

Books for Kids that focus on Social Emotional Learning

When My Worries Get Too Big by *Kari Dunn Buron*. A book that allows kids to add their own thoughts, worries, and gives them strategies to learn how to relax. This book also uses a 5 point scale to discuss stress.

The Kissing Hand by *Audrey Penn*. A book that focuses on separation anxiety when kids start school.

Wilma Jean and Worried Machine by *Julia Cook*. A book that discusses how a child experiences their worries and strategies to help them manage their anxiety.

*There are several books by **Julia Cook** that focus on different topics related to social/emotional learning. All of them have great illustrations that teach children a skill.

What To Do When You Worry Too Much by *Dawn Hueber, PhD*. This book works on different ways to help kids manage their anxiety. There is an interactive section when kids can write down and draw their worries and strategies that might help.

David and the Worry Beast by *Anne Marie Guanci*. David's anxiety is a beast that grows with his worries. He learns how to shrink the beast by controlling his thoughts.

Angry Octopus by *Lori Lite and Max Stasuyk*. A book that teaches kids strategies to deal with their anger with a script for a progressive muscle relaxation exercise.

The Secret to Clara's Calm by *Tamara Levitt*. A book about using mindfulness to manage their big feelings.

Happiness Doesn't come from Headstands by *Tamara Levitt*. This is book with beautiful illustrations to teach kids about the power of shifting the focus from what someone can't do to what they can do.

I am Human by *Susan Verde*. This book focuses on teaching students about empathy and how we can change the way we see things.

One by *Kathryn Otoshi*. A book for children about forgiving others and learning how to deal with their anger.

I'm Not Just a Scribble by *Diane Alber*. A book that teaches children about accepting their differences from others with a focus on their artwork.

Today I Feel Silly & Other Moods that Make My Day by *Jamie Lee Curtis*. A book about different feelings that children experience.

The Way I Feel by *Janan Cain*. A book with beautiful illustrations to increase your child's feelings vocabulary.

Spaghetti in a Hot Dog Bun by *Maria Dismondy*. A book that helps children be proud of who they are and helping others in the process.

My Many Colored Days by *Dr. Suess*. A book about the different feelings your child could experience. It increases their feelings vocabulary.

My Strong Mind by *Niels Van Hove*. A book for children to help develop their strong mind and using a positive attitude to face challenging situations.

Stand Tall Molly Lou Melon by *Patty Lovell*. A great book for children about being themselves and recognizing their strengths.

The Very Frustrated Monster by *Andi Green*. A book that helps teach kids to turn life's frustrations into something positive.

Red: A Crayon's Story by *Michael Hall*. A book told from a crayon's perspective about figuring out your identity and being proud of who you are.

Mouse was Mad by *Linda Urban*. A book that teaches children to figure their own way in dealing with their anger.

The Invisible Boy by *Trudy Ludwig*. A book that helps us learn the importance of compassion and kindness.

The Monster Who Lost His Mean by *Tiffany Strelitz Haber*. A book about kindness and doing the right thing.