Hopa Mountain’s Social and Emotional Learning Booklist

Books about Self Awareness (Feelings):

*My Heart Fills with Happiness* by Monique Gray Smith
*Mad at Mommy* by Komako Sakai (also good for teaching self-management)
*My Many Colored Days* by Dr. Seuss
*Noni is Nervous* by Heather Hartt-Sussman
*The Way I Feel* by Janan Cain

Books about Self-Management:

*Remembering Crystal* (a book about grief) by Sebastian Loth
*The Nice Book* by Ezra Stein
*Grump Groan Growl* by bell hooks
*Knuffle Bunny* by Mo Willems
*A Good Day* by Kevin Henkes
*The Hello, Goodbye Window* by Norton Juster
*The I’m Not Scared Book* by Todd Parr

Books about Relationship Skills and Responsible Decision Making (Friendship):

*Llama Llama Time to Share* by Anna Dewdney
*Should I Share My Ice Cream* by Mo Willems (his books are great for talking about friendship)
*My Friends* by Taro Gomi

Books about Social Awareness:

*My Heart Fills with Happiness* (again)
*Powwow’s Coming* by Linda Boyden
*The Mommy Book* by Todd Parr (his books are great for celebrating what makes us unique)
*The War Shirt* by Bently Spang
*Brown Sugar Babies* by Charles R. Smith
*The Colors of Us* by Karen Katz

Books to Discuss SEL (some are repeats from above)

Self Awareness
*The Way I Feel*
*My Many Colored Days*
The Pigeon Has Feelings Too by Mo Willems (his books are good for all categories, especially his stories about friendship)
When I Feel Good About Myself

Self Management
A Good Day by Kevin Henkes
Knuffle Bunny by Mo Willems
One of Those Days
Because Amelia Smiled (definitely also responsible decision making/relationship skills)
When Sophie’s Feelings are Really, Really Hurt
Bedtime Monsters
When I Feel Sad
Peace, Baby

Responsible Decision Making/Relationship Skills
Little Blue Truck
I Like It When
The Nice Book
Should I Share My Ice Cream?
Llama Llama Time to Share
How Do Dinosaurs Play with Their Friends
Don’t Need Friends
Mine!
Timothy Tugbottom Says “No!”
Hands Are Not for Hitting
Teeth Are Not for Biting

Social Awareness
The Moccasins
Cradle Me
Ten Little Fingers and Ten Little Toes
Coyote Stories of the Montana Salish Indians
Welcome Song for Baby
Loving Me
Our Journey (created by the Fon du Lac Head Start Program)
I See Me
Powwow’s Coming
B is for Basketball
The Family Book and the Mommy Book (by Todd Parr, his books are great for multiple categories as well)
The Broken Flute by Beverly Slapin – a great reference
Christmas La Pouchin
Zoe and the Fawn
Muskrat Will Be Swimming
The Canoe He Called Loo Taas
Buffalo Woman
Medicine Wheel; Stories to Follow the Season
Brave Wolf and the Thunderbird by Joe Medicine Crow
How Raven Stole the Sun (Tales of a People Collection from Abbeville Press)
Owls Eyes and Seeking a Spirit
My Arctic 1,2,3
The War Shirt by artist Bently Spang
Many Nations
Taan’s Moons
Knots on a Counting Rope
I Love My Hair!

Transitions and “Tough Stuff”
Dog Heaven
The Hello/Goodbye Window
The Dead Bird
There’s Going to Be A Baby
The Tenth Good Thing About Barney