

# SEL BOOK LIST

## Elementary School

### *When Sophie Gets Angry- Really, Really Angry-* by Molly Bang

In this Caldecott Honor-winning, head-on exploration of the causes of and solutions to anger, Sophie gets angry and runs out into the woods, where she climbs a tree to calm down, and is soon ready to come home to her loving family.

### *The Way I Feel-* by Janan Cain

Praised by parents, who say it's especially valuable when getting children to talk about the day's triumphs and troubles, and by professionals, who use it in pediatric clinics and with the developmentally disabled and emotionally troubled. Janan Cain's kids ooze anger and bounce with excitement as they teach the words for emotions.

### *My No, No, No Day* by Rebecca Patterson

From the moment Bella wakes up, her day goes wrong. She hates her breakfast egg, she won't share, she has a hurting foot, her supper is too hot, and her bath is too cold. And then it's no, no, no to bedtime. But at last a yawn, a story, and a kiss from mother end the day, with the promise of a cheerful tomorrow.

### *When I Feel Angry* by Cornelia Maude Spelman

With a focus on identifying the causes of an emotional reaction, and coming up with ways to start feeling calm and happy again, this book explains simple strategies to help kids understand and take care of their emotions.

### *Wemberly Worried* by Kevin Henke

Wemberly worried about spilling her juice, about shrinking in the bathtub, even about snakes in the radiator. She worried morning, noon, and night. "Worry, worry, worry," her family said. "Too much worry." And Wemberly worried about one thing most of all: her first day of school. But when she meets a fellow worrywart in her class, Wemberly realizes that school is too much fun to waste time worrying!

### *Help Your Dragon Deal with Anxiety* by Steve Herman

Little Diggory doo is experiencing anxiety and his human Drew tries to help Diggory understand what anxiety is and how it will be okay. He also teaches him how to break the brain loop and focus on the positive.

### *Wilma Jean the Worry Machine* by Julia Cook

This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety.

### *Hey Warrior* by Karen Young

Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around.

### *My Many Colored Days by Dr. Seuss*

Using a spectrum of vibrant colors and a menagerie of animals, this unique book does for the range of human moods and emotions what *Oh, the Places You'll Go!* does for the human life cycle.

### *Me and My Fear by Francesca Sanna*

When a young immigrant girl has to travel to a new country and start at a new school, she is accompanied by her Fear who tells her to be alone and afraid, growing bigger and bigger every day with questions like "how can you hope to make new friends if you don't understand their language?" But this little girl is stronger than her Fear. A heart-warming and timely tale from the bestselling author and illustrator of *The Journey*, this book shows us the importance of sharing your Fear with others--after all, everyone carries a Fear with them, even if it's small enough to fit into their pocket!

### *Grumpy Monkey by Suzanne Lang*

Jim the chimpanzee is in a terrible mood for no good reason. His friends can't understand it--how can he be in a bad mood when it's SUCH a beautiful day? They encourage him not to hunch, to smile, and to do things that make THEM happy. But Jim can't take all the advice...and has a BIT of a meltdown. Could it be that he just needs a day to feel grumpy?

### *Listening to My Body by Gabi Garcia*

This engaging and interactive book guides children through the practice of naming their feelings and the physical sensations that accompany them. From wiggly and squirmy to rested and still, *Listening to My Body* helps children develop a sensations vocabulary so that they can express what they are experiencing. Easy, kid-friendly mindfulness activities are woven throughout to reinforce the teachings.

### *Stand Tall Molly Lou Melon by Patty Lovell*

Molly Lou Melon is short and clumsy, has buck teeth, and has a voice that sounds like a bullfrog being squeezed by a boa constrictor. She doesn't mind. Her grandmother has always told her to walk proud, smile big, and sing loud, and she takes that advice to heart. But then Molly Lou has to start in a new school. A horrible bully picks on her on the very first day, but Molly Lou Melon knows just what to do about that.

### *The Juice Box Bully by Bob Sornoon and Maria Dismundy*

Have you ever seen a bully in action and done nothing about it? The kids at Pete's new school get involved, instead of being bystanders. When Pete begins to behave badly, his classmates teach him about "The Promise". Will Pete decide to shed his bullying habits and make "The Promise"?

### *You, Me, and Empathy by Jayneen Sanders*

This charming story uses verse, beautiful illustrations and a little person called Quinn to model the meaning of empathy. Throughout the story, Quinn shows an abundance of understanding, compassion and kindness towards others. Showing empathy towards others is a learnt trait, and one to nurture and cherish with the children in our care.

### *Anger Tree by John Cary*

Trevor Baker is a big, heavy, and very angry nine-year-old boy who is the neighborhood and school bully. One night after his mother takes away his television, he storms out of the house, shouting, punching, and kicking anything in his path.

### *Bully by Patricia Polacco*

Lyla finds a great friend in Jamie on her first day of school, but when Lyla makes the cheerleading squad and a clique of popular girls invites her to join them, Jamie is left behind. Lyla knows bullying when she sees it, though, and when she sees the girls viciously teasing classmates on Facebook, including Jamie, she is smart enough to get out. But no one dumps these girls, and now they're out for revenge.

### *Odd Velvet by Mary Whitcomb*

Velvet is odd. Instead of dolls that talk and cry, Velvet brings a milkweed pod for show and tell. She wins the class art contest using only an eight-pack of crayons. She likes to collect rocks. Even her name is strange-Velvet! But as the school year unfolds, the things Velvet does and the things that Velvet says slowly begin to make sense. And, in the end, Velvet's classmates discover that being different is what makes Velvet so much fun.

### *My Heart by Corinne Luyken*

With lyrical text and breathtaking art, *My Heart* empowers all readers to listen to the guide within this ode to love and self-acceptance.

### *The Rough Patch by Brian Lies*

A deeply hopeful and positive book, *The Rough Patch* was awarded a Caldecott Honor and is a story about love, loss, and hope, and the healing power of friendship and nature.

### *Additional Elementary Books:*

*Jabari Jumps*—Gaia Cornwall

*After the Fall*—Dan Santat

*How to Solve a Problem*—Ashima Shiraishi

*The Thing Lou Couldn't Do*—Ashley Spires

*The Most Magnificent Dream*—Ashley Spires

*When Sadness is At Your Door*—Eva Eland

*Anh's Anger*—Gail Silver

*When the World Feels Like a Scary Place*—Abigail Gewirtz

*Worries are Not Forever*—Elizabeth Verdick

*My Heart Fills with Happiness*—Monique Gray Smith

*What's Going on Inside My Head?*—Molly Potter

## Middle School

*Just Breathe: Meditation, Mindfulness, Movement, and More* by Mallika Chopra

Includes practical exercises for self-soothing, meditation, yoga, and other self-awareness practices.

*My Mixed Emotions: Help Your Kids Handle Their Feelings* by Maureen Healy

A guide that helps kids explore the four main emotions—happiness, anger, fear, and sadness—and the science behind why we feel each one.

*Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves* by Vanessa Green Allen, M.Ed

*Understanding Myself: A Kid's Guide to Intense Emotions and Strong Feelings* by Mary C. Lamia

*The Feelings Book: The Care and Keeping of Your Emotions (American Girl)* by Dr. Lynda Madison

# High School

- The Power of Different by Gail Saltz
- Never Good Enough by Monica Ramirez Basco PHD
- It Didn't Start with You by Mark Wolynn
- The Well Gardened Mind by Sue Stuart-Smith
- All You Could Ever Know: A Memoir by Nicole Chung
- I Don't Want to Talk About it by Terrence Real
- All That I Can Fix by Crystal Chan
- Bruised by Sarah Skilton
- Bowman's Store: A Journey to Myself by Joseph Bruchac
- How We Are Smart by W. Nikola-Lisa
- Yummy: The Last Days of a Southside Shorty by G. Neri
- I am Alfonso Jones by Tony Medina
- The Teenage Brain by Frances E. Jensen
- Some Kind of Happiness by Claire Legrand
- The Reluctant Fundamentalist by Mohsin Hamid
- The Immortal Life of Henrietta Lacks by Rebecca Skloot
- No Longer at Ease by Chinua Achebe
- Aristotle and Dante Discover the Secrets of the Universe by Benjamin Saenz
- Here We Are: Feminism for the Real World by Kelly Jensen
- Dear Martin by Nic Stone
- Perfect Liars By Kimberly Reid
- Who Put this Song On? By Morgan Parker
- Hazelwood High: Tears of a Tiger by Sharon M. Draper
- The Memory of Light by Francisco X. Stork
- Focused by Alyson Gerber
- Hey Kiddo by Jarret J. Krosoczka
- Stamped: Racism, Anti Racism, and You by Jason Reynolds
- As Brave as You by Jason Reynolds