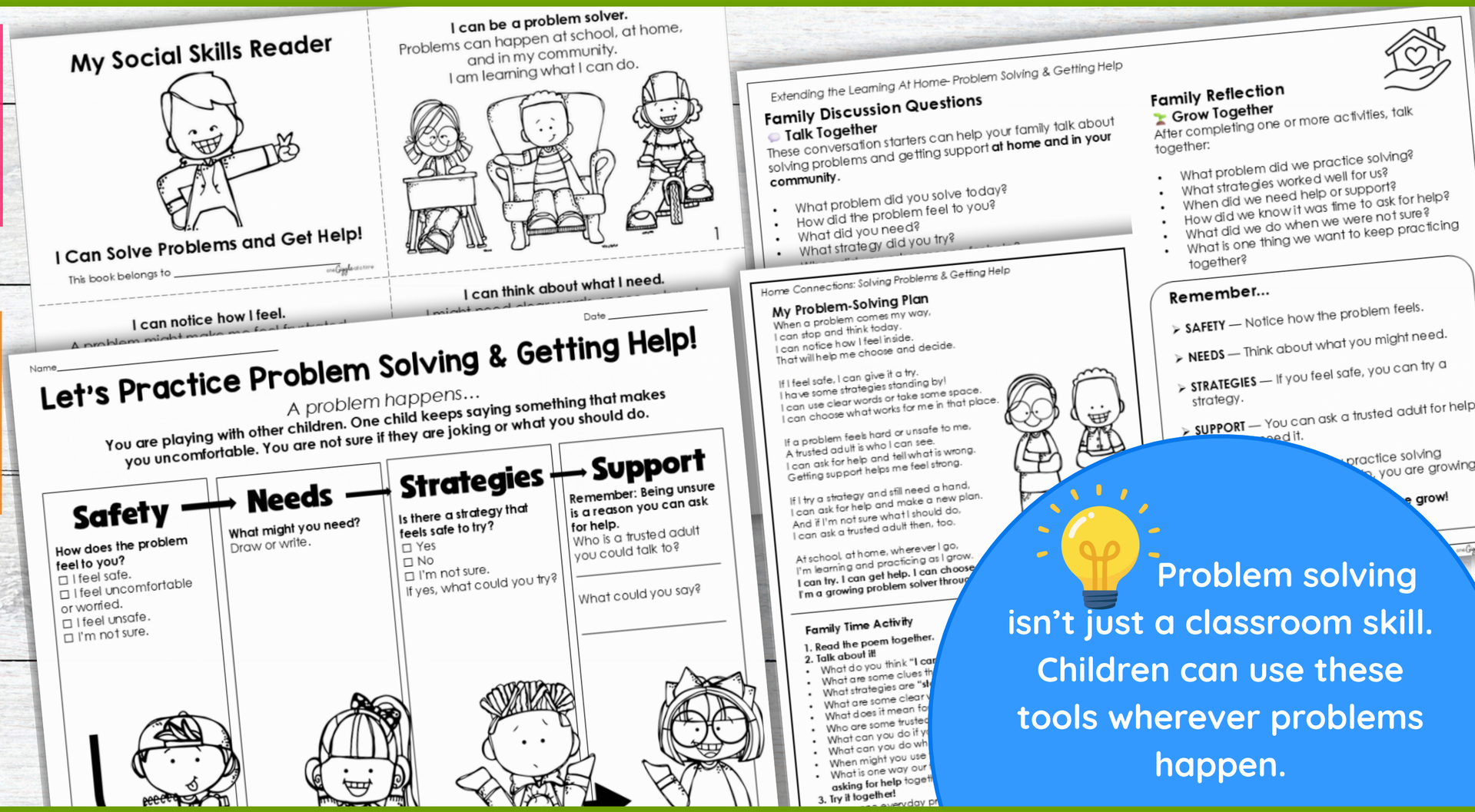
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AT SCHOOL

Practice solving peer and classroom problems. Try strategies when they feel safe. Get help when problems feel hard or unsafe.

IN THE COMMUNITY

Notice safety and needs in different places. Practice strategies and identify trusted adults who can help.



Building skills for safety, relationships, self-advocacy, and everyday life.

ABOUT ONE GIGGLE AT A TIME



Diane Romo is an elementary educator, children's author, and SEL resource creator dedicated to helping adults support children's social, emotional, and behavioral growth.

Her resources are designed for teachers, counselors, interventionists, and families who want practical, engaging tools that build confidence, strengthen relationships, and help children succeed across school, home, and community settings.

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one giggle at a time is a passionate supporter of:

- Helping teachers create classroom communities that foster positive relationships.
- Helping students unlock their potential for greatness.
- Helping parents provide support for young learners to set them up for success.
- Making learning FUN!

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social emotional learning

classroom community

parent/family connection

classroom management

teaching ideas

seasonal activities