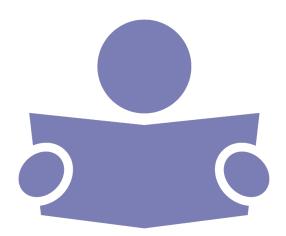
Recommended Social-Emotional Books for Children (Grades k-6)

In ascending order by age Compiled by Dr. Diana Bermudez © 2022 www.amarecenter.com



Feelings and Self-Regulation

The Way I Feel by Janan Cain (Available in Spanish)
The Way I Act by Steve Metzger
Calm-Down Time by Elizabeth Verdick
The Boy with Big, Big Feelings by Britney Winn Lee
Bubble Gum Brain, by Julia Cook
Listening to My Body by Gabi Garcia and Yin Hui Tan
A Little SPOT of Emotion 8-Book Set (Anger, Anxiety, Peaceful, Happiness, Sadness, Confidence, Love and Scribble) by Diane Alber.
Me and my Feelings by Vanessa Green Allen

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
I Am Me: A Book of Authenticity by Susan Verde
The Magical Yet by Angela DiTerlizzi
The Year We Learned to Fly by Jacqueline Woodson

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

Anxiety and Separation

The Night Before Kindergarten by Natasha Wing Butterflies on the First Day of School by Annie Silvestro Chester the Brave by Audrey Penn The Invisible String by Patrice Karst Train Your Dragon Deal with Anxiety by Steve Herman Wilma Jean the Worry Machine by Julia Cook

Anger

When Sophie Gets Angry -- Really, Really Angry . . . by Molly Bang Anh's Anger by Gail Silver My Mouth is a Volcano by Julia Cook Soda Pop Head by Julia Cook Train Your Angry Dragon by Steve Herman

Social Skills

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

How to Be a Friend: A Guide to Making Friends and Keeping Them) by Marc Brown and Laurene Krasny Brown

A Little SPOT of Empathy by Diane Alber

A Little SPOT of Belonging by Diane Alber

Friends. Making Them and Keeping Them by Patti Kelley Criswell

Non-Traditional Families/Divorce

The Family Book by Todd Parr

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

Divorce is the Worst by Anastasia Higginbotham

