

Suggested books to read with children related to social and emotional competence

How To Be A Friend

- *I Can Share* by Karen Katz (Ages infant-5)
- *I Can Cooperate!* by David Parker (Ages 3-5)
- *Gigi and Lulu's Gigantic Fight* by Pamela Edwards (Ages 3-7)
- *Simon and Molly plus Hester* by Lisa Jahn-Clough (Ages 5-8)

General Feelings

- *The Grouchy Ladybug* by Eric Carle (Ages 1-6)
- *Everybody has feelings/Todos Tenemos Sentimientos: The Moods of Children* by Charles E. Avery (Ages 1-6)
- *The Pout Pout Fish* by Deborah Diesen (Ages 3-5)
- *Happy and Sad, Grouchy and Glad* by Constance Allen (Ages 4-7)
- *The Three Grumpies* by Tamra Wight (Ages 4-8)

Sad Feelings

- *How I Feel Sad* by Marcia Leonard (Ages 2-6)
- *Let's Talk About Feeling Sad* by Joy Wilt Berry (Ages 3-5)
- *Franklin's Bad Day* by Paulette Bourgeois & Brenda Clark (Ages 5-8)
- *Hurty Feelings* by Helen Lester (Ages 5-8)

Angry Feelings

- *Llama Llama Mad at Mama* by Anna Dewdney (Ages 2-5)
- *Sometimes I'm Bombaloo* by Rachel Vail (Ages 3-8)
- *That Makes Me Mad!* by Steven Kroll (Ages 4-8)
- *The Rain Came Down* by David Shannon (Ages 4-8)

*Book listing provided by the
National Alliance of
Children's Trust &
Prevention Funds*

Scared or Worried Feelings

- *How I Feel Scared* by Marcia Leonard (Ages 2-6)
- *Sam's First Day* (In multiple languages) by David Mills & Lizzie Finlay (Ages 3-7)
- *I Am Not Going to School Today* by Robie H. Harris (Ages 4-8)
- *No Such Thing* by Jackie French Koller (Ages 5-8)

Caring about Others and Empathy

- *Bear Feels Sick* by Karma Wilson and Jane Chapman (Ages 3-5)
- *Can You Tell How Someone Feels?* by Nita Everly (ages 3-6)
- *Understand and Care* by Cheri Meiners (Ages 3-6)
- *Ben has Something to Say* (Ages 4-8)
- *When I Care about Others* by Cornelia Maude Spelman (Ages 5-7)

Handling Grief

- *Goodbye Mousie* by Robert Harris (Ages 3-8)
- *I Miss You* by Pat Thomas (Ages 4-8)
- *The Fall of Freddie the Leaf* by Leo Buscaglia (Ages 5-adult)
- *The Next Place* by Warren Hanson (Ages 5-adult)

Problem Solving

- *Don't Let the Pigeon Stay Up Late!* by Mo Willems (Ages 2-7)
- *It Wasn't My Fault* by Helen Lester (Ages 4-7)
- *Talk and Work It Out* by Cheri Meiners (Ages 4-8)
- *I Did It, I'm Sorry* by Caralyn Buehner (Ages 5-8)

Self Confidence

- *I Can Do It Myself* (A Sesame Street Series) by Emily Perl Kingsley (Ages 2-4)
- *I'm in Charge of Me!*, by David Parker (Ages 3-5)
- *Can You Keep Trying?* by Nita Everly (Ages 3-6)
- *The Blue Ribbon Day* by Katie Couric (Ages 4-8)