

Social/Emotional Book Recommendations For Preschoolers

Book	Author
Feelings/Regulation	
The Way I Feel	Janan Cain
Glad Monster, Sad Monster	Ed Emberley
Worry Says What	Allison Edwards
Grumpy Bird	Jeremy Tankard (feelings, social skills)
Miles Gets Mad	Sam Kurtzman-Counter
In My Heart – A book of feelings	Jo Witek
My Mouth is a Volcano	Julia Cool (regulation, social skills)
My Magic Breath	Nick Orter and Allison Taylor (regulation, mindfulness)
Listening to My Body	Gabi Garcia (feeling, interoception)
The Kissing Hand	Audrey Penn (feelings, separation from parent)
Allie All Along	Sarah Lynne Reul
The Feelings Book	Todd Parr
Self-Esteem/Confidence	
Giraffes Can't Dance	Giles Andreae
Tomorrow I'll Be Brave	Jessica Hische
Listening to my Heart	Gabi Garcia
Be Who You Are	Todd Parr
Personal Safety/Boundaries	
No Means No	Jayneen Sanders (safety/boundaries)
My Body! What I Say Goes!	Jayneen Sanders
Mindfulness/Self-Control	
Breathe Like a Bear	Kira Willey
The Listening Walk	Paul Showers (mindfulness)
What Does it Mean to Be Present	Rana Diorio (mindfulness)
Social Skills	
Piggy and Elephant – Should I Share My Ice Cream?	Mo Willems (perspective taking, sharing)
Waiting Is Not Easy!	Mo Willems
Boot and Shoe	Marla Frazee (perspective taking, missing friends)
A Tale of Two Beasts	Fiona Robertson (perspective taking)
Ishi: Simple Tips from a Solid Friend	Akiko Yabuki