

Children's Book List for Social Emotional Learning



Diversity, Uniqueness & Inclusiveness

Accept and Value Each Person

By: Cheri J. Meiners

With simple text and illustrations, this book introduces diversity and related concepts: respecting differences, finding similarities, being inclusive, and appreciating people the way they are.

The Skin You Live In

By Michael Tyler

It's great to be YOU in your wonderful skin, no matter which hue, you are still you. You're the feelings that start from deep in your heart and you're more than you seem, all your hopes and your dreams.

Cleversticks

By: Bernard Ashley

Ling Sung feels he can't do the things some other children in his daycare can do. He decides he does not like daycare until he discovers that he can do something extra special which no-one else can do.

We All Have Different Abilities

By Melissa Higgins

Photos and basic text explore the diversity of cultures, appearances, abilities, and family compositions across our community.

It's Okay To Be Different

By Todd Parr

This book aims to enhance self-esteem and self-confidence and advises us to embrace our individuality and accept others as they are.

The Best Part Of Me: Children Talk About Their Bodies In Pictures And Words

By Wendy Ewald

Photographs and original poems by fifteen children illustrate how they each perceive their own bodies and themselves.



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Diversity, Uniqueness & Inclusiveness

One World, One Day

By Barbara Kerley

Beautiful photos of children going through their day, and all their similarities and differences.

Morris Micklewhite And The Tangerine Dress

By Christine Baldacchio

Morris loves the way the tangerine dress at school swishes and crinkles when he wears it. The other children don't understand at first, but eventually they accept his choice.

My Name Is Yoon

By Helen Recorvits

Disliking her name as written in English, Korean-born Yoon, or 'shining wisdom', refers to herself as 'cat', 'bird', and 'cupcake', as a way to feel more comfortable in her new school and community.

My Princess Boy

By Cheryl Kilodavis

One little boy loves to dress in pink and wear a tiara and his family loves him exactly the way he is.

Suki's Kimono

By Chieri Uegaki

Suki's favourite thing is her blue cotton kimono. A gift from her obachan, it holds special memories of her grandmother. And she intends to wear it on the first day of school—no matter what anyone says.

Girls Dance, Boys Fiddle

By Carole Lindstrom

Friends and family do not initially understand why young Metisse insists on playing her fiddle for Grandmother's birthday since 'everyone' knows girls are supposed to dance and leave the fiddling to the boys. With the support of her grandfather, Metisse embraces the rhythm of her tradition and culture while playing the fiddle.



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10,000 Dresses

By Marcus Ewert

Bailey longs to wear the beautiful dresses of her dreams but is ridiculed by her unsympathetic family who reject her true perception of herself. Then Bailey meets Laurel, an older girl who is inspired by Bailey's imagination and courage.

The Name Jar

By Yangsook Choi

When Unhei moves from Korea to the US her classmates have difficulty pronouncing her name. Will Unhei decide to choose a new name?

Yoko

By Rosemary Wells

Yoko is proud of the sushi her mother has painstakingly prepared for her lunch until her classmates tease her about it.

The Big Umbrella

By Amy June Bates & Juniper Bates

A spacious umbrella welcomes everyone and anyone who need shelter from the rain. It doesn't matter if you're big or small, tall or short.

I Like Who I Am

By Tara White

Celina is a young Mohawk girl who is bullied because she doesn't look like her classmates. She chooses to dance no matter what her classmates think.



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Friendship

Enemy Pie **By Derek Munson**

Hoping that the special pie his father bakes will help him get rid of his enemy, a boy finds that instead it helps him make a new friend.

Friends To The End For Kids: The True Value Of Friendship **By Bradley Trevor Greive.**

A combination of humorous photos of animals and text which reinforce the values of friendship: love, loyalty, and fun.

Friendship Is Like A Seesaw **By Shona Innes**

This book explores friends at their best—as well as friendships that are 'out of balance', and gives suggestions for re-balancing relationships.

Every Buddy Counts **By Stuart J. Murphy**

A sleepy child cheers herself up by counting her buddies.

You Are Friendly **By Todd Snow**

This book describes ways to be friendly such as sharing, being gentle, and asking others to join in the play.

Mr. Happy & Miss Grimm **By Antonie Schneider**

Miss Grimm is not pleased by her new neighbour's cheery behaviour, but Mr. Happy knows that with kindness and patience anything can grow—even friendship.

How To Be A Friend: A Guide To Making Friends And Keeping Them

By Laurie Krasny Brown and Marc Brown

There are many ways to show you want to be a friend. This book provides advice on the following: how to choose friends, how to show someone you'd like to be their friend, how to handle bosses and bullies, the best ways to be a friend and ways NOT to be a friend, and ways to settle an argument with a friend.



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Friendship

Wilfrid Gordon McDonald Partridge

By Mem Fox

Wilfrid is a small boy who has a big name - and that's why he likes Miss Nancy Alison Delacourt Cooper, because she has a long name too. When Wilfrid finds that Miss Nancy has lost her memory, he determines to discover what memories are so he can return it to her. A warm and delightful book about inter-generational friendship.

Ten Thank-You Letters

By Daniel Kirk

This funny friendship story shows how different personalities can manage to fit together perfectly. Pig just wants to take his time to write a thank you letter but Rabbit gets so caught up in the project that he uses all the paper and stamps. Fortunately, Rabbit's final thank-you letter reminds Pig how lucky he is to have Rabbit as his friend.

Noni Says No

By Heather Hartt-Sussman

Noni learns that she can stand up for herself and still be a good friend.

My Friend And I

By Lisa Jahn-Clough

When a little boy moves in next door a lonely child learns how to share and handle the challenges of friendship.

Ninja Cowboy Bear Presents

The Way Of The Ninja

By David Burns

Ninja decides his friends are too boring and strikes out on his own to find adventure, only to remember that the greatest thrills are the ones shared with friends.

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Boo Hoo Bird

By Jeremy Tankard

This book for toddlers asks the question, "What makes your boo-boos feel better?" A little bird's friends assess his injury and provide the best care they can to make his boo-boos better.

Please Don't Eat Me

By Liz Climo

When bunny is approached by a bear in the wood, bunny has just one request: "Please don't eat me." With bear's never-ending list of requests, bunny realizes maybe bear isn't as hungry as he seems, and maybe he just wants company for a while.

This is Our House

By Michael Rosen

George won't let any of the other children into his cardboard box house, but when the tables are turned, he finds out how it feels to be excluded. The little makes a big discovery – that letting everyone into his playhouse is a lot more fun than keeping them out.

Mr. Gumpy's Outing

By John Burningham

Everyone who wants to come along is welcome to join Mr. Gumpy in his boat, so long as they behave properly. All goes well until the goat kicks...the outing comes to an inevitable but not unhappy, conclusion.

Wibbly Pig's Silly Big Bear

By Mick Inkpen

Wibbly Pig has a new friend – a bear so BIG, he can hardly fit on the page. He doesn't know how to do simple things like brush his teeth, comb his hair, or use a spoon but he can do some other important ones. And Wibbly loves him just the same! A picture book that shows it is what's inside that matters.



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Problem Solving

Being Fair

By: Cassie Mayer

This book gives a definition of fair behaviour and examples of how to act fairly. It presents everyday situations that are fair or unfair with simple text and illustrations and provides an opportunity to discuss these concepts.

It's Not Fair

By Amy Krouse Rosenthal

Life doesn't always go as we'd like, and this book shows that everyone, including pigs, planets and square pegs sometimes think that life's not fair.

Not Fair, Won't Share

By Sue Graves

On Monday morning Miss Clover unveils the new Space Station in the classroom! Miss Clover tells the children they must share and take turns but sharing proves very difficult and hurt feelings and anger soon follow. Will the children be able to calm down and work it out?

Willow Finds A Way

By Lana Button

All the girls want to go to Kristabelle's fantastic birthday party so they go along with all of her demands on the playground. When Willow's bossy classmate un-invites some children from the party, Willow finds the strength to speak up.

Talk And Work It Out

By Cheri J. Meiners

A young child talks about the process of peaceful conflict resolution in clear, simple words with supporting illustrations.

"I Have A Little Problem," Said The Bear

By Heinz Janisch

Bear has a problem, and everyone he meets has the solution. The trouble is, they're all in such a hurry to help that they have no time to listen and find out what Bear's problem is.

Swimmy

By Leo Lionni

A little fish survives being swallowed by a tuna then devises a plan to camouflage himself and his new companions.



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Problem Solving

I Can Be Fair

By David Parker

Children take an important step when they recognize and accept that they should treat others as they would like to treat themselves.

Anything Is Possible

By Giulia Belloni

Two traditional enemies, a sheep and a wolf, collaborate to build a flying machine. With perseverance and ingenuity, they prove that even the most improbable dreams can be made real.



Children's Book List for Social Emotional Learning



Kindness, Compassion, Happiness, & Love

If You Plant A Seed

Written and illustrated By Kadir Nelson

This beautifully illustrated book follows two animal friends as they plant a vegetable garden and learn that seeds of compassion and generosity grow as well as carrots, while the seeds of selfishness grow a heap of trouble.

Have You Filled A Bucket Today? A Guide To Daily Happiness For Kids **By Carol McCloud**

This book attempts to show children how very easy and rewarding it is to express kindness, appreciation and love on a daily basis.

How Full Is Your Bucket? For kids **By Tom Rath and Mary Reckmeyer**

In this story, filling one's bucket is a metaphor for encouraging kind and considerate behaviour and for teaching the benefits of positive relationships. Felix notices that every interaction he has with others either fills or empties his bucket, and that everything he does and says fills or empties the buckets of those around him.

My Mouth Is A Volcano! **By Julia Cook**

All of Louis' thoughts are very important to him and when he has something to say it erupts and interrupts others. When others begin to interrupt Louis, he learns to respectfully wait his turn.

Magic Little Words

By Angele Delaunois

This book distills the big ideas behind some common courtesy words such as "Welcome: I open my heart and home to you."

Please, Mr. Panda **By Steve Antony**

Panda has brought doughnuts for the group, but no one seems to know how to ask for them politely.

Pete The Cat: I Love My White Shoes **By Eric Litwin**

Pete the cat just keeps on smiling no matter what he steps in.



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Kindness, Compassion, Happiness, & Love

The Happy Owls **By Celestino Piatti**

All the other birds wonder why the owls are so happy, so they send the peacock to ask them. But they are unable to understand the answer to their question—how could anyone be happy simply to see the rain and sunshine?

How To **By Julie Morstad**

With sparse text and whimsical illustrations this book explores imaginative ways of completing a host of activities from 'how to wonder' and 'how to feel the breeze' to 'how to be brave'. Ultimately, the book suggests that we can choose to be on a path to self-fulfillment and happiness.

The Farmer And The Clown

By Marla Frazee

A textless picture book about a farmer who rescues a baby clown who has 'bounced' off a circus train. The farmer cares for the child, and then reunites the baby clown with his family. This is a story about doing the kind thing, the right thing, no matter how unprepared you may feel. Despite their differences, the farmer opens his home to the little clown until he can be reunited with his family.

How To Heal A Broken Wing **By Bob Graham**

When Will finds a bird with a broken wing he takes it home and cares for it, hoping in time it will be able to fly again. Stunning pictures with sparse but powerful text.

Be Kind

By Pat Zietlow Miller

When Tanisha spills grape juice all over her new dress, her classmate contemplates how to make her feel better and what it means to be kind. From asking the new girl to play to standing up for someone being bullied, this moving and thoughtful story explores what a child can do to be kind, and how each act, big or small, can make a difference or at least help a friend



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Kindness, Compassion, Happiness, & Love

Loving Kindness

By Deborah Underwood

Loving Kindness encourage us to be tender with ourselves and others, and to open our hearts to the world. This vibrant picture book celebrates connection, compassion, and life.

Kindness Grows

By: Britta Teckentrup

It all starts with a crack that we can hardly see. It happens when we shout or if we disagree. Angry words cause a crack to open up and widen but find out what happens when kindness begins to blossom in this thought-provoking peek-through picture book.

Stone Soup

By Jon J. Muth

Retell of a folktale, three hungry strangers passing through town and were denied food by the villages. They come up with a clever idea of making soup from stones. Everyone brings what they have, until together, they have enough to make a feast for all. The story shows the strength people possess when they work together.

What Does It Mean To Be Kind?

By Rana DiOrio

A girl is kind to a new student and her actions create a chain-reaction of caring.

Peace Is An Offering

By Annette LeBox

Follows neighborhood kids as they find love in everyday things such as sunlight shining through leaves and cookies shared with friends.

Immi's Gift

By Karin Littlewood

A small Inuit girl's world is made brighter by gifts from across the sea which inspires her to send a gift of her own. Illustrated in beautiful watercolour, the simple yet affecting story tells of how individuals around the world connect and enrich each other's lives.



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Kindness, Compassion, Happiness, & Love

The Invisible Boy

By Trudy Ludwig

Brian has always felt invisible in school, but when a new student arrives, everything changes. This gentle story shows how small acts of kindness can help children feel included and allow them to flourish.

Big Red Lollipop

By Rukhasa Khan

Rubina has been invited to her first American birthday party, but her mother insists she brings along her little sister. This story offers a compassionate and humorous look at the challenges two sisters face in new culture and offers an opportunity to talk about forgiveness and challenges of family life that affect all children.

Peace Is An Offering

By Annette LeBox

Follows neighborhood kids as they find love in everyday things such as sunlight shining through leaves and cookies shared with friends.

Those Shoes

By Maribeth Boelt

A young boy realizes that the things he has—warm boots, a loving grandmother, and a good friend, are worth more than the things he wants.

Tico and the Golden Wing

By: Leo Lionni

Tico, a little bird born without wings, is one day granted dearest wish. But the wings he gets are made of gold and his bird friends turn against him. This book shares what Tico does with his golden feathers and the important lesson he learns.

If Kids Ran The World

By Leo Dillon

In simple words and colourful illustrations, the book talks about how wonderfully different the world would be if children ran the world. By extending a helping hand, anything is possible, a better and peaceful world where everyone had enough food, shelter, medicine, and education.



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Kindness, Compassion, Happiness, & Love

Alfie and the Big Boys

By Shirley Hughes

Alfie is in awe of the rough and tumble grade schoolboys next door, but he begins to understand that even big boys need help sometimes.

The Smallest Girl In The Smallest Grade

By Justin Roberts

Hardly anyone notices young Sally McCabe, the smallest girl in the smallest grade, yet she notices everything from the twenty seven keys on the janitor's key-ring to the bullying going on in the playground. One day Sally has had enough and decides to make herself heard.

Each Kindness

By Jacqueline Woodson

When Ms. Albert teaches a lesson kindness, Chloe realized that she and her friends have been wrong in making fun of new student, Maya's, shabby clothes and refusing to play with her.

Understand and Care

By Cheri J. Meiners

Empathy is key to positive, healthy relationships. This book helps children to understand that other people have feelings like theirs – and different from theirs. It guides children to show they care by listening to others and respecting their feelings.



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Calm & Secure

Just Because I Am

By Lauren Murphy Payne

Young children need support and encouragement as they learn to value themselves and recognize their own worth – “not because of the things I do, not because of what I look like, not because of what I have...just because I am.” This book with simple affirmation for children helps them respect their bodies, acknowledge their own needs, and name their feelings.

Outside Your Window: A First Book Of Nature

By Nicola Davies

Poetry and images highlight the world of nature outside the door, whether in the city or country.

I Am Peace: A Book of Mindfulness

By Susan Verde

This book is a gentle reminder to practice mindfulness and encourage us to pay attention to our experiences without judgement but with kindness and curiosity.

Silence

By Lemniscates

Simple text encourages the reader to be silent and listen for as many sounds as can be heard.

Blue On Blue

By Dianne White

Rhyming text and beautiful illustrations depict the swell and quieting of a storm.

Mindful Monkey, Happy Panda

By Lauren Alderfer

Monkey asks Panda what he does to seem so happy and peaceful all the time. Panda replies that he brings his attention to whatever he is doing at a given time--whether eating, walking, or resting.

All In A Day

By Cynthia Rylant

This book invites children of all ages to appreciate one day as a perfect piece of time in which to live fully.



Children's Book List for Social Emotional Learning



Calm & Secure

What Does It Mean To Be Present?

By Rana DiOrio

This refreshing, vibrant picture book engages all of the senses to demonstrate the myriad ways a child can seize the moment. The story sparks meaningful discussions about the important gift of appreciation and advises children and adults alike to live more fully and richly.

Step Gently Out

By Helen Frost

A simple poem accompanied by close-up photos of tiny creatures. This book invites us to look closely and notice the amazing world around us.

Take The Time: Mindfulness For Kids

By Maud Roegiers

The child in this small book takes the time to slow down and think about what she is doing, what she has dreamt, and to listen to the silence.

The Stars Will Still Shine

By Cynthia Rylant

Shining stars, flowers that bloom, love... this book celebrates the constants of our beautiful world.

Take The Time: Mindfulness For Kids

By Maud Roegiers

The child in this small book takes the time to slow down and think about what she is doing, what she has dreamt, and to listen to the silence.

All Of Me: A Book Of Thanks

By Molly Bang

A toddler is thankful for his hands, feet, etc. and all the things he can do.

Calm

By Jillian Roberts

A quiet board book full of soothing messages to encourage readers to stay calm and regulate with babies and toddlers in their lives.



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Feelings

Glad Monster, Sad Monster: A Book About Feelings

By: Ed Emberley & Anne Miranda

This book shows monsters experiencing various emotions and gives examples of the things that make them feel that way. Each emotion is represented as a mask which can be detached, used, and then stored in a pocket at the back of the book.

The Great Big Book of Feelings

By: Mary Hoffman

This book explores all kinds of feelings from joy to curiosity to jealousy and anger. It includes clear examples of various emotions and ideas for how to show feelings, or to make oneself feel better when overcome with a particular feeling.

Cool Down and Work Through Anger

By: Cheri J. Meiners

This book is designed to help children understand angry feelings and gives suggestions for coping with angry feelings.

Lots Of Feelings

By: Shelley Rotner

A photographic concept book that emphasizes the feelings that people have in common.

Cool Down and Work Through Anger

By: Cheri J. Meiners

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When Sophie Gets Angry, Really, Really Angry...

By: Molly Bang

Lots of people get angry, and they cope with their anger in different ways. Sophie runs out and climbs her favourite tree to calm herself.

And Two Boys Boomed

By Judith Viorst

A boy becomes increasingly more anxious about performing in the school talent show but manages his emotions and performs anyway.



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Feelings

On Monday When It Rained

By Cherryl Katchenmeister

Black and white photographs of young boy's facial expressions are accompanied by text describing how the various emotions he feels throughout the days.

Willow's Whispers

By Lana Button

Willow's voice, as soft and shy as a secret, goes unheard at school. After a night of wishing for a bigger voice Willow comes up with an idea: a magic microphone!

Wild Feelings

By David Milgrim

Do you ever feel as stubborn as a mule? Or as chicken as a chicken? Of course you do. Everyone does. This is a loving look at the normal and natural feelings we all have.

The Feelings Book

By Todd Parr

The vibrantly illustrated book encourages readers to embrace the wide range of emotions we all experience.

I'm Not Scared Book

By Todd Parr

With colourful illustrations and inclusive storytelling, the author promotes an essential message of love and acceptance that is inspiring, empowering, and accessible.

Big Feelings

By Alexandra Penfold

The book helps children navigate the emotional challenges they face in their daily lives. What should we do when things don't go to plan? We may feel a lot of emotions, but by talking it through, compromising, and seeing another point of view, we can start fresh and begin anew.

Angry Me

By Sandra V. Feder

A young child tells us what makes her angry and how she tried to let the anger come and go. An artful starting point for conversations about strong feelings. She tries to remember to use her words – even though that doesn't always work.



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When I Feel Angry

By Cornelia Spelman

Join bunny rabbit and her family as she learns to manage angry feelings. With a focus on identifying the causes of an emotional reaction and coming up with ways to start feeling calm and happy again, this book explains simple strategies to help kids understand and take care of their emotions.

The Way I Feel

By Janan Cain

Fun illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride.

Yesterday I Had the Blues

By Jeron Ashford Frame

A young boy ponders a variety of emotions and how different members of his family experience them, from his own blues to his father's grays and his grandmother's yellows.

When Sophie's Feelings are Really, Really Hurt

By Molly Bang

Sophie is hurt when the other children laugh at her painting of her favourite tree – but when she explains her painting, everybody understand what she was trying to do.

Under the Same Sky

By Britta Teckentrup

There are so many kinds of people in the world, in so many different places. But we all share the same emotions, hopes, and dreams, and we all engage in the same activities to find joy in our lives.

The Many Colors of Harpreet Singh

By Supriya Kelkar

Harpreet Singh has a different colour for every mood and occasion. But when Harpreet's mom finds a new job in a snowy city and they must move, all he wants is to be invisible. Will he ever feel a happy sunny yellow again?



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Feelings

F is For Feelings

By Goldie Millar

This alphabet book teaches young children about feelings and the idea that all emotions are natural and important. A section in the back provides tips and activities for parents, teachers, and caregivers to reinforce the book's themes and lessons.

Pete the Cat and His Magic Sunglasses

By James Dean

Pete the Cat wakes up feeling frumpy – nothing seems to be going his way. But with the help of some magic sunglasses, Pete learns that a good mood has been inside him all along.

Cool Down and Work Through Anger

By Cheri J. Meiners

Children learn that it's okay to feel angry – but not okay to hurt anyone with actions or words. This book provides concrete skills for children to learn to work through their anger.

In My Heart: A Book of Feelings

By Jo Witek

With charming text, whimsical illustrations, and irresistible die-cut heart that extends through the book, it will not only help your little one understand their feelings. The lyrical language will help to empower readers to practice articulating and identifying their own emotions.

When You Are Brave

By Pat Zietlow Miller

An inspiring picture book affirmation about having courage even in difficult times, because some days, when everything around you seem scary, you have to be brave. A young girl feels small, quiet and alone. But she breathes deeply and looks inside herself a hidden spark of courage appears.

