



Harrisonburg
City Public Schools

SEL Book Recommendations

Exploring All Emotions

Title	Author	Age Range
In My Heart	Jo Witek	Pre-K - 2
The Way I feel	Janan Cain	Pre-K - 2
Tomorrow I'll be brave	Jessica Hische	K - 3
The Color Monster	Anna Llenas	Pre-K - 2
Even Superheroes have Bad Days	Shelly Becker	K - 3
Today I Feel Silly and other Moods Other titles by Curtis	Jamie Lee Curtis	Pre-K - 2

Bravery

Title	Author	Age Range
Don't be afraid to drop	Julia Cook	4 - 8 years old
Jabari Jumps	Gaia Cornwall	4 - 8 years old
A Unicorn Helped Me Build a Growth Mindset	Steve Herman	4 - 8 years old
You Can Do It, Bert!	Ole Konnecke	3 - 8 years old
Bridge Home	Padma Venkatraman	4 - 8 years old

Anger

Title	Author	Age Range
Sometimes I'm Bombaloo	Rachel Vail	Pre-K - 2
Marvin Gets Mad	Joseph Theobald	Pre-K - 2



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Anger

Title	Author	Age Range
Marvin Gets Mad	Joseph Theobald	Pre-K - 2
Soda Pop Head	Julia Cook	K - 3
When Sophie Gets Angry	Molly Bang	Pre-K - 5
One	Kathryn Otoshi	Pre-K - 5
Draw the Line	Kathryn Otoshi	Pre-K - 6
Touching Spirit Bear	Ben Mikaelson	4 - 8 years old

Dealing with Change

Title	Author	Age Range
Little Tree	Loren Long	5 - 8 years old
Other Words for Home	Jasmine Warga	4 - 8 years old
Home of the Brave	Katherine Applegate	4 - 9 years old

Stress · Anxiety · Trauma

Title	Author	Age Range
Burnout	Nagosky & Nagosky	Adult
When I Feel Scared	Cornelia Maude Spelman	Pre-K - 2
Paper Butterflies	Lisa Heathfield	8 - 12 years old
Fighting Words	Kimberly Brubaker Bradley	6 - 12 years old



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Grief and Sadness

Title	Author	Age Range
Merin and Her Very Bright Star: A story of resiliency *Please note this book is not published yet but can be pre-ordered May 8th at Bluemountainpathcoaching.com	Lori Mier (local author)	Elementary
When I Feel Sad & When I Miss You	Cornelia Maude Spelman	Pre-K - 2
Missing May	Cynthia Rylant	4 - 8 years old
Remarkable Journey of Coyote Sunrise	Dan Gemeinhart	3 - 9 years old
Children of Blood and Bone	Tomi Adeyemi	8 - 12 years old

Social Anxiety and Shyness

Title	Author	Age Range
Shy	Deborah Freedman	3 - 5 years old

Character Strengths - Resilience

Title	Author	Age Range
True You- Authentic Strengths for Kids	Fatima Doman	Grade 3-5
Red Kayak	Priscilla Cummings	5 - 9 years old
Girl with the Louding Voice	Abi Dare	High School - Adult
Zero	Kathryn Otoshi	2 - 6 years old
When You Trap a Tiger	Tae Keller	5 - 8 years old



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Character Strengths · Resilience

Title	Author	Age Range
Dumplin	Julie Murphy	8 - 12 years old
Inside Out and Back Again	Thanhha Lai	5 - 9 years old

LGBTQ +

Title	Author	Age Range
I am Jazz	Jazz Jennings and Jessica Herthel	Grade 1 - 5
Sam!	Dani Gabriel	Grade 1 - 5
And Tango Makes Three	Justin Richardson and Peter Parnell	Grade 1 - 5
When Aiden Became a Brother	Kyle Lukeoff	Grade 1 - 5
Me, My Dad, and the End of the Rainbow	Benjamin Dean	Grade 6 - 8
George	Alex Gino	Grade 6 - 8
Felix Ever After	Casen Callender	Grade 6 - 10

These recommendations were compiled based on staff personal experience and preference and do not represent an exhaustive list.