

Recommended Children's Books for Social and Emotional Development

* indicates a board book

BOLD indicates inclusion in the Online Activities

- A New School* by Kirsten Hall
- A Splendid Friend, Indeed* by Suzanne Bloom
- Abuela's Weave* by Omar S. Castañeda
- Alphabreaths: The ABCs of Mindful Breathing* by Christopher Willard
- Baby Faces* by Margaret Miller*
- Baby Touch and Feel: Animals* by Dawn Sirett*
- Balancing Act* by Ellen Stoll Walsh
- Barnyard Dance!* by Sandra Boynton
- Be Positive: A Book about Optimism* by Cheri Meiners
- Be Who You Are* by Todd Parr
- Bear Can't Wait* by Karma Wilson
- Bear Says Thanks* by Karma Wilson
- Bear's Busy Family* by Stella Blackstone
- Bread, Bread, Bread* by Ann Morris
- Breathe with Me: Using Breath to Feel Strong, Calm and Happy* by Mariam Gates
- Breathing Makes It Better* by Christopher Willard and Wendy O'Leary
- Brown Bear, Brown Bear, What Do You See?* by Bill Martin Jr. and Eric Carle*
- Busy!* by Annie Kubler*
- Charlotte and the Quiet Place* by Deborah Sosin
- Clap Hands* by Helen Oxenbury*
- Daddy and Me* by Tiya Hall*
- Daddy Kisses* by Anne Gutman*
- Dancing Feet!* by Lindsey Craig
- Diez dedos de las manos y Diez dedos de los pies / Ten Little Fingers and Ten Little Toes* by Mem Fox*
- Dino Parade* by Thom Wiley
- Dinosaurumpus!* by Tony Mitton
- Don't Touch, It's Hot* by David Algrim
- Dreamers* by Yuyi Morales
- Duck and Goose* by Tad Hills*
- Duck & Goose, How Are You Feeling?* by Tad Hills*
- Everywhere Babies* by Susan Meyers*
- Eyes, Nose, Fingers, and Toes: A First Book about You* by Judy Hindley
- Friends at School* by Rochelle Bunnett
- From Head to Toe* by Eric Carle*
- Giraffes Can't Dance* by Giles Andreae*
- Glad Monster, Sad Monster* by Anne Miranda
- Go! Go! Go! Stop!* By Charise Mericle Harper*
- Goose Needs a Hug* by Tad Hills*
- Hats (Talk-About-Book)* by Debbie Bailey
- Heartprints* by P.K. Hallinan*
- Heather Has Two Mommies* by Lesléa Newman
- Heroines and Heroes / Heroínas y Heroes* by Eric Hoffman
- How Do Dinosaurs Play with Their Friends?* by Jane Yolen*
- How Do Dinosaurs Say I Love You?* by Jane Yolen
- How Do Dinosaurs Say I'm Mad?* by Jane Yolen
- How Do I Love You?* by Marion Dane Bauer*
- How the Crayons Saved the Rainbow* by Monica Sweeney
- How to Be a Friend: A Guide to Making Friends and Keeping Them* by Laurie Krasney Brown and Marc Brown
- Hug* by Jez Albourough*
- I Like Me!* by Nancy Carlson
- I Love You, Daddy* by Jillian Harker

I Went Walking by Sue Williams*

I'm Happy-Sad Today by Lory Britain

I'm Sorry by Sam McBratney

I'm Thankful Each Day by P.K. Hallinan*

If You Give a Mouse a Cookie by Laura Numeroff

It's Okay to Be Different by Todd Parr

It's Okay to Make Mistakes by Todd Parr

Join In and Play by Cheri J. Meiners

Listen and Learn by Cheri J. Meiners

Listening Time by Elizabeth Verdick*

Listening with My Heart: A Story of Kindness and Self-Compassion by Gabi Garcia

Little Teddy Bear's Happy Face Sad Face by Lynn Offerman*

Lizzy's Ups and Downs by Jessica Harper

Lots of Feelings by Shelley Rotner

Mommy Hugs by Anne Gutman and Georg Hallensleben*

Mommy, Mama and Me by Lesléa Newman*

Mommy's Little Star by Janet Bingham

My First Body by DK Publishing*

My Five Senses by Aliki

My Hands by Aliki

My Heart Fills with Happiness by Monique Gray Smith

My Magic Breath: Finding Calm through Mindful Breathing by Nick Ortner

My Very First Book of Food by Eric Carle*

Noisy Animals by Libby Walden and Tiger Tales*

On Monday When It Rained by Cheryl Kachenmeister

One Duck Stuck by Phyllis Root

Only One You / Nadie Como Tu by Linda Kranz

Planting a Rainbow by Lois Ehlert*

Reach / Alcanzar by Elizabeth Verdick*

Red: A Crayon's Story by Michael Hall

Rumble in the Jungle by Giles Andreae

Sharing Time by Elizabeth Verdick*

Sometimes When I'm Mad by Deborah Serani

Swimmy by Leo Lionni

Ten Little Fingers by Annie Kubler

That's What a Friend Is by P.K. Hallinan*

The Day You Begin. Jacqueline Woodson

The Don't Worry Book by Todd Parr

The Feelings Book by Todd Parr*

The Grouchy Ladybug by Eric Carle*

The Joyful Book by Todd Parr

The Kissing Hand by Audrey Penn

The Rainbow Fish by Marcus and J. Alison James

The Way I Feel by Janan Cain

Today I Feel Silly: And Other Moods That Make My Day by Jamie Lee Curtis

Too Loud Lily / Lily La Ruidosa by Sofie Laguna

Try-Again Time by Elizabeth Verdick*

Two Eyes, a Nose, and a Mouth by Roberta Grobel Intrater

We Are All Alike . . . We Are All Different by Cheltenham Elementary School Kindergartners

We Are Best Friends by Aliki

We Listen to Our Bodies by Lydia Bowers

When I Care about Others by Cornelia Maude Spelman

When I Feel Afraid by Cheri Meiners

When I Miss You by Cornelia Maude Spelman

When Sophie's Feelings Are Really, Really Hurt by Molly Bang

Where Will I Live? by Rosemary McCarney

Wiggle by Doreen Cronin

Yoga Bear: Simple Poses for Little Ones by Sarah Jane Hinder*

Yoga Bug: Simple Poses for Little Ones by Sarah Jane Hinder*

Yoga Whale: Simple Poses for Little Ones by Sarah Jane Hinder*

You Be You / Sé Siempre Tú by Linda Kranz

Websites and Internet Resources

ACEs Aware

www.acesaware.org

ACEs Aware is an initiative lead by the Office of the California Surgeon General and the Department of Health Care Services to bring awareness to the lifelong impact of Adverse Childhood Experiences (ACEs). This initiative includes partnering with other organizations to bring awareness and include training, tools, screening, and other resources that promote the health and wellbeing of individuals and families.

Anti-Bias Leaders in Early Childhood Education: A Guide to Change

www.antibiasleadersece.com

Anti-Bias Leaders in Early Childhood Education includes resource guides, films, and professional development focused on anti-bias work in ECE classrooms, demonstrating the importance of teacher reflection on identity, context, and practice in anti-bias education.

The Center on the Developing Child—Harvard University

www.developingchild.harvard.edu

The Center on the Developing Child is a research and development platform working around the world by creating science-based, innovation-friendly environments in which practitioners, researchers, policymakers, and investors can come together to test new ideas, engage in active learning, and solve complex problems to improve outcomes for children.

Center on the Social and Emotional Foundations for Early Learning (CSEFEL)

www.cesefel.vanderbilt.edu

CSEFEL is focused on promoting social-emotional development and school readiness in young children ages birth through five. It provides resources and evidence-based practices that support early education professionals in integrating social-emotional development into their practice. It provides user-friendly materials, videos, and other resources for families and early childhood trainers, coaches, teachers, and caregivers. Materials are offered in English and Spanish.

The Discovery Source

thediscoverysource.com

The Discovery Source creates innovative, effective, and affordable solutions to meet the unique opportunities and challenges that come with nurturing the social-emotional and cognitive development of young learners. This organization has a variety of social-emotional tools offered in English and Spanish, including calming kits, to promote social-emotional development in young learners.

The National Association for the Education of Young Children (NAEYC)

www.naeyc.org

NAEYC is the leading organization for those working with and advocating on behalf of children from birth to age eight. This website offers information about the association and its efforts to support early childhood education professionals, including educational resources, current research, requirements for program accreditation, information on developmentally appropriate practices, public policy issues, and relevant publications.

National Alliance on Mental Illness (NAMI)

www.nami.org

NAMI provides education, support, public awareness, and advocacy for individuals and families who are affected by mental illness. NAMI's goal is to provide education across the United States to people affected by mental illness to help them live healthy and fulfilling lives.

Possibilities ECE

www.possibilitiesece.com

Possibilities ECE supports early childhood educators focused on reflective professional practices by offering affordable workshops in strength-based approaches to early childhood practices. Possibilities ECE publishes a blog centered on building community through early childhood education's work in classrooms, programs, and society.

Search Institute

www.search-institute.org

Search Institute partners with organizations to conduct and apply research that promotes positive youth development and advances equity. It offers free downloadable resources on developmental assets. Search Institute works with schools, family programs, and youth programs and coalitions.

Teaching Tolerance

www.tolerance.org

Part of the Southern Poverty Law Center, Teaching Tolerance provides resources for anti-bias issues and topics. Look for free teacher resources, including curriculum and a weekly newsletter.

Zero to Three National Center for Infants, Toddlers, and Families

www.zerotothree.org

This organization informs, trains, and supports professionals, policy makers, and parents who are working to improve the lives of infants and toddlers. Free blogs and resources are available on the site. Memberships and workshops are also available.