

| Social Emotional Learning Supplemental Books -- PTSA Purchased | | | | |
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| Title | Author | SEL Skills | Story Summary | Level |
| <i>Don't Feed the Worry Bug</i> | By Green | Anxiety | Join Wince as he discovers the secret to keeping his worries from getting monstrous. | K-6th |
| <i>Wilma Jean the Worry Machine</i> | By Julia Cook | Anxiety | This fun book addresses the problem of anxiety in a way that relates to children of all ages. It offers strategies to use that can lessen the severity of anxiety. | K - 5th |
| <i>My Day is Ruined; A Story About Flexible Thinking</i> | By Bryan Smith | Emotion regulation; flexibility | Braden always lets small disappointments ruin his day, so his mom and teacher give him a lesson on 'flexible thinking. | K - 5th |
| <i>What Were You Thinking?: A story about learning to control impulses</i> | By Bryan Smith | Emotion regulation | Braden loves to be the center of attention. His comic genius, as he sees it, causes his friends to look at him in awe. But when his ill-timed jokes and actions result in interrupting class or hurting others, it's time for a lesson about impulse control | 2nd - 6th |
| <i>A Bad Case of Tattle Tongue</i> | By Julia Cook | Emotion regulation, self-talk, feelings | Octopus is ready to explode with anger because lobsters have wrecked his seashell garden. He soon meets a sea child who helps him calm down by showing him how to make his body relax, take deep breaths, and think happy thoughts. | K - 3rd |
| <i>Affirmation Weaver: A Believe in Yourself Story</i> | By Lite | Emotion regulation, identifying and managing anger, skills | Anger is a scary emotion for young children, their parents, and caregivers. As this little bunny experiences the things that make her angry, she also learns ways to deal with her anger--ways that won't hurt others | K- 3rd |
| <i>Kindness Counts</i> | By Bryan Smith | Empathy | An inspirational story about a boy learning how doing random acts of kindness works to help you grow | K - 3rd |
| <i>The Invisible Boy</i> | By Trudy Ludwig | Empathy, perspective taking | Nobody seems to notice Brian or think to include him in their group, game, or birthday party . . . until, that is, a new kid comes to class. | K -5th |
| <i>Stand in My Shoes: Kids Learning About Empathy</i> | By Bob Sornson | Empathy, perspective taking | After Emily asks her big sister what the word "empathy" means, Emily decides to pay closer attention to others during her day. | K - 4th |
| <i>We Are All Wonders</i> | By R.J. Palacio | Empathy, feelings, teasing | Augie enjoys the company of his dog, Daisy, and using his imagination, but painfully endures the taunts of his peers because of his facial deformity | K - 3rd |
| <i>Soda Pop Head</i> | By Julia Cook | Feelings; emotion regulation | Lester, who has a bad temper, learns about anger management from his dad. | 3rd - 6th |
| <i>When I Feel Angry</i> | By Cornelia Spelman | Feelings, emotion regulation | A little rabbit describes what makes her angry and the different ways she can control her anger. | K - 3rd |
| <i>Zach Gets Frustrated</i> | By Mulchahy | regulation | A simple story designed to teach children how to handle angry feelings. | K - 3rd |
| <i>Zach Makes Mistakes</i> | By Mulchahy | Feelings, growth mindset | A trip to the museum helps Zach learn from mistakes and deal with embarrassment. His teacher helps him see that everyone makes mistakes. | K - 3rd |
| <i>The Very Frustrated Moster</i> | By Andi Green | Feelings | Twitch tries hard to get everything right and gets upset when things don't go his way. This book with make you laugh and put life's little setbacks in perspective. | K - 3rd |
| <i>The Way I Act</i> | Steve Metzger | Feelings; skills for learning | Rhyming text and illustrations introduce young readers to ways in which children exemplify positive behaviors. | K -2nd |
| <i>The Way I Feel</i> | By Janan Cain | Feelings | Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride. | K - 3rd |
| <i>Today I Feel Silly</i> | By Jamie Lee Curtis | Feelings | A child's emotions range from silliness to anger to excitement, coloring and changing each day. | K - 3rd |
| <i>Howard B. Wigglebottom Learns We Can Get Along</i> | By. Howard Binkov | Friendship | Rabbit Howard B. Wigglebottom learns about getting along with others and teaches them their actions impact others and have consequences | K-2 |

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| <i>Making Friends is an Art</i> | Julia Cook | Friendship, optimism | Teaches kids how to practice the art of friendship and getting along with others by learning that to make friends you need to be a good friend too. | K - 5th |
| <i>Rulers of the Playground</i> | By Joeseeph Keuffle | Friendship, sharing, kindness | Jonah decided to be the ruler of the playground. Everyone promised to obey Jonah's rules. However, Lennox wanted to rule the playground, too | K - 3rd |
| <i>Angry Octopus: A Relaxation Story</i> | By Lory Lite | Responsibility, peer pressure | A seachild helps an octopus gain control over his emotions after he wakes to find his seashell rock garden in disarray and completely loses his temper | K-3rd |
| <i>But It's Not My Fault</i> | By Julia Cook | Responsibility | Shows readers how to accept responsibility for their actions and not blame or try to find fault with others | 3rd - 6th |
| <i>Lying Up a Storm</i> | By Julia Cook | Responsibility, telling the truth | This book helps children understand not only the consequences of telling a lie, but also how one lie can often lead to telling several more | K - 3rd |
| <i>Peer Pressure Guage</i> | By Cook | Responsibility, peer pressure; friendship | Norbert experiences first-hand what it's like to be on the receiving end of peer pressure. His imaginative descriptions of how it feels to have your peer pressure gauge continue to rise will draw readers in. | K - 4th |
| <i>Tease Monster: A book about teasing and bullying</i> | By Julia Cook | Responsibility (bullying vs teasing) | This tale teaches kids the difference between friendly teasing and mean teasing, and why some teasing can be hurtful and cause embarrassment | K - 3rd |
| <i>That Rule Doesn't Apply to Me</i> | By Julia Cook | Responsibility, folling directions | Noodle struggles because he doesn't think many rules apply to him. Noodle's mother and teacher help him learn that rules are meant to help him. | 3rd - 6th |
| <i>What If Everybody Did That</i> | By Ellen Javernick | Responsibility, perspective taking | A child learns that there are consequences for thoughtless behavior, from feeding popcorn to a bear at the zoo to dropping a can out of a car window. | K - 3rd |
| <i>Baditude</i> | By Julia Cook | Self-talk | With help from a teacher and his mom, Noodle learns how to turn his attitude around. | 3rd - 6th |
| <i>The Energy Bus</i> | By Gordon | Self-talk, optimism | George is having a bad day until he gets on the Energy Bus and learns how to stay positive and overcome his challenges | K-3rd |
| <i>Big Words for Little People</i> | By Jamie Lee Curtis | Skills for learning | With grown-up words like cooperate, respect, patience and considerate, a family celebrates the power of language and discovers that words connects us all. | K -3rd |
| <i>Mindful Mantras; I Can Handle It</i> | By Laurie Wright | Perspective taking | Book helps kids know they're capable of handling situations and capable of handling the emotions that come from those situations as well. | K-6th |
| <i>Just Because; Seeing Another Point of View Makes You a Better You</i> | By Housey | Perspective taking ; helping | Just Because shows us how easy it is to give back to our community and to see things from a different perspective | 2nd-5th |
| <i>I Have a Little Problem</i> | By: Heinz Janish | Problem solving | Bear has a problem, and everyone he meets offers a solution but not solutions he likes/needs. In the end he finds a fly who helps him find a good solution. | K-2nd |
| <i>Keeping School Cool; A Kids Guide to Handling School Problems</i> | By Mundy | Problem solving | This thoughtfully written book covers everything from homework to getting along with others, dealing with teachers and feeling safe at school | K-2nd |
| <i>Simon's Hook; A Story About Teases and Put-downs</i> | By Burnett | Problem solving; name calling | When Simon's bad haircut makes him the target of teasing, Grandma Rose teaches him how to refuse to "take the hook" and use I interpersonal communication techniques. | 3rd - 6th |
| <i>Mrs. Goreski, I Think I have the Wiggle Figits</i> | By Barbara Esham | Self-regulation; problem solving | Written from a child's viewpoint, children learn the steps that he takes to solve the problems he faces, and he communicates them with positive results. | 2nd - 5th |
| <i>Puppy Mind</i> | By Andrew Nance | Self-regulation; mindfulness; | A young boy discovers his mind is like a puppy, always wandering away. Through breathing, he becomes a stronger and more caring master of his puppy mind. | K - 3rd |
| <i>Sea Otter Cove; A Relaxation Story</i> | By Lori Lite | Self-regulation; breathing | A mermaid goes to Sea Otter Cove to relax with the sea otters and learns to belly breath, a technique that can be used to lower anxiety and anger. | 2nd - 5th |
| <i>I am Peace</i> | By Susan Verde | Mindfulness | When the world feels chaotic, find peace within through mindfulness practice. Find empathy through imagination. Breathe, taste, smell, touch, and be present. | 1st - 5th |