**BOOKS ON SOCIAL-EMOTIONAL LEARNING TOPICS**

**ANXIETY**

**NonFiction:**

Outsmarting Worry: An Older Kid’s Guide to Managing Anxiety, Dawn Huebner PhD, il Kara McHale\

The Worry Less Book Rachel Brian (author of Consent for Kids) (Graphic Novel, 6-10)

Me and My Feelings: A kid’s guide to understanding and expressing themselves, Vanessa Green

**Fiction:**

Something to Say, Lisa Moore Rameé (8-13, 3-7th gr)

Guts, Raina Telgemeyer, Graphic (Body-Related-Anxiety, 8-12)

Adjusting to New Environment

Juana and Lucas series, Juana Medina (5-8, K-2nd)

The Way Home for Wolf, Rachel Bright

Me and My Fear P Sanna (fear, anxiety)

I Used to Be Afraid P Seeger (fear, anxiety)

Walk With Me P Buitrago (anxiety about dangerous life circumstances)

The Breaking News P Reul (anxiety about current events)

The Rabbit Listened P doerrfeld (dealing with negative events and emotions—very good for both sides: the one upset and the comforter)

**Picture books:**

The Whatifs, Emily Kilgore (Anxiety, Intrusive Thoughts)

Three Lost Seeds: Stories of Becoming, Stephie Morton (Belonging, Worry, Loss)

Small things, Mel Tregonning (Anxiety, Graphic Novel Picture Book)

Violet Shrink, Christine Baldacchino, Carmen Mok (Anxiety, Sensory Processing/Autism Adjacent, 6-9)

Thank You, Bear, Greg Foley (Worry, Giving, Gratitude)

Don’t Worry, Douglas, David Melling

Ruby Finds a Worry, Tom Percival (Black Girl, 4-6)

Jack’s Worry, Zuppardi, (4-8)

The Worry Box, Suzanne Chiew (4-8)

Don’t Worry Little Crab, Chris Haughton (3-7)

Luci Soars, Lulu Delacre (Anxiety)

When You’re Scared, Andreé Poulin, il Véronique Joffre (3-8, wordless)

Do Not Go In There, Ariel Horn, il Izzy Burton

Go Away Big Green Monster, Ed Emberly

Love Monster and the Scary Something, Rachel Bright

I am So Brave, Krensky/Gillingham (board book, 1-3)

Separation Anxiety Picture Books

Ollie and Augustus, Evans, (boy and dog, 3-7)

Kyle Goes Alone, Jan Thornhill (Animal Non-Fiction, Mother-Son separation, overcoming fears)

**DEPRESSION**

Once Upon a Unicorn’s Horn, Beatrice Blue

Willy and the Cloud, Anthony Browne

**ENCOURAGEMENT**

Sometimes you Fly, Katherine Applegate, Jen

The Day You Begin, Jacqueline Woodson, Lopez (4-8)

I am Human: A Book of Empathy; Susan Verde

Life, Cynthia Rylant, Brendan Wenzel

Fiction:

“Yay, You! Moving Up and Moving On,” by Sandra Boynton.

“Ideas Are All Around,” by Philip C. Stead.

“The Wonderful Things You Will Be,” by Emily Winfield Martin.

“I Wish You More,” by Amy Krouse Rosenthal.

The Way Home for Wolf, Rachel Bright

“Life Doesn’t Frighten Me,” by Maya Angelou.

Grief

The Dead Bird, Christian Robinson (Picture book)

Pilu of the Woods, Nguyen (Graphic Novel)

First Readers

Spark, Kallie George

Homesick

Ice in the Jungle, Hoffman-Maniyar

The Triceratops Tuff

Board Books

Happyland: Rainy Day

Catching Thoughts, Bonnie Clark, il Summer Macon

Hurry Up! A Book About Slowing Down, Kate Dopirak

Dragon Was Terrible, Kelly DiPucchio, Greg Pizzoli

The Little Guys, Vera Brosgol

You Matter, Christian Robinson (4-7)

Big Choo, Stephen Shaskan (Can-Do, Little Engine that Could, Father-Son, 3-5)

**MOURNING/LOSS**

On the Other Side of the Garden (4-7)

Three Lost Seeds: Stories of Becoming, Stephie Morton (Belonging, Worry, Loss)

Things that Go Away, Beatrice Alemagna, il by author, 4-8

Cry, Heart, But Never Break by Ringtved J Fiction picture book (death)

Where Do They Go? Alvarez 155.937 A187w

Blue by Seeger (grief: color book that deals with death of pet)

The Pond Davies Fiction picture book (death of father)

**MINDFULNESS**

A Place Inside of Me, Zetta Elliott

The Isle of You, David LaRochelle, il Jaime Kim

Duck/Rabbit, Rosenthal and Litchenfield, (Optical illusions/perception, (5-8)

**KINDNESS**

Make the Earth Your Companion, J. Patrick Lewis il Anna and Elena Balbusso

Kindness and Understanding

The House at the End of the Road, K

I Am Love, A Book of Compassion, Susan Verdeari Rust

The Other Side of Town, Jon Agee

When We Are Kind, Monique Gray Smith ill Niedhart

Peace is an Offering, Annette Lebox, Stephanie Graegin

A Place for Mulan, Marie Chow, il Jasper Shaw (picture book)

**EMOTIONS**

**Non-Fiction:**

Teaching Emotional Intelligence, Adina Bloom Lewkowicz

**Fiction:**

Places to Be, Mac Barnett, (3-7)

Lift, Min Le, il Dan Santat (Anger, Younger Sibling Strife, Dreaming)

My Many Colored Days, 3-7

Nina in “That Makes Me Mad” Hilary Knight (Toon book, early reader)

Rabbit and Robot series, Cece Bell (early reader, emotions, funny)

Princess Pistachio (early reader, emotion-related, funny/light)

Click, Kayla Miller (Friendships, Conflict, Graphic Novel, Middle Grade)

Meg, Jo, Beth, and Amy, Terciero (Modern Retelling of Little Women)

Why the Face? (foldout feelings, BB, good silly discussion starter)

Molly Bang:

 When Sophie’s Feelings are Really, Really Hurt, Molly Bang,

When Sophie Get’s Angry…, Molly Bang

When Sophie Thinks She Can’t, Molly Bang

**Board books:**

Bunny Breathes, Easterish (1-4)

I Love Me, Sally Morgan and Ambelin Kwaymullina

**SOCIAL SKILLS**

ABC ready for school : an alphabet of social skills / Celeste Delaney

What to do when you feel too shy : a kid's guide to overcoming social anxiety / by Claire A. B. Freeland

The Someone New Twiss (shy and anxious about someone new, accepting someone new and different)

Tiny T. Rex by Stutzman, Jonathan

Say something! / by Peter Hamilton Reynolds

Rise UP! Rippon Being Edie is hard today / written by Ben Brashares

Misunderstood Shark : friends don't eat friends / written by Ame Dyckman A friend for Henry / by Jenn Bailey

The breaking news / written & illustrated by Sarah Lynne Reul I am helpful / Suzy Capozzi F I am brave / Suzy Capozzi F

Train your dragon to love himself / Steve Herman P(self-esteem) Teach your dragon to share / Steve Herman P

Teach your dragon to understand consequences / Steve Herman P

People Don’t Bite People Wheeler P

You hold me up / Monique Gray Smith ; illustrated by Danielle Daniel

This Beach Is Loud (P, sensory processing)

Train Your Dragon to Love Himself P Herman

No Hitting! Katz (lift-the-flap)

Super Manny Stands Up! By Dipucchio P (anxiety, bullying and confidence)

My Hair Is a Garden by Cabrera P (self-esteem, diversity)

Red by De Kinder P (bullying)

**WAR/REFUGEE EXPERIENCE**

The Day the War Came P Davies (war/refugee)

The Journey Sanna Fiction picture book (war/refugee and loss of father, immigration)

**ADOPTION AND BLENDED FAMILIES**

Just Right Family: an Adoption Story P Lopez

Home at Last Williams P (adoption and same-sex couple)

A Most Unusual Day P Mallery (new baby, adoption, diversity—blended family)

**INCARCERATION**

Far Apart, Close in Heart Birtha P

**DIVORCE**

Monday, Wednesday, and Every Other Weekend Stanton P (parenting)

**SERIOUS ILLNESS**

Cancer Hates Kisses by Sliwerski P (mother battling breast cancer)

**MENTAL ILLNESS**

The Color Thief P Peters (parent’s depression)