



## **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*