



SEL Book & Resource List

Feelings

- ❖ The Feelings Book by Todd Parr
- ❖ When Sophie Gets Angry, Really, Really Angry by Molly Bang
- ❖ Sometimes I'm Bombaloo by Rachael Vail
- ❖ How Are You Peeling by Saxton Frey
- ❖ Tiger Days by M.H Clark
- ❖ Feelings by Alikei Brand
- ❖ Wemberly Worried by Kevin Henkes
- ❖ Ruby Finds A Worry by Tom Percival
- ❖ Ravi's Roar by Tom Percival
- ❖ Charlotte and the Quiet Place by Deborah Sosin
- ❖ The Day You Begin by Jacqueline Woodson
- ❖ The I'm Not Scared Book by Todd Parr

Incarceration/Jail

- ❖ My Daddy is in Jail by Janet Bender
- ❖ The Night Dad Went to Jail by Melissa Higgins
- ❖ My Daddy's In Jail by Anthony Curcio
- ❖ Visiting Day by Jacqueline Woodson
- ❖ The Prison Alphabet by Dr. Bahiyyah Muhammad (coloring book)
- ❖ Kofi's Mom by Richard Dyches
- ❖ [In My Family by Sesame Street](#)
- ❖ [Sesame Street Website](#)

Domestic Violence

- ❖ When Mommy Got Hurt by Ilene Lee
- ❖ Mommy's black Eye by William George Bentrin
- ❖ A Family that Fights by Sharon Chesler Bernstein
- ❖ When My Mommy Cries by Crystal Godfrey LaPoint
- ❖ Hear My Roar: A Story of Family Violence by Gillian Watts

Death and Grief

- ❖ The Invisible String by Patrice Karst
- ❖ I'll Always Love You by Hans Wilhelm (pet death)
- ❖ Everett Anderson's Goodbye by Lucille Clifton
- ❖ I Miss You: A First Look at Death by Pat Thomas
- ❖ When Dinosaurs Die by Laura Krasny Brown
- ❖ The Goodbye Book by Todd Parr
- ❖ [Kid's Talk About Death website](#)
- ❖ [Sesame Street Grief and Loss](#)

Body Awareness and Safety

- ❖ I Said No! By Zack and Kimberly King
- ❖ Please Tell by Jessie (written by a child, available on Amazon)
- ❖ Do You Have a Secret? By Jennifer Moore-Mallinos
- ❖ My Body Belongs to Me by Jill Starishevsky

General Trauma

- ❖ A Terrible Thing Happened by Margaret H. Holmes
- ❖ Healing Days by Susan Farber Straus
- ❖ Whimsy's Heavy Things by Julie Kraulis

Illness

- ❖ You are the Best Medicine by Julia Aigner Clark (Cancer)
- ❖ When Pete's Dad Got Sick by Kathleen Long Bostrom
- ❖ Let My Colors Out by Courtney Filigenzi
- ❖ [Caring for Kids During Covid-19](#)

Foster Care/Family Separation

- ❖ Murphy's Three Homes by Jan Levinson Gilman
- ❖ Maybe Days: A Book for Children in Foster Care by Jennifer Wilgocki
- ❖ The Family Book by Todd Parr
- ❖ Brown Like Me: Noelle Lamperti (multiracial fosters and adoptions)

Divorce

- ❖ [Sesame Street Divorce](#)
- ❖ Dinosaurs Divorce by Laurene Krasny Brown
- ❖ Weekends With Dad by Melissa Higgins
- ❖ When My Parents Forgot How to be Friends by Jennifer Moore Mallinos
- ❖ Two Homes by Claire Masurel
- ❖ A Smart Girl's Guide to Her Parents' Divorce: How to Land on Your Feet When Your World Turns Upside Down by Nancy Holyoke

Community Violence

[Sesame Street Community Violence](#)

Social Justice

- ❖ We March by Shane W. Evans
- ❖ Daddy, There's A Noise Outside by Kenneth Braswell

- ❖ Momma, Did You Hear the News by Sanya Whittaker Gragg MSW
- ❖ Something Happened in Our Town: A Child's Story About Racial Injustice by Marianne Celano, Marietta Collins and Ann Hazzard
- ❖ A is for Activist by Innosanto Nagara
- ❖ Hands Up! By Breanna McDaniel
- ❖ What Can A Citizen Do by Dave Eggers

Immigration

- ❖ Grandfather's Journey by Allen Say
- ❖ Island Born by Junot Diaz and Leo Espinosa
- ❖ Coming to America: A Muslim Family's Story by Bernard Wolf
- ❖ Landed by Millie Lee
- ❖ Mama's Nightingale: A Story of Immigration and Separation by Edwidge Danticat
- ❖ Mango, Abuela and Me by Meg Medina
- ❖ Dreamers by Yuyi Morales