

## Supplemental Materials

### **BOOK LIST**

#### **Self-Awareness**

The Feelings Book by Todd Parr

The Way I Feel by Janan Cain

When Sophie Gets Angry - Really, Really Angry... by Molly Bang

My Many Colored Days by Dr. Seuss

Today I Feel Silly: And Other Moods That Make My Day by Jamie Lee Curtis and Laura Cornell

The Pout-Pout Fish by Deborah Diesen

Llama Llama Mad at Mama by Anna Dewdney

Wemberley Worried by Kevin Henkes

Alexander and the Terrible Horrible No Good Very Bad Day by Judith Viorst

Glad Monster Sad Monster by Ed Emberley

#### **Self-Management/Self Regulation**

Go Away Big Green Monster by Ed Emberley

The Way I Act by Steve Metzger and Janan Cain

Stick and Stone by Beth Ferry

No David! By David Shannon

I Am Peace by Susan Verde

I Am Yoga by Susan Verde

Ish by Peter H. Reynolds

The Dot by Peter H. Reynolds

Hey Little Ant by Phillip and Hannah Hoose

### **Social Awareness**

How Full is Your Bucket? For Kids by Tom Rath and Mary Reckmeyer

Say Something by Peter H. Reynolds

Last Stop on Market Street by Matt de la Pena

Should I Share My Ice Cream? By Mo Willems

### **Relationship Skills**

Red A Crayon's Story by Michael Hall

A Big Guy Took My Ball by Mo Willems

Harriet You'll Drive Me Wild! By Mem Fox

The Hello Goodbye Window by Norton Juster

A Letter to Amy by Ezra Jack Keats

Lost and Found Cat by Doug Kuntz

A Sick Day for Amos McGee by Philip C. Stead

We Don't Eat Our Classmates by Ryan T. Higgins

We Found a Hat by Jon Klassen

Wilfrid Gordon McDonald Partridge by Mem Fox

### **Responsible Decision Making**

The Most Magnificent Thing by Ashley Spires

Curious George by H.A. Rey

A Chair for My Mother by Vera B. Williams

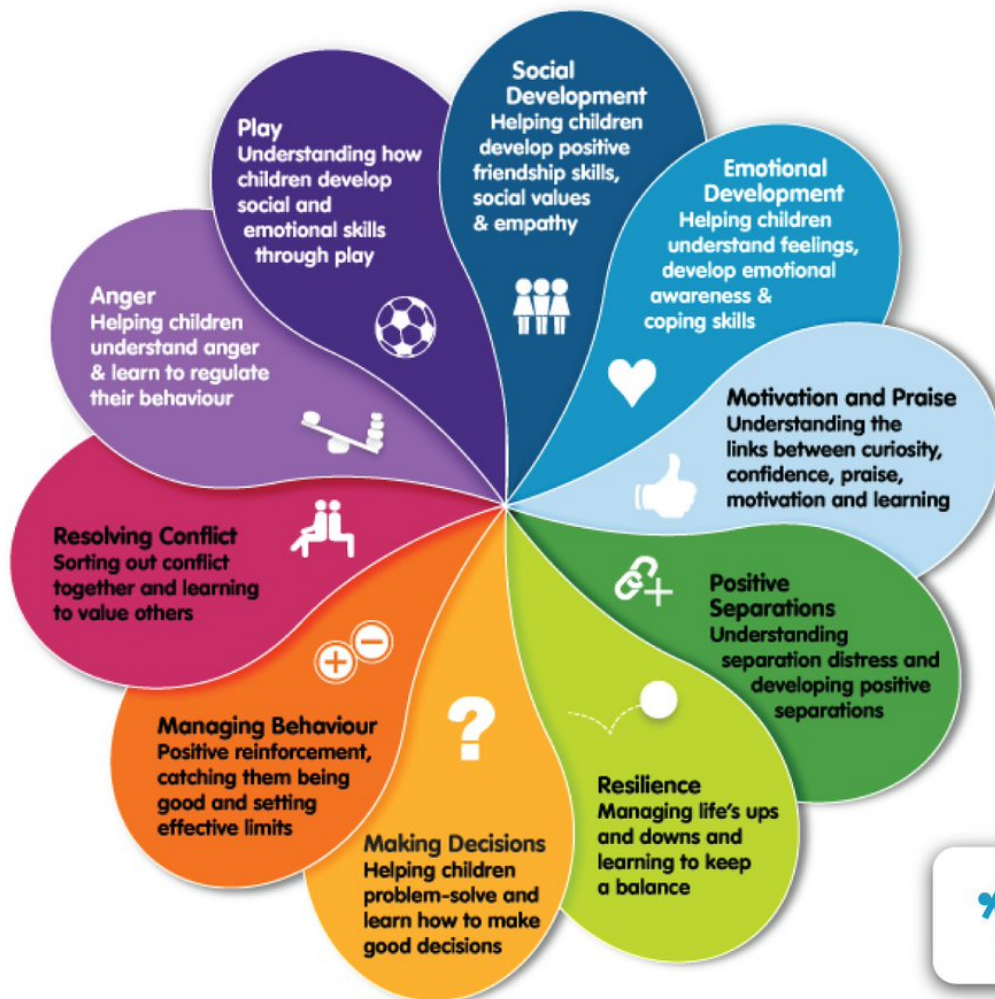
Children Make Terrible Pets by Peter Brown

The Giving Tree by Shel Silverstein

I Want My Hat Back by Jon Klassen

## RESOURCE LIST

# Supporting children's social and emotional development



# Social Emotional Development Age 3

At age 3, your child's personality really begins to shine through. They have their own personal preferences and know what they like and don't like. Children at this age are getting better at using words to express their feelings, which means fewer tantrums. Here are some additional things you might be seeing from your 3 year old:

## Self-Management Skills

- Learning to express emotions appropriately (less tantrums)
- Learning to talk about strong feelings
- Becoming more independent (i.e. dresses self, puts on shoe)

## Self-Awareness Skills

- Able to identify other feelings besides sad, mad, and glad
- Able to express likes and dislikes
- Has a strong sense of self
- Able to identify their gender

## Social Awareness Skills

- Able to ask parents and other family members for help
- Becomes more aware of other people's feelings

## Responsible Decision Making Skills

- Learning to connect behaviors to consequences

## Relationship Skills

- Take turns with others
- Plays with other kids
- Copies other kid's behaviors
- Begins to have real friendships
- Resolves conflicts with help from adult
- Engages in imaginative play (practice for how to interact with people in real life)



## Social Emotional Development Age 4

At age 4, children are more willing to explore their emotions and find positive ways to express how they are feeling. However, they might still have the occasional tantrum when they are frustrated. Children this age enjoy being around other kids. Here are some additional things you might be seeing from your 4 year old:

### Self-Management Skills

- Able to talk about feelings
- Better able to manage impulses
- Follows simple directions

### Self-Awareness Skills

- Interested in new experiences
- Views self as someone with a body, mind, and feelings
- Can recognize and identify emotions

### Social Awareness Skills

- Shows empathy for others
- Compares self to other kids
- Beginning to understand that not everyone thinks and acts like them or share the same beliefs

### Responsible Decision Making Skills

- Able to think through a problem to find a solution
- Understands right from wrong

### Relationship Skills

- Shows interest in being part of a group
- Listens to others
- Shares with other people
- Cooperates with others
- Affectionate with friends and family



## Social-Emotional Development Ages 5-6

Children in the 5-6 age range show more self control. For example, many 5 and 6 year olds are able to sit still in school and follow directions. However, they are still prone to the occasional outburst if things don't go their way. Here are some additional things you might be seeing from your 5 and 6 year olds:

### Self-Management Skills

- Able to use words to describe feelings
- Able to stop and think before acting
- Able to wait their turn

### Self-Awareness Skills

- Notice difference between self and others
- Identifies with a particular gender (may only want to play with that gender)
- Begins to understand what it means to be embarrassed

### Social Awareness Skills

- Sensitive to how other people feel
- Develops an understanding of social challenges (i.e. poverty)

### Responsible Decision Making Skills

- Can make a choice between two or more options
- Understands the consequences of their actions

### Relationship Skills

- Accepts others' opinions
- Wants to please friends
- Imitates friends' behaviors
- Plays respectfully with others
- Able to resolve conflicts with friends
- Enjoys being around friends



Social Emotional Learning Strategy:

[https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle\\_Story.pdf](https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story.pdf)

Matching Puppet for the Strategy:

[https://www.amazon.com/Folkmanis-Baby-Turtle-Hand-Puppet/dp/B0007QO4KO/ref=sr\\_1\\_1?dchild=1&keywords=turtle+puppet&qid=1619305551&sr=8-1](https://www.amazon.com/Folkmanis-Baby-Turtle-Hand-Puppet/dp/B0007QO4KO/ref=sr_1_1?dchild=1&keywords=turtle+puppet&qid=1619305551&sr=8-1)

## **CONTACT INFORMATION**

Hearth Storytime

Email: [Hearth.Storytime@gmail.com](mailto:Hearth.Storytime@gmail.com)

Website: <https://www.hearthstorytime.com/>

Sherrie Rose Mayle:

Email: [srmaleson@gmail.com](mailto:srmaleson@gmail.com)

Youtube: [https://www.youtube.com/channel/UCd\\_RDY6bhGDctUgKkb\\_LWDQ](https://www.youtube.com/channel/UCd_RDY6bhGDctUgKkb_LWDQ)

Kiddie Academy of Almaden Valley:

Phone: 408-752-4803

Email: [AlmadenValley@KiddieAcademy.net](mailto:AlmadenValley@KiddieAcademy.net)