

Thank You!

Thank you so much for downloading this resource! I sincerely hope that it helps you to continue making a difference in the lives of students.

About Counselor Chelsey:

Hello! I am a licensed social worker with experience as a school based counselor, working in a mentorship program for teens, and am now a curriculum developer. My favorite part of my work has always been developing high quality resources for students to use. Since becoming a curriculum developer, I have loved being able to impact thousands of classrooms around the world!

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About This List:

This list is a curated resource of the social emotional picture books that I *love*! Over the years, I have found that using picture books has been a great way to help my students learn about topics that may be difficult to talk about, or even a little tricky to understand. Picture books are also a great resource to use when you don't have hours to plan a lesson, or are looking for something to hold the attention of your little learners. After trying out hundreds (not kidding) of picture books, these are my very favorites. I have loved the ways that my students have responded to these books, and I think you will find them helpful too!

Click each title to find it on Amazon. These are affiliate links, which means that I earn a small percentage of money for each purchase. However, each recommendation is my own, and is not influenced by any partnership with the books authors or publishers.

What's Included:

This resource contains a list of 120 picture books that you can use to teach about social emotional topics! There are 8 book recommendations for each of the following topics:

- Anger Management
- Bullying
- Diversity & Inclusion
- Divorce & Changing Families
- Feelings & Emotions
- Friendship Skills
- Grief & Loss
- Growth Mindset
- Kindness
- Mindfulness
- Self Control
- Self Esteem
- Social Skills
- Teamwork & Cooperation
- Worry & Anxiety

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!

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!

Clovis Keeps His Cool By Katelyn Aronson (K to 3)

- Clovis is a bull who runs his granny's old china shop. He used to lose his temper a lot, but had done better recently until a few of his old teammates stop by the shop to pick on him. He tries to use the coping skills he has, but ultimately, he loses his cool. Eventually, he is able to calm down and even offers friendship and grace to his old teammates.

Sometimes When I'm Mad By Deborah Serani (1 to 3)

- The girl in this story shares all about her experience with anger. She shares what makes her angry, what it feels like to be angry, and how she responds to her anger. She also shares about helpful advice that she gets from the people around her.

Pause Power By Jennifer Law (2-5)

- Gabe always got upset when other people pushed his buttons. One day, a button popped up on his arm named Preston. Preston started talking to Gabe and helping him understand why this happened. Preston also helped Gabe use "pause power" to take a pause and slow down when someone pushes his buttons. This book is full of relatable scenarios and practical strategies.

Bullying

Llama Llama And The Bully Goat By Anna Dewdney (Pre-K to 2)

- Gilroy Goat is not being nice. He is making fun of everyone in the class. The friends stand up for themselves and tell an adult they trust. The adult is able to help, and then all of the animals have fun together!

The Bully Blockers Club By Teresa Bateman (K to 2)

- Grant was always mean to Lotty and her friends, especially when no adults were looking. Lotty didn't know what to do until she and her friends started a "Bully Blockers" club and learned the importance of looking out for each other!

Stand Tall, Molly Lou Melon By Patty Lovell (K to 2)

- Molly Lou Melon's grandmother teaches her to embrace her many quirks. When Molly Lou starts school, her peers don't see her quirks as endearing as her grandmother does, but Molly Lou shows them that being quirky has its perks!

The Recess Queen By Alexis O'Neill (K to 2)

- Mean Jean was the queen of recess. When Katie Sue moved to the school, she didn't let Mean Jean tell her what to do – instead, she showed kindness to Jean and even asked her to play!

Bully B.E.A.N.S. By Julia Cook (1 to 4)

- Bobbette was a big bully – she told everyone what to do. No one stood up to her because they were all afraid. Then, one girl told her mom about Bobbette. Her mom gave her bully beans, which gave the girl and her friends the courage they needed to finally stand up for themselves!

One By Kathryn Otoshi (1 to 4)

- Red was a mean color, especially to Blue, but no one stood up to Red. When One comes along, he teaches the colors to stand up for themselves, and that everyone counts... even Red!

The Juice Box Bully By Bob Sornson and Maria Dismondy (2 to 5)

- Pete is new to the school. He is mean to the other kids, but they explain to him that at this school, the students are kind to one another. One of the students gets fed up and is mean to Pete. Some of the students stand up for Pete, and he learns that it really is better when everyone is nice to each other.

My Secret Bully By Trudy Ludwig (2 to 6)

- In this powerful book on relational aggression, Monica's friend Katie is nice to her when they are alone, but has started to be mean to her in front of others. Monica isn't sure how to handle this, and turns to her mom who helps her stand up for herself.

Diversity & Inclusion

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!

All Are Welcome By Alexandra Penfold (K to 2)

- In this book, young students will get to take a look at a school where everyone is welcome. No matter what they wear, where they come from, or what they eat, all are welcome.

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.

Divorce & Changing Families

I Have Two Homes By Marian De Smet and Nynke Talsma (Pre-K to 2)

- Nina explains what it is like living in two homes – one with her mom and one with her dad. Readers will relate to Nina’s honest experiences and see that living in two homes doesn’t always have to be bad!

Mom And Dad Glue By Kes Gray (Pre-K to 2)

- In this book, a boy’s parents separate and he wants to glue them back together. He goes to the glue shop in search of the glue he needs. When he doesn’t find the right glue, the shop owner reminds him that he can’t glue his parents back together, and that he doesn’t have to because it isn’t his fault.

Standing On My Own Two Feet By Tamara Schmitz (Pre-K to 2)

- The main character of this book matter-of-factly explains his life with divorced parents. He reminds himself (and readers) that their divorce wasn’t because of him, and most importantly, that his parents will always love him!

Two Homes By Claire Masurel (K to 2)

- Alex has a mommy and a daddy. They live in separate houses. In this story, Alex tells about how he has two sets of things – one for mommy’s house and one for daddy’s house. Even though his mommy and daddy don’t live together, they love him wherever they are and wherever he is!

When My Parents Forgot How To Be Friends By Jennifer Moore-Mallinos (K to 2)

- This story describe the changes that happen when parents forget to be friends. Maybe your mom starts crying a lot or maybe your family doesn’t spend time together. Even though the change can be hard, it doesn’t mean you still can’t have fun with your family!

Why Do Families Change? By Jillian Roberts (K to 2)

- This book answers questions that many children have about divorce. The engaging question and answer format will help kids address questions like “Is this my fault?” and “How do I feel better?”

Was It The Chocolate Pudding? By Sandra Levins (K to 3)

- The boy in this story thinks that his parents divorce was his fault – that it was caused by a mess he made with chocolate pudding. In the end, he is relieved to hear that it wasn’t his fault at all! Young readers will love how the boy explains everything in language that they will understand!

Monday, Wednesday And Every Other Weekend By Karen Stanton (1 to 4)

- Henry has two houses now, and so does his dog Pomegranate. Henry has things he likes at both houses, but Pomegranate just wants to go back to their old house. He runs away, and Henry shows him that now they have a new home!

Feelings & Emotions

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.

Little Red Fox Has Feelings By Didi Dragon (K to 2)

In this book, readers follow Little Red Fox throughout the day as she experiences different emotions. For each feeling, she shares what caused her to feel that way and how she is going to respond. This is a great story to remind kids that feelings are normal and helpful!

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.

My Body Is A Rainbow By Mallika Chopra (3-5)

- This book is the perfect mix of emotional awareness, mindfulness and positive self talk. There are small guided meditations on each page that describe a color, a feeling and a body party. Each section ends with a positive affirmation such as "I am safe."

Friendship Skills

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

- 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 I)

- 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!

How To Grow A Friend By Sara Gillingham (K to 2)

- In this book, readers will learn that friendships are a lot like flowers. They require love and care. The book encourages kids to practice empathy, support, inclusion and more as they grow a good friend!

Ivy and The Lonely Raincloud By Katie Harnett (K to 3)

- The lonely raincloud wanted a friend, but he had a hard time finding someone who would appreciate him. That was until he found a little girl who was also lonely. She wasn't too sure about the raincloud at first, but then he showed her that he had something she would love - rain for her flowers.

How To Apologize By David LaRoche (K to 3)

- This book gives clear, straightforward explanations of good apologies. Plus, readers will love the fun pictures and examples! This is a great book for helping kids thoroughly understand how to apologize.

Enemy Pie By Derek Munson (I 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!

Grief & Loss

Before I Leave By Jessixa Bagley (Pre-K to 2)

- In this book about moving away from friends, readers meet an anteater who is nervous about moving away. He plays for one last time with his friend, and then realizes that they can still keep in touch! Young readers will relate to the unsure feelings of the anteater.

I Miss You: A First Look At Death By Pat Thomas (Pre-K to 2)

- This book explains death in a way that young readers will understand. It explains what death is, and the ways that it can affect us. This book is a great resource for friends/family of someone experiencing the loss of a loved one, to help better understand what that person is going through.

Houdini Was... By 2nd Grade Students Of White Bluff Elementary (Pre-K to 2)

- In this true book, students reflect on the death of their class pet, Houdini. They write that they are choosing to be happy because they had the opportunity to know Houdini and enjoy all of the great things about him.

The Heart And The Bottle By Oliver Jeffers (K to 2)

- After the death of her grandfather, the girl in this book decides to bottle up her heart to keep it safe. Eventually, she realizes that she needs to get her heart back out. With the help of a younger child, she is able to return her heart back to where it belongs. This is a great book about not holding in your feelings.

Always Remember By Cece Meng (K to 3)

- After Old Turtle dies, the other sea creatures reflect on their memories of him, and realize that he will always be remembered. A great reminder that even if a loved one has died, his or her memory lives on!

The Remember Balloons by Jessie Oliveras (K to 3)

- The boy in this story loves sharing his memory balloons with his grandpa. Over time, though, his grandpa isn't able to remember the stories in his balloons. This is a touching story about a boy as his grandpa begins to lose his memory.

The Memory Box: A Book About Grief By Joanna Rowland (K to 3)

- The main character in this book reflects honestly on the loss of a loved one and moving on without them. This is a great book that children will easily identify with as they face a new normal.

Ida, Always By Caron Levis (K to 4)

- Gus's best friend Ida becomes very sick, and eventually dies. This tender book takes readers through Gus's journey as his best friend experiences sickness and death. Although Gus is sad, he remembers that Ida will always be with him.

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.

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!

Abdul's Story By Jamilah Thompkins-Bigelow (1 to 3)

- Abdul loves to tell stories, but is struggling to write them down. He makes mistake after mistake and wants to give up. Eventually, he learns that mistakes aren't so bad after all and that even the best writers make mistakes.

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 mindset!

Kindness

Ways To Welcome By Linda Ashman (Pre-K to I)

- This simple book shows plenty of practical ways that we can be welcoming, kind and inclusive to others.

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 Dortehea 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.

Bloom By Anne Booth (K to 3)

- This book uses beautiful imagery to show the power of being kind, but also what happens when we are unkind. It gives plenty of practical examples and will inspire readers to grow kindness.

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 (I 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 (I 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.

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!

Tisha and the Blossoms By Wendy Meddour (K to 3)

- Tisha felt hurried all day. By then end of the day, she was ready for a slow down. Her mom helped her come up with some strategies to make her feel less rushed.

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.

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!

Monster Meditation: Being Patient With Cookie Monster (Pre-K to 2)

- Cookie Monster is having a hard time waiting for his cookies to finish baking. His friend, Mr. Andy helps him play a game of "I Sense." During the game, Cookie Monster uses his 5 senses to notice what's around him, which helped him to be patient when he waited.

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.

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!

Mrs. Gorski, I Think I Have The Wiggle Fidgets By Barbara Easham (1 to 4)

- David has a hard time with self-control. He wishes that he could get better at it, but he doesn't seem to be able to. One day, David realizes that he can control his wiggle fidgets. He uses his strengths to brainstorm a list of things that will help him. When he shares his plan with his teachers and parents, he discovers that his strategies may help other students too! This story gives kids great tips for managing their own wiggle fidgets, and reminds them that they're not alone.

Impulsive Ninja by Mary Ninh (2 to 5)

- Impulsive Ninja shared how he has learned to use his supe power of pause to control his impulsivity and make better choices. Readers will easily relate to Impulsive Ninja's journey and can apply this concept to their own lives.

Self Esteem

Remarkably You By Pat Zietlow Miller (Pre-K to 2)

- In this book, readers are reminded that they have the power to change the world, no matter who they are! Even though they may be different than other people, they can still make a big difference in the community around them.

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!

All The Ways To Be Smart By Davina Bell (K to 2)

- In this fun book, kids will learn that being smart is more than just being good at school. As kids hear about different ways to be smart, they will be encouraged to think about, and embrace, the things that make *them* smart!

Perfectly Norman By Tom Percival (1 to 3)

- Norman was a perfectly normal boy, until one day he sprouted a pair of wings. At first, he loved his wings, but then he began to wonder what his family might think about them. To hide his wings, he decided to wear a big coat, even though the coat prevented him from being able to do some of his favorite things. Finally, he realized that the coat was making him unhappy and decided to take it off. When he did, he was so glad to be free of his coat and ended up inspiring others to pursue the same freedom.

Rock What Ya Got! By Samantha Berger (1 to 4)

- An artist draws a girl named Viva. The artist tries to change the way that Viva is drawn, but Viva isn't going down without a fight. She loves herself exactly how she is and instead of trying to change, she wants to rock what she's got!

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!

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!

Don't Hug Doug By Julie Glassman (Pre-K to 2)

- Don't Hug Doug is an amazing book about respecting other people's preferences in regards to personal space and being able to set your own boundaries. It explains the concepts in a way that is so easy for kids to understand.

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 sand castle 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 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!

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.

That Fruit Is Mine By Anuska Allepuz (K to 2)

- The five elephants in the jungle loved their fruit. One day, they found a big tree with delicious fruit that they all wanted to eat. Each elephant tried their hardest to find a way to get to the fruit. Meanwhile, a team of 5 tiny mice decided to work together to get the fruit. This inspired the elephants to work together and eventually, they were all able to eat the delicious fruit.

Prince And Pirate By Charlotte Gunnufson (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.

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!

The Worrysaurus By Rachel Bright (Pre-K to 2)

- Worrysaurus is ready for a fun adventure until a friend tells him there might be a storm. Even though it's perfectly sunny, the little dinosaur begins to feel worried about what might happen. Eventually, he finds a way to cope with his feelings of worry and enjoy the present moment.

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.

Worry Says What By Allison Edwards (K to 3)

- In this story, a girl talks about something called Worry in her brain. Worry tells her things, sometimes so loudly that it makes it hard to hear anything else. She listens to Worry until she realizes that she's done letting Worry boss her around. Instead of listening to Worry, she decides to start talking back to him and focusing on what is true.

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

The Whatifs By Emily Kilgore (1 to 4)

- The Whatifs follow Cora all day long, constantly bringing up the worst case scenario. There are so many and she can't shake them off, especially when it comes to her piano recital. Then, her friend Stella encourages her to take her grim Whatifs and turn them into positive Whatifs, allowing her to focus on all of the positive things that might happen!

Hey Warrior By Karen Young (2 to 5)

- This informational book is perfect for explaining what causes anxiety and what it feels like, in a way that kids will understand. Knowledge is power, and this book will definitely give your students the information they need to understand and manage their anxiety.

Want activities to go with these books?

Do you love the books on this list? Are you looking for activities you can do with your students to further explore the themes of the books? If so, you will definitely want to check out the book companion resources in my Teachers Pay Teachers store! I have activities to help students learn about self control, anger management, worry, kindness, goal setting, growth mindset, bullying prevention, mindfulness and acceptance!



Check them out here:

<http://bit.ly/Bookcompanionactivities>