*SEL references and bibliography*

Anxiety BC: [www.anxietybc.ca](http://www.anxietybc.ca)

CASEL: <http://www.casel.org/>

Etudopia: <https://www.edutopia.org/keys-social-emotional-learning-video>

Kindness Foundation: <http://www.kindnessfoundation.com/>

Kutcher, Stan: <http://teenmentalhealth.org/>

Middle Years Development instrument: <http://earlylearning.ubc.ca/mdi/>

SEL Games: <https://www.playworks.org/resource/twelve-games-to-teach-students-social-emotional-learning/>

UBC SEL Resource Finder: <http://www.selresources.com/sel-resources/>

*This is a UBC site with many great resources*.

*Books: selected bibliography*

Almarode, J., Miller A. (2010). Captivate, activate and invigorate the student brain in Sceince and Math grades 6-12. Corwin Press

Cohen, L. J. (2013) The opposite of worry: the playful parenting approach to childhood anxieties and fears: Random House.

Dweck, C.(2013) Mindset: the new psychology of success

Goleman, Daniel (2005) Emotional intelligence: why it can matter more than IQ.

Gottman, John (1997) Raising an emotionally intelligent child: the heart of parenting.

Jensen, E. (2005). Teaching with the brain in mind. ASCD

Miller Lieber, C. (2009) Making learning real: reaching and engaging all learners in secondary classrooms. Educators for Social Responsibility: Cambridge MA

Rechtschaffen, D. (2014) The way of mindful education. Norton

Shanker, S (2012). Calm, alert and learning: classroom strategies for self-regulation.

*SEL Picture Books*

What does Peace Look Like?

Vladimir Radunsky

Addresses how everyone can have a different opinion of the same thing, but everyone ‘s opinion is valid and respected.

Ruby The Copycat

Peggy Rathmann

Valuing self and what each person has to offer. Not taking on others identity as your own.

The OK Book

Amy K Rosenthal

About not being afraid to try new things. You don’t have to be good at everything and trying new things allows you to find what you really like.

Crow Boy and Enemy Pie

Taro Yashima

Respecting others, accepting others. ‘Can’t judge a book by its cover.

Because Brian Hugged His Mother

Katherine Dyble Thompson

One positive action can cause a chain of positive actions in others. ‘Pay it forward’.

Ish – Peter Reynolds: helping with perfectionism

Sam and the Lucky Money

-helping others

-empathy

-giving a gift can bring joy to oneself

Say Hello

-being left out

-how to include people

-communication

You’ve Got Dragons

-self control

-sharing your concerns with others (communication)

-dealing with worries (the dragon)

The Summer My Father Was Ten

-understanding how to deal with mistakes

--friendship

-bullying

Peace Begins With You

-celebrating diversity

-communication

-what peace means to you and what it looks like globally

-be the change you want to se-solving problems peacefully

Simon’s Hook

-how to deal with name-calling

Trouble Talk

-bullying

-how to deal with situations such as bullying and more importantly helping bullies ‘break the habit’

Understanding Sam and Asperger Syndrome

Addresses the social issues that can arise for children with autism. It promotes understanding and inclusion.

Fantastic book!

Ballerina’s Don’t wear Glasses

-stand up for family

-siblings can be friends

-bullying/teasing (ugly duckling)

The Lady In The Box

-community

-reaching out to a homeless person

Silly Billy-worry

The Bully Blockers Club

-the importance and rewards of a simple rule

Sorry

Who Moved My Cheese?

-change leads to opportunities

Josepha-giving

Me First-taking your turn

Leon’s Song-everyone has a gift

Double-Dip Feelings

Stories to help children understand emotions

One Hen-Change can happen one person at a time.

Chrysanthemum Kevin Henkes -a unique name

My Name Is Yoon

My Name Was Hussein

The Name Jar

It’s Okay To Be Different

The Colour of Us

When I Feel Scared

The Feel Good Book

How Are You Peeling?

Scaredy Squirrel Series

Pete the Cat series