

Social/Emotional Learning Booklist

Feelings & Emotions

Happy Hippo, Angry Duck By Sandra Boynton (Pre-K to 1)

• This book names various feelings, each matched to different animals. The book ends by explaining that it is okay if you are not happy - there are people around to help you and that the difficult mood is not here to stay!

Theo's Mood By MaryAnn Cocca-Leffler (Pre-K to 2)

• Theo has a hard time describing his mood on "Mood Monday". His classmates describe how they are feeling to help Theo decide. Theo comes to the conclusion that he has a lot of different feelings about being a new big brother!

Glad Monster, Sad Monster By Ed Emberley (Pre-K to 2)

• In this book, each monster has a different feeling. The monsters each describe what makes them feel that way and then encourage the reader to consider what makes them feel that way too.

In My Heart: A Book Of Feelings by Jo Witek (Pre-K to 2)

• This book describes many different feelings that your heart can feel. At the end, it explains that our hearts can feel many different feelings!

Feelings To Share From A to Z By Todd And Peggy Snow (K to 2)

• This book identifies a different feeling for each letter of the alphabet. Each feeling has an illustration to go with it, as well as a thought that a person with that feeling may have.

Today I Feel Silly & Other Moods That Make My Day By Jamie Lee Curtis (K to 3) • In this book, the main character describes many different feelings that she has and what causes her to experience them. She ends by saying that all feelings are normal and okay!

The Boy With Big, Big Feelings By Britney Winn Lee (K to 3)

• This story is about a boy who experiences his emotions intensely. He is embarrassed by his strong feelings until one day he meets someone just like him and realizes that his feelings are okay after all!

Zaid And The Gigantic Cloud By Helal Musleh (2-4)

• Zaid is disappointed when his camping trip gets cancelled, but that is just the beginning of a terrible day. His sadness grows and grows throughout the day. Finally, Zaid learns to focus on the positive things in his life and sees his sadness fade away.

Self Esteem

I Like Myself By Karen Beaumont (Pre-K to 2)

• This book encourages readers to like themselves no matter what! It celebrates the good, the bad, and the messy. Kids will love the humor and the colorful illustrations!

I'm Gonna Like Me: Letting Off A Little Self Esteem By Jamie Lee Curtis (Pre-K to 2) • In

this fun rhyming book, children learn to celebrate themselves for the good things they do as well as for the mistakes they make.

Be Who You Are By Todd Parr (Pre-K to 2)

• This book encourages readers to embrace who they are. Readers will love the colorful illustrations as they learn to celebrate what makes them unique!

Chrysanthemum By Kevin Henkes (K to 2)

• Chrysanthemum loved her name... until she started school. At school, everyone made fun of her name and Chrysanthemum began to hate it. Then, a teacher helped her and the others realize how special her name really was!

Not All Princess Dress In Pink By Jane Yolen (K to 2)

• This book encourages girls to go beyond the typical “princess” stereotype. It reminds them that they can still wear a sparkly crown, even while being active and getting dirty! **Carla’s Sandwich**

By Debbie Herman (K to 3)

• Everyone made fun of Carla for bringing unconventional sandwiches for lunch, but Carla loved being unique. One day, Buster forgot his sandwich and finally decided to try one of Carla’s special creations. Much to everyone’s surprise, he loved it. Everyone decided to join in on the fun and bring their own special creations for lunch!

Sulwe By Lupita Nyong’o (2 to 4)

• Sulwe is discouraged by her dark skin. She wants to look like the other people in her family and at her school. After a visit from a shooting star, Sulwe learns that she is beautiful and important just as she is.

Dear Girl By Amy Krouse Rosenthal (2 to 6)

• This book encourages girls (and boys!) to embrace themselves and follow their own desires. Children will love the encouraging letter format of the book and its important reminders!

Mindfulness

My Magic Breath By Nick Ortner and Allison Taylor (Pre-K to 3)

• Readers are invited to use their “magic breath” to help calm their minds, and blow away their sadness and anger. This is a great book for helping kids learn about, and practice, deep breathing.

Charlotte And The Quiet Place By Deborah Sosin (Pre-K to 3)

• Charlotte gets overwhelmed by all of the noise around her. When her dog gets loose on a walk, Charlotte finds a quiet place where she and her dog can just sit and breathe in the silence. When she goes back to her normal world, it is still noisy, but Charlotte can just close her eyes and go back to her quiet place to feel peaceful again!

The Happiest Tree: A Yoga Story by Uma Krishnaswami (K to 3)

• Meena is playing the role of a tree in the upcoming school play. Although she’s excited about the play, she’s nervous because she feels like she is too clumsy to be good in her role. When she sees a yoga class, she joins and end up finding her balance and her confidence!

Moody Cow Meditates By Kerry Lee MacLean (K to 3)

• Peter has an awful day. Everything goes wrong and he gets so mad that everyone starts calling him “Moody Cow.” Peter’s grandpa comes over and helps him use mindfulness

techniques to slow down and let go of his anger.

Puppy Mind By Andrew Jordan Nance (K to 3)

• Your “puppy mind” is a mind that wanders into the past or the future. Just like you can train a puppy, you can train your mind! Readers will learn to train their mind to stay in the present through deep breathing exercises.

Breathing Makes It Better By Christopher Willard and Wendy O’Leary (K to 3) • This is a perfect book to remind students that breathing can help them get through difficult emotions. It also is a great way to help students become familiar with different feelings they may experience.

I Am Peace: A Book Of Mindfulness By Susan Verde (K to 4)

• When your thoughts start to wander, and you feel like they are carrying you away, there are things you can do! This book introduces mindfulness techniques such as positive self talk, grounding, and deep breathing to help readers feel in the present and at peace. **What**

Does It Mean To Be Present? By Rana DiOrio (1 to 4)

• This book explains various ways to be present in the moment such as listening, noticing, and observing. It gives tangible examples of how children (and adults!) can practice mindfulness every day.

Growth Mindset

After The Fall By Dan Santat (Pre-K to 2)

• This follow up to the popular “Humpty Dumpty” tale explores how Humpty Dumpty overcame his fear of falling after his famous fall. He ends the book by asking readers to remember him as the egg that got back up!

Beautiful Oops! By Barney Saltzberg (Pre-K to 2)

• This fun and illustrative book helps students realize that what can seem like an “oops” can turn into something great!

Bubblegum Brain By Julia Cook (K to 3)

• In this book, readers will learn the difference between a bubble gum brain and a brick brain. Bubble gum brains are eager to try new things, learn from mistakes, and don’t give up! Learners will love the fun imagery.

The Thing Lou Couldn’t Do By Ashley Spires (K to 3)

• Lou and her friends were having a day of adventures. It was all fun until all of Lou’s friends climbed a tree. Lou could do a lot of things, but she couldn’t climb a tree. After making excuses and trying to avoid climbing the tree, she tries. She ends up failing, but doesn’t let that discourage her!

Salt In His Shoes By Deloris and Roslyn Jordan (K to 4)

• Young basketball fans will love this story about how Michael Jordan used practice and determination to reach his basketball goals. This is a great story for helping students understand that the one thing they can control is their own effort and persistence.

The Girl Who Never Made Mistakes By Mark Pett and Gary Rubinstein (K to 5) •

Everyone called Beatrice “The Girl Who Never Made Mistakes.” Everything she did was perfect until she made her first mistake – and it was a big one! She learns that mistakes are okay, and sometimes even make things more fun!

Imani's Moon By JaNay Brown-Wood (2 to 5)

• Imani wants to accomplish great things like Olapa, the goddess of the moon. When she makes the goal to touch the moon, no one believes she can do it. After days of teasing and failure, Imani perseveres and meets Olapa on the moon.

Your Fantastic Elastic Brain By JoAnn Deak (3 to 6)

• This colorful book explains the brain in terms that readers will understand! Readers will learn what the brain does, and how it helps us learn new things. This is a great book for explaining the science behind a growth

Worry & Anxiety

Ruby's Worry by Tom Percival (Pre-K to 2)

• One day, Ruby discovered a worry. It started small, but then grew and grew. Ruby tried ignoring it, but then she worried so much about it that she couldn't think of anything else. After she realized that she wasn't the only one with worries, she learned how to get her worry to shrink!

Silly Billy By Anthony Browne (K to 2)

• In this simple book, Billy has many worries that make him feel silly. One night, he stays with his grandmother and decides to tell her about his worries. She gives him worry dolls who will do his worrying for him. This helps him so much that he even makes worry dolls for his worry dolls!

Wemberly Worried By Kevin Henkes (K to 2)

• Wemberly has a lot of worries. She worries about her house, the playground, her doll, and mainly – school. She can't stop worrying. That is, until she goes to school and meets a new friend who is just like her.

Jonathan James And The What-if Monster By Michelle NelsonSchmidt (K to 2) • The “what-if” monsters remind Jonathan James of all the terrible things that could happen. Then, Jonathan James starts to wonder if the “what-if” monsters are wrong. He decides to think about all of the great things that could happen instead.

Jack's Worry By Sam Zupardi (K to 2)

• In this book, Jack has a concert coming up and a big worry appears! He is afraid that he will make a mistake in front of his mom. Jack tries to get rid of his worry, but learns that he needs to face his worry head on!

Wilma Jean: The Worry Machine By Julia Cook (K to 3)

• Wilma Jean worries about everything. Most of the time, the things she worries about don't even happen, but she still can't control her worries. Finally, she talks to her mom and her teacher who help her decide which worries she can control and which worries she can't.

The Huge Bag Of Worries By Virginia Ironside (K to 3)

• In this book, readers learn about Jenny, who has a lot of worries. She carries them around in a bag that grows and grows. She doesn't know how to get rid of it until she meets an old lady who helps her empty out the bag

Is A Worry Worrying You? By Ferida Wolff (K to 3)

• In this book, readers will learn what a worry is. The book gives several examples of worries and how to get rid of them. The book ends by giving readers various strategies they can use when they are feeling worried!

Anger Management

When Miles Got Mad By Sam Kurtzman-Counter and Abbie Schiller (Pre-K to 2) • Miles's little brother broke his favorite toy airplane, which made Miles mad! The Mad Monster appeared and helped Miles calm down by talking about his feelings. Kids will love the practical advice this story gives!

Anh's Anger By Gail Silver (K to 3)

• When Anh gets angry, his grandfather tells him to go sit with his anger. When he does, Anh's anger teaches him ways to manage his anger to feel better. This is a great book about expressing anger in a positive way.

When Sophie Gets Angry - Really Really Angry By Molly Bang (Pre-K to 1) • Sophie gets angry when it's not her turn. She kicks and screams, and then she runs. Once she is by herself, she notices the nature around her and is able to calm down. This is a great book about how slowing down and noticing what's around you can make you feel calm. **Crankenstein By Samantha Berger (Pre-K to 2)**

• There are a lot of things that Crankenstein doesn't like. He says "Mehhrrr" at almost everything. In the end, the readers learn that the only thing that makes Crankenstein happy is friendship!

The Three Grumpies By Tamra Wright (Pre-K to 2)

• The three grumpies come to visit the girl in this story. They make sure that nothing goes right. She tries to get rid of them by yelling, making faces at them, and stomping at them but they still hang around. Only when she decides to smile and laugh - no matter what they do – they then go packing!

I Hate Everything By Sue Graves (Pre-K to 2)

• Sam hated everything. Finally, he got so mad that he pushed his friend over. Sam's aunt Meg took him outside and gave him several ideas of how to calm down. Sam tried them and started to feel better. Then, he was able to have fun with his friends again!

How Do Dinosaurs Say "I'm Mad?" by Jane Yolen (Pre-K to 2)

• How do dinosaurs act when they are mad? Do they throw things and stomp until they get their way? No. Dinosaurs take time to themselves and count to 10! This book is great for helping children identify what they do when they are angry, and establish positive coping skills! **When I**

Feel Angry By Cornelia Maude Spelman (Pre-K to 2)

• This book gives readers great tips for dealing with anger! It also leads to discussion about anger triggers and recognizing anger. You and your children will love the simple, clear message in this book!

Self Control

Howard B. Wigglebottom Learns To Listen By Howard Binkow (Pre-K to 1) • Howard faces negative consequences for not listening. When he starts to listen, he sees that positive things start to happen!

Interrupting Chicken By David Ezra Stein (Pre-K to 2)

• Chicken can't stop interrupting during his bedtime stories. Finally, his papa decides to have Chicken read to him instead. Children will love being able to identify with the chicken who just can't be quiet!

Oh No, George By Chris Haughton (Pre-K to 2)

• When Harry goes out, George the dog says he'll be good. He falls into temptation and makes some bad choices. When Harry gets home, he's disappointed but takes George for a walk. This time, George uses self control! This book is great for discussing what self control means. **Too Loud Lilly**

By Sofie Laguna (Pre-K to 2)

• Lilly Hippo is always loud. This gets her into a lot of trouble until she finds a place where she can be as loud as she wants! This is a great story to help teach children that certain things are okay in certain settings!

My Mouth Is A Volcano By Julia Cook (K to 3)

• Louis interrupts all the time – he interrupts his friends, teachers and parents. When Louis gets interrupted during his special presentation, he realizes how it makes others feel. His mom teaches him a deep breathing exercise that helps him remember not to interrupt. **Clark The Shark**

By Bruce Hale (K to 3)

• Clark the Shark has a hard time controlling himself and it makes other people frustrated. He wants to make good choices, but can't remember to use self control. Clark's teacher then steps in and tells him to come up with rhymes so he can remember to use self control. He learns that there is a time and place for everything!

Lacey Walker, Nonstop Talker By Christianne Jones (K to 3)

• Lacey Walker can't seem to stop talking. When she loses her voice, she begins to understand all of the great things she missed out on by not taking time to stop and listen. This book is great for helping students learn the importance of listening!

The Busy Beaver by Nicholas Oldland (K to 3)

• When Beaver gets hurt due to his carelessness, he realizes the impact of his past lack of self control. He then works hard to repair the damage he has done.

Friendship Skills

Benny Doesn't Like To Be Hugged by Zetta Elliott (Pre-K to 1)

• Benny is a young boy with Autism who is unique and special. Even though he sometimes needs things a certain way, his friend loves him just as he is! This is a great story about caring for others who are different than us.

Want To Play Trucks? By Ann Stott (Pre-K to 1)

• Jack and Alex love to play together at the park. Jack loves to play with trucks, and Alex loves to play with dolls. This is a great story about how friends with different interests can still have fun and bond over the things they have in common.

My Two Blankets By Irena Kobald (Pre-K to 2)

• When Cartwheel moved to a new country, she felt alone and afraid. Thanks to the kindness of a new friend at the park, Cartwheel started to feel more like herself again. **Pink Tiara**

Cookies For Three By Maria Dismondy (K to 2)

• Sami gets jealous when her best friend gets another friend. Sami has to learn that it is okay to

have more than one friend. By the end of the book, all three girls decide to have fun together!

Boy + Bot By Ame Dyckman (K to 2)

- Boy and Bot have fun playing together, until Bot gets turned off. Boy tries everything to make him feel better. When Bot gets turned back on, he finds Boy asleep. Bot thinks something is wrong with Boy and tries to fix HIM. This endearing story is perfect for teaching about helping and understanding others.

Rainbow Fish By Marcus Pfister (K to 2)

- Rainbow Fish learns that it doesn't matter what he has – it only matters that he has friends to share it with! This is a great book for teaching the importance of generosity, and that external beauty isn't what matters most.

Unlovable By Dan Yaccarino (K to 2)

- Everyone told Alfred the dog that he was unlovable. When Alfred meets the dog next door, Rex, he lies so the new dog will like him. When the two dogs finally meet face to face, Alfred sees that Rex loves him just the way he is!

Enemy Pie By Derek Munson (1 to 4)

- The main character only has one enemy – and his dad says he will lose his enemy if he makes enemy pie and spends the whole day with him. The boy isn't sure what's in enemy pie, but he's willing to give it a shot. After spending the whole day with his enemy, he realizes that he isn't an enemy after all... he's his friend! This is a great story about giving others a chance!

Kindness

How Kind! By Mary Murphy (Pre-K to 1)

- This simple book shows how one act of kindness can spur others on to show kindness as well!

Kindness Is Cooler, Mrs. Ruler by Margery Cuyler (K to 3)

- Mrs. Ruler challenges her class to do kind acts at home, at school and in the community. The class ends up doing 100 acts of kindness and provides readers with tangible ideas of how they can show kindness!

Hey, Little Ant By Phillip and Hannah Hoose (K to 3)

- The main character in this book contemplates squishing an ant, but the ant shows the boy that even though he is small, his life is important! The book ends by asking the reader to make the decision of whether or not the boy should squish the ant.

Andrew's Angry Words By Dorteia Lachner (K to 3)

- This book shows the impact of our mean words, and just how far they can travel. After Andrew's angry words spread all over town, he learns that he can spread kindness too. This book is perfect for helping students consider the impact of their words and actions.

Ordinary Mary's Extraordinary Deed By Emily Pearson (K to 3)

- Ordinary Mary shows kindness through one simple deed. It inspires others to do the same, spreading kindness to the whole world!

Be Kind By Pat Zietlow Miller (K to 3)

- The girl in this story wants to show kindness to Tanisha, who spilled grape juice on her dress in front of everyone. While she reflects on how to show kindness to Tanisha, readers will learn many great ways to be kind.

Somebody Loves You, Mr. Hatch By Eileen Spinelli (1 to 4)

• Mr. Hatch is a lonely old man until he receives a message from a secret admirer that says someone loves him. This spurs him on to be warm and kind to those around him, until he learns that the message was not meant for him. Discouraged, he goes back to his old ways only to learn that he IS loved.

Each Kindness By Jacqueline Woodson (1 to 4)

• Maya is a new student at school who no one is kind to because she is poor. After learning about the ripple effect of kindness, the main character decides that she wants to show kindness to Maya, but it is too late. A great reminder to show kindness when you have the chance.

Acceptance & Diversity

It's Okay To Be Different By Todd Parr (Pre-K to 1)

• This book reminds us that whatever we are like... it's okay! We each have things that make us different, and they all are okay. Young readers will love the bright illustrations and easy to understand text.

A Rainbow Of Friends By P.K. Hallinan (Pre-K to 2)

• A rainbow of friends includes friends who are different – who have different talents and abilities. In a rainbow of friends, everyone is treated with respect and kindness and can help each other toward success!

Janine By MaryAnn Cocca-Leffler (Pre-K to 3)

• A girl at Janine's school is having a party and Janine isn't invited because the girl thinks Janine is weird. Janine decides to have her own party where everyone is invited. Everyone likes that kind of party!

Where Oliver Fits by Cale Atkinson (K to 4)

• Oliver is a puzzle piece who can't find a place to fit in. He tries to change himself to be what the others want him to be, but realizes that it's much better to just be himself!

The Brand New Kid By Katie Couric (K to 4) • Lazlo S. Gasky is new at school. The other kids are mean to him because he doesn't look like them or sound like them. After Ellie realizes the effect this has had on Lazlo, she invites him to play. She has a great time and encourages the other students to look past his differences.

Same, Same But Different By Jenny Sue Kostecki-Shaw (K to 4)

• Elliott and Kailash are pen pals from across the world. Readers learn through the boys' letters that their worlds are very different, but also very much the same. This is a great book to help readers celebrate other cultures.

The Judgmental Flower By Julia Cook (2 to 4)

• The blue flower isn't too sure when he meets the purple flower. He doesn't like him because he is different. The blue flower then learns that he has some things in common with the purple flower and that their differences are something to be celebrated!

Just Ask By Sonia Sotomayor (2 to 4)

• In this book, students will get a look at what makes kids different. Some kids have diabetes, some are blind, some are deaf, but we all have things in common. This is a great book for helping students learn about diversity.

Social Skills

The Boy Who Wouldn't Share By Mike Reiss (Pre-K to 1)

• Edward DID NOT like to share his toys with his sister. When he couldn't get out of his pile of toys to eat his mom's fudge, he realized it was time to share! Readers will love the fun rhymes and illustrations in this book.

You Will Be My Friend! by Peter Brown (Pre-K to 2)

• Lucy wanted to make a new friend. Unfortunately, every time she tried things didn't go so well. Lucy gets upset until she meets someone just like her! This is a great book for teaching students to respect the boundaries of others.

Don't Squeal Unless It's A Big Deal By Jeanie Franz Ransom (Pre-K to 2) • Mrs. McNeal's class had a problem with tattling. When she introduced their new rule "don't squeal unless it's a big deal," the students learned to handle "kid-sized" problems on their own. This book gives a great explanation of which problems kids can handle alone, and which problems need the help of an adult!

You Get What You Get By Julie Glassman (Pre-K to 2)

• Melvin did NOT like it when he didn't get his way. If he lost a game, or didn't get something that he wanted, he would throw a big fit. Melvin had to learn that both at school and at home, you get what you get and you don't throw a fit.

What If Everybody Did That? By Ellen Javernick (Pre-K to 2)

• This book helps readers realize that even if their actions seem small, they could have a big effect – especially if everyone did them! Readers will learn to really think about their seemingly insignificant behaviors.

Pig The Winner By Aaron Blabey (K to 2)

• Pig the pug always won everything. Winning was the most important thing to Pig, he would even cheat so he could win. Will he ever learn that his must-win attitude isn't fun for anyone else?

Personal Space Camp By Julia Cook (K to 3)

• Louis has a problem with personal space. When he gets sent to Personal Space Camp with Principal Goodkid, he becomes a space expert! This book has many tangible ideas for helping students with their personal space!

Do Unto Otters By Laurie Keller (K to 4)

• Mr. Rabbit hears that there are otters moving into the neighborhood, but he isn't too sure about otters. Someone reminds Mr. Rabbit to treat the otters like he would like to be treated. Mr. Rabbit then explains just how he would like to be treated – with kindness and good manners!

Teamwork & Cooperation

Duck In The Truck By Jez Alborough (Pre-K to 2)

• Duck gets his truck stuck in the muck. He can't get it out by himself. Thankfully, other animals

see that he is stuck and come to help him.

Day At The Beach By Tom Booth (Pre-K to 2)

• Gideon can't wait to build the best sandcastle ever, and he won't let anything get in his way – including his little sister Audrey. Even though he succeeds at building a great sand castle, he realizes that it's not nearly as enjoyable as working together with his family. **The Crayon Box That Talked By Shane DeRolf (Pre-K to 2)**

The Crayon Box That Talked By Shane DeRolf (Pre-K to 2)

• The girl in this book finds a box of crayons that don't like each other. Each of the crayons complains about the other crayons. The girl takes the crayons home and uses them to color a beautiful picture. This makes the crayons realize that they each can do special things and that when they are used together, beautiful things can happen!

Mighty, Mighty Construction Site By Sherri Duskey Rinker (Pre-K to 2) • The trucks at the construction site all work together to get a big job done! Each truck has an important and unique part to play in reaching their goal. Readers will love the description of what each type of truck does to help!

It's Mine! By Leo Lionni (Pre-K to 2)

• Three frogs constantly argue over which part of the island is theirs. One frog wants the air, one frog wants the land – no one wants to share. When a big storm comes, they learn that the only way to survive is with each other.

The Little Red Hen By Lucinda McQueen (Pre-K to 2)

• In this classic tale, the little red hen does everything by herself while the other animals lay around and nap. When she makes a delicious cake, they want to reap the rewards. When she doesn't let them have any of the cake, the animals realize that they need to help her with the work that she does.

Up The Creek By Nicholas Oldland (Pre-K to 3)

• Beaver, moose, and bear decided to go canoeing. On their trip, they all had different ideas about what to do. They learn that if they want to successfully canoe, they are going to have to work together.

Prince And Pirate By Julia Cook (K to 3)

• Prince and Pirate were two fish that got put in the same fish tank. They didn't get along at all and argued all of the time. When a new fish enters the tank and is scared, Prince and Pirate work together to make him comfortable. Each fish learns that the other isn't so bad after all.