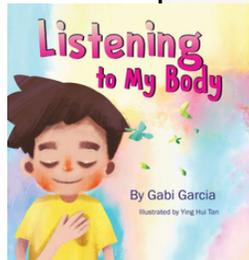


# BOOKS TO SUPPORT SOCIAL AND EMOTIONAL LEARNING

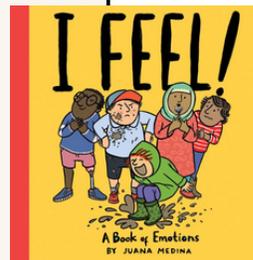
## LISTENING TO MY BODY GABI GARCIA

This book helps children connect their feelings and the physical sensations that accompany them, so they can get better at knowing what they need to find calm.



## I FEEL! A BOOK OF EMOTIONS JUANA MEDINA

This book helps children and their adults talk about various emotions. Children build emotional literacy and learn that all emotions are valid, it's what we do with them that counts.



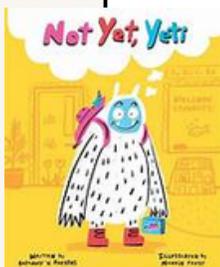
## SPARK IN THE DARK PAM FONG

This book helps children to learn ways to manage big emotions, building hope and resilience. It is a useful tool to initiate conversations about the emotions that everyone feels.



## NOT YET, YETI BETHANY V. FREITAS

This book is a valuable resource to help children learn about the power of a growth mindset. Children will learn the importance of patience and perseverance.



## DON'T WORRY, MURRAY DAVID EZRA STEIN

This book helps children learn how to cope with fears and anxieties. Children learn that they can have power over difficult feelings and find ways to help themselves.

