

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

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

