

How Literature Supports SEL

We are storytelling and conversation creatures. Our brains are hardwired for stories and including stories can be key to building strong social emotional skills in our children.

Read alouds and books can be used as a way to display a character's emotions and behaviors and provide opportunities for children to understand their own emotions and behavior choices in a non-threatening way. Children can see the modeling of social skills through the books that we read aloud and engage with in the classroom.

Our ELA Standards (Speaking & Listening and Reading) require students to ask questions, describe characters and their actions and participate in collaborative conversations with diverse partners about texts. Books can provide opportunities for students to meet the standards and to identify and understand emotions that may be present in books and begin to connect those to themselves.

Children are more relaxed and open to discuss a "character's struggles" rather than their own. Adults can offer guidance, reflection and decision skills using the books as an opening.

Illinois Social Emotional Learning standards are made up of 3 goals divided into 10 standards.

Goal 1 – Develop self-awareness and self-management skills to achieve school and life success.

- Standard 1A- Identify and manage one's emotions and behavior.
- Standard 1B- Recognize personal qualities and external supports.
- Standard 1C- Demonstrate skills related to achieving personal and academic goals.

Goal 2 – Use social awareness and interpersonal skills to establish and maintain positive relationships.

- Standard 2A- Recognize the feelings and perspectives of others.
- Standard 2B- Recognize individual and group similarities and differences.
- Standard 2C- Use communication and social skills to interact effectively with others.
- Standard 2D- Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

Goal 3 – Demonstrate decision-making skills and responsible behaviors in personal, school and community context.

- Standard 3A- Consider ethical, safety, and societal factors in making decisions.
- Standard 3B- Apply decision-making skills to deal responsibly with daily academic and social situations.
- Standard 3C- Contribute to the well-being of one's school and community.



Social Emotional Book List

Elementary



Empathy

The Gold Coin	by Alma Flor Ada
The Girls	by Amy Goldman Koss
The Kissing Hand	by Audrey Penn
Crazy Hair Day	by Barney Saltzberg
One Smile	by Cindy McKinley
Rules	by Cynthia Lord
Andrew's Angry Word	
	by Dorothea Lachner
Glad Monster, Sad Monster	
	by Ed Emberley and Anne Miranda
The Mixed-Up Chameleon	
	by Eric Carle
The Berenstain Bears and the Trouble with Grownups	by Jan and Stan Berenstain
Stick Boy	by Joan T. Zeier
The Brand New Kid	by Katie Couric
Willow's Whispers	by Lana Button
The English Roses	by Madonna
Feather Boy	by Nicky Singer
I Can Make My World A Safer Place	by Paul Kivel
Somewhere Today: A Book of Peace	by Shelly Moore Thomas



Relationship/Friendship

Going with the Flow	by Claire H. Blatchford
Five Creatures	by Emily Jenkins
A Day's Work	by Eve Bunting
The Secret Language of Girls	
	by Frances O'Roark Dowell
Lizzie Bright and the Buckminster Boy	
	by Gary Schmidt
Listen Buddy	by Helen Lester
Horace and Morris But Mostly Dolores	
	by James Howe
Abby Cadabra, Super Speller	
	by Joan Holub
The Pain and the Great One	
	by Judy Blume
Four Feet, Two Sandals	
	by Karen Lynn Williams
Aggie and Will	by Larry Dane
Rainbow Fish	by Marcus Pfister
Danitra Brown, Class Clown	by Nikki Grimes
Rosie and the Yellow Ribbon	by Paula DePaolo
Franklin's New Friend	by Paulette Bourgeois
Meet the Barkers: Morgan and Moffat Go to School	
	by Tomie De Paolo
My Big Brother	by Valorie Fisher



Respecting Diversity

My Name is Maria Isabel	by Alma Flor Ada
Nothing's Fair in Fifth Grade	by Barthe DeClements
William's Doll	by Charlotte Zolotow
A Pig is Moving In	by Claudia Fries
Green Eggs and Ham	by Dr. Seuss
Vive La Paris	by Esme Raji Codell
Queen of the Toilet Bowl	by Frieda Wishinsky
The Wakame Gatherers	by Holly Thompson
All Colors Are We	by Katie Kissinger
Different Just Like Me	by Lori Mitchell
Black, White, Just Right!	by Marguerite W. Davol
Angel Child, Dragon Child	by Michele Maria Surat
Teammates	by Peter Golenbock
The Sandwich Swap	by Queen Rania Al Abdullah
Tomboy Trouble	by Sharon Wyeth
The Berenstain Bears' New Neighbors	
	by Stan and Jan Berenstain
Families	by Susan Kuklin
Crow Boy	by Taro Yashima
Circus Girl	by Tomek Bogacki
Any Small Goodness: A Novel of the Barrio	by Tony Johnston

Exploring Emotions

Finding the Green Stone	by Alice Walker
Freedom School, Yes!	by Amy Littlestar
Dora's Box	by Ann-Jeanette Campbell
When I Feel Angry	by Cornelia Spelman
Danny, the Angry Lion	by Dorothea Lachner
Going Home	by Eve Bunting
Anh's Anger	by Gail Silver
Believing Sophie	by Hazel Hutchins
Yesterday I Had the Blues	by Jeron Ashford
Eagle Song	by Joseph Bruchac
Alexander and the Terrible, Horrible, No Good, Very Bad Day	by Judith Viorst and Ray Cruz
My Mouth is a Volcano	by Julia Cook
Peaceful Piggy Meditation	
	by Kerry Lee MacLean
Mindful Monkey, Happy Panda	by Lauren Alderfer
Millicent Min, Girl Genius	by Lisa Yee
The Feelings Book: The Care & Keeping of Your Emotions	by Lynda Madison
Amelia's Notebook	by Marisa Moss
How Do I Feel?	by Norma Simon
Franklin's Bad Day	by Paulette Bourgeois
Sorry!	by Trudy Ludwig

Resilience/ Self-Esteem

Also Known as Harper	by Ann Haywood Leal
How to Steal a Dog	by Barbara O'Connor
Elizabeth Imagined an Iceberg	by Chris Raschka
Elmer and the Kangaroo	by David McKee
A Bad Case of Stripes	by David Shannon
Sahara Special	by Esmé Raji Codell
My Name is Yoon	by Helen Recorvits
Joey Pigza Swallowed the Key	by Jack Gantos
Crickwing	by Janell Cannon
Jeremiah Learns to Read	by Jo Ellen Bogart
Stick Up for Yourself!	by Kaufman, Gershen, Ph.D., et al.
Baseball Saved Us	by Ken Mochizuki
Chrysanthemum	by Kevin Henkes
Manuela's Gift	by Kristyn Rehling Estes
The Terrible Thing that Happened at Our House	
	by Marge Blaine
Becoming Naomi Leon	by Pam Munoz Ryan
Thank you Mr. Falker	by Patricia Polacco
Today was a Terrible Day	by Patricia Reilly Giff
The Gardener	by Sarah Stewart
The Skin I'm In	by Sharon Flake

Sharing/Conflict Resolution

Two Fine Ladies Have a Tiff	by Antonia Zehler
Henry and the Kite Dragon	by Bruce Edward Hall
Enemy Pie	by Derek Munson
Under the Lemon Moon	by Edith Hope Fine
The Hundred Dresses	by Eleanor Estes
Yoon and the Jade Bracelet	by Helen Recorvits
The Berenstain Bears and Too Much Teasing	
	by Jame and Stan Berenstain
Amanda Pig on Her Own	by Jean Van Leeuwen
The Ant Bully	by John Nickle
Blubber	by Judy Blume
The Pain and the Great One	by Judy Blume
One	by Kathryn Otoshi
And to Think That We'd Never Be Friends	
	by M.A. Hoberman
Oh Bother! Someone is Fighting	by Nikki Grimes
A Smart Girl's Guide to Friendship Troubles	
	By Patti Kelley Criswell
Franklin is Bossy	by Paulette Bourgeois
One of Us	by Peggy Moss
Say Something	by Peggy Moss
Trouble in the Barkers' Class	by Tomie De Paolo
My Secret Bully	by Trudy Ludwig
Be Good to Eddie	by Lee Virginia Fleming