

## SEL Booklist – April 2020

### **Things That Make You Feel Good Activity Book by Todd Parr**

Video: <https://youtu.be/Qhq4pdb-pXE> (author reading)

### **The Kindness Book by Todd Parr**

Video: <https://youtu.be/SFzmydggwgc> (author reading)

Looks at different ways to show **kindness**, including choosing kind words, giving compliments, and offering help without being asked.

### **The Don't Worry Book by Todd Parr**

Video: <https://youtu.be/bqmNyLcWvS0> (author reading)

In this new book about things that might make kids worry--from loud news, to loud neighbors, or a big day at school--bestselling and beloved author Parr reassures kids who are feeling the weight of their world, offering solutions and comfort, as well as giggles.

### **The Way I Feel by Janan Cain**

Video: <https://youtu.be/ITPUxVQ6UIk>

Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride.

### **Life by Cynthia Rylant**

Video: <https://youtu.be/kB6HgQEgTBU>

Life is beautiful, ever changing, sometimes not easy, but always worth waking up in the morning to see what might happen.

### **When Sophie Gets Angry...Really, Really Angry by Molly Bang**

Video: [https://youtu.be/Xy1GO\\_IIR54](https://youtu.be/Xy1GO_IIR54)

A young girl is upset and doesn't know how to manage her anger but takes the time to cool off and regain her composure.

### **My Heart by Corinna Luyken**

Video: [https://youtu.be/w-y\\_9GwaE\\_4](https://youtu.be/w-y_9GwaE_4)

From moments of great joy and exuberance to necessary times of quiet contemplation, your heart is your guide.

### **In My Heart: A Book of Feelings by Jo Witek**

Video: <https://youtu.be/xIfLgHBwYx4>

A young girl explores what different emotions feel like, such as happiness which makes her want to twirl, or sadness which feels as heavy as an elephant.

### **We Are All Wonders by R.J. Palacio**

Video: <https://youtu.be/04ynUTB56aY>

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Augie enjoys the company of his dog, Daisy, and using his imagination, but painfully endures the taunts of his peers because of his facial deformity.

### **How to Be a Lion by Ed Vere**

Video: [https://youtu.be/mr8\\_bafjW\\_M](https://youtu.be/mr8_bafjW_M)

When Leonard the **lion** and his friend Marianne, a duck, are confronted by a pack of **lion** bullies, they find a creative way to stand up for themselves.

### **The Invisible String by Patrice Karst**

Video: <https://youtu.be/WIUxXexjhYI>

When Liza and Jeremy run to their mother during a scary storm, she comforts them by telling them about the Invisible String, which connects people who love each other no matter where they are and means that they are never alone.

### **Have You Filled a Bucket Today by Carol McCloud**

Video: <https://youtu.be/JEg38zCOMgk> (author reading)

Uses the metaphor of filling a bucket to encourage children to practice kind and considerate behavior and teach them the benefits of positive relationships.

### **Be Kind by Pat Zietlow Miller**

Video: <https://youtu.be/t6NUJ2JZz50>

- When a young girl named Tanisha spills grape juice all over her new dress, her classmate wants to make her feel better and remembers that Mom always says, "Be kind." But what does it mean to be kind? As the child ponders everything from asking a new girl to play to standing up for someone being bullied, this...story explores what kindness is, and how any act, big or small, can make a difference--or at least help a friend.