



**BOOK LIST TO SUPPORT  
PRESCHOOL  
SOCIAL-EMOTIONAL DEVELOPMENT**

**FEELINGS**

**1. The Way I Feel**

Janine Cain

General feelings book with excellent illustrations.

**2. Alicia Has a Bad Day**

Lisa Jahn-Llough

Validates children's feelings.

**3. The Hating Book**

Charlotte Zolotow

All about feeling angry.

**4. I Was So Mad**

Mercer Mayer

Describes situations that make preschoolers mad. Can spark up conversation about what makes them mad.

**5. When Sophie Gets Angry,  
Really, Really Angry**

Molly Bang

Validates children's anger.

**6. Up and Down the Worry Hill**

Aureen Pinto Wagner

Validates children's anxiety especially OCD symptoms and offers coping strategies.

**7. On Monday When It Rained**

Cherryl Kachenweister

Great book about what feelings are triggered in certain situations.

**8. When I'm Angry**

Jane Aaron

Excellent description of feeling angry and coping skills to help. Great illustrations.



**9. Blue's Frustrated Day**  
(Blues Clues book 18)

Great description of how it feels to be frustrated and coping strategy.

**10. Go Away Big Green Monster!**  
Ed Emberly

Constructs and deconstructs monster, piece by piece. Great for mastering fears but should be used with caution for kids with fears of monsters.

## BEHAVIOR / RULES

**1. No, David**  
David Shannon

Humorous and simple text with great illustrations. A childhood favorite.

**2. David Goes to School**  
David Shannon

Same as above but getting in trouble at school.

**3. Noisy Nora**  
Rosemary Wells

Describes a child who has difficulty listening to rules.

**4. Following the Rules: Learning About Respect**  
Regina G. Birch

Educational book about following rules and consequences.

**5. Hands Are Not For Hitting**  
Martine Agassi

Simple book about not hitting.

## BEDTIME / NIGHTTIME FEARS OR SEPARATION

**1. Just Go to Bed**  
Mercer Mayer

All about being too busy to go to bed. A childhood favorite.

**2. Teddy Bears Tears**  
Jim Aylesworth

Child comforts individual teddy bears who have fears about going to sleep. Great for night time fears.

**3. Can't You Sleep Little Bear?**  
Martin Waddell

Great description of night time fears.



4. **There's a Nightmare in My Closet**  
Mercer Mayer

Can be used to spark discussions about fears and nightmares.

## LOSS

1. **The Fall of Freddie Leaf**  
Leo Buscaglia
2. **The Dead Bird**  
Margaret Wise Brown

Describes the life cycle of nature.

Describes children who discover that a bird died. Goes through death and mourning process.

## SEPARATION

1. **I Love You All Day Long**  
Francesca Rusackas
2. **Don't Go!**  
James Breskin Zalben
3. **The Kissing Hand**  
Audrey Penn
4. **My Blanket**  
Ruth Young
5. **My Brown Bear Barney**  
Ruth Young
6. **Ira Sleeps Over**  
B. Waber

A young pig goes through a whole preschool day with mommy still loving.

Great book on preschool separation.

Excellent, award winning book. Can be read to class with each child getting a kissing hand sticker.

Transitional object.

Transitional object.

Describes child's first sleepover.



**7. You Go Away**  
Dorothy Corey

Great book on separation for very young children. Simple text.

**8. The Runaway Bunny**  
Margaret Wise Brown

Describes a young bunny's ambivalence about separation from mom.

## ADJUSTMENT TO SCHOOL

**1. It's Hard to be Five: Learning How to Work My Control Panel**  
Jamie Lee Curtis

Great, humorous book about rowing up and adjusting to school.

**2. I Love You All Day Long**  
Francesca Rusackas

A young pig goes through a whole preschool day with mommy still loving.

**3. Can You Listen with Your Eyes?**  
Nita Everly (Lingui systems Early Social Behavior Books)

Great at describing to preschoolers active listening concepts.

**4. When You Go to Kindergarten**  
James Howe

Photos of kindergarten children during times of day.

**5. First Day Jitters**  
Julie Dannenberg

Simple book about first day of school.

## SEPARATION

**1. Where the Wild Things Are**  
Maurice Sendak

Fantasy book where child doesn't listen to parent and gets punished. Fantasizes how it would feel to be in charge, and returns from daydream to follow rules and feels loved.

**2. Harold and the Purple Crayon**  
Crockett Johnson

Child gets to "draw" the world as he likes.



**1. Missing Rabbit**  
Roni Schotter

Great book at describing emotional issues a child feels.

**2. Tell Me Again About the Night I Was Born**  
Jamie Lee Curtis

Excellent book for explaining adoption to preschoolers.

**3. Two Homes**  
Claire Mansurel

Simple book about divorce.

## BABIES / NEW BABIES

**1. My Baby Brother is a Little Monster**  
Sarah Albee

Describes trials older brother experiences by having younger siblings.

**2. The Berenstain Bears and Baby Makes Five**  
Stan and Jan Berenstain

Great book describing immediate aftermath of new baby as well as coping strategies.

**3. A Baby Sister for Frances**  
Russel Hoban and Lillian Hoban

Describes how youngest child adjusts to having a new baby in family.

## GROWING UP

**1. It's Hard to be Five: Learning How to Work My Control Panel**  
Jamie Lee Curtis

Great, humorous book about growing up and adjusting to school.

**2. When I Get Bigger**  
Mercer Mayer

Describes what a young child would do if he could make the rules.

**3. When I Was Little: A Four-Year-Old's Memoir of Her Youth**  
Jamie Lee Curtis

Cute book describing a young child's development since birth.



4. **Leo the Late Bloomer**  
Robert Kraus

Describes the pressure to grow up and perform. Also great for children with disabilities.

## VIOLENCE / SAFETY

1. **A Terrible Thing Happened**  
Margaret M. Holmes
2. **Uncle Willy's Tickles: A Child's Right to Say No**  
Marcie Aboff

Addresses trauma symptoms and coping without ever saying what the trauma was.

Great book to discuss with children what makes them feel comfortable and uncomfortable. Emphasizes that they have a right to say no to an adult if they feel uncomfortable.

## FRIENDSHIP

1. **How To Be A Friend: A Guide to Making Friends and Keeping Them**  
Laurie Krasny Brown and Marc Brown
2. **Do You Want to be My Friend**  
Eric Carle
3. **The Rainbow Fish**  
Marcus Pfister

Excellent, thorough step-by-step book but needs adaptation for young preschoolers.

Classic on friendship.

Great description about what friendship means.

## SELF ESTEEM

1. **A Color of His Own**  
Leo Lionni
2. **Why Do You Love Me?**  
Laura Schlessinger and Martha Lambert
3. **I'm Gonna Like Me**  
Jamie Lee Curtis and Laura Cornell

Especially good for children with disabilities.

Excellent at describing self esteem to young children.

Describes self acceptance.

**SINGLE PARENT ISSUES**

**4. Leo the Late Bloomer**  
Robert Kraus

Excellent for children with disabilities.

