

Read-Alouds That Support Social/Emotional Growth

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Books About Overcoming Fear and Challenges

Andrews, Troy *Trombone Shorty* 2015

This beautiful picture book for older kids is an inspirational look at overcoming our circumstances to follow our dreams, in this case that of a young musician in New Orleans.

Atkins, Jeannine *Aani and the Tree Huggers* 2000

Aani lives in a village that is protected and sustained by a forest. When loggers show up to cut down the trees, she throws her arms around her favorite tree, and the women of the village follow her lead, saving the forest. This book is based on a true story.

Bryant, Jen; illustrations by Boris Kulikov *Six Dots: a Story of Young Louis Braille* 2016

Louis Braille was just five years old when he lost his sight. He was a clever boy, determined to live like everyone else, and what he wanted more than anything was to be able to read. Even at the school for the blind in Paris, there were no books for him, so he invented his own alphabet -- a whole new system for writing that could be read by touch. This system is still used by the blind community today.

Cornwall, Gaia *Jabari Jumps* 2017

Working up the courage to take a big, important leap is hard, but Jabari is definitely almost absolutely ready.

Cousins, Lucy *Where is Maisy's Panda?* 1999 (Flap Book)

Maisy mavers will love to help Maisy look for her panda.

Dijs, Carla *Daddy, Would You Love Me If...?* 1996 (pop-up)

Little Penguin wonders if her father will love her always, no matter what she grows up to be.

Emberley, Ed *Go Away, Big Green Monster!* 1992

Kids can turn the pages of this die-cut book and watch the Big Green Monster grow. Then, when they're ready to show him who's in charge, they'll turn the remaining pages and watch him disappear!

Engle, Margarita *Drum Dream Girl: How One Girl's Courage Changed Music* 2015

Follows a girl in the 1920s as she strives to become a drummer, despite being continually reminded that only boys play the drums, and that there has never been a female drummer in Cuba. Inspired by Milla Castro Zaldarriaga, and Anacaona, the all-girl dance band she formed with her sisters.

Gemeinhart, Dan *Some Kind of Courage* 2016

Joseph Johnson lost his mother, his father and his sister. Then someone takes away the only thing he has left that he loves—his pony, Sarah—and Joseph must summon the courage to go after her.

Graff, Lisa *Absolutely Almost* 2014

Albie has never been the most talented, smartest, or outgoing kid in his class. It isn't until Calista, his new nanny, comes into his life that Albie begins to appreciate himself and recognize all that he does have to offer.

Gray, Karlin *Nadia: The Girl Who Couldn't Sit Still* 2016

Nadia Comaneci's journey from small-town girl to world-class athlete was full of many imperfect moments.

Henkes, Kevin *Wemberly Worried* 2000

When Wemberly meets a fellow worrywart, she realizes that school is too much fun to waste time worrying!

Hills, Tad *Rocket the Brave!* 2018

Rocket the dog reasons through his fear of the dark forest in this simple, yet effective story of overcoming a fear.

Hunt, Lynda Mullaly *Fish in a Tree* 2017

Ally can't read, but none of her teachers have noticed. Until now, she's fooled everyone by changing schools and disrupting class. But her new teacher sees how bright she is, and helps her understand and cope with her dyslexia.

Krauss, Ruth *The Carrot Seed* 1945

A little boy is persistent in caring for the carrot seed he has planted despite everyone's opinions that the seed will not grow.

Leannah, Michael *Most People* 2017

Although children need to be aware, to a certain extent, of the dangers in this world, they also need to be shown the many kindnesses that happen each day. The world truly is full of good people who want to help others.

London, Jonathan *Froggy Goes to School* 1998

Froggy's mother knows that everyone's nervous on the first day of school. "Not me!" says Froggy, and together they leapfrog to the bus stop. A charming story to calm those pre-school jitters.

Luyken, Corinna *The Book of Mistakes* 2017

Told in minimal, playful text, this story shows readers that even the biggest "mistakes" can be the source of the brightest ideas—and that, at the end of the day, we are all works in progress, too.

Marzollo, Jean *Pierre the Penguin* 2010

Pam, a marine biologist who cares for penguins at the California Academy of Sciences, comes up with an inventive solution to a serious challenge faced by Pierre, one of the penguins at the Academy.

McAnulty, Stacy *Brave* 2017

What does it look like to be brave? This inspiring book shares many examples of everyday superhero kids and the amazing ways they show their bravery.

McGhee, Holly *Come With Me* 2018

The news can be frightening, especially to children. In this story, a little girl is scared by all the events happening around the world, but her parents calmly show her that the world is also a place of goodness, and one where we can always build bridges.

Peoples-Riley, Daria *This Is It* 2018

A little girl nervously prepares herself for a big dance audition. By the end of the book, she is ready!

Pett, Mark *The Girl Who Never Made Mistakes* 2011

Life for Beatrice is sailing along pretty smoothly until she does the unthinkable—she makes her first mistake... and in a very public way!

Raschka, Chris *Everyone Can Learn to Ride a Bicycle* 2013

Here is a picture book that not only shows kids how to learn to ride, but captures what it *feels* like to fall... get up... fall again... and finally "by luck, grace, and determination" ride a bicycle!

Reynolds, Peter H. *The Dot* 2003

A simple, witty story entices even the stubbornly uncreative among us to make a mark — and follow where it takes us.

Rylant, Cynthia *Life* 2017

A moving meditation on finding beauty around us every day and finding strength in adversity.

Snicket, Lemony *The Dark* 2013

The dark lives in the same house as Laszlo. Mostly, though, the dark stays in the basement and doesn't come into Laszlo's room. But one night, it does. This is the story of how Laszlo stops being afraid of the dark.

Thompson, Laurie Ann *Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah* 2015

Emmanuel Ofosu Yeboah's inspiring true story. Born in Ghana, West Africa, with one deformed leg, he was dismissed by most people—but not by his mother, who taught him to reach for his dreams.

Underwood, Deborah *Bad Bye, Good Bye* 2014

Any move, large or small, can be a major upheaval for everyone. This story shows the shift of emotions a family faces throughout their move which become more positive the closer they get to their new home.

Whelan, Susan and Jones, Gwynneth *Don't Think About Purple Elephants* 2015

Sometimes Sophie worries - not during the day when she is busy with family and friends, but at night when everything is calm and quiet. Until her mother thinks of a new approach... that just might involve elephants!

Wing, Natasha *The Night Before Kindergarten* 2001

Join the kids as they prepare for kindergarten, and the hardest part of all--saying goodbye to Mom and Dad. But maybe it won't be so hard once they discover just how much fun kindergarten really is!

Yamada, Kobi *What Do You Do with a Problem?* 2016

When a child is faced with a problem that seems overwhelming, they find that when they eventually face the problem, it turns into an opportunity.

Yoo, Paula *Twenty-Two Cents* 2014

When an economics professor in Bangladesh meets a young craftswoman whose life has been derailed over a tiny sum of money, he has an idea. The bank he founds helps millions of people change their lives with tiny loans that make a big difference.

Books about Friendship and Kindness

Antony, Steve *Unplugged* 2017

Blip is a robot who learns the value of friendship and connection to others in this story about discovering an amazing world right outside.

Best, Cari *My Three Best Friends and Me, Zulay* 2015

Zulay, a first grader who is blind, decides that for field day she wants to run a race. With her best friends and an aide, she accomplishes her mission.

Brown, Laurie Krasny and Brown, Marc *How to Be a Friend* 2001

Fun dinosaur characters teach young children all about friendship--the value of friends, how to make friends, and how to be a good friend.

Costello, David Hyde *I Can Help* 2010

It begins with one small act of kindness and this builds until the good deed comes full circle!

Dyckman, Ame *Horrible Bear* 2016

A little girl blames bear for something he did by mistake, calling him a "horrible bear." Both the girl and the bear realize that anger never solves anything. Working together is a much better alternative!

Edwards, Karl Newsom *I Got a New Friend* 2017

When a little girl gets a puppy, they have a lot to learn about each other. New friends can be shy, messy, and sometimes get into trouble. Friendship may be a lot of work—but at the end of the day, they love each other.

Ferry, Beth *Stick and Stone* 2015

A dynamic friendship duo, stick and stone are mutually helpful to each other throughout this funny story.

Flory, Neil; illustrated by Mark Cleary *The Short Giraffe* 2014

When baboon comes to take a photo of the tallest animals in the world, there is just one small problem-- Geri is the shortest giraffe in the world! The other giraffes try to bring Geri up to their level...but maybe they need to look at things from another perspective!

Foreman, Jack & Michael *Say Hello* 2008

Everyone feels lonely and left out from time to time. This book gently reminds us that there are always friends waiting to welcome and include us.

Ginsburg, Mirra *The Chick and the Duckling* 1988

As Duckling sets off to explore the world, Chick is close behind, mimicking each of his actions with a perky "Me too." But when Duckling decides to go for a swim, his friend is in for a surprise.

Graham, Bob *How to Heal a Broken Wing* 2008

Sometimes we are in such a hurry that we fail to notice someone or something in need. But one little boy did notice, and help.

Goldblatt, Mark *Twerp* 2013

It was just a mistake. Julian Twerski isn't a bully...is he? But he gets suspended and ends up writing a journal for his English teacher in which he explores his friendships and how they are affected by girls, a new student who may be as fast as Julian, and especially an incident of bullying.

Hale, Shannon *Real Friends* 2017

Shannon's best friend, Adrienne, has been hanging out with the most popular girl in the most popular group in class. And some of those girls bully others. What will happen to Shannon and Adrienne's friendship?

Harrison, Hannah E. *My Friend Maggie* 2016

Paula the beaver and Maggie the elephant are best friends. But when Paula is drawn away from Maggie to a more popular crowd, she misses her friend terribly. It isn't until the new "friends" turn on Paula that she realizes what it really means to have and be a true friend!

Henn, Sophy *Pass It On* 2017

Here's a fun idea: When you laugh or smile--pass it on! A story about giving, sharing, and joy.

House, Silas and Vaswani, Neela *Same Sun Here* 2012

A story told through pen pal letters. Meena, a daughter of an immigrant family from India, and River, a Kentucky coal miner's son, discover their many connections and similarities while also learning from one another.

Karst, Patrice *The Invisible String* 2000

The Invisible String reaches from heart to heart. Does everybody have an Invisible String? How far does it reach, anyway? Does it ever go away?

Kelly, Erin Entrada *Hello, Universe* 2017

Four very different middle schoolers' lives become entwined when one of them gets stuck in the bottom of a well. Filipino folklore figures prominently in this suspenseful story.

Ledyard, Stephanie Parsley *Pie is for Sharing* 2018

A lovely book that captures the feel of summer and the many good things that come from sharing experiences (and pie) together!

Ludwig, Trudy *The Invisible Boy* Knopf 2013

Meet Brian, the invisible boy. Nobody ever seems to notice him or think to include him... until, that is, a new kid comes to class. Brian is the first to make him feel welcome. And Brian finds a way to shine.

Miller, Pat Zietlow *Be Kind* 2018

This is a thought-provoking and touching exploration of the many facets of kindness. What does it mean to be kind? What does kindness look like? Why can it sometimes be difficult to show kindness? This book would make a wonderful book club book as it sparks so many ideas on this important theme.

Munson, Derek *Enemy Pie* 2000

In this funny yet endearing story, one little boy learns an effective recipe for turning your best enemy into your best friend.

Nelson, Kadir *If You Plant a Seed* 2015

Sowing seeds of kindness and cooperation bring about much better results for all concerned.

O'Neill, Alexis *The Recess Queen* 2002

Mean Jean was the recess queen and no one said any different! That is until one day when Katy Sue, who is new, moves in completely oblivious to Mean Jean's bullying ways.

Otoshi, Kathryn *One* 2008

A unique story that blends two completely different concepts – numbers and bullying – into a seamless lesson.

Oxenbury, Helen *Tom and Pippo Make a Friend* 1989

Tom and Pippo go to play in a sandbox and end up making a new friend.

Palacio, R. J. *Auggie & Me: Three Wonder Stories* 2015

If you loved *Wonder*, these books continue the story as told through three different perspectives – Julian, the bully who picks on Auggie at school, Christopher, Auggie’s oldest friend, and Charlotte, one of Auggie’s classmates and first friends at Beecher Prep. This book gives many new insights into the touching first story.

Palacio, R. J. *We’re All Wonders* 2017

We’re All Wonders taps into every child’s longing to belong, and to be seen for who they truly are. It’s the perfect way to talk about empathy and kindness with young children.

Palacio, R. J. *Wonder* 2012

Auggie Pullman is a normal boy who has been through way more than the normal amount of challenges in his life due to facial deformities he was born with and the many surgeries he has had to undergo. This story is about his first year at Beecher Prep school – his first year ever in any school – and the courage it takes to be out in public when the reactions he receives may not always be positive. However, Auggie discovers kindness in many unexpected places and inspires others to be more kind to all.

Portis, Antoinette *Best Frints at Skrool* 2018

Omek and Yelfred are always late, but it's okay because they are always late together, and everyone knows that best frints do everything together. That is, until Yelfred meets Q-B. Omek is good at sharing many things, but he's not so good at sharing his best frint. With a little understanding and a friendly game of Eyeball in the peedle pit, Omek might find that there's room for just one more best frint after all.

Raczka, Bob *Niko Draws a Feeling* 2017

Niko’s art is misunderstood and unappreciated until the day he meets his new neighbor, Iris. This is a lovely story both of friendship and the creative process.

Rosenthal, Amy Krouse *Friendshape* 2015

A lovely celebration of friendship as told from the viewpoint of four best friends – circle, square, triangle, and rectangle!

Seeger, Laura Vaccaro *Blue* 2018

Seeger tells the story of a “true blue” friendship between a boy and his puppy in this story that talks about the stages of a relationship between boy and puppy using different shades of blue.

Spinelli, Eileen *Somebody Loves You, Mr. Hatch* 1996

This is a story of how one lonely man is helped to come out of his shell by a small act of kindness and, as a result, ends up making a lot of unexpected friends.

Stead, Philip C. *A Sick Day for Amos McGee* 2010

Friends come in all sorts of shapes and sizes. In Amos McGee’s case, all sorts of species, too! But when Amos is too sick to make it to the zoo, his animal friends decide it’s time they returned the favor.

Stock, Catherine *Secret Valentine* 1991

A little girl and her mother create valentines for everyone important to them, including an elderly neighbor.

Suen, Anastasia *Show Some Respect* (and others) 2007

The students in Miss K's class experience situations that occur in schools everywhere.

Wilson, Karma *Bear Says Thanks* (and others) 2012

When Bear decides to say thanks by throwing a feast, his friends show up one by one with different platters of delicious food to share. There's just one problem: Bear's cupboards are bare! What is he to do?

Books about Identity

Alexie, Sherman *Thunder Boy, Jr.* 2016

Thunder Boy, Jr., named after his father, wants to have a name that belongs only to him. This is a beautifully written book about the relationship between a father and son.

Andreae, Giles *Giraffes Can't Dance* 1999

Gerald would love to join in at the Jungle Dance, but everyone knows that giraffes can't dance... or can they?

Antony, Steve *Green Lizards Vs. Red Rectangles* 2015

The green lizards and red rectangles are always at war, until enough of them question why they are fighting.

Beaumont, Karen *Wild About Us!* 2015

The zoo would sure be a boring place if all the animals looked and acted alike. Just as we value the uniqueness of each animal, the uniqueness of people is what makes our world so fascinating and inspiring!

Boelts, Maribeth *Those Shoes* 2009

Jeremy wants "THOSE" shoes that everyone wants, so he buys a thrift-shop pair that are much too small. But sore feet aren't much fun, and Jeremy soon sees that the things he has — warm boots, a loving grandma, and the chance to help a friend — are worth more than the things he wants.

Brown, Monica; Spanish Translation by Adriana Donquez *Marisol McDonald and the Clash Bash = Marisol McDonald y la fiesta sin igual* 2013

A unique, spunky, multiracial, bilingual girl plans a one-of-a-kind birthday party and hopes her abuelita (grandma) will be able to come from Peru to join the festivities.

Browne, Anthony *Willy the Champ* 1986

Willy is different. He likes to read books and listen to music; he's no good at sports, and wherever he goes he gets laughed at. But when he's threatened by the horrible Buster Nose he really comes into his own.

Campoy, F. Isabel *Maybe Something Beautiful: How art transformed a neighborhood* 2016

Based on the true story of the "Urban Art Trail" in San Diego, this story tells how a neighborhood is transformed by one artist and her art.

De la Peña, Matt *Last Stop on Market Street* 2015

Every Sunday CJ and his grandma ride the bus across town. CJ wonders why they don't own a car, why he doesn't have an iPod like the boys on the bus... Grandma helps him see the beauty in the world around them.

Derolf, Shane *The Crayon Box that Talked* 1997

Celebrate the creation of harmony through diversity. When we all work together, the results are much more interesting and colorful.

Goodhart, Pippa *My Very Own Space* 2017

A little rabbit is trying to read his book in peace, but there's so much going on around him! Maybe he needs some space just for himself. Explore the ideas of personal space and sharing.

Gravett, Emily *Old Hat* 2017

Harbet always seems to be one step behind everyone else in the fashion department UNTIL he goes his own way...

Hall, Michael *Red: A Crayon's Story* 2015

Red's factory-applied label clearly says that he is red, but despite the best efforts of his teacher, fellow crayons and art supplies, and family members, he cannot seem to do anything right until a new friend offers a fresh perspective.

Harrison, Hannah E *Extraordinary Jane* 2014

When Jane tries to be strong, graceful, or brave, she doesn't feel like herself, but she also doesn't feel special. Quiet qualities like friendship, kindness, and loyalty are important and worthy. Ordinary can be extraordinary!

Herthel, Jessica and Jennings, Jazz *I am Jazz* 2014

From the time she was two years old, Jazz knew that she had a girl's brain in a boy's body. She loved pink and dressing up as a mermaid and didn't feel like herself in boys' clothing. This confused her family, until they took her to a doctor who said that Jazz was transgender and that she was born that way.

Hilton, Marilyn *Full Cicada Moon* 2017

In this novel written in verse, a girl spends her eighth-grade year struggling to fit in. She's half black and half Japanese, living in a predominately white town in Vermont in 1969—and dreams of being an astronaut.

Holm Jennifer *Swing It, Sunny!* 2017

As if starting middle school were not enough, Sunny has been dealing with some very confusing feelings regarding her older brother Dale who has been sent to boarding school and returns different from how Sunny remembers him. Despite all these confusing new events, she tries her best to always remain Sunny side up! This story is told in graphic novel format!

Kraegel, Kenneth *Green Pants* 2017

For kids who march to their own drummer — or are especially attached to a comfort object — here is a completely adorable character who wears his singularity in style.

Manning, Jane *Millie Fierce* 2012

Millie is quiet, and sweet. But the kids at school ignore her. So Millie decides she wants to be fierce! But being fierce isn't the best way to get noticed either, especially when it makes you turn mean. So Millie decides to be nice—but to keep a little of that fierce backbone hidden inside her. In case she ever needs it again.

Manushkin, Fran *Happy in Our Skin* 2015

Is there anything more splendid than a baby's skin? For families of all stripes comes a sweet celebration of what makes us unique—and what holds us together—and how wonderful it is to be just who you are.

Martinez-Neal, Juana *Alma and How She Got Her Name* 2018

Alma has a very long name (Alma Sofia Esperanza Jose Pura Candela). It is a name she does not truly appreciate until one day when her father explains the history and value behind each part of her name.

Rosenthal, Amy Krause *Exclamation Mark* 2013

A punctuation mark feels bad that he does not fit in with the others until a friend reveals the possibilities that exist when differences are accepted.

Schofield-Morrison, Connie *I Got the Rhythm* 2014

A little girl dances through her town in this joyful story of individuality AND community!

Stohner, Anu *Brave Charlotte* 2005

Charlotte is different from the other sheep. She likes to explore the world around her, while the wary old sheep "tsk, tsk." But when danger strikes, only Charlotte is brave enough to go for help and save the day. This tale speaks to all shy little sheep who stand out from the crowd and aren't afraid to follow their dreams.

Whitcomb, Mary E *Odd Velvet* 1998

Velvet is odd. She brings a milkweed pod for show and tell. She wins the class art contest using only an 8-pack of crayons. But in the end, her classmates discover that being different is what makes Velvet so much fun.

Zawistostki, Ann Gwinn *Glasses* 2014

This board book shows many examples of adorable children of a variety of ages wearing a variety of glasses!

Books About Feelings

Anderson, John David *Ms. Bixby's Last Day* 2017

Topher, Brand, and Steve are stunned to learn their favorite teacher is seriously ill and leaving school right away. They go to extraordinary lengths to give her the best possible last day, and learn a valuable lesson about cherishing ordinary joys in the process.

Austin, Ruth *Happy Grumpy Loved: a little book of feelings* 2018

A sweet, humorous introduction to the huge array of feelings we all experience.

Bang, Molly *When Sophie Gets Angry—Really, Really Angry* 1999

Everybody gets angry sometimes. For children, anger can be very upsetting. People do lots of different things when they get angry. Kids will see what Sophie does when she gets angry. What do you do?

Bunting, Eve *The Memory String* 2015

Each button on Laura's memory string represents a piece of her family history. When the string breaks, Laura's new stepmother, Jane, is there to comfort Laura and search for a missing button. But it's not the same—Jane isn't Mom! Soon Laura discovers that a memory string is not just for remembering the past: it's also for recording new memories.

Cobb, Rebecca *Missing Mommy: A Book About Bereavement* 2013

Honest and straightforward, this touching story explores the many emotions a bereaved child may experience, from anger and guilt to sadness and bewilderment. Ultimately, *Missing Mommy* focuses on the positive—the recognition that the child is not alone but still part of a family that loves and supports him.

Cocca-Leffler, Maryann *Theo's Mood* 2013

Theo doesn't know whether he's in a good mood or a bad mood. He has a new baby sister and he isn't just happy like Eric who got a new bike or sad like April who lost her dog. As Theo's classmates discuss all their feelings, he realizes he's not in a good mood or a bad mood—he's all those things!

Conway, David *The Most Important Gift of All* 2006

Ama wants to honor her newborn baby brother with a special gift. When Grandma Sisi suggests “the gift of love,” Ama sets off in search of this important present, but how will she know when she has found it?

Crum, Shutta *Mine!* (board book) 2011

Have you ever had a toy you really, really liked? Have you ever said "MINE!"? Enjoy this adorable, playful book about two very young children and an adorable dog navigating the troubles and triumphs of sharing.

Duncan, Riana *When Emily Woke Up Angry* 1989

Waking up in a bad mood, Emily imitates the angry movements of several animals until she meets a frog who jumps for joy.

Harley, Bill *Charlie Bumpers vs. the Teacher of the Year* 2014

Charlie starts fourth grade convinced his teacher is just waiting for him to fail. His new teacher has a reputation for being strict—and is the same one he accidentally hit with a shoe the year before.

Harris, Robie *The Day Leo Said I Hate You* 2008

Leo is feeling frustrated and angry at his mom who could not stop saying NO! to him the entire day.

Hopgood, Tim *Singing in the Rain* 2017

Based on the classic song made most famous by Gene Kelly in the musical movie, the children in this sing-along book are celebrating joy and happiness.

Hunt, Lynda Mullaly *One for the Murphys* 2015

Carley, who has always been the support for her erratic, irresponsible mother, suddenly finds herself in foster care, struggling to relate to a new, seemingly “perfect” family. Gradually, she allows herself to accept the love so readily offered by her new foster mom. The surprise ending to this book is very touching and draws the book to a satisfying conclusion.

Klassen, Jon *I Want My Hat Back* 2011

The bear's hat is gone, and he wants it back. Patiently and politely, he asks the animals he comes across, one by one, whether they have seen it. Each animal says no...until a deer comes by and asks a simple question that sparks the bear's memory and renews his search with a vengeance.

Krosoczka, Jarrett J. *It's Tough to Lose Your Balloon* 2015

This book illustrates the importance of being able to look on the bright side of any tough situation that may arise.

Kubler, Annie *If You're Happy and You Know It...Si Te Sientes Bien Contento...* 2009

This is a simple and lovely bilingual and board book version of the well-known song for little ones.

Lai, Thanhha *Inside Out and Back Again* 2013

Hà flees Saigon with her family during the Vietnam war. Her life as a refugee is strange and frightening, but her bond with her family is strong. This story, told in verse, is based on the author's experience.

Le, Minh *Drawn Together* 2018

It can feel strange and daunting to not be able to speak the same language as your own grandfather but there is always more than one way to connect and find common ground.

Ludwig, Trudy *My Secret Bully* 2015

Monica's friend Katie is wonderful when she's nice. But sometimes Katie calls her names and leaves her out of activities. Monica begins to blame herself but finds a solution with some help from her mom.

Mallery, Sydra *A Most Unusual Day* 2018

Today is a very special and unusual day for Caroline and her whole routine is thrown off. It is the day she and her parents bring her adopted sister home – an unusually wonderful day!

Martin, Molly *Princess Addison Gets Angry (and others)* 2013

Princess Addison is used to getting whatever she wants. But when it starts raining and she can't go outside with her dogs, Princess Addison becomes Princess Angry and must learn how to deal with her emotions.

McGovern, Cammie *Just My Luck* 2017

Nothing seems to be going well for Benny: He can't keep up with his brother on his bike, he has trouble making new friends, and he's worried about his dad. Benny doesn't know how he and his family will overcome all the bad luck that life seems to have thrown their way. But his mom helps him learn a moving, helpful lesson about caring for others.

McQuinn, Anna *If You're Happy and You Know It* 2011

A multicultural version of this classic song! Comes with a CD as well.

Messer, Claire *Grumpy Pants* 2016

Penguin is having a very grumpy day and he doesn't know why. No matter what he does, he can't seem to shake the grumpy feeling until he finally decides to wash away the grumpy feeling and begin again.

Milgrim, David *Wild Feelings* 2015

Do you ever feel as stubborn as a mule? Or as chicken as a chicken? Of course you do. Everyone does. Ultimately reassuring, this is a loving look at the normal, natural feelings we all have.

Neal, Christopher Silas *Everyone...* 2016

Everyone cries, laughs, sings... Explore how we feel what we feel, and how everyone else feels it, too.

O'Connor Barbara *Wish* 2017

Charlie's dad is in jail and her mom is sick. The secret wish she makes every day certainly isn't to go live with relatives in the Blue Ridge Mountains. But things change when she meets a stray dog and friendly neighbor. Little does Charlie know, being sent away might just be the best thing that happened to her. A little love goes a long way.

Rath, Tom and Reckmeyer, Mary *How Full Is Your Bucket? For Kids* 2009

When Felix wakes up one morning, he finds an invisible bucket floating overhead. A rotten morning threatens his mood--and his bucket--drop by drop. Can Felix discover how to refill his bucket before it's completely empty?

Ringtved, Glenn *Cry, Heart, But Never Break* 2016

Aware their grandmother is gravely ill, four siblings make a pact to keep death from taking her away. But Death does arrive all the same. He comes gently, naturally, with enough time to share a story with the children that helps them to realize the value of loss to life and the importance of being able to say goodbye.

Seeger, Laura Vaccaro *I Used to Be Afraid* 2015

Each situation that arises in this cleverly illustrated story is resolved in equally creative yet simple ways. Fears are turned into positive experiences and a very fun ending!

Sloan, Holly Goldberg *Counting By 7s* 2013

This book begins with an extraordinary loss as Willow's adoptive parents – the only people in the world she is close with – are killed in a car accident. As Willow works very slowly through her grief, she meets an unusual assembly of supporting characters who offer her support in many unexpected and quirky ways. A lovely, endearing story about resilience and overcoming the worst of grief.

Snicket, Lemony *The Bad Mood and the Stick* 2017

Once there was a bad mood and a stick. Where did the bad mood come from? Who picked up the stick? And where is the bad mood off to now? You never know what is going to happen.

Snodgrass, Catherine S *What's That Look On Your Face?* 2008

Recognizing and interpreting facial expressions and the feelings they represent poses great challenges for children with language and communication difficulties, including those with an autism spectrum disorder. Each page is devoted to a feeling expressed through an exaggerated facial expression accompanied by a short poem that further elaborates on the expression to reinforce its meaning.

Sornson, Robert *Stand in My Shoes: Kids learning About Empathy* 2013

When Emily asks her big sister what the word empathy means, Emily has no idea that knowing the answer will change how she looks at people. But does it really matter to others if Emily notices how they're feeling?

Thomas, Pat *I am Feeling Bashful* (and others such as *I Can Make a Difference*) 2010

Everyone feels shy at times, even grown-ups or children who seem very brave. But excessive shyness may leave children feeling lonely and left out. This book will help children take the first steps toward feeling more confident.

Wilgoeki, Jennifer *Maybe Days: a book for children in foster care* 2002

For many children in foster care, the answer to many questions is often maybe. Although there may not always be many quick answers to the myriad of questions children have, this book helps children remember that there are also some "definites" mixed in with the "maybes."

Willems, Mo *The Pigeon Has Feelings, Too!* 2005

How does it feel to be a Pigeon? Well, the bus driver is trying to get him to act happy, but as we all know, this is one bird that is not going to be told what to do! Throughout this hilarious board book, Pigeon runs through his signature gamut of emotions while attempting to thwart his old nemesis.

Woodson, Jacqueline *The Day You Begin* 2018

The first day of school, the first step into the classroom, the first time you pronounce your name in a new country, sitting alone, wondering why even your closest friend might not understand you or where you come from – ALL these things and more can be so daunting. But the more you keep going, the more you realize how strong, unique, and truly connected you are.

Books about Self-Control

Antony, Steve. *I'll Wait, Mr. Panda* 2016

Mr. Panda's friends are curious about what he's making, but only one has the patience to stick around. It's the penguin who declares, "I'll wait, Mr. Panda." The penguin is rewarded with a big SURPRISE: a giant doughnut!

Cole, Joanna *I'm a Big Sister* 1997

Told through the eyes of a new older sister, this simple story lays out all the good things about being an older sibling, and just how exciting welcoming a new member to the family can be. With an author's note about what big siblings need—extra guidance, reassurance, love.

Cook, Julia *My Mouth Is a Volcano!* 2006

This book teaches children to manage their thoughts and words without interrupting.

Cotter, Bill. *Don't Push the Button!* (also *Don't Touch This Book!* 2016) 2013

The only rule in Larry's book is that the reader not push the button, but when no one is looking, it may be irresistible.

Hale, Bruce *Clark the Shark* 2013

Clark zooms into school, crashes through the classroom, and is rowdy at recess. Clark loves life—but when his enthusiasm is too much for his friends, his teacher helps him figure out a way to tone it down. *Clark the Shark* celebrates boisterous enthusiasm—and knowing when it's time for indoor voices!

Heneghan, Judith *Ruby's So Rude!* (and others) 2015

Nobody likes a rude dragon! That's the lesson Ruby learns as she travels with her friends to have a picnic. Readers see what it means to be rude, and they also see how to change rude behavior.

Henkes, Kevin *Lilly's Purple Plastic Purse* 2006

When Lilly brings her purple plastic purse and its treasures to school and can't wait until sharing time, Mr. Slinger confiscates her prized possessions. Lilly's fury leads to revenge and then to remorse and she sets out to make amends.

Jones, Christianne *Lacey Walker, Nonstop Talker* 2012

Lacey LOVES to talk. She talks all day long – nonstop. One day, however, she wakes up with no voice, not even a squeak. Suddenly, Lacey finds herself in quite a different role, one of listener, and it opens up a whole new world to her.

Parr, Todd *It's Okay to Make Mistakes* 2014

In this story, every "mistake" is viewed as an opportunity to learn something new. Here's a great piece of advice from the book – "It's okay to change your mind. Everyone is ready at a different time."

Portis, Antoinette *Now* 2017

A lovely story all about learning the art of contentment and living in the moment.

Rankin, Laura *Ruthie and the (Not So) Very Busy Day* 2014

Ruthie gets a chance to practice handling disappointment when her big plans for Saturday turn out very differently from what she hoped.

Rankin, Laura *Ruthie and the (Not So) Teeny Tiny Lie* 2007

Ruthie finds a tiny camera on the playground and says that it belongs to her, even when a classmate insists that it is his.

Ransom, Jeannie Franz *Don't Squeal Unless It's a Big Deal: A Tale of Tattletales* 2006

Mrs. McNeal turns her class of nineteen tattletales into respectful classmates who know how to behave in a true emergency.

Robberecht, Thierry *I Can't Do Anything!* 2013

What can you do when you aren't allowed to burp, spit, or roll in the mud? *I Can't Do Anything!* is a story about growing up and letting go of immature behaviors- at least for the most part.

Shannon, David *David Gets In Trouble* (and others) 2002

Whatever the situation, David's got a good excuse. And no matter what he's done "wrong," it's never really his fault. Soon, though, David realizes that making excuses makes him feel bad, and saying he's sorry makes him feel better.

Shannon, David *Oops! (A Diaper David Book)* 2005

For the youngest audience comes this hilarious, relatable, and touching story of David as a young toddler.

Willems, Mo *Don't Let the Pigeon Drive the Bus!* (and others) 2003

This funny bird acts exactly the way children do when they're trying to get their way, and both kids and adults will recognize his behavior. At the same time, Willems puts readers in control, giving them a taste of what it's like to be the voice of reason.