Social and Emotional Learning:
A Bibliography of Resources

July 2017
*Annotations have been excerpted and/or adapted from descriptions provided by the publishers.

152.4 G624
Goldsmith, Scott
**Experiential activities for enhancing emotional intelligence : a group counseling guide to the keys to success**

155.4124 L296
Lantieri, Linda
**Building emotional intelligence : techniques to cultivate inner strength in children**

155.41247 B974
Burton, Fiona; Wells, Melanie
**Anger management : a practical resource for children with learning, social and emotional difficulties**
*Subjects*: Anger in children.
*Summary*: This book delivers a practical and meaningful program which all children (including those with learning difficulties) will find easy to access and enjoy. This book includes eight sessions that cover: Understanding anger; Understanding feelings; Self-esteem; Triggers and fuses; Learning to think differently; Physiology and relaxation; and, more.

155.418 R147
Lynch, Christopher
**Totally chill, my complete guide to staying cool : a stress management workbook for kids with social, emotional, or sensory sensitivities**
*Summary*: This workbook is designed to help students cope with and develop ways to prevent stress and anxiety. Topics include relaxation, flexible thinking, problem solving, getting organized, being healthy, getting along with other kids, and using strengths and talents.

155.4189042 S179
Saltzman, Amy
A still, quiet place: a mindfulness program for teaching children and adolescents to ease stress and difficult emotions
Summary: This book presents an eight-week mindfulness-based stress reduction (MBSR) program that therapists, teachers, and other professionals can use to help children and adolescents manage stress and anxiety in their lives, and develop their natural capacities for emotional fluency, respectful communication, and compassionate action. One of the easiest ways to find the still quiet place within is to practice mindfulness—paying attention to your life experience here and now with kindness and curiosity. The easy-to-implement mindfulness practices in this guide are designed to help increase children and adolescents’ attention, learning, resiliency, and compassion by showing them how to experience the natural quietness that can be found within.

155.455 S678
Neihart, Maureen (Ed.)
Social and emotional development of gifted children: what do we know?
Summary: This second edition includes an entirely new section on the psychosocial aspects of talent development, addressing the burgeoning interest and research base regarding gifted performance. The book also includes several new topics that have emerged from the research in the past decade, such as the neuroscience of talent development and motivation for talent development.

303.32 E42
Elias, Maurice J.
Social decision making, social problem solving. Grades 2-3: a curriculum for academic, social, and emotional learning
Subjects: Problem solving—Study and teaching (Primary). Social adjustment—Study and teaching (Primary). Decision making—Social aspects—Study and teaching (Primary). Social skills—Study and teaching (Primary).

303.32 E42
Elias, Maurice J.
Social decision making, social problem solving. Grades 4-5: a curriculum for academic, social, and emotional learning
Subjects: Decision making—Social aspects—Study and teaching (Elementary). Social skills—Study and teaching (Elementary). Problem solving—Study and teaching (Elementary). Social adjustment—Study and teaching (Elementary).
Social decision making, social problem solving. Grades 6-8 : a curriculum for academic, social, and emotional learning
Subjects: Decision making—Social aspects—Study and teaching (Middle school). Social skills—Study and teaching (Middle school). Social adjustment—Study and teaching (Middle school). Problem solving—Study and teaching (Middle school).
303.32 M651
Miller, Susan A.
Social development of three- and four-year-olds
Summary: Preschoolers tend to be social beings. Whether they are playing with dolls side by side, building block castles together, or rolling down hills with friends, most young children enjoy the company of others. Playing together comes naturally, but you can help them negotiate turn taking, learning how to mend hurt feelings, and practicing communicating positively while they play. This book highlights the milestones children tend to reach during the preschool years as they develop socially. You will see classroom scenarios that can provide insights into some of the ways young children make social connections, express their preferences, and play together. As a guide and facilitator, you can share strategies that will help preschoolers learn to be cooperative team members and kind friends while having fun together.
303.3207 T564
Tierney, Jeff; Green, Erin
Teaching social skills to youth : an easy-to-follow guide to teaching 183 basic to complex life skills
Summary: This third edition offers the step-by-step component behaviors to skills ranging from basic to complex, including new insights and information based on the latest research findings. Details about multi-tiered approaches to social and emotional learning and how skills relate to executive function are also discussed.
305.231 M651
Miller, Susan A.
Emotional development of three- and four-year-olds
Summary: Whether you see a preschooler laughing or crying, hugging or tugging on a playmate, taking risks or seeking comfort from an adult, you know that they are developing their emotional skills and growing up in so many ways every day. And they need your help. This book shares
common milestones and typical scenarios to help you recognize various ways that preschoolers express their feelings and interact with others. You will also learn strategies for supporting and nurturing their growth. As you support preschoolers struggling to handle emotional challenges that occur during everyday interactions with adults and other children, you will help them learn the skills to navigate their emotional ups and downs in more positive ways.

370.114 C752
Conklin, Tom
Social and emotional learning. Grades 5 & up : essential lessons for student success
Summary: This book offers engaging lessons, strategies, and tips that help students develop self-awareness and manage social challenges so they can focus on academics.

370.1523 B924
Buckley, Mary Anne
Sharing the blue crayon : how to integrate social, emotional, and literacy learning

370.153 B887
Bruce, Nefertiti
Socially strong, emotionally secure : 50 activities to promote resilience in young children
Silver Spring, MD: Gryphon House, 2010.

370.153 E24
Cohen, Jonathan (Ed.)
Educating minds and hearts : social emotional learning and the passage into adolescence

370.153 K42
Kessler, Rachael
The soul of education : helping students find connection, compassion, and character at school
Subjects: Social skills—Study and teaching (Secondary). Affective education. Emotions—Study and teaching (Secondary).

370.153 N943
Novick, Bernard
Building learning communities with character: how to integrate academic, social, and emotional learning

370.1534 C318
Carrizales-Engelmann, Dianna; Feuerborn, Laura L.
Merrell’s strong kids, grades 3-5: a social & emotional learning curriculum
Summary: Social-emotional competence is the foundation of school and social success. The Strong Kids(TM) series is the fun and easy way to help your students develop the social-emotional skills they need to manage their challenges and succeed in school and life.

370.1534 C318
Carrizales-Engelmann, Dianna; Feuerborn, Laura L.
Merrell’s strong kids, grades 6-8: a social & emotional learning curriculum
Summary: Social-emotional competence is the foundation of school and social success. The Strong Kids(TM) series is the fun and easy way to help your students develop the social-emotional skills they need to manage their challenges and succeed in school and life.

370.1534 C318
Carrizales-Engelmann, Dianna; Feuerborn, Laura L.
Merrell’s strong teens, grades 9-12: a social & emotional learning curriculum
Summary: Social-emotional competence is the foundation of school and social success. The Strong Kids(TM) series is the fun and easy way to help your students develop the social-emotional skills they need to manage their challenges and succeed in school and life.

370.1534 H236
Handbook of social and emotional learning: research and practice

370.1534 H241
Hankin, Vered; Omar Devorah
Talking treasure: stories to help build emotional intelligence and resilience in young children
Summary: The ten stories in this book are timeless. Each one is followed by a Parent and Teacher EQ Guide to help children explore their inner thoughts and feelings. The guide includes questions and comments to provide insights about the meaning of the stories and raise relevant
psychological issues, to help children think about how the stories apply to their lives and to sharpen their emotional intelligence. It also describes activities children can do so the themes of the stories are not only heard but also experienced.

370.1534 T169
Tantillo Philibert, Carla
**Everyday SEL in elementary school: integrating social-emotional learning and mindfulness into your classroom**
*Summary*: This book presents practical strategies for teaching social-emotional learning (SEL), mindfulness, and movement to help your elementary students maintain positive relationships, assume responsibility, become bodily aware, and grow into productive, contributing citizens. You’ll find out how to lead students through games, simple yoga poses, breathing techniques, and other activities that are easy to incorporate and help you manage your classroom.

370.1534 T169
Tantillo Philibert, Carla
**Everyday SEL in middle school**:
*Subjects*: Social values—Study and teaching (Middle school). Affective education. Social learning. Social skills—Study and teaching (Middle school). Mindfulness (Psychology).
*Summary*: This book presents practical strategies for teaching social-emotional learning (SEL), mindfulness, and movement to help your middle school students maintain positive relationships, assume responsibility, become bodily aware, and grow into productive, contributing citizens. You’ll find out how to lead students through games, simple yoga poses, breathing techniques, and other activities that are easy to incorporate and help you manage your classroom.

370.1534 W581
Whitcomb, Sara A.; Parisi Damico, Danielle M.
**Merrell’s strong start, Pre-K: a social & emotional learning curriculum**
*Summary*: Social-emotional competence is the foundation of school and social success. The *Strong Kids(TM)* series is the fun and easy way to help your students develop the social-emotional skills they need to manage their challenges and succeed in school and life.

370.1534 W581
Whitcomb, Sara A.; Parisi Damico, Danielle M.
**Merrell’s strong start, Grades K-2: a social & emotional learning curriculum**
Summary: Social-emotional competence is the foundation of school and social success. The Strong Kids(TM) series is the fun and easy way to help your students develop the social-emotional skills they need to manage their challenges and succeed in school and life.

371.1024 C344
Cassetta, Gianna; Sawyer, Brook
Classroom management matters: the social-emotional learning approach children deserve
Portsmouth, NH: Heinemann, 2015.
Summary: The classroom management strategy shared in this book shifts you away from professionally draining rewards-and-consequences systems that threaten children rather than connect with them. Instead of tips and techniques, the author presents a plan for explicitly teaching children how to be effective learners and accountable members of the classroom.

371.192 S372
Patrikakou, Evanthia N. (Ed.)
School-family partnerships for children’s sake
Subjects: Education—Parent participation.

371.26 E42
Elias, Maurice J.; Ferrito, Joseph J.
The other side of the report card: assessing students’ social, emotional, and character development
Summary: Although parents and teachers spend more time in conferences talking about behavior than they do about rubrics and test scores, too many teachers are still guessing when it comes to using outdated behavior ratings and comments to describe the whole child. With this book, you’ll take report cards to the next level, integrating social-emotional learning and character development into any grading system.

371.94 C784
Coplan, Robert J.; Rudasill, Kathleen Moritz
Quiet at school: an educator’s guide to shy children
Summary: This book demystifies the latest research on shyness. It offers a comprehensive and accessible guide to everything teachers should know about shy children. Topics covered include how shyness develops in childhood, the unique challenges faced by shy children at school, and general strategies and specific techniques for improving shy children’s social, emotional, and academic functioning at school. Despite an increase in research on shyness, shy children are still not well understood by teachers and other school personnel. This book offers research-based practices for creating safe and inclusive learning environments that will help shy students thrive.
Fonseca, Christine

**I’m not just gifted. Grades 4-7: social-emotional curriculum for guiding gifted children**


*Summary*: This book includes ready-to-use lesson plans, worksheets, lists of resources, and more for easy teacher use.

Kriete, Roxann; Davis, Carol

**The morning meeting book. K-8**

*Subjects*: Socialization—Study and teaching (Elementary). Interpersonal communication—Study and teaching (Elementary). Education, Elementary—Activity programs.

*Summary*: Promote a climate of trust, academic growth, and positive behavior by launching each school day with a whole class gathering. In the new 3rd edition of this essential text, you’ll find: step-by-step, practical guidelines for planning and holding Responsive Classroom Morning Meetings in K-8 classrooms; descriptions of Morning Meeting in action in real classrooms; 100 ideas for greetings, sharing, activities, and messages: some tried-and-true and some new updated information on sharing; guidance on adapting meeting components for different ages and abilities, including upper grades and English Language Learners; and explanations of how Morning Meeting supports mastery of Common Core State Standards, 21st century skills, and core competencies enumerated by the Collaborative for Academic, Social and Emotional Learning (CASEL).

Petersen, Katia

**Activities for building character and social-emotional learning. Grades 6-8**


*Summary*: Each book in this series contains hundreds of lesson plans to help teachers build attitudes of respect and caring, reduce problem behaviours, empower students to solve problems, and educate the whole child socially, emotionally, and academically. The lessons’ literature-based connections allow teachers to "build in" rather than "add on" social-emotional learning (SEL) as part of the daily curriculum.

Brozovich, Richard W.

**Children in turmoil: activities to help during family transition**
Austin, TX: Pro-Ed, 2007.


*Summary*: Disruptions in family life occur at an alarming rate, and children experience emotional distress. This book provides a set of activities to engage children in behaviours that will improve
their social and emotional health. The authors have blended cognitive-behavioural techniques, social learning theory, and clinical experience to create these therapeutic activities. The activities enable you to engage children in practicing developmentally-appropriate behaviours that target specific goals. Included are activities designed to: increase behaviours linked to improved self-esteem; provide practice in positive social interactions; learn behaviours to control anger; change perceptions from negative to positive; and promote positive thinking through positive actions.

372.21 B452
Beloglovsky, Miriam; Daly, Lisa
**Early learning theories made visible**
*Summary*: With classroom vignettes and photographs, this book makes the works of Jean Piaget, Erik Erikson, Lev Vygotsky, Abraham Maslow, John Dewey, Howard Gardner, and Louise Derman-Sparks visible, accessible, and easier to understand. Each theory is defined - through engaging stories and visuals - in relation to cognitive, social-emotional, and physical developmental domains.

372.37 S644
Smith, Connie Jo.; Hendricks, Charlotte M., 1957-
**Growing, growing strong. 4, Social and emotional learning : a whole health curriculum for young children**
*Summary*: Activities for age 3 to Kindergarten.

372.86 A547
Anderson, Leigh; Glover, Donald R.
**Building character, community, and a growth mindset in physical education : activities that promote learning and emotional and social development**
*Summary*: This book offers more than 60 large-group warm-up activities, character-building activities, and team-building challenges. The book, which comes with a web resource, will help you prepare students for success in college and beyond.

615.85154 F263
Faulkner, Simon
**Rhythmn to recovery : a practical guide to using rhythmic music, voice and movement for social and emotional development**
*Summary*: Learn how to utilise rhythm and reflection in both therapeutic and educational settings with this practical guide. This book presents a model of practice with a proven track record for
social and emotional development, with examples of fun, interactive rhythmic exercises to use with both individuals and groups.

618.92852 H736
Holland, Melissa L.; Malmberg, Jessica; Gimpel Peacock, Gretchen
**Emotional and behavioral problems of young children: effective interventions in the preschool and kindergarten years**


*Summary*: This book addresses the most frequently encountered emotional and behavioral problems in 3- to 6-year-olds. Strategies for collaborating with parents are emphasized. Practitioners are taken step by step through assessing and treating conduct problems, anxiety and other internalizing problems, and everyday concerns involving toileting, eating, and sleep. User-friendly features include 36 reproducible parent handouts, assessment forms, and other clinical tools.

649.5 M224
Mainstone-Cotton, Sonia
**Promoting young children’s emotional health and wellbeing: a practical guide for professionals and parents**


*Summary*: Positive wellbeing in a child’s earliest years is known to influence their future development. This clear, informative book offers practical suggestions for those working with children aged 0 - 5, including games and activities designed to promote children’s emotional health.