

Picture Books That Teach Social Emotional Learning Skills

Books that encourage empathy, kindness, and self confidence and will help children think deeply about their feelings and the world around them.

E Boelts

Boelts, Maribeth. **Those Shoes.**

Jeremy wants a pair of shoes, the ones everyone at school seems to be wearing, but his grandma says he needs new boots for winter. Jeremy realizes that the things he has are worth more than the things he wants. (Responsible Decision-Making)

E Boynton

Boynton, Sandra. **Hippos Remain Calm.**

Hippos remain calm throughout the day even though unexpected situations disrupt their plans. (Self Management, Adapting to Change)

BB Call (Board Book)

Call, Kirsti. **The Big Scream.**

What to do when a big emotion takes over and makes you scream. (Self Management, Emotions)

E Dipucchio

Dipucchio, Kelly. **Not Yeti.**

Yeti is not good at everything yet. Sometimes he needs to try again. It can be difficult, and it can be scary, but Yeti is ready to keep trying. (Self Management, Trying New Things)

E Do

Doerrfeld, Cori. **Beneath.**

On a walk with Grandpa, Finn learns that a lot happens where you cannot see beneath the surface. Adults understand bad moods and big feelings because they have them too. (Social Awareness, Empathy)

E Grabenstein

Grabenstein, Chris. **No Is All I Know!**

Oliver McSnow only says 'No.' But his cousin Jess likes to say 'Yes.' Jess teaches Oliver how much fun it can be to say yes. (Responsible Decision Making)

E Higgins

Higgins, Ryan T. **We don't lose our Class Goldfish.** Penelope has many things she is afraid of, including the class goldfish, Walter. When Walter goes missing, Penelope finds that she likes him. Having faced one fear successfully, she feels ready to take on some of her other fears. (Building Confidence)

E Joy

Joy, Mackenzie. **Wallflowers.**

Some people are quiet and like to watch and listen. Just because you are quiet doesn't mean you don't have things to say and ideas to share. (Self Esteem, Appreciating Differences)

E Medina

Medina, Juana. **I Feel!**

What emotion do you feel now? Pictures illustrate various emotions named in the book. (Identifying Emotions)

E Meddour

Meddour, Wendy. **Tisha and the Blossoms.**

Everyday life is too fast paced for Tisha. She needs everyone to slow down to her pace so she can fully process the world around her. (Mindfulness)

E Mills

Mills, Julia. **I Am Stuck.**

Turtle is stuck. Many animals passing by give advice but none of it works for Turtle. Possum lays on its back with turtle. They find that being stuck is not so bad when you have a friend with you. (Self Management, Facing adversity)

E Osaka

Osaka, Naomi. **The Way Champs Play.**

Naomi Osaka explains what we can do when playing so that everyone enjoys the game. (Sportsmanship, Kindness)

E Pe

Percival, Tom. **Milo's Monster.**

Milo thinks Jay doesn't want to play with him anymore because Jay has a new friend. Jay wonders why Milo doesn't want to play with him. After talking to each other they find they can all be friends together. (Self Management, Jealousy)

E Rosenthal

Rosenthal, Amy Krouse. **Straw.**

Straw likes to rush to be the first to finish everything. Straw's friends teach him to appreciate slowing down. (Mindfulness)

E Salati (Caldecott) Salati, Doug. **Hot Dog.**

The hot dog and its owner take a break from the overstimulating city by taking a relaxing trip to the beach. The break was just what they needed for them to come home happy. (Self Management, Overstimulation)

E Shannon

Shannon, David. **David Gets In Trouble.** David can't stay out of trouble and is full of excuses until bedtime when he realizes he is sorry. (Reflecting on Choices)

E Shum

Shum, Benson. **Anzu the Great Kaiju.** Kaiju rule cities through fear; Anzu creates flowers. Anzu feels sad that he is different from other Kaiju, but Anzu follows his own path of kindness to rule his city. (Relationship Skills, Kindness)

E Sima

Sima, Jessie. **Weather Together.**

When Nimbus feels cloudy, she doesn't want to cast a shadow on anyone else's fun by talking about the cloud. But sometimes talking about rainy feelings and weathering the rain clouds together is better. (Self Management, Emotions)

E Stein

Stein, David Ezra. **Don't Worry Murray.**

Murray is a little dog with many fears. With a little encouragement and reassurance Murray can be brave and try many new things. (Self Management, Understanding Emotions)

E Teague

Teague, Mark. **We Are Going to Be Pals!**

Egret and Rhino are very different. Egret talks at Rhino explaining what makes a good friendship like boundaries, communication and compromise. Rhino seems indifferent until Rhino comes to rescue Egret from trouble because they are great pals. (Relationship Skills, Friendship)

E Townes

Townes, Jess. **Sometimes I Cry.**

People cry when they are hurt, when they laugh, when they are angry, or scared. Various situations can make a person cry—and it's ok to cry. (Social Awareness, Emotions)

E H Tuiasoa

Tuiasoa, Shar. **Punky Aloha.**

Punky Aloha learns how to make friends by being helpful, giving, and brave. At first Punky is nervous about meeting new people, but Grandma's magic glasses give her courage to share aloha with everyone she meets. (Being Helpful, Building Confidence)

E Vail

Vail, Rachel. **Sometimes I Grumblesquinch.** Sometimes when things don't go your way it is hard to squish the angry feelings away. Squished feelings can explode. It is better to calmly express your feelings than squish them away all the time. (Self Management, Anger)

E Wang

Wang, Andrea. **Luli and the Language of Tea.**

Luli's classmates come from countries around the world and don't speak the same language. They may not share a language, but they can all enjoy sharing tea. (Social Awareness, Appreciating Differences)

E Yolen

Jane Yolen. **How Do Dinosaurs Learn to be Kind?** A fun interactive story that asks the readers which behaviors are kind. Part of the popular "How Do Dinosaurs..." series. (Relationship Skills, Kindness)



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