

Social-Emotional Books Available Through the Library

The following social-emotional books are available through the Washington County Public Library system. Library buildings are currently closed (as of this writing on 3/22/2020) to the public, but you can get library materials using Curbside Pickup!) **SEE DIRECTIONS for curbside pick-up following the list of available social-emotional books.**

No library card? No problem! Get a library card by phone – Residents can call the library to sign up for a new library card (see below for phone numbers).

**YouTube links for some books read aloud are also included as another option

BOOKS ABOUT FEELINGS

***Lots of Feelings* by Shelley Rotner**

This collection of close-up photographs of children shows how their faces express a variety of different feelings.

<https://www.youtube.com/watch?v=EyROOM2BuxQ>

***In My Heart: A book of Feelings* by Jo Witek**

A young girl explores what different emotions feel like, such as happiness which makes her want to twirl, or sadness which feels as heavy as an elephant. *In My Heart* explores a full range of emotions, describing how they feel physically, inside.

<https://www.youtube.com/watch?v=xIfLgHBwYx4>

***Feelings to Share From A to Z* by Todd Snow**

In rhyming poems and engaging illustrations, this book helps children build and use a vocabulary for communicating their emotions. From "A is for Awesome" to "Z is for Zany", *Feelings* invites kids to name, claim, and share their emotions.

***When I Feel Afraid* by Cheri J. Meiners**

This book explains that many things can be frightening and provides examples of

what one can do to feel less afraid, such as asking for help from a person one trusts.

Sometimes I'm Scared

by Jane Annunziata and Marc Nemiroff, illustrated by Bryan Langdo

This book addresses several common childhood fears. It then gives simple advice to children on how they can deal with those fears.

Alexander and the Terrible, Horrible, No Good, Very Bad Day

by Judith Viorst, illustrated by Ray Cruz

Alexander is having a bad day. Nothing seems to be going his way. Use this book to help children learn to focus on what is happening as a way to identify how someone feels.

<https://www.youtube.com/watch?v=h6rp0SZX7lg>

When Sophie Gets Angry—Really, Really Angry

by Molly Bang

This story describes in words and pictures how many children feel when they are really angry. (Caldecott Honor Book)

<https://www.youtube.com/watch?v=dNfd8WFDBAY>

Mouse Was Mad

by Linda Urban

Mouse struggles to find the right way to express his anger, realizing in the end that taking a deep breath was just what he needed to start feeling better.

<https://www.youtube.com/watch?v=ywH7B1myhOM>

Even Superheroes Have Bad Days

by Shelly Becker

What do superheroes do when they experience strong emotions? What if they're having a bad day or don't get their way? Rhyming text reveal the many ways superheroes (and ordinary children) can resist the super-temptation to cause a scene with ideas to help kids cope when they are feeling overwhelmed.

https://www.youtube.com/watch?v=YW_57SXjImM

***Smile!* by Leigh Hodgkinson**

Sunny is usually a happy girl, but not today. She is disappointed because her mom says she can't have more cookies before dinner. Sunny has lost her smile. She searches for it everywhere. She finally finds it when she finds a way to overcome her disappointment.

<https://www.youtube.com/watch?v=3ZboUXf4fyw>

***Fancy Nancy: Bonjour Butterfly* by Jane O'Connor, illustrated by Robin Preiss Glasser**

Fancy Nancy can't go to her friend's "butterfly" birthday party because she has to go to her grandparents' anniversary party instead. She is more than disappointed. She's furious! Nancy must deal with her disappointment so she can have a good time at her grandparents' party.

BOOKS ABOUT LISTENING / FOLLOWING DIRECTIONS

***Listen and Learn*
by Cheri J. Meiners**

This colorful book helps children understand what it looks like and means to listen and focus their attention.

***From Head to Toe*
by Eric Carle**

This book encourages children to repeat the movements of various animals in the story. After each movement, the animal asks, "Can you do it?" Children respond, "I can do it!" This is a good book for children to practice following directions and for getting your children moving.

<https://www.youtube.com/watch?v=f0Ix72g0UdA>

***Strega Nona: an original tale*
by Tomie dePaola**

This engaging story based on an Italian folktale describes what happens when Big Anthony, the main character, doesn't follow the directions.

<https://www.youtube.com/watch?v=ULUG8IIo9-8>

BOOKS ABOUT LEARNING TO BE A FRIEND / PLAYING WITH OTHERS

Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids
by Carol McCloud, illustrated by David Messing

This book provides children a visual way to think about kindness toward others.

<https://www.youtube.com/watch?v=3EuemNAo6XE>

Somewhere Today: A Book of Peace by Shelley Moore Thomas, illustrated
by Eric Futran

This book is full of color photographs of people from all over the world caring, helping, and being kind to one another.

<https://www.youtube.com/watch?v=nlDlu111Em4>

A Splendid Friend Indeed by Suzanne Bloom

Goose wants to be Bear's friend. He just doesn't know how to do it. After several failed attempts at joining Bear in his activities, Goose finally finds the right approach and they become splendid friends indeed.

<https://www.youtube.com/watch?v=z74adLfCOMU>

What About Bear?
by Suzanne Bloom

Goose and Bear return with their new friend, Little Fox, in this sequel to *A Splendid Friend Indeed*. But they have a problem. Little Fox is not nice to Bear and is always trying to leave him out. Goose assertively tells Little Fox that if he wants to play, he has to learn to play with Bear too.

Understand and Care
by Cheri J. Meiners

Explores how one can understand other people's feelings and how to be a good friend to someone who is feeling happy or sad.

Join in and Play
by Cheri J. Meiners

This book discusses how to develop the skills to make friends and to learn to play with others.

<https://www.youtube.com/watch?v=RU8sv6pLiCU>

Be Polite and Kind
by Cheri J. Meiners

This book demonstrates ways of showing politeness, speaking kindly, using basic courtesies, and respecting the feelings of others.

Share and Take Turns
by Cheri J. Meiners

This book explains what sharing means and provides examples of different ways that two people can share what they both want, such as taking turns, dividing things, or playing together.

Ladybug Girl and the Best Ever Playdate
by Jacky Davis and David Soman

Lulu is excited to play with the toy that her best friend Finny brings over, but when the toy breaks, Lulu realizes it is even better to play with Finny. A compassionate and charming story about the value of a great friend.

Berenstain Bears – That’s so Rude!
by Mike Berenstain

The Berenstain Bears practice their manners. The cubs learn that getting up on the wrong side of the bed is no excuse to be rude, and with a little laughter, everyone can find a way to get along.

BOOKS ABOUT POSITIVE SELF-TALK /
PROBLEM-SOLVING / ASKING FOR WHAT YOU NEED

The Little Engine That Could
by Watty Piper

This is a classic story of a little engine that uses positive self-talk to help him get to the top of a high mountain.

<https://www.youtube.com/watch?v=5TPUwrURo6M>

Katy and the Big Snow
by Virginia Lee Burton

Katy is a tractor that uses self-talk and determination to save the day in a small town that gets hit by a blizzard.

<https://www.youtube.com/watch?v=cDpLrV8CKZc>

What Do You Do With a Problem?
by: Kobi Yamada

This is the story of a persistent problem and the child who isn't so sure what to make of it. The longer the problem is avoided, the bigger it seems to get. But when the child finally musters up the courage to face it, the problem turns out to be something quite different than it appeared.

<https://www.youtube.com/watch?v=fYeHODPyfno>

I Like Me!
by Nancy Carlson

By admiring her finer points and showing that she can take care of herself and have fun even when there's no one else around, a charming pig proves the best friend you can have is yourself.

<https://www.youtube.com/watch?v=s-bPxL5awnl>

My Truck Is Stuck
by Kevin Lewis and Daniel Kirk

This fun, rhyming story tells how two dogs must continue to ask for help getting their truck unstuck.

<https://www.youtube.com/watch?v=ZrNROE3-1kQ>

****DIRECTIONS FOR CURBSIDE PICK UP AT STILLWATER PUBLIC LIBRARY:**

- Place items on hold using stillwaterlibrary.org or the mobile app. Select *Stillwater* as the desired pick-up library.
- Once you are notified via email that your hold is ready, call the library at 651-275-4338 or use the online form to schedule times to pick up your items.
- When you arrive to pick up your holds in the library's parking ramp, pull up to the space reserved for Holds Pick-up. There will be signs to help direct you.
- Find the bag that is designated with the first four letters of your last name and the last 4 digits of your library card number. Please check the last four numbers of your library card prior to pick-up because staff will not be available to assist in determining which items are on hold.
- **How do I schedule a pick-up?**
You can schedule a pick-up by calling the library at 651-275-4338 or by completing the **online form**. The library will be staffing our phones on Mondays, Wednesdays and Saturdays from 12 to 5 PM.
- **When are pick-ups available?**
When you schedule your pick-up, you will be able to select from two incremental offerings: 12:00-2:00 PM or 3:30-4:30 PM on Mondays, Wednesdays and Saturdays (beginning on Wednesday, March 25).

****DIRECTIONS FOR CURBSIDE PICK UP AT OTHER WASHINGTON COUNTY LIBRARY LOCATIONS:**

Step One: Place a Hold on your Items

- Search for and place a hold on the items you want at www.washcolib.org or the WashCoLib mobile app.
- When placing your hold, select your desired pickup library. *Note: The Mahtomedi District Education Center is not offering curbside pickup, but its doors are currently open so holds can be picked up as usual.*
- You will be notified via email when your hold is ready.

Step Two: Call Ahead to Schedule a Future Pickup Time

To arrange curbside pickup, call the pickup library you selected when placing the hold.

Lake Elmo Library - 651-275-8515

Valley Library in Lakeland - 651-436-5882
Woodbury Library - 651-731-1320

- Press "2" to schedule a **future pickup time**. Appointments are available during your library's regular open hours.
- Items must be picked up the same day service is requested.

Step Three: Pick up Your Items

- When you arrive to pick up your holds, pull into the space reserved for Curbside Pickup. There will be signs to help direct you.
- Call the pickup library to let them know you're there. Please have your library card on-hand or be prepared to provide your card number.