

Using stories with your family can be a great way to introduce your child to new concepts and vocabulary about social-emotional development tasks. Intentionally choose books that relate to your child's current stage, and read together. In addition, make these books easily accessible for your child to look through on their own. Some families like to use the concepts and vocabulary from the books for every-day scaffolding and mastery.

Understanding Feelings and Learning Emotional Vocabulary

- A Little SPOT of Emotion Box Set by Diane Alber
- Glad Monster, Sad Monster: A book about feelings by Ed Emberley and Anne Miranda
- The Way I Feel by Janan Cain
- Calm-Down Time by Elizabeth Verdick
- In My Heart by Jo Witek
- The Way I Feel Collection by Cornelia Maude Spelman
- My Body Sends a Signal by Natalia Maguire

Tolerating Mistakes

- Beautiful Oops by Barney Saltzberg
- The Dot by Peter H. Reynolds
- Ish by Peter H. Reynolds
- The Most Magnificent Thing by Ashley Spires

Positive Affirmation and self-acceptance

- Red: A Crayon's Story by Michael Hall
- I Am Human by Susan Verde
- I Like Myself! by Karen Beaumont and David Catrow
- I Like Me! by Nancy Carlson

Family relationships and attachment

- I Wish You More by Amy Kraus Rosenthal
- The Kissing Hand by Audrey Penn
- The Family Book by Todd Parr

Navigating Friendships

- Stick and Stone Hardcover by Beth Ferry
- Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids by Carol McCloud
- One by Kathryn Otoshi
- Strictly No Elephants Hardcover by Lisa Mantchev
- The Big Umbrella Hardcover by Amy June Bates