



# Literature for Social Emotional Development: *Books that Help Children Explore Feelings*

by Jacky Howell, MA and Kimberly Reinhard, MSc



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## WEEK OF THE YOUNG CHILD



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## Children's Books *by Bev Bos*

...I am often asked why I choose the books I do. While some have suggested I have developed a strong intuitive sense, I prefer to think that I have simply learned from experience. After reading books to young children for more than thirty years, a good book has to meet a certain criteria for me...

### "A CONVERSATION..."

My philosophy is that books do not belong in the library or just on the bookshelf at home. Kids should have easy access to books all the time. At home, they should be under the pillows, stacked by the bed, in every nook and cranny. Every bathroom should have not only the newspaper but children's books, too. They should be in the car.

At school, we make sure the books are within easy reach of the children. Books and words need to be as familiar to children as the food they eat, the music they hear and the art they do. If we want our children to become literate then we must do everything we can to make them comfortable with books and language.

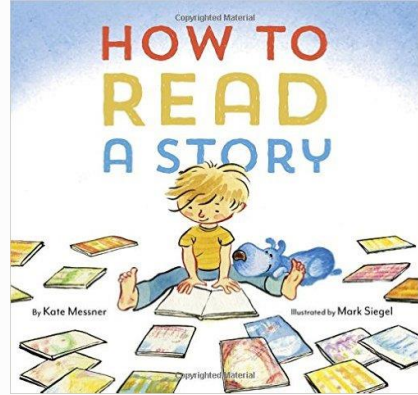


**Bev Bos 20/20 1991!!!**

FIND VIDEO AT:  
<https://www.youtube.com/watch?v=6DuAqqj4Krg>

**"Fill your house with stacks of books,  
in all the crannies and all the nooks."  
— Dr. Seuss**

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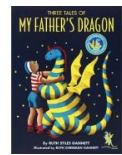
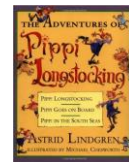


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**STEP 1**  
**FIND A STORY.**

A good one.  
It can have princesses and castles,  
if you like that sort of thing,  
or witches and trolls.  
(As long as they're not too scary.)

**WE LOVE  
CHILDREN'S  
BOOKS!**





**Social-Emotional Intelligence:**  
*the ability to understand ourselves and other people, and in particular to be aware of, understand and use information about the emotional states of ourselves and others with competence. It includes the ability to understand, express and manage our own emotions, and respond to the emotions of others, in ways that are helpful to ourselves and others.*

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**How Children's Books Teach Social Emotional Learning**

- Understand and manage own emotions and feelings
- Feel and show empathy for others
- Establish and maintain positive relationships
- Show emotions in a healthy way
- Conflict resolution/ Problem Solving Skills
- Self Reliance
- Patience
- Responsibility
- Calm and stilling skills

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**Books About Feelings**  
 (and aren't they all? ©)

...A person's no matter how PERSON. Dr. Seuss

When Sophie Gets Angry— Really, Really Angry... Molly Bang

Cheri J. Meiniers, M.Ed. When I Feel Afraid

The Way I Feel  
 Janan Cain

## Books About Feelings (and aren't they all? ☺)

Kathryn Otashi

Bradley Trevor Greive

Cindy McKinley

## Books on Kindness and Empathy

Jerry Pinkney

Edward van de Vendel

Rana DiOrio

Bob Samson

# POLL

Brightly

"Promise me you'll remember, you are braver than you believe, stronger than you seem, smarter than you think."

- Winnie-the-Pooh  
A.A. MILNE

## STEP 2 FIND A READING BUDDY.


A good one.

A buddy can be older . . .


or younger . . .



or a person your age.



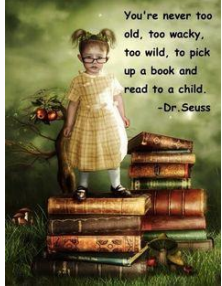
Or maybe not a person at all.



Make sure your reading buddy is nice and snuggly.  
And make sure you both like the book.  
If you don't agree . . . go back to Step 1.  
Sometimes it takes a few tries to find just the right book.

## Time to Read....

- Relationships
- How You Read the Story
- Place



You're never too old, too wacky, too wild, to pick up a book and read to a child.  
-Dr. Seuss

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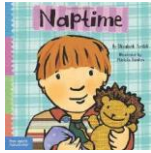
## MEMORIES....




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## Books for Self Regulation

Elizabeth Verdick

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“A children's story that can only be enjoyed by children is not a good children's story in the slightest.”  
- C.S. Lewis

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**STEP 4**  
LOOK AT THE BOOK'S COVER.

Can you guess what it's about?  
Read the title. That might be a clue.

## Choosing Good Books

- *Would you like it read to you? Do you appreciate the story?*
- *Bev Bos notes - "If a kid doesn't say something on the first page, than I don't read it, I slip it away and choose another book."*
- *What does the story say? Will it make sense to children? Do the illustrations complement the words?*
- *Choose books from all sorts of genres! Nonfiction, wordless, science fiction, fantasy, etc.*
- *Beware of books connected to products, commercialized or contain bias.*
- \* *Know your "audience"..... 😊*

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## Books for Transitions

Audrey Penn



Elizabeth Verdick

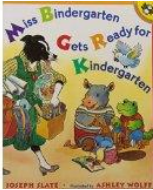


Norman Juster

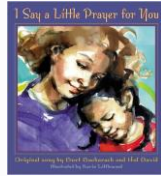


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## Books for Transitions



Joseph Slate and Audrey Wolff



Burt Bacharach and Hal David

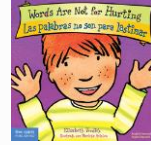
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## Books on Bullying

Patty Lovell



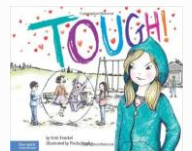
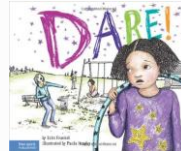
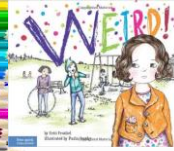
Elizabeth Verdick



Kathryn Otoshi



Erin Frankel



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### STEP 3

#### FIND A COZY READING SPOT.

Outside is fun . . . but not if it's very cold. Unless you have thick woolen blankets, and hats and scarves, and cups of steaming hot cocoa.



I like it better  
**HERE**  
WHERE I CAN SIT  
*just quietly*  
*and*  
*smell the flowers.*

—MUNRO LEAF, *The Story of Ferdinand*

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# POLL

"I do believe something very magical can happen when you read a good book."  
-J.K. Rowling



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## Spaces and Places



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## Spaces and Places



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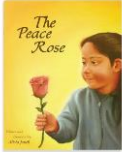
## Spaces and Places



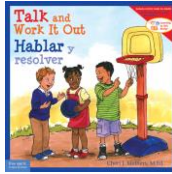
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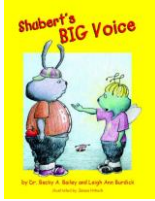
## Conflict Resolution



Alicia Jewell



Cheri J. Meiners



Dr. Becky Bailey



## POLL

You're never too old,  
too wacky, too wild,  
to pick up a book  
and read to a child.  
-Dr. Seuss

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## Difficult/ Serious Issues

- Death and Dying
- Health and Hospitalization
- Separation and Divorce
- Abuse
- Drugs and Alcohol Abuse
- Trauma
- More....

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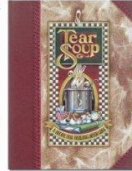


<http://booksthathealkids.blogspot.com>

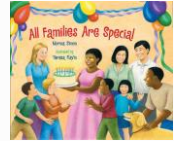
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## Books That Help with Issues

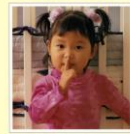
Pat Schwiebert



Norma Simon



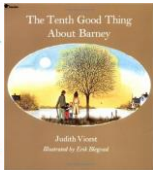
A Baby's Coming  
to Your House!



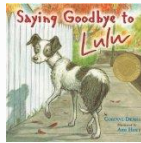
Shelley Moore  
Thomas

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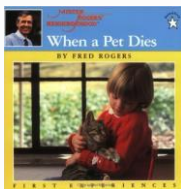
## Books on Difficult/ Serious Issues



Judith Viorst



Corinne Demas



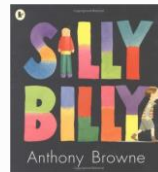
Fred Rogers

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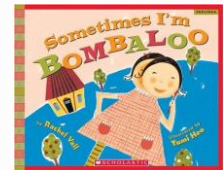
## How to Use Books for Difficult or Serious Issues

- Read books to everyone that speak to children and say:

*"I am here for you. I see you. I hear you."*



Anthony Browne



Rachel Vail

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## How to Use Books for Difficult or Serious Issues

Read books to individual children to meet his/her individual needs.



Mem Fox



Melanie Walsh

## How to Use Books for Difficult or Serious Issues

Offer books and resources to families.



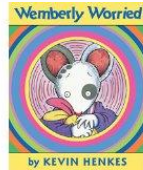
And then . . . if it was a really good story . . .  
go right back to the beginning  
and start all over again.



## MANY Ways to Extend Stories

- Puppets
- Felt Board
- Plays
- Art
- Creating Your Own Stories/ Sequels

## PUPPETS AS BOOK PALS...



Peter Yarrow  
& Lenny Lipton

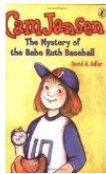


## FELT BOARDS AND STORYTELLING

Consider using the dust jacket as your characters!!



## PLAYS



"Out of the Housekeeping Corner and Onto the Stage-- Extending Dramatic Play."  
Howell, Jacky  
Corbey-Scullen, Lynn;  
*Young Children*, Sep 1997



## CREATING YOUR OWN STORY OR SEQUEL





**BOOKS GIVE A SOUL  
TO THE UNIVERSE,  
WINGS TO THE MIND,  
FLIGHT TO THE  
IMAGINATION, AND  
LIFE TO EVERYTHING**

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#### RESOURCES ON FINDING THE RIGHT BOOKS!!

- <https://www.freespirit.com/> **OUR SPONSOR TODAY!!**
- <http://booksthathealkids.blogspot.com/> **BOOK IDEAS!**
- <http://www.beinkandescent.com/articles/1067/healing+stories>
- <http://healingstoriespicturebooks.blogspot.com>
- <http://childrensbooksheal.com/>
- <http://www.grandmarose.com/>
- <http://www.saysomethingnow.com/index.php>
- <http://www.albertwhitman.com/>
- <http://www.illumina.com/>
- <http://www.naeyc.org/files/yc/file/200809/Crawford.pdf>
- <http://csefel.vanderbilt.edu/documents/booklist.pdf>

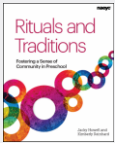
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1 pm- 4 pm  
HELD AT THE  
VERIZON CENTER in  
Washington, DC!!!!**



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