

## **Recommended Social-Emotional Books for Children (1-5 years old)**

In ascending order by age  
Compiled by Dr. Diana Bermudez © 2022  
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### **Feelings and Self-Control**

When I Am/Cuando Estoy (English-Spanish) by Gladys Rosa-Mendoza and Dana Regan  
The Way I Feel by Janan Cain (Available in Spanish)  
The Way I Act by Steve Metzger  
The Way I Feel Books Series (When I Feel Sad...Angry...etc.) by N. Cote and C. Maude Spelman  
Calm-Down Time by Elizabeth Verdick  
Jilly's Terrible Temper Tantrum by Martha Heineman Pieper  
When I'm Feeling Scared by Trace Moroney  
The Rabbit Listened by Cori Doerrfeld  
The I'm Not Scared Book by Todd Parr  
Wilma Jean the Worry Machine by Julia Cook  
Chester the Brave by Audrey Penn  
The Boy with Big, Big Feelings by Britney Winn Lee

### **Self-Esteem and Resilience**

I Like Myself by Karen Beaumont  
I Love You Stinky Face by Cyd Moore and Lisa McCourt  
Only One You by Linda Kranz  
Just Because I Am. Solo Porque Soy Yo by Lauren Murphy Payne  
Pete the Cat. I Love my White Shoes by Eric Litwin  
The Magical Yet by Angela DiTerlizzi.

### **Bereavement**

Goodbye Mousie by Jan Ormerod and Robie H. Harris  
Remembering Crystal by Sebastian Loth  
The Invisible String by Patrice Karst  
Chester Raccoon and the Acorn Full of Memories by Audrey Penn

### **Attachment and Separation**

Owl Babies by Martin Waddell and Patrick Benson  
The Kissing Hand by Audrey Penn

When I Miss you (The Way I Feel Books Series) by Nancy Cote and Cornelia Maude Spelman  
The I Love You Book by Todd Parr  
The Invisible String by Patrice Karst

### **Anger**

Hands Are Not for Hitting by Martine Agassi and Marieka Heinlen  
Mouse Was Mad By Linda Urban  
When I Am Angry (The Way I Feel Books Series) by Nancy Cote and Cornelia Maude Spelman  
When Sophie Gets Angry -- Really, Really Angry . . . by Molly Bang  
If You Are Angry and You Know It by Cecily Kaiser  
Anh's Anger by Gail Silver  
My Mouth is a Volcano by Julia Cook

### **Social Skills**

Time for Learning Board Book Set (Sharing Time...Listening...Clean...etc.) by Elizabeth Verdick  
I'm Sorry by Sam McBratney  
It's OK to be Different by Todd Parr  
How to Be a Friend: A Guide to Making Friends and Keeping Them) by Marc Brown and Laurene Krasny Brown  
The Best Me I Can Be Boxed Set (I Accept You As You Are!, I Am Generous!, I Am Responsible!, I Can Cooperate!, I Show Respect!, I Tell the Truth!, I'm a Good Friend!, I'm in Charge of Me!) by David Parker and Jill Dubin  
"I Have a Little Problem" Said the Bear, by Heinz Janisch

### **Non-Traditional Families/Divorce**

The Family Book by Todd Parr  
Two Homes by Claire Masurel  
All Kinds of Families by Norma Simon and Joe Lasker  
Was it the Chocolate Pudding? A Story for Little Kids about Divorce, by Levins and Langdo  
And Tango Makes Three by Justin Richardson and Peter Parnell  
Standing on My Own Two Feet: A Child's Affirmation of Love in the Midst of Divorce, by Tamara Schmitz  
My Family is Changing. A First Look at Family Break-Up by Pat Thomas  
Dinosaurs Divorce by Marc Brown

### **New Baby and Sibling Rivalry**

I am a Big Sister by Joanna Cole  
I am a Big Brother by Joanna Cole  
The New Baby by Mercer Mayer  
A Pocket Full of Kisses by Audrey Penn

