

SOCIAL-EMOTIONAL BOOK RECOMMENDATIONS FOR *Children*



Books to help children learn to understand their feelings, build self-regulation skills, and strengthen relationships with caring adults.

You can find lots of social-emotional books at your local library.
Just ask a librarian!

[Click](#) or scan the QR code to
learn how to teach your Baby
or Toddler about feelings



[Click](#) or scan the QR code
to learn how to teach your
3-5-year-old about feelings



Visit www.challengingbehavior.org/resources for more resources.

INFANTS & TODDLERS (0-3 YEARS)

- *Baby Happy Baby Sad* by Leslie Patricelli
- *Bunny to Bunny: Sing Me Your Song* by Jill Shinderman
- *Calm-Down Time* by Elizabeth Verdick
- *Can You Make a Happy Face?* By Janice Behrens
- *Hands Are Not for Hitting* by Martine Agassi
- *Happy Hippo, Angry Duck* by Sandra Boynton
- *I'm Here for You Now* by Janice Im
- *If You're Happy and You Know It* by Jane Cabrera
- *Little Fox Has Feelings* by Didi Dragon
- *Little Monkey Calms Down* by Michael Dahl
- *Llama Llama Mad at Mama* and *Llama Llama Misses Mama* by Anna Dewdney
- *Making Faces: A First Book of Emotions* by Abrams Appleseed
- *No Matter What* by Debi Gliori
- *No, David!* by David Shannon
- *Pat Them Gently* by Melanie O'Brien
- *The Feelings Book* by Todd Parr

PRESCHOOL (3-5 YEARS)

- *ABCs of Kindness* by Samantha Berger
- *Glad Monster, Sad Monster* by Ed Emberly
- *Grumpy Monkey* book series by Suzanne Lang
- *Holdin Pott* by Chandra Ghsh Ippen
- *In My Heart: A Book of Feelings* by Jo Witek
- *Listening to My Body* by Gabi Garcia
- *Mouse Was Mad* by Linda Urban
- *Sometimes I'm Bombaloo* by Rachel Vail
- *The Color Monster* by Anna Llenas
- *The Kissing Hand* by Audrey Penn
- *The Rabbit Listened* by Cori Doerrfeld
- *The Way I Feel* by Janan Cain
- *Today I Feel Silly* by Jamie Lee Curtis
- *Waiting Is Not Easy!* by Mo Willems
- *When I Feel* (Scared, Angry, Sad, Worried, Jealous) from *The Way I Feel* series of books by Cornelia Maude Spelman
- *When Miles Got Mad* by Sam Kurtzman-Counter
- *When Sophie Gets Angry—Really, Really Angry* by Molly Bang



TIPS FOR READING BOOKS ABOUT EMOTIONS WITH YOUR CHILD



Talk about the Story. Read a story that shows characters who experience an emotion (e.g., sad, happy, scared, worried, confused, etc.). Stop on a page where the character is showing the expression. Ask your child “What do you think they are feeling?”, “Why are they feeling that way?”, or “Look at their face, how can you tell that they are ___?” Other questions could be “Have you ever felt___”. What make you feel that way?” or “What will happen next?” or “What should they do?”

Don’t pause too long on one page and only continue the discussion as long as your child shows an interest. You can read the book again later on, and your child may have even more ideas to talk about!

Play “Make a Face” with your child. You start the game by saying, “I am going to make a face, guess what I am feeling by looking at my face.” Then, make a happy or sad face. When your child guesses the feeling word, respond by saying “That’s right. Do you know what makes me feel that way?” Follow by describing something simple that makes you feel the emotion (e.g., a fluffy kitten makes me happy, I feel sad when it rains and we can’t go to the park). Please note, this is not the time to discuss adult circumstances that are linked to your emotions (e.g., “When your Daddy doesn’t call me, I feel sad”).

Then say to your child, “Your turn, you make a face and I will guess what you are feeling.” Don’t be surprised if your child picks the same emotion that you just displayed, it will take time before they can be creative with this game. After you guess, ask your child to name what makes them have that emotion. Take turns until your child shows they are not interested in continuing the game. You can always play again later!

Play “Mirror, Mirror...what do I see?” Using a hand mirror or a mirror on the wall, play this game with your child. Look in the mirror and say “mirror, mirror, what do I see?” Then make an emotion face. Then name the emotion by saying “I see a sad Mommy looking at me.” Turn to your child and say, “Your turn.” Help your child remember the phrase “mirror, mirror what do I see?”

You may have to say it with your child. Then, tell your child to make a face and help them say the next sentence “I see a happy Quinn looking at me.” Don’t be surprised if your child always wants to do the emotion that you just demonstrated. Play the game until your child loses interest. You can always play again later!

FIND MORE INFORMATION ABOUT SOCIAL-EMOTIONAL SKILLS

National Center for
Pyramid Model Innovations
challengingbehavior.org



ZERO TO THREE
zerotothree.org



bright start.
kids.
future. 