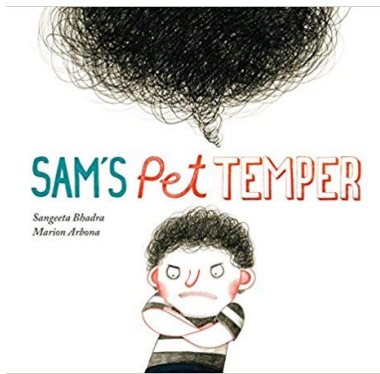


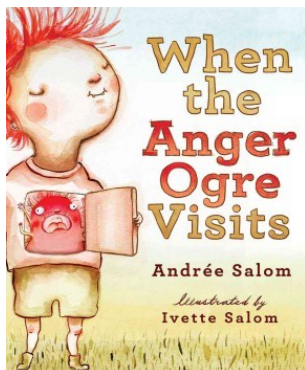
# Social Emotional Learning: Feeling Angry/Frustrated

Compiled by Joan Pearce  
Picture Book Format



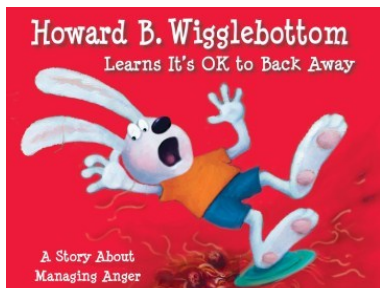
## Sam's Pet Temper by Sangeeta Bhardra

At first, Sam's new pet, Temper, comes in handy; it certainly helps him get what he wants. But Temper--a dark scribbly creature with a big red mouth--soon runs amok, and Sam is in trouble until he figures out how to take control. - Horn Book Guide



## When the Anger Ogre Visits by Andrée Simon

When the Anger Ogre Visits gives children symbolic and concrete guidance about how to deal with anger as a natural part of their inner lives. Rather than squelching anger or pushing it away, the book invites children to sit with and observe anger, removing its overwhelming aspects. - Publisher



## Howard B. Wigglebottom Learns It's OK to Back Away by Howard Binkow

Howard B. Wigglebottom learns a valuable lesson about anger and how to deal with it after being put in time-out during school for reacting negatively after not getting his way. - Follett

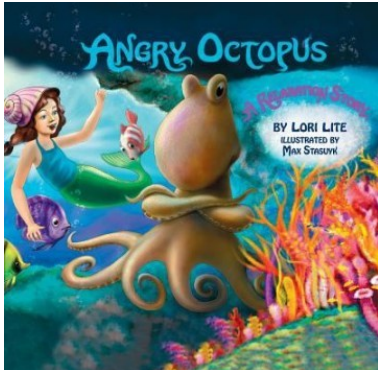


## The Recess Queen by Alexis O'Neill

Mean Jean is the biggest bully on the school playground until a new girl arrives and challenges Jean's status as the Recess Queen. - Follett

# Social Emotional Learning: Feeling Angry/Frustrated

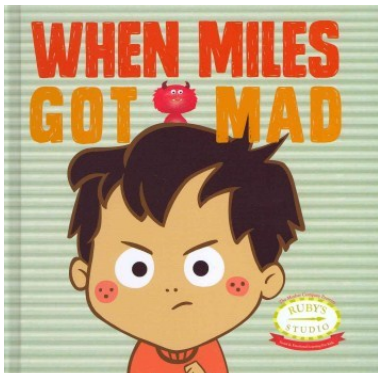
Compiled by Joan Pearce  
Picture Book Format



## The Angry Octopus: A Relaxation Story by Lori Lite

Children learn to unwind, relax, and control anger with this fun exercise known as progressive muscle relaxation. Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. These effective stress and anger management techniques for children focus awareness on various muscle groups to create a complete resting of the mind and body.

- Publisher



## When Miles Got Mad by Sam Kurtzman-Counter

When his little brother breaks his favorite toy, MILES GETS MAD. As his anger swells, he suddenly catches sight of himself in the mirror - but instead of his own reflection, a furry red monster with big round eyes and funny teeth stares back at him. By encouraging Miles to use his words to express his anger, the Mad Monster helps Miles move through this big emotion to calm himself.

- Publisher

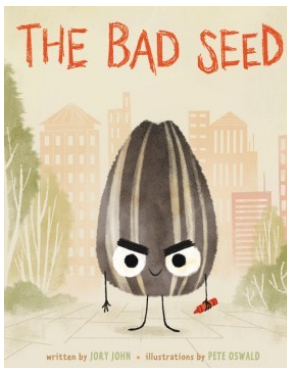


## The Most Magnificent Thing

by Ashley Spires

A little girl has a wonderful idea. With the help of her canine assistant, she is going to make the most magnificent thing! She knows just how it will look. She knows just how it will work. But making the most magnificent thing turns out to be harder than she thinks.

- Follett



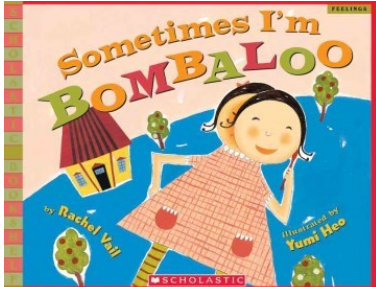
## The Bad Seed by Jory John

This is a book about a bad seed. A baaaaaaaaaad seed. How bad? Do you really want to know? He has a bad temper, bad manners, and a bad attitude. He's been bad since he can remember! This seed cuts in line every time, stares at everybody and never listens. But what happens when one mischievous little seed changes his mind about himself, and decides that he wants to be--happy?

- Publisher

# Social Emotional Learning: Feeling Angry/Frustrated

Compiled by Joan Pearce  
Picture Book Format

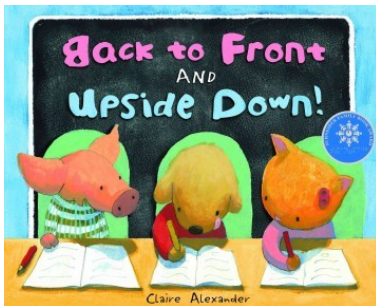


## Sometimes I'm Bombalo

by Rachel Vail

When Katie Honors feels angry and out of control, her mother helps her to be herself again.

- Follett



## Back to Front and Upside Down by Claire Alexander

It's the principal Mr. Slipper's birthday, and while the rest of the class gets busy writing cards for the occasion, Stan becomes frustrated when his letters come out all in a muddle. Stan is afraid to ask for help, until a friend assures him that nobody's good at everything. And after lots and lots of practice, Stan's letters come out the right way round and the right way up. - Publisher

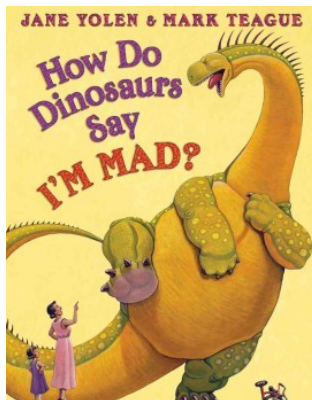


## Millie Fierce

by Jane Manning

Tired of being overlooked, Millie takes on a loud and obnoxious personality, which makes people notice her-- for a little while.

- Follett



## How Do Dinosaurs Say I'm Mad?

by Jane Yolen

"R-O-A-R! What happens when little dinosaurs get mad? And how do they calm down? Brimming with humour, this sparkling new book handles a timeless children's topic with wit and wisdom. Romp and stomp! Roar and slam! Almost everyone gets angry. But how can young dinosaurs also learn to calm down, take a timeout, and behave?" - Publisher

# Social Emotional Learning: Feeling Grumpy

Compiled by Joan Pearce  
Picture Book Format



## Grumpy Goat by Brett Helquist

Goat is the grumpiest animal at Sunny Acres farm until he remembers that there is more to life than eating and being alone.

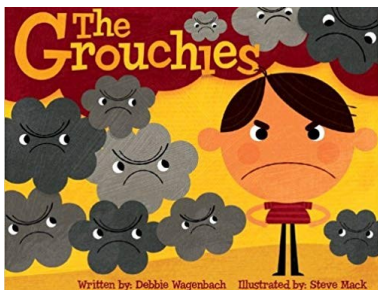
- Follett



## Crankenstein by Samantha Berger

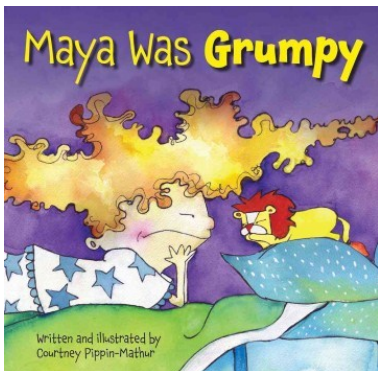
A boy who looks ordinary transforms into grumbling Crankenstein when faced with a rainy day, a melting popsicle, or bedtime, but everything changes when he meets a fellow Crankenstein.

- Follett



## The Grouchies by Debbie Wagenbach

This fun, easy-to-read story shows kids how to chase away their grumpy mood. Children will learn how to recognize and understand the affect negativity can have on others-including their family and friends-and how to change grumpy behavior and what outcomes might just result from positive thinking. - Amazon



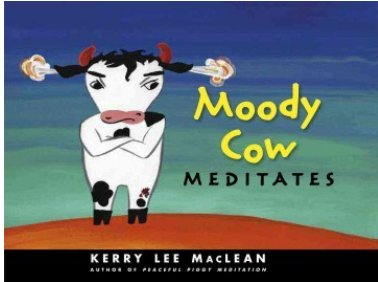
## Maya Was Grumpy by Courtney Pippin-Mathur

Maya is in a grumpy mood until her grandmother finds a way to cheer her up.

- Follett

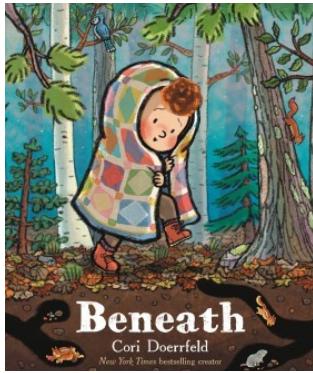
# Social Emotional Learning: Feeling Grumpy

Compiled by Joan Pearce  
Picture Book Format



## Moody Cow Meditates by Kerry Lee MacLean

Peter wakes up from a bad dream and his day just gets progressively worse, but his grandfather shows him a meditation technique that helps him calm his angry thoughts. - Follett

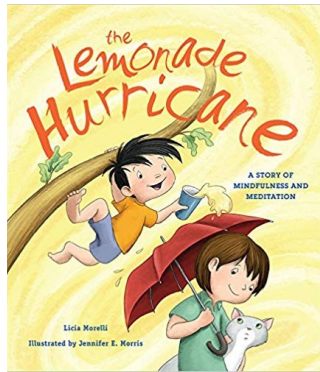


## Beneath by Cori Doerrfeld, c2023 (IL: K-3, RL: 2.7)

"Finn is in a horrible mood and doesn't want to talk about it. After some persuading, though, they agree to go for a hike with Grandpa. Throughout their forest walk, they see many different things: big, strong trees with networks of roots growing underneath, still water with schools of fish swimming below, and an expectant bird with eggs nestled under her. It's when the pair pass fellow hikers that Finn realizes that people, just like the elements of nature, are more than they appear. Grandpa explains that sometimes beneath a person who seems like they won't understand what you're feeling, is someone feeling the exact same way." - Pub.

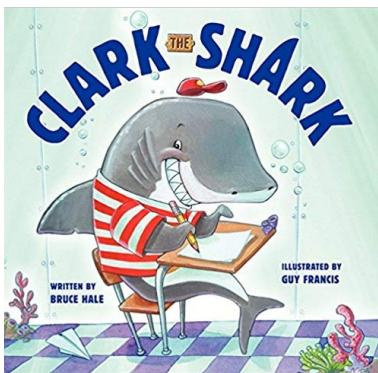
# Social Emotional Learning: Mindful of Energy Level/Actions

Compiled by Joan Pearce  
Picture Book Format



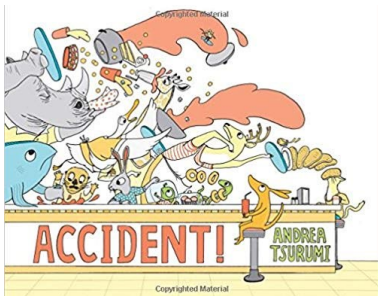
## The Lemonade Hurricane by Licia Morelli

Emma doesn't really like hurricanes. After a busy day of school and activities, Emma likes to sit still and rest. Her little brother, Henry, does everything but. She calls him "The Lemonade Hurricane." Henry is a lot of fun when he's not storming through the house, so Emma decides to teach him how to be still. By showing him how to sit, bow, and breath, Emma is able to calm the hurricane within Henry. - Amazon



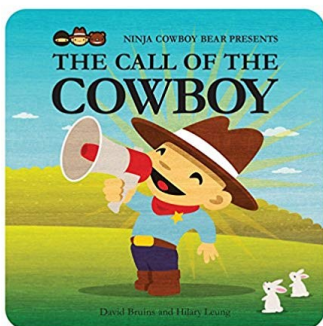
## Clark the Shark by Bruce Hale

Clark is a shark with zing, bang, and BOOM. Clark zooms into school, crashes through the classroom, and is rowdy at recess. Clark loves life—but when his enthusiasm is too much for his friends, Clark's teacher, Mrs. Inkydink, helps him figure out a way to tone it down. - Amazon



## Accident by Andrea Tsurumi

When a clumsy armadillo named Lola knocks over a glass pitcher, she sets off a silly chain of events, encountering chaos wherever she goes. But accidents happen—just ask the stoat snarled in spaghetti, the airborne sheep, and the bull who has broken a whole shop's worth of china. Shows that mistakes don't have to be the end of the world. - Amazon



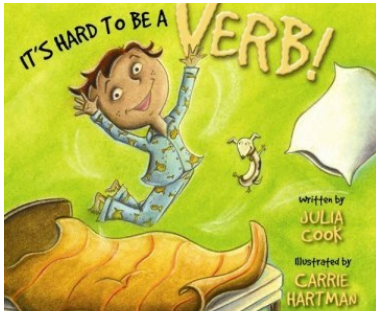
## The Call of the Cowboy by David Bruins

The cowboy is confused when his noisiness gets in the way of his friendship with the bear and the ninja.

- Follett

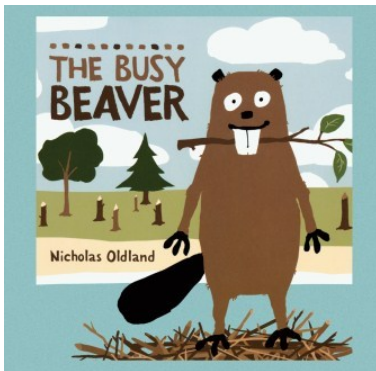
# Social Emotional Learning: Mindful of Energy Level/Actions

Compiled by Joan Pearce  
Picture Book Format

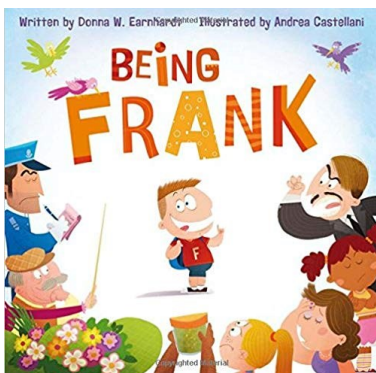


## It's Hard to Be a Verb by Julia Cook

Louis finds it difficult to keep his inner itching, twitching, and jumping under control until his mother teaches him some tricks she learned from her own experiences with attention deficit disorder to stay still and focused. -Follett

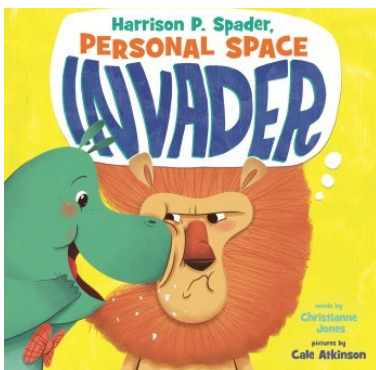


The Busy Beaver by Nicholas Oldland  
The busy but careless beaver spends his days following random impulses, rarely thinking things through and leaving in his wake a devastated forest filled with stumps, half-nibbled trees and injured, homeless animals. But then one day the beaver finds himself on the wrong side of a falling tree, which as it turns out, is just the thing to knock some sense into him. After reflecting on his behavior, he decides to make some changes. - Amazon



## Being Frank by Donna Earnhardt

Frank is proud of his honesty but finds he is upsetting the people around him, and after a visit to Grandpa Ernest, Frank learns the value of both being honest and considering other people's feelings. - Follett

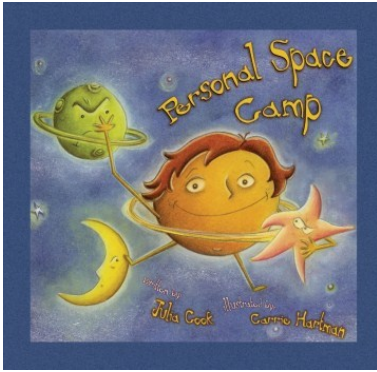


## Harrison P. Spader Personal Space Invader by Christianne Jones

Harrison is a boy who loves life and likes to share with others, but as he grows older the people around him are finding that he stands too close and maybe hugs a little too much--until his father teaches him the Space Saver rhyme, a method for determining just the right amount of space to leave between himself and others. -OCLC

# Social Emotional Learning: Mindful of Energy Level/Actions

Compiled by Joan Pearce  
Picture Book Format



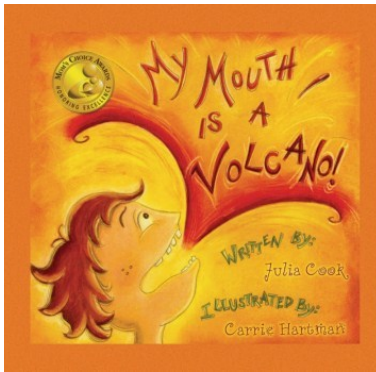
## Personal Space Camp by Julia Cook

When he is invited to the school principal's office for personal space camp, self-proclaimed space expert Louis thinks he is going to learn about the planets, but instead finds out he has been getting too close to his schoolmates. - Follett



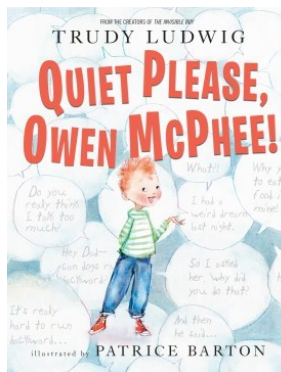
# Social Emotional Learning: Listening/Interrupting

Compiled by Joan Pearce  
Picture Book Format



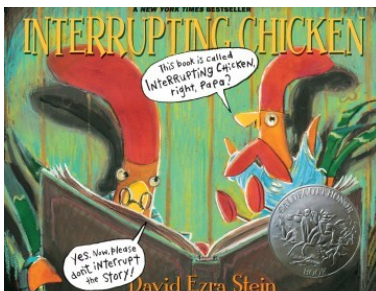
## My Mouth is a Volcano by Julia Cook

My Mouth Is A Volcano takes an empathetic approach to the habit of interrupting and teaches children a witty technique to capture their rambunctious thoughts and words for expression at an appropriate time. - Amazon



## Quiet Please, Owen McPhee! by Trudy Ludwig

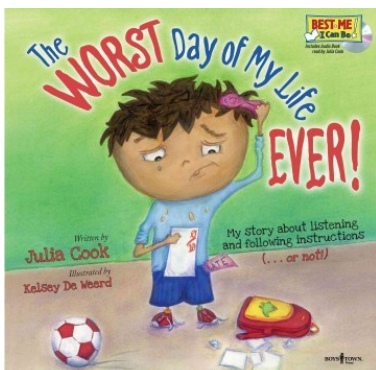
Owen McPhee doesn't just like to talk, he LOVES to talk. He spends every waking minute chattering away at his teachers, his classmates, his parents, his dog, and even himself. But all that talking can get in the way of listening. And when Owen wakes up with a bad case of laryngitis, it gives him a much-needed opportunity to hear what others have to say. - Publisher



## Interrupting Chicken by David Ezra Stein

It's time for the little red chicken's bedtime story — and a reminder from Papa to try not to interrupt. But the chicken can't help herself!

- Amazon

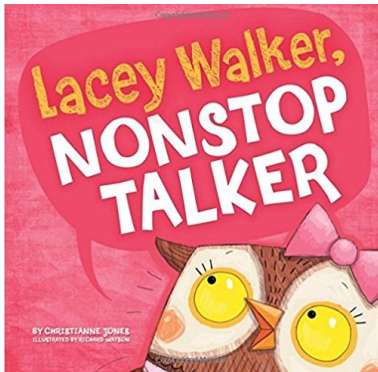


## The Worst Day of My Life Ever by Julia Cook

Kids will learn the most basic of social skills with this humorous story about RJ and his very rough day when nothing goes right. RJ learns that his problems happen because he doesn't listen or pay attention to directions from his mom, his school principal, his teachers, or even his friends. Four simple steps are presented so all kids will be able to remember how and when to use these fundamental social skills. - Publisher

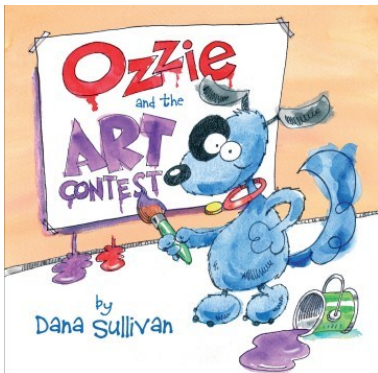
# Social Emotional Learning: Listening/Interrupting

Compiled by Joan Pearce  
Picture Book Format



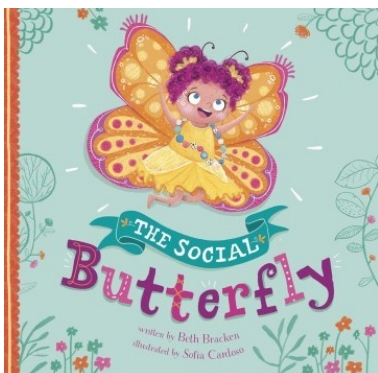
## Lacey Walker, Non-stop Talker by Christianne C. Jones

Lacey Walker loves to talk. She talks all day, and sometimes all night. But when she loses her voice, Lacey learns the importance of listening.  
- Amazon



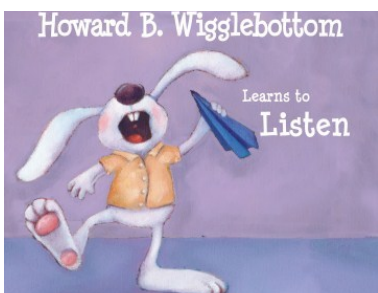
## Ozzie and the Art Contest by Dana Sullivan

Ozzie the dog loves to draw and when his kindergarten teacher announces an art contest, he is sure he will win but he fails to follow directions, loses the contest, and is sad until Miss Cattywhompus reminds him that art is not about winning. - Follett



## The Social Butterfly by Beth Bracken

Charlotte loves playing and talking with her friends, but very often she plays and talks too much, and at school she has to learn that sometimes it is necessary to listen and let her friends and teacher do the talking. - Publisher

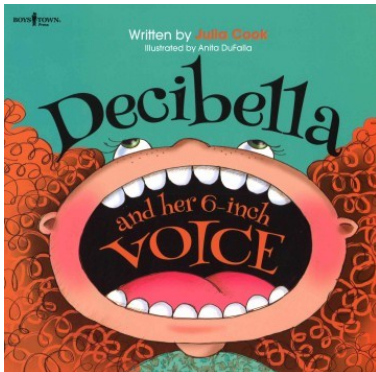


## Howard B. Wigglebottom Learns to Listen by Howard Binkow

Howard B. Wigglebottom has a great deal of difficulty listening, which gets him into a great deal of trouble.  
- Follett

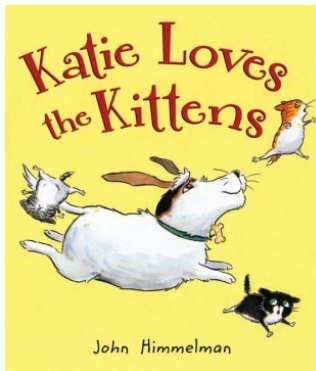
# Social Emotional Learning: Listening/Interrupting

Compiled by Joan Pearce  
Picture Book Format



## Decibella and Her 6-inch Voice by Julia Cook

Isabella is a spirited girl who enjoys shouting out her thoughts, ideas and feelings. In fact, she loves using her loud voice so much; it's earned her the nickname "Decibella!" Young readers will be entertained as they see how Isabella learns the "five volumes" of voice and discovers that different situations require a different tone. - Publisher



## Katie Loves the Kittens by John Himmelman

Sara Ann brings home three little kittens, but Katie the dog's enthusiasm scares the kittens, until she learns that being more patient brings about friendship. - Follett

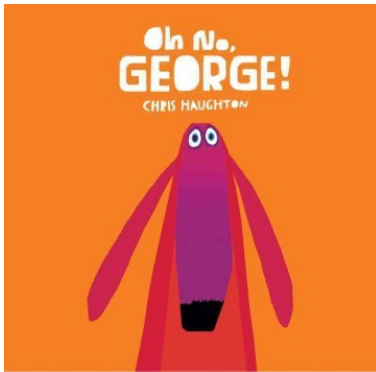


## Let Me Finish by Minh Le

A young boy wants to read his favorite books without interruption, but the creatures around him keep spoiling the ending! - Publisher

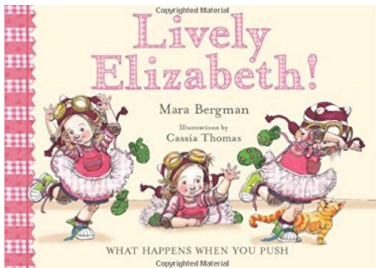
# Social Emotional Learning: Making Good Choices

Compiled by Joan Pearce  
Picture Book Format



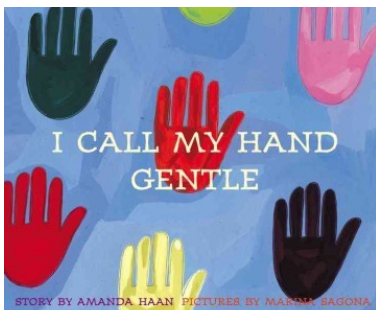
**Oh, No, George!**  
by Chris Haughton

George finds it hard to be a good dog when there are cats to chase, flowers to dig up, and a delicious cake sitting on the kitchen table. - Follett



**Lively Elizabeth**  
by Mara Bergman

Lively Elizabeth lives up to her name-in fact, she's a bit of a handful! She doesn't mean to hurt anyone, but one day at school she finds out that one little push can lead to BIG problems! - Amazon

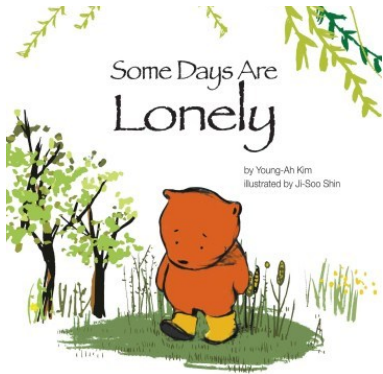


**I Call My Hand Gentle**  
by Amanda Haan

A girl describes how her hands are special and how she chooses to have them do productive and gentle things. - Follett

# Social Emotional Learning: Feeling Sad/Lonely

Compiled by Joan Pearce  
Picture Book Format



## Some Days are Lonely by Young-Ah Kim

Do you ever feel lonely? Like there are dark clouds filling the sky? Everyone feels lonely from time to time. *Some Days Are Lonely* beautifully illustrates that feeling, and shows how it will eventually pass.  
- Publisher



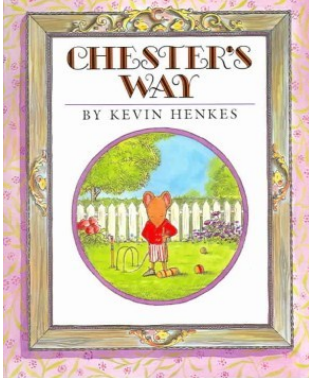
## The Rhino Suit by Colter Jackson, c2022 (IL: K-2, RL: ?)

"When a little girl feels like the pain of the world is too much, she builds a tough-skinned rhino suit to protect herself. When one little girl sees litter in the streets, an animal without shelter, and the pain of a parent, the weight of the world feels like too much to bear. She feels everything so deeply, it makes her want to hide. One day, when the tenderness and pain of the world feel like they are more than she can handle, she has a grand idea. She decides to build a rhino suit to keep herself safe." - Pub.

# Social Emotional Learning: Accepting Diversity / Cooperation

Compiled by Joan Pearce

## Picture Book Format



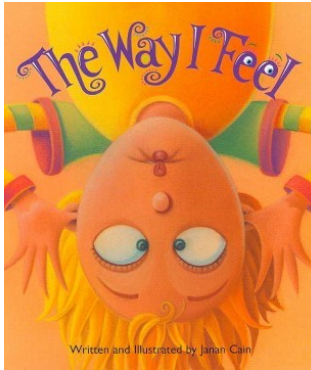
### Chester's Way by Kevin Henkes

"Do you ever feel lonely? Like there are dark clouds filling the sky? Everyone feels lonely from time to time. *Some Days Are Lonely* beautifully illustrates that feeling, and shows how it will eventually pass."

- *Publisher*

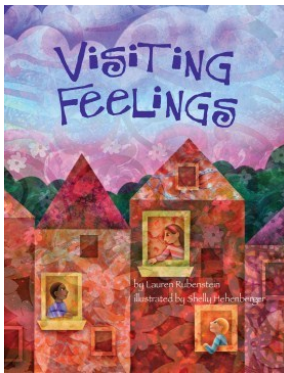
# Social Emotional Learning: Emotions / Attributes

Compiled by Joan Pearce  
Picture Book Format



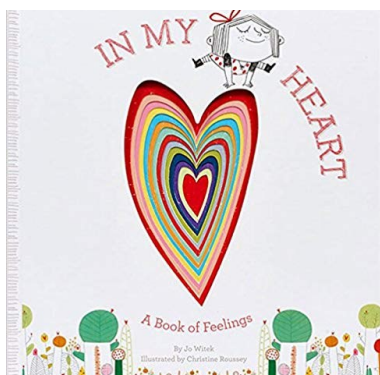
## The Way I Feel by Janan Cain

Uses illustrations, text, colour and type font -- to describe "happy", "disappointed", "angry", "jealous" and other feelings that kids experience. Uses words and situations familiar to children to describe a wide variety of emotions, some seldom attributed to children. The language is non-judgmental, and free of bias and slang. - Publisher



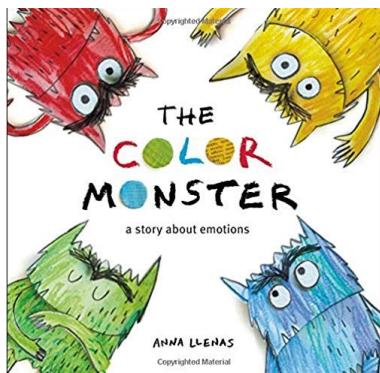
## Visiting Feelings by Lauren Rubenstein

Encourages children to treat their feelings like guests -- welcome them in, get to know them, and perhaps learn why they are visiting. Through this purposeful and mindful exploration, Visiting Feelings harnesses a young child's innate capacity to fully experience the present moment and invites children to sense, explore, and befriend all of their feelings with acceptance and equanimity. - Publisher



## In My Heart by Jo Witek

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. - Amazon



## The Color Monster by Anna Lenas

One day, Color Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through color. As this adorable monster learns to sort and define his mixed up emotions, he gains self-awareness and peace as a result. -Amazon

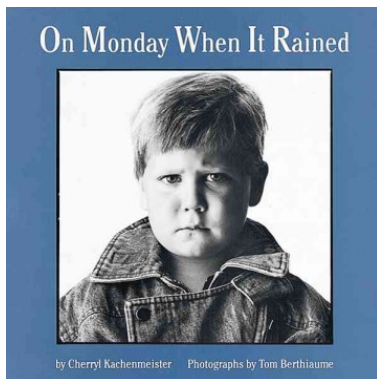
# Social Emotional Learning: Emotions / Attributes

Compiled by Joan Pearce  
Picture Book Format



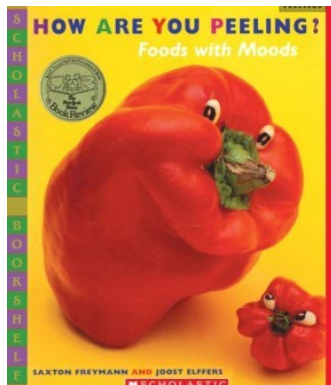
## The Great Big Book of Feelings by Mary Hoffman

This colorful book will help children understand and express their feelings, be them good or bad. It is ideal for units on community, character education, and all about me. - Publisher



## On Monday When It Rained

by Cherryl Kachenmeister, photos by Tom Berthiaume  
"In simple, straightforward text and marvelously expressive pictures, the author and photographer have captured the thoughts and feelings of one small boy. Whether he is proud or scared, lonely or excited, his face mirrors his emotion with the wonderful directness of childhood." - back of book



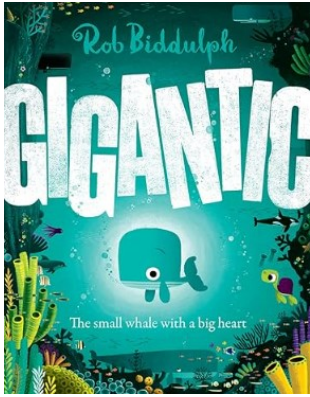
## How Are You Peeling? Foods With Moods

by Saxton Freymann and Joost Elffers  
"What better way for a child to identify different emotions than with the very expressive "faces" of fruits and vegetables! Simple rhyming text and a bright array of emotional produce make this the perfect introduction to the complex world of feeling." - Publisher



# Social Emotional Learning: Accepting Diversity / Cooperation

Compiled by Joan Pearce  
*Pot Pourri*



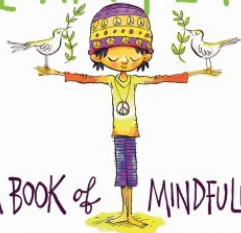
**Gigantic: The Small Whale with a Big Heart**  
by Rob Biddulph, c2023 (IL: K-2, RL?)

"Meet Gigantic, the smallest blue whale in the Atlantic. Dwarfed by the other whales, Gigantic keeps to himself, making new friends and perfecting his somersaults and flips in the bay. But one day when Gigantic's brother, Titan, gets stuck on the sand, it's down to Gigantic and his smallest sea creature friends to save the day. Can they show it's possible to be tiny and tough?" - Amazon.ca

# Social Emotional Learning: Strategies

Compiled by Joan Pearce  
Picture Book Format

## I AM PEACE



A BOOK of MINDFULNESS

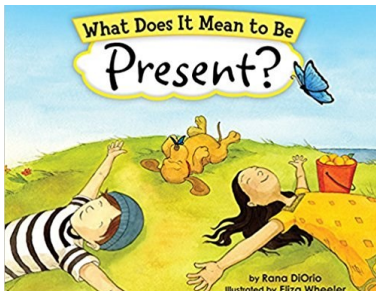
BY SUSAN VERDE · ART BY PETER H. REYNOLDS

#1 NEW YORK TIMES BESTSELLING CREATORS OF I AM HUMAN

### I Am Peace: A Book of Mindfulness

by Susan Verde

When the world feels chaotic, find peace within through an accessible mindfulness practice. Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present. - Amazon



What Does It Mean to Be

Present?

by Raina Diorio  
Illustrated by Fern Wheeler

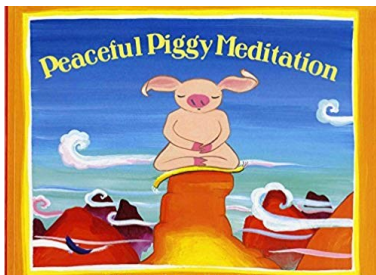
### What Does It Mean to Be Present?

by Raina Diorio

Being present means :

- Noticing when someone needs help
- Waiting patiently for your turn
- Focusing on what's happening now

Follow a group of friends at school, at home, and at the beach as they experience just what it means to be present. - Amazon

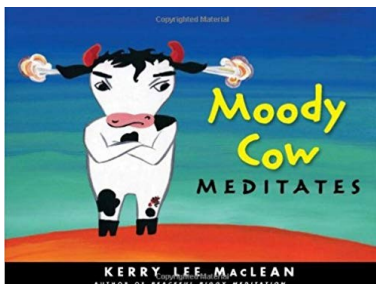


Peaceful Piggy Meditation

### Peaceful Piggy Meditation

by Kerry Lee MacLean

What can you do when you're mad, sad, or anxious? Find a quiet spot, sit, and breathe. When you meditate every day, your mind stays happy, and even bad days are a little easier. - Amazon



Moody Cow  
MEDITATES

KERRY LEE MACLEAN  
AUTHOR OF PEACEFUL PIGGY MEDITATION

### Moody Cow Meditates by Kerry Lee MacLean

Peter the cow is having a BAD day. After missing the bus and wiping out on his bike he loses his temper and gets in trouble. To make matters worse all the other kids are teasing him, calling him Moody Cow. Peter's day just seems to get worse until his grandfather comes over and teaches him how to settle his mind and let go of his frustration through a simple and fun exercise. - Amazon

# Social Emotional Learning: Strategies

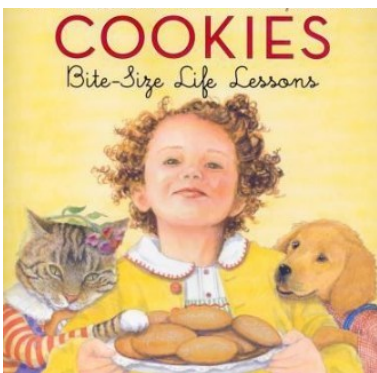
Compiled by Joan Pearce  
Picture Book Format



## Charlotte and the Quiet Place by Deborah Sosin

Charlotte likes quiet. But wherever Charlotte goes, she is surrounded by noise, noise, noise—her yipping dog, Otto; the squeaky, creaky swings; the warbling, wailing sirens. Even in the library, children yammer and yell. Where can Charlotte find a quiet place? - Amazon

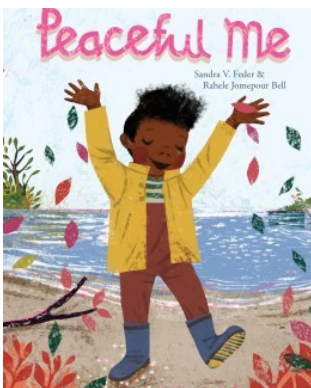
Note: For a complete list of books on "Mindfulness", refer to the "Mindfulness" list on [learn71.ca](http://learn71.ca)



## Cookies: Bite-Size Life Lessons

By Amy Krouse Rosenthal

"*Cookies: Bite-Size Life Lessons* is a new kind of dictionary, one that defines mysteries such as "fair" and "unfair" and what it means to "cooperate." At every turn this book is clever, honest, inspirational, and whimsical. Go ahead, take a bite!" - Publisher



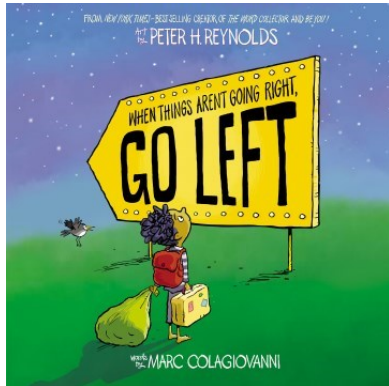
## Peaceful Me

by Sandra Feder, c2023 (IL: K-2, RL: 1.9)

"I like feeling peaceful," the young narrator tells us, then describes the times when he is filled with this emotion. When he is playing with a friend, he feels "free peaceful"; when he is having family dinner, "yummy peaceful"; when he is outside gazing up at the sky, "fluffy clouds peaceful". But, of course, he doesn't always feel peaceful, and we hear about his strategies for coping during those times, such as taking deep breaths, imagining his favorite things, and finding a quiet refuge or a hug." - Pub.

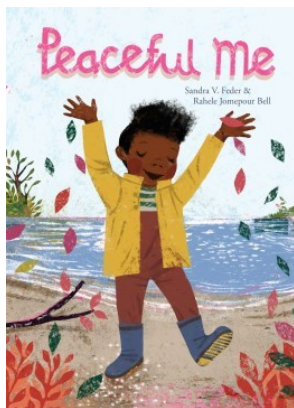
# Social Emotional Learning: Strategies

Compiled by Joan Pearce  
Picture Book Format



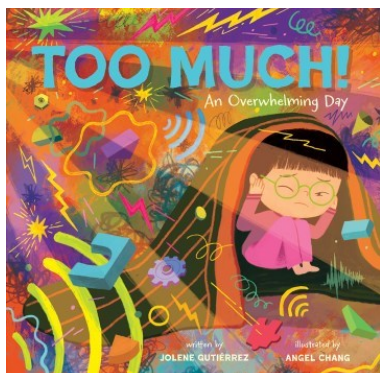
## When Things Aren't Going Right, Go Left by Marc Colagiovanni, c2023 (IL: K-3, RL: 1.6)

"Told through creative language play, and with depth and whimsy, this picture book reminds readers of their own agency and the power they have to direct their own path. Marc Colagiovanni's lyrical text and Peter H. Reynolds's stunning art create an enduring message of strength and perseverance that is both universal and personal, and one that readers will be drawn to over and over again." - Pub.



## Peaceful Me by Sandra Feder, c2023 (IL: K-2, RL: 1.9)

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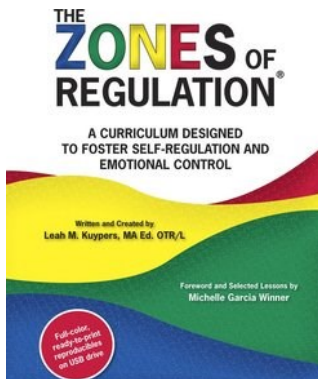


## Too Much!: An Overwhelming Day by Jolene Gutierrez, c2023 (IL: K-1, RL: 2.8)

"Sometimes everything is too much! Too loud, too bright, and all too overwhelming. Writing from her own experience with sensory processing disorder, Jolene Gutierrez's . . . picture book explores the struggles of a sensorily sensitive child and how they settle themselves. . . . Young readers will learn that it's OK if some days are too much." - Pub.

# Social Emotional Learning: Non-fiction

Compiled by Joan Pearce

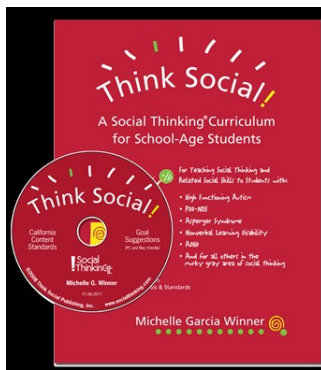


## The Zones of Regulation: A Curriculum designed to Foster Self-Regulation and Emotional Control

by Leah Kuypers

Visit <http://www.zonesofregulation.com/index.html>

for more information.



## Think Social! A Social Thinking Curriculum for School-Age Students

by Michelle Garcia Winner

Other valuable resources by Michelle Garcia Winner are available through:

<https://www.socialthinking.com/>