

## Resources: Books to build social emotion skills

- [You're My Cuddle Bug – Nicola Edwards](#) (0-2 yrs)
- [The Pout-Pout Fish – Deborah Diesen](#) (1-3 yrs)
- [Penguin Says please – Michael Dahl](#) (1-3 yrs)
  
- **Elizabeth Verdick (1-3 yrs)**
  - [Teeth are not for Biting](#)
  - [Hands are not for Hitting](#)
  - [Voices are not for Yelling](#)
- [Gentle Hands – Amadee Ricketts & Ashley Barron](#) (2-4 yrs)
- [Grumpy Monkey – Suzanne Lang](#) (2-5 yrs)
  
- **Dr. Melissa Boyd (2-5 yrs)**
  - [B is for Breathe: ABCs of Coping with Fussy and Frustrating Feelings](#)
  - [Better Together: The ABCs of Building Social Skills and Friendships](#)
  - [Keeping it Cool: Skills for Coping with Change](#)
  - [Creating Calm In 5.4.3.2.1: Relaxation Techniques for Kids](#)
  
- [Fiona Flamingo – Rachael Chu & Kate Jeffrey](#) (3-6 yrs)
- [My Mouth is a Volcano – Carrie Hartman](#) (4-7 yrs)
- [Big Book of Feelings for Children – Sharon Shelby](#) (4-7 yrs)
- [Brave Everyday – Trudy Ludwig](#) (4-8 yrs)
- [My Body Bubble – Michael Gordon](#) (5+)
- [Tear Soup: A Recipe for Healing After Loss – Pat Schwiebert](#) (6+)