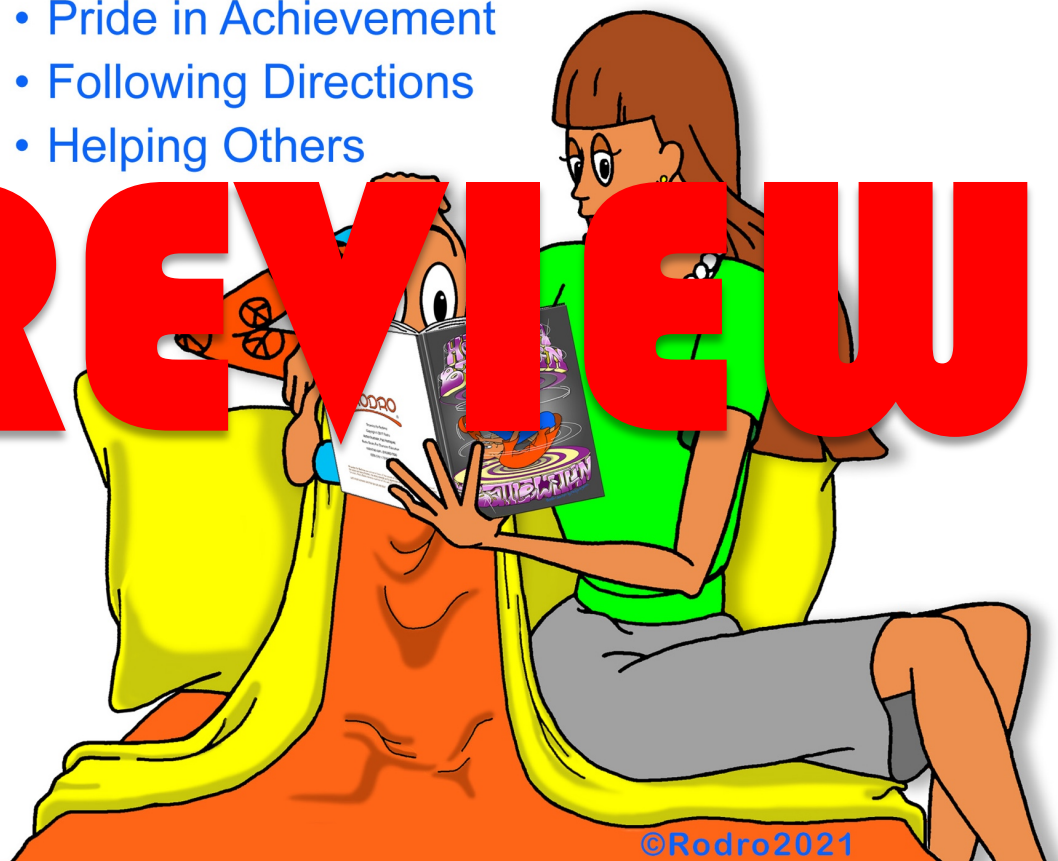


SEL Discussion Guide



- SEL FOCUS**
- Self-Management, Executive Function
 - Planning, Practice, and Patience
 - Perseverance/Grit
 - Pride in Achievement
 - Following Directions
 - Helping Others

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HOW TO DO A BACK-SPIN | (THE BATTLE WITHIN)

Here's why this book is important!

We all have something we would love to learn, but sometimes we are too scared or embarrassed to try.

For example, learning a dance move.
No biggie! (Or is it!?!)

We need courage and determination to overcome doubts and insecurities. (Definitely a biggie!)

It helps to have a friend that patiently, politely, and firmly encourages us to hang in there and believe in ourselves.

In this story, the challenge is to learn a dance move, but it represents all challenges in life.

Embl is not a natural dancer, and he knows it. His humility, courage, and grit are shining examples for all of us.

Admitting our limitations is the first step in growing beyond them.

Rodro's kindness and patience are a shining example of friendship. When you can connect with the struggles of another and help them overcome a challenge, you both become better people.

This book teaches our children the value of hard work and determination. It also shows the value of a friend who supports you and believes in you.

**“Never say ‘Can’t’ and never say ‘Never!’
Instead say, ‘I’ll try again! I can do better!’”**



Dear Parent,

Thank you for purchasing this Rodro book and welcome to Rodro Books and Education.

When it comes to parents bonding with their children, the bedtime story is one of our oldest, most cherished, and valuable traditions. Throughout history, all parents, all around the world, have passed along life's lessons to their children through the wonderful and instructional stories of their cultures. Yet, within this tradition, we tend to take for granted the most important part— answering the questions of our children's endlessly curious brains. I recognize and value the vital role that discussing these questions plays in shaping their hearts and minds. This is what inspired me to design the Rodro book collection specifically for parents, educators, and children to share.

No matter who does the reading (child, parent, or educator), there is plenty for you and your children to share and explore together. Below, you will find Rodro's Discussion Guides with Convo-Questions about each story's character-enriching, social-emotional themes. As the name implies, it's more than just a question and answer; it's questions that stimulate conversations and lead to learning. The type of learning that enables our children to analyze, internalize, and utilize the knowledge they acquire.

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discussion, you may be able to alleviate traumas lurking beneath the surface and help your children develop healthy coping skills. Helping you and your children to understand and cope with life's fun and awkward events is a primary goal of Rodro's books and Convo-Questions.

With your Rodro book purchase, you have gained more than just a story; you have acquired an indispensable resource for your children's personal social, and emotional growth. Rodro books are a link to learning that puts them in control of their future! Learning that begins with Rodro's stories and Convo-Questions and expands with Rodro's programs, educational materials, and learning tools. Rodro's educational resources help you provide your children with the essential character-enriching and social-emotional learning skills that they need to succeed.

Compassionately Yours,

Paul Rodriguez

How to do a Back-Spin



Story Summary and Analysis

This section is for parents and educators who are interested in learning more about Social-Emotional Learning and related topics. It is not essential to the Convo-Questions and the learning that goes with them. This analysis just adds more information to the "Here's why this book is important!" page.

When Embl is having a tough time learning his favorite dance move, his close friend Rodro refuses to let him give up.

The story *How to Do A Back-Spin (The Battle Within)* puts a new spin on the old saying, "If at first, you don't succeed, try, try again." It addresses overlapping and interrelated aspects of Mindfulness, Social-Emotional Learning, and Executive Function. The benefits of the interactions between two friends are a perfect example of the benefits of the interactions of these three disciplines.

Here in this one stanza, we find the *self-discipline* of Social-Emotional Learning, the *awareness of thought* of Mindfulness, and the *planning and prioritizing* of Executive Function.

If you want to learn, *then check yourself and settle down.*

Clear your mind, stretch your legs, and sit down on the ground.

Pick the leg that you like best and bend it to the *side*;
quickly kick that leg around and grab on for the ride.

Mindfulness helps children to calm down so that they can focus (Self-Manage) and access their Executive Function to plan and prioritize.

The support between the two friends working together touches on SEL Relationship Skills for cooperation and the organizational skills of Executive Function. Also, it

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CONVO-QUESTIONS

Refer to book page(s) to use the text and illustrations to support answers. Model this process for your children. Encourage responses with explanations, then discuss the responses provided.

1. What was your favorite part of the story? Why?
2. The full title of this story is *How to Do A Back-Spin (The Battle Within)*. What does “The Battle Within” mean?

Answer: *The battle within is the discussion you have with your inner voice (Self-talk). Sometimes your inner voice says you can do things, and sometimes it says you can't. When it says you can, that gives you a Growth Mindset. Having a Growth Mindset helps you win — the battle within.*

3. What happens in this story?

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Answer (Pg. 7): *Rodro's description of how to do a backspin has five steps.*

The steps are known as a sequence. It is very important for Embl to learn them in order so that he can learn how to backspin properly. An example of a sequence is; first, you put toothpaste on your toothbrush, and then you brush your teeth. If you do it the other way around, your teeth won't get very clean.

5. What happens the first time Embl tries to do a backspin?

Answer (Pg. 8): *The first time Embl tries to do a backspin, he crashes.*

6. Which one of these quotes is good advice?

(Support and discuss responses, and then discuss the answers below.)

A) A small mistake! Yeah right! I didn't have the flow!
And if I did a freeze, I didn't even know.

B) So, try and try again until you get it, my friend.