

SEL Home Resources

[Resource for Parents: Knowing Your Children Developmentally](#)

Center for Responsive Schools

[Building Social and Emotional Skills at Home](#)

NAEYC (National Association for the Education of Young Children)

[Help Your Preschooler Gain Self-Control](#)

NAEYC (National Association for the Education of Young Children)

[Conversations with Children: Tips for Using Words in Powerful Ways](#)

NAEYC (National Association for the Education of Young Children)

[Building Success at Home](#)

Harvard Graduate School of Education

[Responsible Decision Making Tips](#)

CASEL (Collaborative of Academic, Social, and Emotional Learning)

[Questions to ask when Reading Stories or Watching Television with your Family](#)

CASEL (Collaborative of Academic, Social, and Emotional Learning)

[RULER \(Recognizing, Understanding, Labeling, Expressing, and Regulating Emotions\)](#)

[Family Tip Sheet](#)

Yale Center for Emotional Intelligence

[Mood Meter \(Early Childhood\)](#)

[Mood Meter \(Elementary\)](#)

Breathing Videos:

- [Animal Breathing Techniques](#)
- [Hot Chocolate Breathing](#)
- [Breathing Stick](#)
- [Starfish Breathing](#)
- [Belly Breathing](#)

Book Connections

Early Childhood

- A Color of His Own by Leo Lionni
- B is for Breathe by Melissa Munro Boyd
- Be You by Peter H Reynolds
- Bear and Hare Share by Emily Gravett
- Beautiful Oops by Barney Saltzberg
- Boo Hoo by Ben Calnton
- Choices by Roozeboos
- Duck! Rabbit! by Amy Krouse Rosenthal
- Giraffes Can't Dance by Giles Andreae
- Grumpy Monkey by Suzanne Lang
- How to Two by Davis Soman
- I Like Myself by Karen Beaumont
- I Like This, You Like That by Linda Ashman
- Interrupting Chicken by David Ezra Stein
- Kindness Makes us Strong by Sophie Beer
- Mean Soup by Betsy Everitt
- Perfectly Imperfect Mira by Faith Prey
- Rain by Linda Ashman
- Sometime You Fly by Katherine Applegate
- Thankful by Eileen Spinelli
- The Big Umbrella by Amy June Bates
- The Cookie Fiasco by Dan Santat
- The Rabbit Listened by Cori Doerrfeld
- The Thank You Book by Mo Willems
- Waiting is not Easy! by Mo Willems
- Will You Be My Friend? by Peter Brown

Elementary

- 88 Instruments by Chris Barton
- After the Fall by Dan Santat
- Be Kind by Pat Zietlow Miller
- Boxitects by Kim Smith
- Charlie Chooses by Lou Peacock
- Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud
- Hey, Little Ant by Phillip M Hoose
- Just Ask by Sonia Sotomayor
- Lilly's Purple Plastic Purse by Kevin Henkes
- My Mouth is a Volcano by Julia Cook
- Not Enough Lollipops by Megan Maynor
- Out of a Jar by Deborah Marcero
- Spaghetti in a Hot Dog Bun: Having the Courage To Be Who You Are by Maria Dismondy

- Stop and Smell the Cookies by Gibson Frazier
- The Girl Who Never Made Mistakes by Mark Pett
- The Invisible Boy by Trudy Ludwig
- Voices in the Park by Anthony Browne
- What Do You Do With a Problem? by Kobi Yamada
- What if Everybody Did That? By Ellen Javernick