



Educators' Brochure

Help kids be awesome by empowering them to grow a happy, healthy future for themselves and the world around them. Use this brochure to select titles for pre-kindergarten through middle school classrooms that meet social and emotional learning competencies, as defined by the Collaborative for Academic, Social, and Emotional Learning.

Rodale Kids publishes books that encourage and motivate good habits in children, including titles that develop social and emotional learning. This brochure includes Rodale titles that address the social and emotional core competencies known as the CASEL 5:



SELF-AWARENESS



SELF-MANAGEMENT



RESPONSIBLE DECISION-MAKING



SOCIAL AWARENESS



RELATIONSHIP SKILLS

The CASEL 5

Explore Rodale titles that meet CASEL 5 core competencies. Look for the symbols next to each cover, which indicate which competency each title fulfills. At the bottom of each page, you will find a curated selection of "Best Books for Preschoolers," because SEL is lifelong learning!

 **SELF-AWARENESS**

 **SELF-MANAGEMENT**

 **RESPONSIBLE DECISION-MAKING**

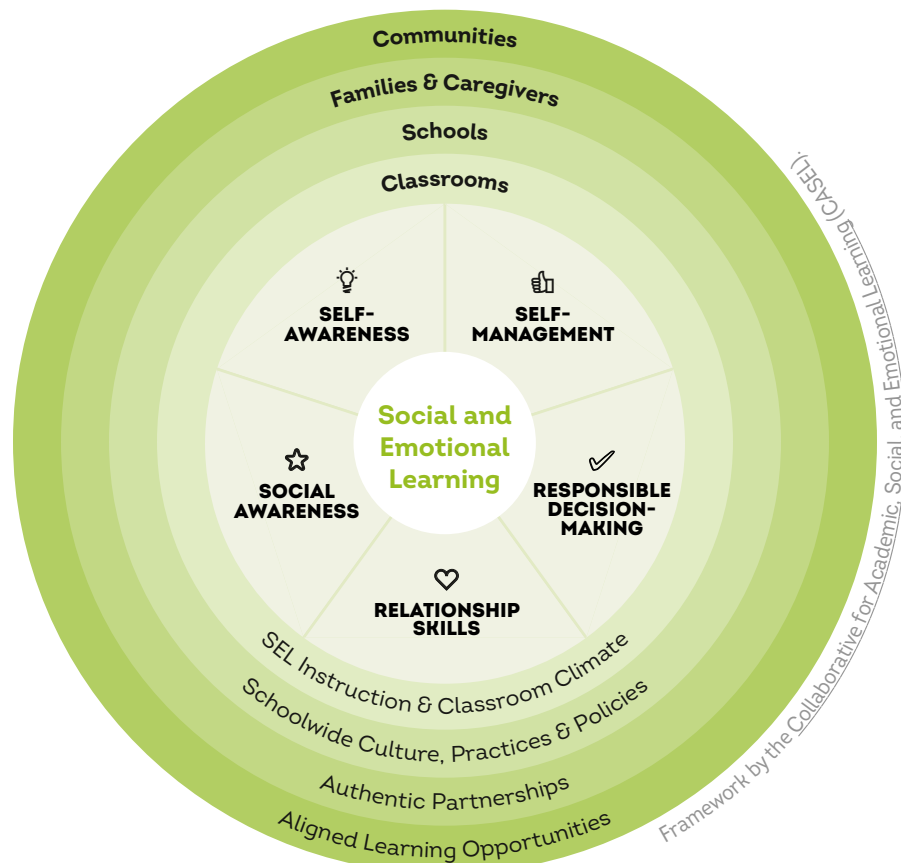
 **SOCIAL AWARENESS**

 **RELATIONSHIP SKILLS**

The Core Competencies

These core competencies are used to establish social emotional learning guidelines and standards that articulate what students should know and be able to do to ensure academic success, school and civic engagement, health and wellness, and fulfilling futures.

Use this brochure to find titles that relate to key competencies, and click the button below to learn more about the CASEL framework.



[READ MORE ABOUT THE CASEL 5](#)

Just Breathe

Books to help practice mindfulness with movement and meditation.

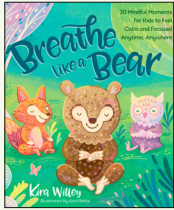
- 💡 **SELF-AWARENESS**
- 👤 **SELF-MANAGEMENT**
- ✓ **RESPONSIBLE DECISION-MAKING**
- ☆ **SOCIAL AWARENESS**
- 🤝 **RELATIONSHIP SKILLS**



Mindful Moments

Show students how they can use **conscious breathwork** to focus and calm their minds.

Students can practice breathwork anywhere, and empowering students with meditative breathing will make for a more tranquil classroom. Practice breathing activities at the beginning of the school day, after recess, and before reading time to start!



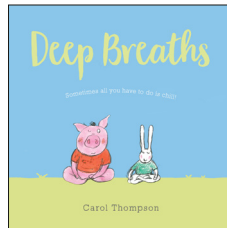
Breathe Like a Bear
Kira Willey; illustrated by Anni Betts
HC: 978-1-62336-885-2
TR: 978-1-62336-883-8
EL: 978-1-62336-884-5



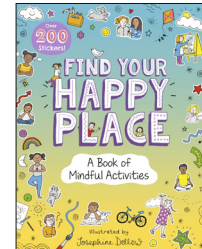
Peaceful Like a Panda
Kira Willey; illustrated by Anni Betts
HC: 978-0-593-17924-6
TR: 978-0-593-17926-0
EL: 978-0-593-17925-3

TEACHER TIP

Create a "calm corner" with relevant books so students can practice breathwork on their own.



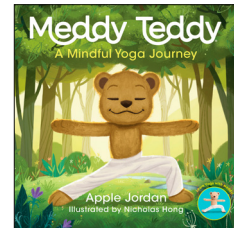
Deep Breaths
Carol Thompson
HC: 978-1-9848-9397-0
EL: 978-1-9848-9398-7



Find Your Happy Place: A Book of Mindful Activities
Rodale
EL: 978-0-593-37370-5



Happy
Nicola Edwards
HC: 978-0-593-12119-1
EL: 978-0-593-12120-7



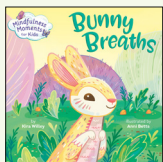
Meddy Teddy
Apple Jordan; illustrated by Nicholas Hong
HC: 978-1-63565-046-4
EL: 978-1-63565-047-1



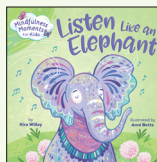
Best Books for Preschoolers

More Mindful Moments

Kira Willey; illustrated by Anni Betts



Bunny Breaths
BR: 978-0-593-11985-3
EL: 978-0-593-11986-0



Listen Like an Elephant
BR: 978-1-9848-9410-6
EL: 978-0-593-11998-3



Hot Cocoa Calm
BR: 978-0-593-11987-7
EL: 978-0-593-11988-4



Llamaste and Friends
Pat-A-Cake; illustrated by Annabel Tempest
BR: 978-0-593-17923-9
EL: 978-0-593-17929-1

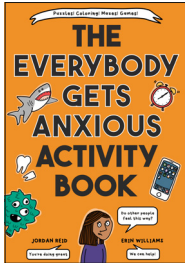


Meddy Teddy: Mindful Poses for Little Yogis
Meddy Teddy
BR: 978-1-63565-129-4
EL: 978-1-63565-130-0

Big Feelings!

We all have big feelings sometimes—but knowing what we're feeling can give us information about how to react. Use these tools to teach emotions—what they are and how to respond.

- 💡 **SELF-AWARENESS**
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- ☆ **SOCIAL AWARENESS**
- 🤝 **RELATIONSHIP SKILLS**



Everybody Gets Anxious!

This thoughtful and fun activity book for children is inspired by the hysterical and hugely popular *The Big Activity Book for Anxious People*, for kids or anyone who sometimes feels overwhelmed, angry, scared, nervous, or just plain icky—which is *everyone*. Really!

The Everybody Gets Anxious Activity Book
Jordan Reid and Erin Williams; illustrated by Erin Williams
TR: 978-0-593-43380-5



Start Dealing with Feelings!

Students in grades PreK–1 will learn about emotions as they learn to read.

A series by Courtney Carbone; illustrated by Hilli Kushnir



This Makes Me Angry
GLB: 978-0-593-56488-2
TR: 978-0-593-56487-5
EL: 978-0-593-56489-9



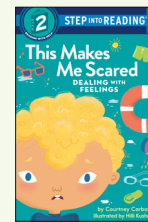
This Makes Me Happy
GLB: 978-0-593-43421-5
TR: 978-0-593-43420-8
EL: 978-0-593-43422-2



This Makes Me Jealous
GLB: 978-0-593-48184-4
TR: 978-0-593-48183-7
EL: 978-0-593-48185-1



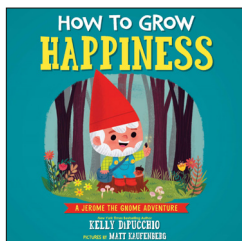
This Makes Me Sad
GLB: 978-0-593-43424-6
TR: 978-0-593-43423-9
EL: 978-0-593-43425-3



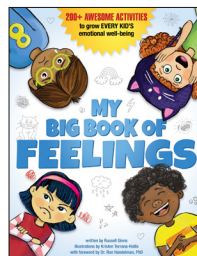
This Makes Me Scared
GLB: 978-0-593-48187-5
TR: 978-0-593-48186-8
EL: 978-0-593-48188-2



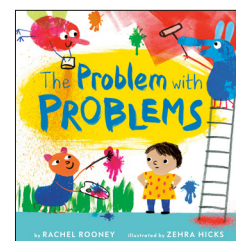
This Makes Me Silly
GLB: 978-0-593-56485-1
TR: 978-0-593-56484-4
EL: 978-0-593-56486-8



How to Grow Happiness
Kelly DiPucchio; illustrated by Matt Kaufenberg
HC: 978-1-63565-140-9
EL: 978-1-63565-141-6



My Big Book of Feelings
Russell Gims; illustrated by Kristen Terrana-Hollis; Produced by Big Yellow Taxi, Inc.
TR: 978-0-525-57140-7

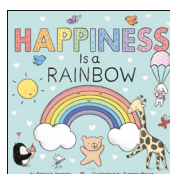


The Problem with Problems
Rachel Rooney; illustrated by Zehra Hicks
HC: 978-0-593-17317-6
EL: 978-0-593-17318-3

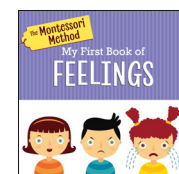
Best Books for Preschoolers

TEACHER TIP

Talk about feelings whenever you discuss growth mindsets! Just as we know that any personal quality can be cultivated, we also know that our emotional responses can be regulated, too.



Happiness Is a Rainbow
Patricia Hegarty; illustrated by Summer Macon
BR: 978-0-593-30380-1
EL: 978-0-593-30381-8



Montessori: My First Book of Feelings
The Montessori Method
BR: 978-0-593-17315-2
EL: 978-0-593-17316-9

Our Place in the World!

How do we participate in our community? How do we affect our planet and our society? Use these books to identify solutions and steer students—for the good of our world!

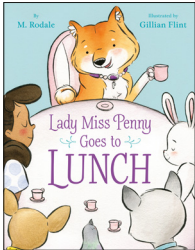
- 💡 SELF-AWARENESS
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Big Red and the Terrible Tomato Hornworm
Cynthia Wylie and Courtney Carbone
TR: 978-1-63565-110-2
EL: 978-1-63565-111-9



How to Spot a Best Friend
Bea Birdsong; illustrated by Lucy Fleming
HC: 978-0-593-17927-7
EL: 978-0-593-17928-4



Lady Miss Penny Goes to Lunch
M. Rodale; illustrated by Gillian Flint
HC: 978-1-63565-229-1
EL: 978-1-63565-230-7



The New Kid Welcome/Welcome the New Kid
Suzanne Slade; illustrated by Nicole Miles
HC: 978-0-593-42632-6
EL: 978-0-593-42634-0



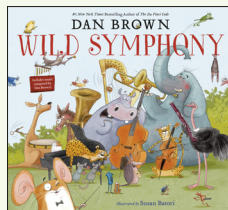
Our Playground Rules!
Kallie George; illustrated by Jay Fleck
HC: 978-0-593-37874-8



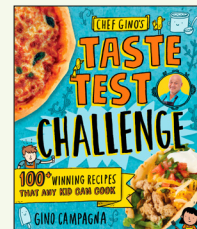
TEACHER TIP

Use art to offer students a place in the world. Arts-based learning can have a profound impact on social emotional competency—including critical thinking and empathy—as well as playing a critical role in identity formation.

Getting Creative with SEL

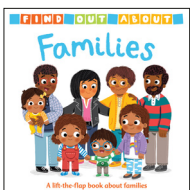


Wild Symphony
Dan Brown; illustrated by Susan Batori
HC: 978-0-593-12384-3

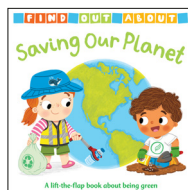


Chef Gino's Taste Test Challenge
Gino Campagna; illustrated by Mike Lowery
HC: 978-1-62336-886-9
TR: 978-0-593-17926-0
EL: 978-0-593-17925-3

Best Books for Preschoolers



Find Out About: Families
Mandy Archer; illustrated by Louise Forshaw
BR: 978-0-593-30407-5



Find Out About: Saving Our Planet
Mandy Archer; illustrated by Louise Forshaw
BR: 978-0-593-30407-5



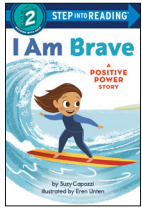
Growing Great!

Grow kindness and other positive traits with these books that teach a growth mindset and embody the positive qualities students can aspire toward.

- 💡 SELF-AWARENESS
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I Am . . . Series

A series by Suzy Capozzi; illustrated by Eren Unten



I Am Brave

GLB: 978-0-593-43414-7
TR: 978-0-593-43415-4
EL: 978-0-593-43416-1



I Am Helpful

GLB: 978-0-593-56494-3
TR: 978-0-593-56493-6
EL: 978-0-593-56495-0



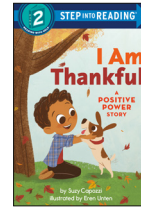
I Am Kind

GLB: 978-0-593-43418-5
TR: 978-0-593-43417-8
EL: 978-0-593-43419-2



I Am Strong

GLB: 978-0-593-48181-3
TR: 978-0-593-48180-6
EL: 978-0-593-48182-0



I Am Thankful

GLB: 978-0-593-48432-6
TR: 978-0-593-48431-9
EL: 978-0-593-48433-3



Team Taekwondo!

With plenty of humor and insight into the struggles children face, this series, written by Master Taekwon Lee, a sixth-degree black belt and master instructor, is sure to be a fan favorite. Not only is it fun, colorful, and action-packed, it also relays social emotional lessons about self-management, including how to balance work and play, overcome obstacles, and find kindness.

A series by Master Taekwon Lee and Jeffrey Nodelman; illustrated by Ethen Beavers



Ara's Rocky Road to White Belt

HC: 978-1-62336-882-1
TR: 978-1-62336-880-7



Baeoh and the Bully

TR: 978-1-62336-945-3
EL: 978-1-62336-946-0

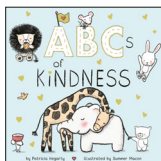


How to Be Cheeri

TR: 978-1-62336-948-4
EL: 978-1-62336-949-1

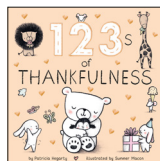
A GRAPHIC NOVEL SERIES FOR GRADES 1-4!

Best Books for Preschoolers



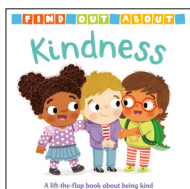
ABCs of Kindness

Patricia Hegarty; illustrated by Summer Macon
BR: 978-0-593-17450-0



123s of Thankfulness

Patricia Hegarty; illustrated by Summer Macon
BR: 978-0-593-17450-0



Find Out About: Kindness

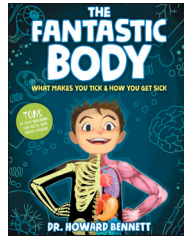
Mandy Archer; illustrated by Louise Forshaw
BR: 978-0-593-37464-1



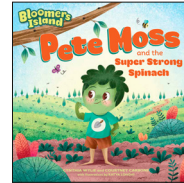
Physical Wellness

A healthy body can lead to a healthy mind! Develop self-awareness and healthy habits in students with these titles.

- 💡 SELF-AWARENESS
- 📅 SELF-MANAGEMENT
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- ☆ SOCIAL AWARENESS
- ❤️ RELATIONSHIP SKILLS



The Fantastic Body
Dr. Howard Bennett
TR: 978-1-62336-889-0

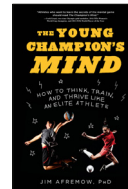


Pete Moss and the Super Strong Spinach
Cynthia Wylie and Courtney Carbone
TR: 978-1-63565-052-5

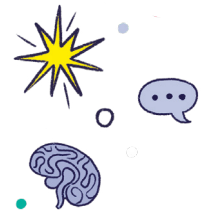
Best Books for Middle Graders



Puberty Is Gross but Also Really Awesome
Gina Loveless; illustrated by Lauri Johnston
HC: 978-1-9848-9505-9
TR: 978-1-63565-353-3
EL: 978-1-63565-354-0



The Young Champion's Mind
Jim Afremow, PhD
HC: 978-1-63565-056-3
EL: 978-1-63565-051-8

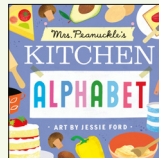


Best Books for Preschoolers

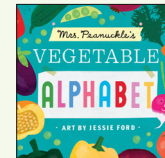
Mrs. Peanuckle's Alphabet series; illustrated by Jessie Ford



Mrs. Peanuckle's Hiking Alphabet
BR: 978-0-593-17817-1



Mrs. Peanuckle's Kitchen Alphabet
BR: 978-0-593-17819-5



Mrs. Peanuckle's Vegetable Alphabet
BR: 978-1-62336-870-8



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