

# How Stories Support Social and Emotional Skill Development



## Stories can help children understand and name emotions

| Book Title  | Author           | Recommended Age |
|---|------------------|-----------------|
| The Boy with Big, Big, Feelings   | Britney Winn Lee | K – Grade 3     |
| The Color Monster<br><i>Also available in Spanish: El Monstruo de Colores</i>   | Anna Llenas      | PreK – Grade 3  |
| When Sophie Gets Angry – Really, Really Angry<br><i>Also available in Spanish: Cuando Sofia Se Enoja, Se Enoja de Veras</i> | Molly Bang       | PreK – Grade 1  |
| Ruby Finds a Worry  | Tom Percival     | K – Grade 2     |
| In My Heart: A Book of Feelings<br><i>Also available in Spanish: Así es Mi Corazón</i>                                      | Jo Witek         | PreK – Grade 1  |
| We Are Water Protectors<br><i>Also available in Spanish: Somos Guardianes del Agua</i>                                      | Carole Lindstrom | PreK – Grade 2  |



## Stories can teach about perspective-taking and empathy

| Book Title   | Author          | Recommended Age |
|--|-----------------|-----------------|
| Chrysanthemum<br><i>Also available in Spanish: Crisantemo</i>                                    | Kevin Henkes    | PreK – Grade 3  |
| Last Stop on Market Street<br><i>Also available in Spanish: Última Parada de la Calle Market</i> | Matt de la Peña | PreK - K        |
| The Rabbit Listened<br><i>Also available in Spanish: El Conejo Escuchó</i>                       | Cori Doerrfeld  | PreK - K        |



## Stories can model emotion regulation and problem solving

| Book Title  | Author          | Recommended Age |
|---|-----------------|-----------------|
| My Mouth is a Volcano<br><i>Also available in Spanish: ¡Mi Boca es un Volcán!</i> | Julia Cook      | K – Grade 3     |
| The Rough Patch   | Brian Lies      | PreK – Grade 3  |
| The Heart and the Bottle  | Oliver Jeffers  | PreK – Grade 3  |
| What If...  | Samantha Berger | PreK – Grade 3  |



## Stories can help children see themselves and other life experiences

| Book Title                      | Author                       | Recommended Age |
|---------------------------------|------------------------------|-----------------|
| Love Makes a Family             | Sophie Beer                  | Up to PreK      |
| We're Different, We're the Same | Bobbie Kates and Joe Mathieu | PreK – Grade 2  |
| Boys Dance                      | John Robert Allman           | PreK – Grade 2  |
| Eyes That Kiss in the Corners   | Joanna Ho                    | PreK – Grade 2  |
| Alma and How She Got Her Name   | Juana Martinez-Neal          | K – Grade 2     |
| The Proudest Blue               | Ibtihaj Muhammand            | PreK – Grade 3  |

