

CHILDREN'S LITERATURE AND SEL

PAGE 1

# Children's Literature that Supports Social and Emotional Learning

For more recommended children's books, visit: www.open-circle.org/literature

## **Self-Awareness** | Recognizing and naming your emotions, self-knowledge



Bang, Molly. When Sophie Gets Angry, Really, Really Angry Cuando Sofía Se Enoja, Se Enoja de Veras\*\*

Cain, Janan. *The Way I Feel* 

Así Me Siento Yo\*\*

Evans, Lezlie. Sometimes I Feel Like a Storm Cloud Francher, Lou (Dr. Seuss). My Many Colored Days Frame, Jeron Ashford. Yesterday I Had the Blues

Freymann, Saxton. How Are You Peeling? Foods with Moods

George, Kristine O'Connell. Swimming Upstream: Middle School Poems

Kachenmeister, Cheryl. On Monday When it Rained

Menchin, Scott. Taking a Bath With a Dog

Myers, Walter Dean. Looking Like Me

Rotner, Shelley. Lots of Feelings

Underwood, Deborah. *The Quiet Book* 

Vail, Rachel. Sometimes I'm Bombaloo

Viorst, Judith. Alexander and the Terrible, Horrible, No Good, Very Bad Day

Alexander v el Día Terrible, Horrible, Espantoso, Horroroso\*\*

#### **Self-Management** | Calming down when you feel upset, using positive self-talk



Dean, James. *Pete the Cat, I Love My White Shoes*Harrington, Janice. *Roberto Walks Home* (inspired by Ezra Jack Keats)

Henkes, Kevin. Lilly's Purple Plastic Purse

Lily y Su Bolso de Plástico Morado\*\*

Hooks, Bell. Grump, Groan, Growl

Kostecki-Shaw, Jenny Sue. My Travelin' Eye

MacLean, Kerry Lee. Peaceful Piggy Meditation

Piper, Watty. The Little Engine that Could

La Pequeña Locomotora Que Sí Pudo\*\*

Silver, Gail. Steps and Stones

Urban, Linda. Mouse Was Mad

Wong, Janet. Twist: Yoga Poems

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### Social Awareness | Recognizing differences, perspective-taking, developing empathy



Dwight, Laura. We are All Alike, We are All Different

Erskine, Kathryn. *Mockingbird*\*

Graff, Lisa. The Thing about Georgie\*

Harper, Charise Mericle. Just Grace\*

Keats, Ezra Jack. Louie

Kostecki-Shaw, Jenny Sue. Same, Same, but Different

Leffler, Maryann. Jack's Talent

Lord, Cynthia. Rules\*

McPhail, David. The Teddy Bear

Meyers, Walter Dean. Looking Like Me

Pak, Soyung. Sumi's First Day of School Ever

Raschka, Chris. Yo! Yes

Recorvits, Helen. My Name is Yoon

Me Llamo Yoon\*\*

Reiser, Lynn. Margaret and Margarita

Margarita y Margaret\*\*

Reiser, Lynn. My Way

A mi manera\*\*

Rotner, Shelley. Shades of People

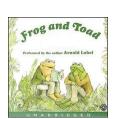
Schmidt, Gary. Lizzie Bright and the Buckminster Boy\*

Stead, Philip C. A Sick Day for Amos McGee

Walsh, Melanie. *My Nose, Your Nose* 

Wiles, Deborah. Freedom Summer

### Relationship Skills | Forming positive relationships, listening well, including others, cooperating



Cohen, Miriam. Will I Have a Friend?

Gimes, Nikki. Danitra Brown, Class Clown

Havill, Juanita. Jamaica and Brianna

Janisch, Heinz. I Have a Little Problem Said the Bear

Jones, Rebecca. Matthew and Tilly

Mateo v Mati\*\*

Keller, Holly. Help! A Story of Friendship

Lobel, Arnold. Frog and Toad

Sapo v Sepo\*\*

McKissack, Patricia. A Friendship For Today\*

Munsinger, Lynn. Me First!

Saltzberg, Barney. Crazy Hair Day

Sidman, Joyce. This is Just to Say: Poems of Apology and Forgiveness

Snihura, Ulana. I Miss Franklin P. Shuckles

Willems, Mo. Should I Share My Ice Cream?

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## Responsible Decision-Making | Problem-solving, speaking up, managing bullying behavior



Brisson, Pat. The Summer my Father Was Ten

Button, Lana. Willow's Whispers

Estes, Eleanor. The Hundred Dresses\*

Cien Vestidos\*\*

Golenbock, Peter. *Teammates* 

Compañeros de Equipo\*\*

Havill, Juanita. *Jamaica's Find* Henkes, Kevin. *Chrysanthemum* 

Chrisantemo\*\*

Herrera, Juan Felipe. *Upside Down Boy* 

El niño de cabeza\*\*

Lester, Helen. *Me First!*Myers, Christopher. *Wings* 

Moss, Peggy. *Our Friendship Rules*O'Connor, Barbara. *How to Steal a Dog\** 

Otoshi, Kathryn. One

Polacco, Patricia. Thank You Mr. Falker

Gracias, Sr. Falker\*\*

Recorvits, Helen. Yoon and the Jade Bracelet

Woodson, Jacqueline. *Each Kindness* 

Yashima, Taro. Crow Boy

Niño Cuervo\*\*

\* = chapter books or novels

\*\* = books available in Spanish