



THE EQ CHILD



Social Emotional Learning:

A Book List to Support Children Ages 2-5



Below is a list of books which can serve as a springboard for conversations for teaching social emotional skills to young children. They are based on CASEL's SEL competencies. Please note that books often bridge competencies as well.

*These books are also available as board books

Self Awareness

A Box of Butterflies

Big Al

Bubble Gum Brain

Dot

*Duck and Goose: How Are You Feeling?

F is for Feelings

*Goose Needs A Hug

Grumpy Pants

*Happy Hippo, Angry Duck

I feel Teal

I'm Sorry

In My Heart

Jabari Jumps

Knuffle Bunny

Lena's Shoes Are Nervous

Listening To My Body

*Lots of Feelings

Martha Doesn't Say Sorry

Mr. Men Books (Mr. Grumpy, Mr. Greedy, Sometimes I Feel Like A Mouse

Sometimes I'm Bombaloo

Surprise!

The Color Monster

*The Feelings Book

The Grouchies

The Lion Inside

The Peace Rose

The Way I Feel

There Are No Animals in this Book!

(Only Feelings)

There Might Be Lobsters

*Why The Face

Wild Feelings

Tiger Days

Train Your Dragon Series

Self Awareness (self perception, recognize strengths, self-efficacy)

All Of Me - A Book of Thanks

Be Who You Are

I'm The Best

I Like Me

*I like Myself

Leo the Late Bloomer

My Nose Your Nose

Not Yet

Places to Be

Pom Pom is Super

Square Cat

Stand Tall Molly Lou Melon

Surprise

The Best Part of Me

*The Family Book

The OK Book

The Only One Club

The Skin We Live In

Thelma the Unicorn