

Self-Regulation / Social-Emotional Learning Kits

These kits, available at the LRC, are a result of the collaboration between the LRC (Joan Pearce) and Student Services (Andrea Flesher and Andrea Wilson.)

Managing Emotions (Anger, Anxiety, Sadness)

Managing emotions can be difficult for many students who may have trauma, ADHD, autism, FASD and other disorders. Without explicit teaching these students will struggle to learn how to manage. This kit is an excellent starting point to teach through stories. It is important to utilize different modalities of teaching in addition to these books, such as video-modelling, role-playing activities, practice, games and strategies to generalize this skill. This is a very large topic with many facets such as anxiety, loss, negative thinking and stress-management.

Please feel free to contact Andrea Wilson and Andrea Flesher to help with lesson-planning ideas.

How Do Dinosaurs Say I'm Mad? Yolen, J. & Teague, M.

Dinosaurs don't know how to deal with their anger and then use strategies for anger management.

1. "How did the dinosaurs' moms and dads feel when they were roaring, slamming, yelling, boasting, grumbling, pouting, throwing, kicking, ripping, flinging, and banging?"
2. "How did the dinosaurs' moms and dads feel when they counted, breathed calmly, picked up their messes, and said sorry?"

Maybe Tomorrow? Agell, C.

Norris is joyous and Elba is not. Through Norris's friendship Elba finds some joy.

1. Do you think Elba has to carry around the block all the time?
2. What do you think Elba learned through having a friend like Norris?

Howard B. Wigglebottom Learns It's OK to Back Away: A Story About Managing Anger

Reverend, A., Binkow, H., & Cornelison, S. F.

1. What things made Howard B. Wigglebottom see red and what does that mean?
2. How do you know when you are angry?
3. What are some things we can do to feel better?

(This book has suggestions for lessons and reflections at the end)

Sam's Pet Temper, Bhadra, S. & Arbona, M.

Sam has a 'pet temper' that gets him into trouble until he learns to tame it.

1. At first, Sam's pet temper seems fun... What's the problem?
2. What did Sam do to control his temper? Could those ideas work for you?

Fergal and the Bad Temper, Starling, R.

Fergal the dragon doesn't like being told what to do, and he often loses his temper. Fergal learns to strategies to calm down with help from" his family and friends.

1. Fergal was getting upset when adults asked him to do things... What do you do when an adult asks you to do something?
2. Why did Fergal decide he needed to control his temper?
3. What are some things you do to control your temper?

The Grouchies, Wagenbach, D.

The grouchies came to visit and wouldn't go away. With help from mom and dad the boy learns he can beat them with happy thoughts.

1. When we feel the grouchies do we always have to know what is causing it?
2. What are some ways to beat the grouchies?

Angry Octopus, Lite, L.

Octopus is angry and a sea child comes and teaches a relaxation technique to help.

1. How did octopus feel before he met the sea child?
2. How did the sea child help octopus?

When My Worries Get Too Big: A Relaxation Book for Children Who Live with Anxiety, Dunn Buron, K. & Smith Myles, B.

There are lots of times we feel good, but everyone worries too. If we can figure out when our worries are getting too big, we can use a calming sequence to relax.

1. What are some of your favourite things that help you feel like a 1 or a 2?
2. What's something that makes your worries too big?
3. Did the calming sequence work for you? What did you like about it? What could you change to make it work better?
4. What are some things you can think about to help you get from a 5 feeling to a 1 feeling?

Albert's Quiet Quest, Arsenault, I.

Albert needs a quiet break from his busy day, but he his friends want to join in.

1. What bothered Albert?
2. What did Albert need more than anything?

Deep Breaths, Thompson, C.

Jack and Dolly are friends who get into a fight. They take deep breaths, take a warm bath, count to ten, and think of something they like a lot. Then, they make up.

1. Is it normal for friends to fight sometimes?
2. What strategies did Dolly and Jack use to calm themselves?

The Good Egg, John, J & Oswald, P.

Being a good egg is hard work, and it's important to have quiet 'me' time to do things that help you relax.

1. How do you feel when kids aren't doing what they should be doing?
2. What are some quiet activities that help you relax?
3. When would be a good time to deal with problems yourself, and when should you get a teacher?

Grumpy Monkey, Lang, S. & Lang, M.

Jim Panzee is grumpy and can't seem to feel better, despite lots of good advice from his friends. Sometimes, it's okay to be grumpy.

1. Is it okay to feel grumpy sometimes?
2. What are some things that help you when you're feeling grumpy?

Yoga for Kids, Hoffman, S.

Simple first steps in yoga

1. Which pose is your favourite?
2. What's easy for you? What's hard for you?

The Big Angry Roar, Lambert, J.

Cub is angry and doesn't know how to calm down until he speaks to Baboon and gets an idea of strategies that will help.

1. What makes you feel angry or frustrated?
2. What do you do to calm down when you are angry?

Peaceful Piggy Meditation, MacLean, K. L.

Sometimes, the world is busy so it's good to have a peaceful place inside and meditate.

1. When do you need to take a break to feel peaceful?
2. What can meditation help you do?

Moody Cow Meditates, MacLean, K. L.

Moody Cow has a bad day and gets mad. He meditates with his grandfather and makes a sparkle jar to calm down.

1. Who helps you calm down when you get mad?
2. What do you do? Would you like to try meditating or using a sparkle jar?

Your Mind is Like the Sky, Ballard, B. & Carlin, L.

We all have raincloud thoughts sometimes. When we notice our dark raincloud thoughts, it's easier to notice our white fluffy cloud thoughts and let our raincloud thoughts float away.

1. What's one of your raincloud thoughts?
2. What's one of your amazing, fluffy cloud thoughts?

Maybe Tomorrow? Agell, C.

Get your tissue box ready with this story of coping with loss and sadness. This story may need to be read in advance to ensure suitability.

1. Who is your support system when you are feeling sad or overwhelmed? (An activity idea is to have students trace their hand and write a name of a person of support on each finger).
2. What makes you feel better when you are feeling sad?

When you are Brave, Zietler, P. Z.

A young girl explores feelings of worry, courage, and bravery.

1. What makes you feel nervous or worried?
2. What thoughts help you to feel brave and give it a try even though you are scared?
3. How do you feel after you have done something that you were worried about?

Cool Cats, Calm Kids, Williams, M. L.

This book uses cats to teach about relaxation and stress management for kids.

1. What is your favourite cat strategy?
2. Can you make another strategy using a cat or a different animal?
3. Activity idea- After reading as a class, make cards and post in a relaxation corner of your classroom. This can be a spot where kids can go and use relaxation strategies when needed.

The Listening Walk, Showers, P. & Aiki

A young girl goes for a walk and listens to all the sounds she hears along the way. This book focuses on how soothing a walking meditation can be.

1. Have you ever experienced a calm feeling from silence?
2. When people aren't talking and it's quiet how do you feel?

The MINDUP Curriculum, Grades Pre-K-2

A comprehensive, classroom-tested, evidence-based curriculum framed around 15 easily implemented lessons that fosters social and emotional awareness, enhance psychological well-being, and promote academic success.

The MINDUP Curriculum, Grades 3-5

A comprehensive, classroom-tested, evidence-based curriculum framed around 15 easily implemented lessons that fosters social and emotional awareness, enhance psychological well-being, and promote academic success.

The MINDUP Curriculum, Grades 6-8

A comprehensive, classroom-tested, evidence-based curriculum frames around 15 easily implemented lessons that fosters social and emotional awareness, enhance psychological well-being, and promote academic success.

Determining the Size of the Problem

Alexander and the Terrible, Horrible, No Good, Very Bad Day, Viorst, J.

Alexander is having a very bad day.

1. Describe a bad day for you.
2. What helps you turn around a bad day?

Finn Throws a Fit, Elliott, D.

Finn has a very big tantrum but then recovers after a period of time.

1. Finn doesn't seem to have a way to calm himself down. What helps you calm down when you are angry?
2. Do you have times when you have a big reaction to a small event?

Crankenstein Berger, S.

Crankenstein is an ordinary kid having a bad day.

1. When are you a Crankenstein?
2. How do you feel when you are around a Crankenstein?

Accident, Tsurumi, A.

A wonderful book to teach that it is okay to make mistakes.

1. How do you feel when you make a mistake?
2. What do you do after you make a mistake?

Controlling Impulses

Interrupting Chicken, Stein, E.

Chicken always interrupts his dad when his dad reads his bedtime story. When they run out of books Chicken makes a book for his dad who then falls asleep in his bed. This book does not explicitly teach skills or have ideas for kids on how to stop interrupting. It is illustrated nicely, but needs a lot of teaching around it.

1. How does it feel to be interrupted?
2. How does it make other people feel when you interrupt them?
3. What are some strategies you can think of to not interrupt?

Calm, Alert, and Learning, Shanker, S.

A classic book for educators on Classroom Strategies for Self-Regulation

Clark the Shark, Hale, B.

Clark the Shark has a lot of energy and sometimes overwhelms his friends. His teacher helps him learn how to tone it down.

1. When do you feel like you have too much energy?
2. How do you manage your energy or tone it down?

The Lemonade Hurricane, Morelli, L.

A story of mindfulness and meditation. Henry, the Lemonade Hurricane has too much energy, but his big sister teaches him ways to calm his body down.

1. Do you feel more like Emma or Henry? Why?
2. How does your body feel after sitting and following the mindfulness strategies at the back of the book?

It's Hard to Be a Verb, Cook, J.

Louis is a boy that has a hard time with self-control. His Mom teaches him ways to help manage his urge to move.

1. Do you have a hard time controlling your wiggles?
2. What would you put on your "nag board"?

The Worst Day of My Life Ever, Cook, J.

A story about listening and following instructions.

1. When is it hard for you to listen and follow instructions?
2. What helps you?

The Incredible 5 Point Scale, Dunn-Buron, K., and Curtis, M.

A book for teachers to assist students in understanding social interactions and controlling their emotional responses.

Mrs. Gorski I think I have the Wiggle Fidgets, Esham, B.

David has a hard time paying attention.

1. Have you ever struggled to pay attention or sit still? What happened?
2. What do you do to help you pay attention?

You Can Listen to Directions, Miller, C. & Assanelli, V.

A choose your own adventure about a young boy who doesn't listen to his father in the mall. When he does decide to listen his father is happy and he is rewarded.

1. Questions in back of book on page 23.

Monkey Needs to Listen, Graves, S. & Dunton, T.

Monkey doesn't listen when his teacher tells him to check on safety with the team's go kart, but he doesn't and the kart crashes. He learns his lesson through this.

1. Questions on page 29.

Listening Time, Verdick, E. & Heinlen, M.

A board book for very young readers about having a calm body and listening.

1. What are our eyes and ears doing when we are listening?
2. How does our body feel when we are listening?

I Can Listen, Mattas, S.

This is a simple social story about how to look, stay quiet, and listen when someone's talking.

1. How do you feel when someone listens to you?
2. What helps you to listen?

Tessie Tames Her Tongue, Martin, M.

Tessie talks a lot and needs help to learn how to listen.

1. How does everyone feel when Lacey talks too much?
2. What helps her to listen? What helps you to listen?

Quiet Please, Owen McPhee!, Ludwig, T.

Owen talks too much until he gets laryngitis, and he sees the value of being quiet.

1. What are some things that happen when Owen talks too much?
2. Why is being a good listener an important skill?

Lacey Walker, Nonstop Talker, Jones, C.

Lacey talks a lot until she loses her voice and discovers things she never noticed before.

1. How do Lacey's mother, father, teacher, and brother feel when she talks too much?
2. What changes when Lacey listens?

I Listen, Meiners, C. J.

A simple board book about how listening helps us get along, learn, and be part of a group.

1. Close your eyes... What do you hear?
2. Why does listening help us get along?

I Can Listen, Nunn, D.

A simple book about how we take turns listening to each other.

1. Why should we listen to other people?
2. How do others feel when we listen to them?

Listen! Listen!, Rand, A & P

A classic and poetic book that helps us understand that we get a lot of information from the world around us by listening.

1. Close your eyes... What do you hear?
2. What are your favourite sounds? What are some sounds you don't like to hear?

I Can Listen, Nelson, M.

A book that uses real photographs and positive examples to teach the benefits of listening well.

1. How does someone know when you're listening?
2. What's something you've learned by listening?

Wordy Birdy, Sauer, Tammi & Mottram, Dave

Wordy Birdy just can't stop talking all the time until it almost gets him in big trouble. He then learns to listen better.

1. If Wordy Birdy wouldn't have listened when it was really important, what might have happened to him?
2. How does it feel when someone else does all the talking and you don't get a turn to talk?

Decibella, Julia Cook & Anita DuFalla

Isabella has a very loud voice, so her teacher teaches her about five different voice levels and when they are appropriate.

1. What kind of voice do you think I am using now?
2. Why is it important to use the appropriate voice?

My mouth is a Volcano, Cook, J. & Hartman, C.

A young boy named, Louis, can't control his verbal outbursts. He interrupts others and can't seem to control it. When he was talking and someone interrupted him it made him think. His mom teaches him a trick to hold it in and breath through his nose and this seems to help.

1. How does it feel when someone interrupts us?
2. What kinds of tricks help you when you want to interrupt?

Yes, I can Listen, Metzger, S. & Szecsi, S.

A book that shows different scenarios that one can be listening attentively in. This book uses I can statements.

1. Is it sometimes hard for you to listen?
2. What makes it hard to listen?

Are You Listening, Jack?, Garcia, E.

In this book, Jack takes some quiet time on his own and learns something new when he rejoins the group and listens. The book makes quiet time punitive (because Jack is excluded from the group), so discussion and positive modelling of taking quiet time will be required.

1. How does your teacher know when you're listening?
2. How does your body feel when you take quiet time?

Recognizing Basic Emotions

How are you Peeling, Freyman, S. and Elffers, J.

A well-known book using fruits and vegetables to teach about moods.

1. How does your face change when your emotions change?
2. How does the look on someone's face change the way you feel?

The Way I Feel, Cain, J.

A book to teach children about feeling words.

1. What situations make you feel angry, happy, silly, jealous, etc.?

On Monday When it Rained, Kachenmeister, C.

A simple book using one boy's facial expressions to teach about feeling words.

1. When do you feel proud, scared, lonely or excited?
2. Show me your facial expression for each emotion.

My Heart, Luyken, C.

A young girl accepts that sometimes her heart is big and open and sometimes it isn't and that's okay.

1. Is it normal to feel both happy and sad?
2. Do you accept that our heart is our guide and how does that make you feel?

Visiting Feelings, Rubenstein, L. & Hehenberger

Feelings are like friends who talk to us, and there are lots of different ways they can do that.

1. What are some of the feelings in your body right now?
2. Do your feelings have a size, colour, shape, sound, or temperature? Or something else?

In My Heart, Witek, Jo

There are many different feelings and each one is acceptable for different situations.

1. Are there certain kinds of emotions you feel most?
2. How can you recognize what kind of feeling your heart has?
3. What are the signs in your body that tell you what your heart is feeling?

The Rabbit Listened, Doerrfeld, Cori

A young boy's tower is destroyed and he becomes upset. Different animals come to him with different strategies to make him feel better, but he doesn't want any of them. Eventually, rabbit comes, sits beside him and listens. This comforts the boy until he finally comes to a solution on his own.

1. When you are upset do you know what strategies work for you?
2. Why does just listening seem like it would work the best?
3. If one of your friends feels badly, what can you do to help?

Alone Together, Bloom, Suzanne

Bear is demonstrating how nice it is to sit quietly and reflect, so fox joins him. Fox acts up a bit and bear tells him to quiet down, so he does. Then duck joins and they're all alone together.

1. What does alone time mean to you?
2. Why is it important to spend time alone sometimes?
3. What do you think about fox and duck joining bear in his alone time?

Developing Flexible Thinking

My Day is Ruined! Smith, B. & Griffin, J.

When unexpected things happen that derail our plans, flexible thinking can help us out! This book outlines four steps to help kids learn flexible thinking.

1. Why should we use flexible thinking? How does it help us?
2. What are some situations when you might need to use flexible thinking?

It's My Way, Cook, J

Cora June likes things to be her way, but once she learns how to be a flexible thinker she changes her ways, her days become easier.

1. How does it feel when someone bosses you around?
2. In what ways can you be flexible?
3. Why is it more fun to play with someone flexible?

You Get What You Get, Glassman, J & Horne, S

Melvin isn't allowed to throw fits at school when he doesn't get his way because that's the rule at school. When he accidentally tells his family this rule they adopt the same rule at home.

1. What if everyone threw a fit when they didn't get their way?
2. What are some things you can say to yourself if you don't get your way?

The Most Magnificent Thing, Spires, A.

A little girl experiences great frustration as she tries to make a great thing. She takes a break and after she calms down she is able to get back to it successfully.

1. What does the girl do to feel better after she gets mad?
2. How does the walk help her to feel better?
3. What are some thing you could do to calm down when you get mad?

Ozzie and the Art Contest, Sullivan, D.

Ozzie learns that winning isn't the only reason to do things.

1. How does Ozzie use flexible thinking in this story?
2. What do you like to do, and what do you like about it?

Beautiful Oops, Saltzberg, B.

A simple, yet beautifully illustrated story outlining that mistakes can be made into beautiful pieces of art.

1. Have you ever felt sad or frustrated when you made a mistake?
2. Can you think of some ways to turn a mistake into a positive experience?

Teamwork Isn't My Thing, and I Don't Like to Share, Cook, J.

RJ doesn't like being on a team or sharing, but through the help of his soccer coach he learns that it can be rewarding and helpful.

1. How does it feel when someone doesn't share with you?
2. What does teamwork mean to you?

Bear Can Dance!, Bloom, S.

Bear wishes he could fly but learns he can dance instead.

1. Does everyone have the same abilities?
2. What happens if a friend can't do the same things you can do?

What Should Danny Do?, Levy, G. & A.

Danny is a superhero who has The Power to Choose! As you read the story, make choices to see what happens to Danny, and reach nine different endings.

1. What happens when Danny makes a good choice?
2. What happens when Danny makes a bad choice?

The Social Skills Picture Book, Baker, J.

This photographically illustrated picture book was developed to break down abstract social skills into concrete steps for kids with autism, language processing, abstract thinking, or attentional challenges. Step by step pictures show children engaging in various social skills, and cartoon-style bubbles are used to denote what children are saying and thinking. Detailed instructions and recommendations for using the book are provided.

A week of Switching, Shifting, and Stretching, Kerstien, Lauren

A young boy develops a way to be more flexible by thinking about jumping on a rainbow trampoline and then he can switch his thinking.

There are strategies and lessons in the back of the book.

Learning Perspective-Taking

A Thought is a Lot, Pransky, J. & Kahofer, A.

This book teaches the first step in learning perspective-taking. Because many children on the autism spectrum do not understand that others have thoughts and feelings as well this is the starting point to help children understand. It also explains how powerful our thoughts can be and how we can change them with the power of our own mind.

1. You can find an excellent 10-lesson plan pdf to download here:
<https://www.socialthinking.com/Products/what-is-thought-thought-is-a-lot>

Personal Space Camp, Cook, J. & Hartman, C.

Louis is always in everyone's personal space bubbles until he attends the personal space camp offered by his principal.

1. Why do you think people like their own personal space?
2. What kinds of lessons does Louis learn at camp?

What Were You Thinking? Smith, B.

Braden has trouble controlling his impulses and this affects his teacher and classmates until he learns to stop and think.

1. When did Braden have difficulty controlling his impulses?
2. How easy is it to stop and think when you're in the middle of doing something? Do you need help to do this?

I Just Want to Do It My Way, Cook, J. & De Weerd, K.

RJ has a hard time paying attention. His teacher gives him a place to wiggle at the back of the classroom and tells him he can always ask for help .

1. What distractions make it hard for you to concentrate?
2. What are things that you find help you to concentrate?

Why Do We Have to Listen to People We Disagree With?, Salaka, M.

A photographically illustrated book that explains why we should listen to people we disagree with.

1. Why do people disagree sometimes?
2. Why should you listen to someone who has a different opinion?

That is NOT a Good Idea!, Willems, Mo

This story is told in the style of a silent movie: A duckling appears to not be using good judgement by following a big bad wolf into his demise. However, it turns out that the duckling was plotting the whole time to make wolf soup! Teaching about different perspectives and the guesses we make about each other is required to make meaning from this story.

1. What does perspective mean?
2. How do we know when we are using our perspective-taking abilities?
3. In what kinds of ways do we share our perspectives?
4. How should we check our assumptions?

Quiet Please, Owen McPhee!, Ludwig, T.

Owen has difficulty being quiet, and this often upsets people around him. When laryngitis forces him to be quiet, he learns to value others' points of view.

1. How do the students and adults feel when Owen can't control his talking?
2. Owen decides to schedule Laryngitis Days. What are some other things he could do to control his talking?

The Hard Hat for Kids: A Story About 10 Ways to Be a Great Teammate, Gordon, J. &

Gallagher, L.

Mickey is a talented basketball player, but she needs to learn how to be a good teammate and see the value of 'we before me.'

1. What does 'we before me' mean to you?
2. How is playing on a team different than playing by yourself?

Sorry, I Forgot to Ask!, Cook, J.

RJ forgets to ask permission, and people get worried and upset. He learns steps to ask for permission and apologize. This book doesn't address why we should ask for permission, so this should be addressed in discussion: We ask for permission when we want to change a plan involving a group of people. We do not ask for permission when a decision only affects us. This book is good for students Grade 3 and up.

1. Why do children need to ask for permission? Do adults have to ask for permission?
2. When should you ask for permission?
3. What happens when you change a plan but don't check in with everyone involved?

I Can't Believe You Said That!, Cook, J.

RJ says whatever comes to mind, and people's feelings get hurt. He learns to put his thoughts through his social filter before deciding what to say. This book is good for students Grade 3 and up.

1. Can you use a social filter and still tell the truth?
2. Why should we keep some of our thoughts to ourselves?
3. Is there a way to ask about things we're curious about without hurting people's feelings?

Thanks for the Feedback, Cook, J.

When RJ gets feedback, he has feelings that make it difficult to think, and he often says the wrong thing. He learns to accept compliments by saying 'thank you' and consider whether other feedback will help him grow.

1. Why do you think it's hard to have feelings and think clearly at the same time? What can we do to manage our feelings so we can think better?
2. Why is it important to listen feedback?
3. How can you tell if feedback is positive or helpful?

A Bike Like Sergio's, Boelts, M.

Ruben really wants a bike, but his family can't afford to buy him one. When Ruben picks up a \$100 bill, dropped by a lady ahead of him at the grocery store, he's tempted to spend it but unsure how to explain a new bike to his parents... This book is suitable for students in Grade 3 and up.

1. Describe the different perspectives in the story: Ruben's, Sergio's, the grocery store lady's, Ruben's parents'... What does each character want? How does each character feel?
2. Why does Ruben make the decision to return the \$100 bill?

Do Unto Otters (A Book About Manners), Keller, L.

Mr. Rabbit gets new neighbours, the Otters, and he's not sure if they'll get along. His friend asks him to think about the qualities that support a good friendship. Mr. Rabbit lists each quality and provides concrete examples. This book is explicit without being judgmental, and it has a great sense of humour! It's suitable for students in Grade 3 and up.

1. Why should we treat people the way we want to be treated?
2. What if someone doesn't treat you well or things seem unfair?

Being Frank, Earnhardt, D. & Castellani, A.

Frank is too honest and comes across as rude until his grandpa helps him to serve up honesty with a more sugar and a less pepper. An adorable book that is beautifully illustrated.

1. Has anyone ever said anything mean about you?
2. How can you say something that might sound mean in a kind way?

The Busy Beaver, Oldland, N.

This adorable beaver is so busy doing his thing that he never takes any time to look around and think about how his carelessness affects others. He then gets into a careless accident and realizes that he must be more thoughtful as to how he does things.

1. What happens when we do our own thing carelessly?
2. What are some ways that beaver put others in harm's way?

The Slide Ride, Anderson, J. L. & Fiorentin, C.

A very simple and short book about taking turns on the slide.

1. Questions in the back of the book.

Kids Can Make Manners Count-Taking Turns, Marsico, K.

A short book with real photos about Mia and Sam who start arguing over their new puppy. They make a plan to taking turns walking the puppy.

1. How does it feel to play with someone who doesn't take turns?
2. When you don't want to take turns what can you do?

Personal Space Invader, Jones, C. & Atkinson, C.

Harrison is very excited about life and is always getting into other's personal space. His dad teaches him how to use the space saver method to keep an appropriate distance. This is sweetly illustrated and well done.

1. How does it make you feel when people are too close to you?
2. How do you know if someone feels uncomfortable because you are in their space?

What if Everybody did that?, Javernick, E & Madden, C

A young boy causes trouble everywhere and people keep pointing out "what if everybody did that?" until he gives his mom a hug and she says the same thing. Without a significant amount of dialogue and teaching around this book the message may get lost on children.

1. What does the boy learn in the end?
2. What does the message 'what if everybody did that?' mean?
3. What are some things that would be bad if everyone did them?

Perfectly Polite Penguins, Deutsch, G. & Trukhan, E.

Polly enjoys being impolite. The other penguins don't like it until they all get tired of it and join in. Then Polly realizes that they've all upset little Peter penguin and so she tells everyone to stop and they all go back to their polite ways.

1. How does one penguin's bad behaviour affect the whole group?
2. How does it feel when one person wrecks the fun for everyone?

If Winning Isn't Everything, Why Do I Hate to Lose?, Smith, B. & Martin, B.

Kelsey hates to lose and will do anything to win. This gets her in trouble and so her coach, brother and her mother help her to learn good sportsmanship. This is better for grades 3 or higher and does a good job of teaching sportsmanship.

1. Do you find it hard to lose a game sometimes?
2. How does it make you feel when someone beats you and brags about it?
3. What are some strategies you have used to show good sportsmanship?

This book comes with a whole lesson activity book!

I just Don't Like the Sound of No!, Cook, J. & De Weerd, K.

RJ hates the sound of No, but through making a fun club called 'Say Yes to No Club' RJ learns to accept no for an answer. Better for Grade 3 and up.

1. How does it feel when you ask for something and the answer is 'no'?
2. What makes you feel better when you hear the word 'no'?
3. When RJ finally learns to accept the word 'no' do you think that it makes his life easier?

How to be a Friend, Brown, L. & Brown, M.

A dino-tales book about how to be a friend and how not to be a friend. This book is visually overloaded on each page, but does address joining in the fun, feeling shy, bullying, making up with a friend and talking out an argument. Breaking this book down and stretching out the themes in this book would be better.

1. Is knowing how to be a good friend hard for you sometimes? In what ways?
2. When others aren't being a good friend how does it feel?

Kindness Counts, Smith, B. & Martin, B.

Cade is a young boy who learns through his father how to do random acts of kindness without expecting anything in return. A lengthy book better suited for Grades 3 and up.

1. How does it feel when someone does a nice surprise for you?
2. How does it make us feel to do something nice for someone else?

Interrupting Chicken, Stein, E.

Chicken always interrupts his dad when his dad reads his bedtime story. When they run out of books Chicken makes a book for his dad who then falls asleep in his bed. This book does not explicitly teach skills or have ideas for kids on how to stop interrupting. It is illustrated nicely, but needs a lot of teaching around it.

1. How does it feel to be interrupted?
2. How does it make other people feel when you interrupt them?
3. What are some strategies you can think of to not interrupt?