



Teacher's Workbook · PreK – 2nd Grade

How the Teacher's Workbook maps to the CASEL framework

A map, not a curriculum. It layers under whatever your school already runs.

The Krewelings is a **shared vocabulary and a daily routine** — *Name it · Size it · Tool it · Return* — that takes three minutes or ten depending on the day. The workbook is explicitly non-linear: flip to what your classroom needs right now. It is grounded in the **CASEL framework**, the five core competencies most social-emotional learning runs from. This sheet shows where each part of the workbook sits against those five, so you can see at a glance how it fits alongside what you already teach.

AWARE Self-awareness **MANAGE** Self-management **SOCIAL** Social awareness **RELATE** Relationship skills **DECIDE** Responsible decision-making

The daily routine (Section A)

Step	What happens	CASEL
Name it	"Which character do you feel like today?" Pointing counts.	AWARE
Size it	"How big is it — tiny, medium, BIG?" (the Emotionometer)	AWARE
Tool it	One coping tool, together — it's on the card.	MANAGE DECIDE
Return	Acknowledge the effort, not the "right" feeling. Transition back.	MANAGE SOCIAL

Three run-lengths, stated on the page: a **10-minute** version (all four steps, circle time), a **3-minute** version (Name it + one tool), and a **hard-day** version (a check-in sheet on each desk, no sharing required). A three-minute check-in every day builds more than a perfect ten-minute lesson once a week.

Section A also holds the setup checklist, calm-corner setup, a scripted first introduction of the Krewe, and a note on trauma-informed practice.

The eight routine masters (Section B)

Reproducible "Copy Me" pages — the daily and weekly forms that keep the routine running.

Master	CASEL
B1 · How's My Krewe Today?	AWARE
B2 · Body Clues Map	AWARE
B3 · Weekly Feeling Tracker	AWARE MANAGE
B4 · My Calm Tool Krewe	MANAGE
B5 · My Best Moment This Week	AWARE SOCIAL
B6 · My Calm Corner Plan	MANAGE DECIDE
B7 · Circle Discussion Prompts	SOCIAL RELATE
B8 · Family Connection Note	RELATE

Home and school (Section D)

A parent welcome letter, a take-home "Meet the Krewe," and eight at-home ideas written to work for single parents, grandparents, foster families and households where English isn't the first language. The same twenty names travel home, so a child hears the same word for the same feeling from every grown-up in their life.

RELATE **SOCIAL**

What is – and isn't – in the book

- **80 pages, six sections (A-F)**, letter-size, print. Single-classroom license; the "Copy Me" pages also come as a download.
- **Twenty Krewelings**, one per feeling — a starting vocabulary, never a complete map of emotion. Twenty is where a child starts, not where they stop.
- **A teacher reference page for every one** — what it looks like at this age, what may be beneath it, when it is normal, when it is a concern, when to refer.
- **A student activity page for every one** — body clues, the character's own tool, draw-or-write, and "how big is it today?"
- **Card-match strip** on every activity page — which Emotion Card pairs with it. You don't need the deck to use the workbook.
- **Not a curriculum.** No lesson sequence, nothing to replace. If what you use teaches the skills, this gives children the names and faces to hang them on — and it's the piece that goes home.
- **An educational tool, not a therapeutic one.** Teacher pages are general guidance, not clinical assessment. No outcome claims.



Section C · Emotion Deep Dive – twenty Krewelings, twenty units

Each unit is two facing pages: a **teacher reference** (“Understanding ___ in Young Children”) and a reproducible **student activity**. Every unit builds **self-awareness** (naming the feeling, body clues) and **self-management** (one coping tool the character models); the last column quotes the teacher page where a unit reaches further.

Unit	Kreweling	Feeling / state	CASEL	Also reaches – in the workbook's own words
1 · The Big Uncomfortable Feelings	Hux the Hedgehog	Angry	AWARE MANAGE DECIDE	“the conversation about behavior comes after the child is regulated”
	Tavi the Turtle	Scared	AWARE MANAGE RELATE	“a calm, steady adult presence regulates more than any words”
	Emo the Elephant	Sad	AWARE MANAGE RELATE	“connection is the intervention”
	Pebb the Penguin	Hurt	AWARE MANAGE RELATE	“repair conversations between children ... more powerful than adult-imposed apologies”
	Cubby the Chipmunk	Worried	AWARE MANAGE RELATE	“I understand you’re worried, and you are safe”
	Mirren the Monkey	Lonely	AWARE MANAGE RELATE	“teach the specific language of joining”
2 · The Socially Complex Feelings	Gimble the Giraffe	Embarrassed	AWARE MANAGE SOCIAL	“treat the mistake as unremarkable and the class follows your lead”
	Flicker the Fox	Jealous	AWARE MANAGE SOCIAL	“jealousy shrinks when children feel genuinely seen”
	Rizzo the Raccoon	Grumpy	AWARE MANAGE DECIDE	“noticing grumpiness and choosing a reset”
	Fayne the Fawn	Shy	AWARE MANAGE RELATE	“paired activities before group activities — shy children connect one person at a time”
	Kip the Kitten	Sneaky	AWARE MANAGE DECIDE RELATE	“making honest choices and building trust”
3 · The Self-Awareness Feelings	Ziggy the Zebra	Distracted	AWARE MANAGE DECIDE	“noticing distraction and finding one thing to focus on”
	Chili the Chick	Surprised	AWARE MANAGE SOCIAL	“the squealer and the freezer are both responding authentically”
	Lexi the Llama	Dramatic	AWARE MANAGE DECIDE	“channel the performer’s energy into legitimate performance”
	Sage the Sloth	Sleepy	AWARE MANAGE DECIDE	“rest as a legitimate need, not a weakness”
4 · The Feel-Good Feelings	Gumbo the Gator	Happy	AWARE MANAGE SOCIAL RELATE	“savoring and sharing happiness ... joy is contagious”
	Boplin the Bunny	Energetic	AWARE MANAGE DECIDE	“channeling energy productively”
	Taz the Tiger	Confident	AWARE MANAGE RELATE	“using confidence to lift others up”
	Patch the Puppy	Curious	AWARE MANAGE DECIDE	“following curiosity safely and with purpose”
	Pali the Red Panda	Calm	AWARE MANAGE SOCIAL	“a steadying presence ... other children gravitate toward”

How to read this map. The five competencies and their definitions are CASEL’s, as published at casel.org — self-awareness · self-management · social awareness · relationship skills · responsible decision-making. The mapping is the creator’s, made against those published definitions. The Krewelings is grounded in the CASEL framework; it is not reviewed, rated or endorsed by CASEL, and it makes no outcome claims.