

Children’s Literature to Promote Social-Emotional Development in Preschool Aged Children



This book list is a resource for educators and families of preschool aged children to assist in choosing books to explore and read together. It is organized according to the experiences identified in *Essential Learning Experiences for Three, Four and Five Year Olds* from the Ministry of Education.

It is not intended to be an exhaustive list of the books that support social emotional development of young children but a starting point from which to begin discovering. You may observe that many of the books support other areas of development as well!

<u>Developing Self Awareness</u>	
<i>Bearcub and Mama</i> by Sharon Jennings & Melanie Watt	<i>The Best Part of Me</i> by Wendy Ewald
<i>The FEEL GOOD Book</i> by Todd Parr	<i>Franklin in the Dark</i> by Paulette Bourgeois
<i>From Head to Toe</i> by Eric Carle	<i>Giraffes Can’t Dance</i> by Giles Andreae and Guy Parker-Rees
<i>Green as a Bean</i> by Karla Kuskin	<i>I Can Be Anything!</i> by Jerry Spinelli
<i>ISH</i> by Peter Reynolds	<i>Is Your Mama a Llama?</i> by Deborah Guarino
<i>Omar on Ice</i> by Maryann Kovalski	<i>Pezzettino</i> by Leo Lionni
<i>Waiting is Not Easy!</i> by Mo Willems	<i>The Way I Act</i> by Steve Metzger
<i>You Be You</i> by Linda Kranz	

<u>Developing Self Worth</u>	
<i>All By Myself!</i> by Aiki	<i>Bearcub and Mama</i> by Sharon Jennings & Melanie Watt
<i>Beautiful Hands</i> by Katheryn Otoshi	<i>Beautiful Oops</i> by Barney Saltzberg
<i>Brave Bear</i> by Kathy Mallat	<i>Dandelion</i> by Don Freeman
<i>The Dot</i> by Peter Reynolds	<i>Guess How Much I Love You</i> by Sam McBratney
<i>I Have the Right to be a Child</i> by Aurelia Fronty	<i>I Like Myself!</i> by Karen Beuamont
<i>The Important Book</i> by Margaret Wise Brown	<i>It's Okay to Be Different</i> by Todd Parr
<i>Jack's Talent</i> by Maryann Cocca-Leffler	<i>The Little Engine that Could</i> by Watty Piper
<i>Looking After Me</i> by Denise Lecoy	<i>Only One You</i> by Linda Kranz
<i>When I Feel Good About Myself</i> by Cornelia Maude Spelman	

<u>Developing a Sense of Belonging</u>	
<i>ABC of Canada</i> by Kim Bellefontaine	<i>The Butterfly's Treasure</i> by Schim Schimmel
<i>Cat and Fish</i> by Joan Grant	<i>It's Okay to Be Different</i> by Todd Parr
<i>Leon the Chameleon</i> by Melanie Watt	<i>The Metis Alphabet Book</i> by Joseph Jean Fauchon
<i>The Most Perfect Spot</i> by Diane Goode	<i>My Family</i> by Penny Condon
<i>My Friend Isabelle</i> by Eliza Woloson	<i>One World, One Day</i> by Barbara Kerley
<i>Pebble: A Story About Belonging</i> by Susan Milord	<i>Say Hello</i> by Jack and Michael Foreman
<i>Since We're Friends</i> by Celeste Shally and David Harrington	<i>Susan Laughs</i> by Jeanne Willis
<i>Whoever You Are</i> by Mem Fox	

Separating from Family Without Distress

<i>Bearcub and Mama</i> by Sharon Jennings & Melanie Watt	<i>Fred Stays with Me</i> by Nancy Coffelt
<i>Good Night Gorilla</i> by Peggy Rathman	<i>Good Night Moon</i> by Margaret Wise Brown
<i>The Hello, Goodbye Window</i> by Norton Juster	<i>How Do Dinosaurs Say Goodnight?</i> by Jane Yolen
<i>I Love You All Day Long</i> by Francesca Rusackas	<i>The Invisible String</i> by Patrice Karst
<i>The Kissing Hand</i> by Audrey Penn	<i>Llama Llama Misses Mama</i> by Anna Dewdney
<i>Mama's Gloves</i> by Mike Huber	<i>Lost in the Woods</i> by Carl R. Sams II & Jean Stock
<i>Owl Babies</i> by Martin Waddell	<i>Ten, Nine, Eight</i> by Molly Bang
<i>Time for Bed</i> by Mem Fox	

Identifying and Regulating Emotions

<i>Bearcub and Mama</i> by Sharon Jennings & Melanie Watt	<i>Bear Feels Scared</i> by Karma Wilson
<i>The Bravest Knight</i> by Mercer Mayer	<i>F is for Feelings</i> by Goldie Millar & Lisa Berger
<i>A Good Day</i> by Kevin Henkes	<i>Glad Monster, Sad Monster</i> by Ed Emberley & Anne Miranda
<i>Grumpy Bird</i> by Jeremy Tankard	<i>Happy</i> by Mies Van Hout
<i>How are You Peeling? Foods with Moods</i> by Saxton Freymann and Joost Elfers	<i>I Was So Mad</i> by Mercer Mayer
<i>Lots of Feelings</i> by Shelley Rotner	<i>My Many Colored Days</i> by Dr. Seuss
<i>Not Afraid of Dogs</i> by Susanna Pitzer	<i>On Monday When it Rained</i> by Cheryl Kachenmeister
<i>The Most Magnificent Thing</i> by Ashley Spires	<i>A Quiet Place</i> by Douglas Wood
<i>The Very Lonely Firefly</i> by Eric Carle	<i>The Way I Feel</i> by Janan Cain
<i>Wemberly Worried</i> by Kevin Henkes	<i>When Sophie Gets Angry – Really, Really Angry</i> by Molly Bang

<u>Interacting with Others</u>	
<i>Corduroy</i> by Don Freeman	<i>Four Friends in Autumn</i> by Tomie dePoala
<i>Friends</i> by Mies van Hout	<i>How Do Dinosaurs Play with their Friends?</i> by Jane Yolen and Mark Teague
<i>Let's Be Enemies</i> by Janice Udry	<i>The Little Red Hen (Makes a Pizza)</i> by Philemon Sturges
<i>My Mouth is a Volcano</i> by Julia Cook	<i>The Quarreling Book</i> by Charlotte Zolotow
<i>New Words, New Friends</i> by Karen Nemeth & Diego Jimenez Manano	<i>Say Hello</i> by Jack Foreman
<i>Since We're Friends</i> by Celeste Shally & David Harrington	<i>So Shy</i> by Vicki Morrison
<i>That's What a Friend Is!</i> by P.K. Hallinan	<i>You Will Be My Friend!</i> by Peter Brown

<u>Taking the Perspective of Others/Showing Empathy</u>	
<i>Bear Feels Scared</i> by Karma Wilson	<i>Bear Feels Sick</i> by Karma Wilson
<i>Can You Say Peace?</i> by Karen Katz	<i>Duck! Rabbit!</i> By Amy Krouse Rosenthal and Tom Lichtenheld
<i>Effie</i> by Beverley Allison	<i>The Golden Rule</i> by Ilene Cooper
<i>The Gruffalo</i> by Julia Donaldson	<i>Have You Filled a Bucket Today?</i> by Carol McCloud
<i>I Wish You More</i> by Amy Krouse Rosenthal and Tom Lichtenheld	<i>If Frogs Made Weather</i> by Marion Dane Bauer
<i>It's Not Fair</i> by Anita Harper	<i>Knuffle Bunny</i> by Mo Willems
<i>The Little Red Hen</i> by Jerry Pinkney	<i>Lost in the Woods</i> by Carl R. Sams II & Jean Stock
<i>A Monster Wrote Me a Letter</i> by Nick Bland	<i>On Meadowview Street</i> by Henry Cole
<i>Puppies for Sale</i> by Dan Clark	<i>The Very Cranky Bear</i> by Nick Bland
<i>Stranger in the Woods</i> by Carl R. Sams II	<i>The Way Back Home</i> by Oliver Jeffers
<i>The Thankful Book</i> by Todd Parr	<i>The Very Hungry Bear</i> by Nick Bland
<i>What's the Magic Word</i> by Kelly DiPuccio	<i>Yuck!</i> by Mick Manning

Resolving Conflicts

<i>Don't Let the Pigeon Drive the Bus</i> by Mo Willems	<i>Dog vs. Cat</i> by Chris Gall
<i>Duck! Rabbit!</i> by Amy Krouse Rosenthal	<i>Elliot's Fire Truck</i> by Andrea Beck
<i>Hats</i> by Kevin Luthardt	<i>I Call My Hand Gentle</i> by Amanda Haan
<i>I Can Dress Myself!</i> by Birte Muller	<i>It's Not Fair</i> by Anita Harper
<i>I've Won, No I've Won, No I've Won</i> by Lauren Child	<i>Let's Be Enemies</i> by Janice Udry
<i>Mouse was Mad</i> by Linda Urban	<i>Riley and Rose in the Picture</i> by Susanna Gretz
<i>Rita and the Firefighters</i> by Mike Huber	<i>Russell the Sheep</i> by Rob Scotton