

Social Work Book List			
Book Title	Author	Category	Summary
A Little Friendly advice	Siobhan Vivian	Resilience Building ▾	Ruby leans on her friends but discovers they hide secrets. As her trust is tested, she begins a journey of self-discovery, learning that growth means facing hard truths and making her own choices.
A Little Spot Learns Online- A story about Virtual Classroom Expectations	Diane Alber	Social-Emotional Learning ▾	Little Spot introduces online classroom skills like being prepared, attentive, and following digital etiquette, using simple language and engaging illustrations.
A Little Spot of Confidence	Diane Alber	Child & Youth Development ▾	Helps young readers build self-esteem and confidence as Little Spot teaches positive self-talk, resilience, and believing in themselves.
All Are Welcome	Alexandra Penfold & Suzanne Kaufman	Diversity & Inclusion ▾	Emphasizes inclusivity, diversity, and belonging, showing how children of all backgrounds and abilities can learn, play, and grow together in an accepting environment.
Anti-Bullying Through Sports	Fred Spencer	Behavioral Intervention ▾	Shows how sports can be used to address bullying, build positive behaviors, and promote inclusion, offering strategies for social workers to create supportive environments in schools and communities.
Ayurveda Says I Am Perfectly Me!	Denise O'Dunn	Holistic Health & Wellness ▾	Explores self-acceptance and well-being through Ayurveda, offering practical guidance to embrace individuality, find balance, and connect with the inner self.
Be You!	Peter H. Reynolds	Mental Health ▾	Encourages individuals to embrace their unique qualities, stand firm in their identity, and confidently pursue their dreams. It promotes self-acceptance, resilience, and empowerment.
Beccas Best Friend	Damsel in Defense	Child Advocacy ▾	It tackles victim blaming and teaches young readers about boundaries, respect, and accountability, showing them how to recognize inappropriate behavior, speak up, and know victims are never at fault.

Being a Bad Sport	Joy Berry	Social-Emotional Learning ▾	For ages 4–8, this book teaches good sportsmanship, emotional regulation, and positive play, using simple language and relatable scenarios to show the impact of being overly competitive or unkind.
Being Greedy	Joy Berry	Social-Emotional Learning ▾	Helps young readers understand the negative effects of greed and the importance of sharing, kindness, and empathy.
Being Selfish	Joy Berry	Social-Emotional Learning ▾	Teaches that self-care is important but must be balanced with consideration for others, promoting emotional intelligence and responsibility.
Breaking Promises	Joy Berry	Social-Emotional Learning ▾	Helps young readers understand the importance of keeping promises and the emotional consequences of breaking them.
By the Side of the Road	Jules Feiffer	Social-Emotional Learning ▾	After being left roadside as discipline, Richard creates an underground life, and his parents' lesson backfires, challenging ideas of discipline and authority.
Damon's Dilemma	Damsel in Defense	Mental Health ▾	Explores personal safety through empowerment, decision-making, and resilience, showing how individuals navigate advocacy, crisis management, and overcoming fear.
Disobeying	Joy Berry	Social Skills Development ▾	Teaches kids about the consequences of disobedience and the importance of following rules.
Everybody's good at something	Susan E. Rose	Coping with illness/disability ▾	Explores how people with disabilities contribute to society, challenging stereotypes and highlighting the need for environments that recognize their strengths.
Find your Calm	Gabi Garcia	Mental Health ▾	Offers practical tools and strategies for managing stress, anxiety, and emotional overwhelm. It focuses on mindfulness, grounding techniques, and ways to cultivate inner peace.

Find Your Happy	Patricia May	Mental Health ▾	Includes affirmations, meditations, calming techniques, and activities to build a positive mindset, designed for children 8+ in educational or therapeutic settings.
Fly Away Home	Eve Bunting	Child Welfare ▾	A picture book about a boy and his father experiencing homelessness in an airport, navigating daily life while trying to remain unnoticed.
Franklin Says Sorry	Scholastic Inc.	Social-Emotional Learning ▾	Franklin the Turtle breaks Bear’s trust by sharing a secret and learns that a sincere apology and understanding are key to repairing friendship
George and Martha- Two Great Friends	James Marshall	Social-Emotional Learning ▾	George and Martha: Two Great Friends by James Marshall is a charming collection of three short stories featuring two hippos who navigate the ups and downs of friendship with humor and heart.
Help you dragon cope with trauma	Steve Herman	Trauma Informed Care ▾	A friendly dragon helps children understand and cope with trauma by teaching emotional awareness, coping strategies, and the value of seeking support—useful for social workers and therapists.
Hey Jack! The Scary Solo	Sally Rippin	Social-Emotional Learning ▾	Jack hopes for a solo but freezes at auditions. When his friend Billie wins and later faces stage fright, Jack overcomes his fears to support her, and together they succeed.
Hey Little Brown Girl!	C. Caver	Social-Emotional Learning ▾	Celebrates and empowers young girls of color with affirming language and vibrant art, promoting self-love, confidence, and pride in who they are.
I Am Human	Susan Verde	Resilience Building ▾	Explores self-acceptance, resilience, and empathy, showing children how to understand feelings, embrace imperfections, and grow through challenges.
I Believe in Myself	Laurie Wright	Child & Youth Development ▾	Uses positive affirmations to build children’s confidence, resilience, and self-worth, encouraging emotional well-being through healthy self-talk and belief in themselves.
I Can Do hard Things	Gabi Garcia	Mental Health ▾	Uses simple affirmations to help children build resilience, self-awareness, and confidence, making it a useful resource for social workers, therapists, and

			educators.
Zen Pig: The Wonder We Are	Mark Brown	Social-Emotional Learning ▾	A wise pig teaches children gratitude, mindfulness, and positivity by showing how to appreciate life’s big and small joys.
I Can Calm	Conscious Discipline	Emotional Wellbeing ▾	Helps young children manage emotions with simple calming strategies, building resilience, mindfulness, and positive behavior.
I can handle it!	Laurie Wright	Mental Health ▾	Sebastian faces everyday challenges like sadness and frustration, learning coping strategies and reinforcing the mantra, ‘I can handle it.
I Don't Want to Go to school	Nancy Pando, LICSW	Social-Emotional Learning ▾	A picture book about Honey Maloo, a young bee with separation anxiety, offering gentle strategies to ease fears and show that children can miss loved ones while enjoying school.
I Like Myself	Karen Beaumont	Mental Health ▾	Follows a young character who learns self-esteem and self-acceptance by embracing individuality and appreciating themselves regardless of others’ opinions.
I Love You 65 Bulldogs	Avril Beckford MD FAAP	Social-Emotional Learning ▾	Highlights the importance of play, parent–child bonds, and unconditional love, showing how meaningful moments build resilience and emotional growth.
I Said No!	Zack & Kimberly King	Child Welfare ▾	Teaches children the importance of consent and body autonomy, empowering them to set boundaries and confidently say ‘no.
I Soar	Kristina Kaufman	Child Welfare ▾	I Soar by Kristina J. Kaufman takes children on an imaginative journey, with poetic text and vibrant illustrations showing a boy’s joyful flight and sense of freedom.
I'm a Big Sister	Joanna Cole	Child Welfare ▾	Helps young children adjust to a new sibling, showing the joys and responsibilities of becoming an older sibling while reassuring them of their special role and continued love.

Im Gonna Like Me: Letting Off a Little Self-Esteem	Jamie Lee Curtis & Laura Cornell	Social-Emotional Learning ▾	Told from a boy and girl’s perspectives, this story highlights self-acceptance in both success and mistakes, showing that self-worth comes from within.
It Happens to Everyone	Bernice Myers	Social-Emotional Learning ▾	Follows Michael and his teacher on the first day of school, showing that nervousness is natural and shared, fostering empathy between children and adults.
It's Hard to be Five- Learning how ot work my control panel	Jamie Lee Curtis & Laura Cornell	Social-Emotional Learning ▾	Explores the ups and downs of being five, using rhymes and lively art to show challenges like patience and big feelings while celebrating growing independence.
It's NOT the Stork!	Robie H. Harris	Health Education ▾	An informative picture book for ages 4–8 that answers common questions about bodies, reproduction, and families, using simple language and engaging illustrations.
Ive won, No Ive won, no Ive won	Lauren Child	Emotional Wellbeing ▾	Centers on sharing, fairness, and emotional regulation as two characters learn to handle conflict and negotiate when they both want the same thing.
Just Ask!	Sonia Sotomayor	Mental Health ▾	Encourages kids to embrace their uniqueness and ask for what they need, promoting self-acceptance, diversity, and understanding of different abilities.
Just Because I Am	Lauren Murphy Payne	Mental Health ▾	Addresses challenges like bullying, self-esteem, and differences, teaching empathy, self-acceptance, and resilience to build emotional intelligence and confidence.
Just Big Enough	Mercer Meyer	Social-Emotional Learning ▾	Little Critter is bullied by bigger kids but, with his grandfather’s guidance, learns size isn’t everything and leads smaller kids to victory through confidence and teamwork.
Kindergarten, Here I Come!	D.J. Steinberg	Social-Emotional Learning ▾	A collection of playful poems with charming illustrations that capture the kindergarten experience, easing anxieties and building excitement for school.
			This children’s book teaches young readers the importance of everyday

Kindness Starts with You	Jacquelyn Stagg	Social-Emotional Learning ▾	kindness through simple, relatable examples that demonstrate how small acts of compassion can make a big impact.
Lets Talk about Lying	Joy Berry	Child Welfare ▾	Teaches children the consequences of lying and the value of honesty, helping them understand its impact on relationships and the importance of truthfulness.
Listening with my heart	Gabi Garcia	Mental Health ▾	Listening to My Heart teaches children emotional awareness, self-compassion, and mindfulness through practices like breathing, noticing feelings, and kind self-talk.
Little Louie and the Baby Bloomer	Robert Kraus	Child & Youth Development ▾	Focuses on Little Louie, a young boy who embarks on a journey to find the perfect gift for his sister's birthday. Through his adventures, the book touches on themes of understanding, empathy, and personal growth.
Lucy's Mask	Lisa Sirkis Thompson	Mental Health ▾	Lucy, a young girl with a medical condition requiring her to wear a mask, learns acceptance, self-worth, and resilience while navigating challenges and relationships.
Madison's Big Brother	Damsel in Defense	Empowerment ▾	Focuses on personal safety and empowerment, teaching young readers confidence, self-defense, and how to protect themselves from harm.
Maria Finds Courage	Tony & Lauren Dungy	Resilience Building ▾	Follows Maria, a young girl who learns resilience, courage, and hope with support from family and community, showing the power of perseverance and confidence.
Master of Mindfulness: How to be your own superhero in times of stress	Laurie Grossman & Angelina Alvarez	Mental Health ▾	A practical guide that teaches children mindfulness techniques to manage stress, improve focus, and handle emotions, based on real classroom experiences.
Me and my amazing body	Joan Sweeney	Health Education ▾	Me and My Amazing Body by Joan Sweeney introduces young children to anatomy with simple language and illustrations, encouraging body awareness, appreciation, and the idea that every body is unique.
Meesha Makes Friends	Tom Percival	Social Skills Development ▾	Follows Meesha, a shy child who learns to manage anxiety, make connections, and build friendships, teaching key social-emotional skills.

Moody Cow Meditates	Kerry Lee MacLean	Mental Health ▾	Follows Moody the cow as he learns mindfulness and meditation techniques to calm his emotions and build self-regulation.
My New Baby	Child's Play	Child Welfare ▾	A wordless picture book that helps toddlers adjust to a new sibling, using expressive illustrations to spark caregiver-child conversations about family changes.
No!	Tracery Corderoy	Child & Youth Development ▾	Explores boundaries, independence, and frustration through the story of a little character who learns the importance of saying no and expressing personal needs.
On the first day of first grade	Tish Rabe	Child Welfare ▾	A playful take on “The Twelve Days of Christmas,” this story follows a diverse class through twelve days of activities that highlight the fun and learning of first grade.
On the way to kindergarten	Virgina Kroll	Child & Youth Development ▾	A picture book from a parent’s perspective that celebrates milestones from infancy to kindergarten, blending nostalgia with encouragement for starting school.
One Smart Cookie	Amy Krouse Rosenthal	Social Skills Development ▾	Introduces concepts like compromise, empathy, and integrity through fun cookie-themed scenarios, with watercolor illustrations that make values engaging and easy for kids to understand.
Peaceful Piggy Meditation	Kerry Lee MacLean	Mental Health ▾	A piggy character learns to calm their mind and manage emotions through meditation, emphasizing quiet time, deep breathing, and mindfulness.
Potty Time	Caroline Jayne Church	Child & Youth Development ▾	A potty training book for toddlers that uses simple rhymes, engaging illustrations, and a flush sound button to make learning fun and confidence-building.
Purooseful Play	Kristine Mraz, Alison Porcelli, and Cheryl Tyler	Social-Emotional Learning ▾	A practical resource showing that play is central to learning, helping children build academic skills, social-emotional growth, and a positive mindset.

Ready for Kindergarten, Stinky Face?	Lisa McCourt	Social-Emotional Learning ▾	A practical resource showing that play is essential to early learning, fostering academic skills, social-emotional growth, and a positive mindset.
September 12th	H. Byron Masterson Elementary	Trauma Informed Care ▾	Children respond to the September 11 attacks with simple text and vibrant art, finding comfort in daily routines and showing that hope and stability remain after tragedy.
Shaking Things Up	Susan Hood	Social & Cultural Issues ▾	Shares stories of women who drove social change, highlighting historical and contemporary figures who overcame obstacles to advocate for justice and equality.
Should I Share my Ice Cream?	Mo Willems	Social-Emotional Learning ▾	Gerald the elephant debates sharing his ice cream with Piggie, learning about generosity and considering others’ feelings.
Showing Off	Joy Berry	Child Behavioral Education ▾	Teaches children to manage attention-seeking behavior while building empathy, self-awareness, and respectful social interactions.
Sit With Me	Carolyn Kanjuro	Social-Emotional Learning ▾	Narrated by Justa Bug, this story introduces children to the seven-point meditation posture, teaching them to sit still, breathe, and rest their minds as an introduction to Buddhist meditation.
Smiling from ear to ear	Kaitlyn Chu	Social-Emotional Learning ▾	Helps young children normalize wearing face masks through friendly animal characters, showing masks as part of everyday fun while promoting safety and comfort.
Stand in my Shoes	Bob Sornson	Child Welfare ▾	Helps children build empathy and compassion through simple language and relatable stories that encourage seeing the world from different perspectives.
Teach your Dragon Empathy	Steve Herman	Child & Youth Development ▾	Helps young readers understand and develop empathy. It tells the story of a dragon learning to recognize and understand the feelings of others, which promotes emotional intelligence and compassion.
The Berenstain Bear Scouts and the Sinister Smoke Pipe	Stan & Jan Berenstain	Child Behavioral Education ▾	The Bear Scouts uncover a secret group of cubs experimenting with smoking, addressing peer pressure and the dangers of tobacco through a kid-friendly

			mystery.
The Berenstain Bears and the bad habit	Stan & Jan Berenstain	Child & Youth Development ▾	Sister Bear struggles with nail-biting but, with family support and a dentist’s guidance, learns self-awareness and positive habits to overcome it.
The Berenstain Bears and the golden rule	Stan & Jan Berenstain	Social-Emotional Learning ▾	The Bear family learns the Golden Rule by practicing kindness, respect, empathy, and understanding in their interactions with others.
The Berenstain Bears and the trouble with chores	Stan & Jan Berenstain	Child & Youth Development ▾	It portrays the Bear family, especially Brother Bear and Sister Bear, who try to avoid doing chores, leading to lessons about teamwork, responsibility, and fairness.
The Berenstain Bears and the truth	Stan & Jan Berenstain	Child & Youth Development ▾	Mama and Papa Bear teach Brother and Sister Bear the importance of honesty and the consequences of lying.
The Berenstain Bears and too much junk food	Stan & Jan Berenstain	Health Education ▾	The Bear family learns about healthy eating after too many sweets, with Dr. Grizzly helping them make better food choices.
The Berenstain Bears- Go To School	Stan & Jan Berenstain	Social-Emotional Learning ▾	Sister Bear feels nervous on her first day of kindergarten but soon discovers the joys of learning, playing, and making friends, realizing school is a welcoming place.
The Berenstain Bears' bedtime battle	Stan & Jan Berenstain	Child & Youth Development ▾	Brother and Sister Bear resist bedtime while Mama and Papa guide them, highlighting family dynamics, boundaries, and the importance of structure.
The Busy Body Book	Lizzy Rockwell	Child & Youth Development ▾	Introduces children to physical activity and how the body works, showing how muscles, bones, the heart, and lungs stay healthy through exercise.
The Family Book	Todd Parr	Social-Emotional Learning ▾	Parr introduces different family structures—single parents, same-sex parents, adoptive families, and more—emphasizing that every family is unique and special.

The Family Under the Bridge	Natalie Savage Carlson	Child Welfare ▾	Armand, a homeless man living under a bridge, meets the Calcet family seeking shelter. Though resistant at first, he bonds with them and is inspired to find work and a home, transforming into a devoted family man
The Feel Good Book	Todd Parr	Emotional Wellbeing ▾	Encourages children to embrace who they are, promoting self-acceptance, kindness, and emotional well-being through simple language and bright illustrations.
The Juice Box Bully	Bob Sornson & Maria Dismondy	Social-Emotional Learning ▾	Follows a young boy who learns the impact of bullying and the importance of standing up for others, promoting kindness and a supportive school environment.
The Little Lotus Flower	Gregoire Hodder	Trauma Informed Care ▾	It revolves around a character's journey through challenging circumstances, highlighting the importance of emotional healing and the human capacity to overcome adversity.
The Magic School Bus: Inside the Human Body	Joanna Cole & Bruce Degen	Social-Emotional Learning ▾	Ms. Frizzle’s class takes a field trip inside the human body to learn how food becomes energy, after the Magic School Bus shrinks and is swallowed by Arnold.
The Night Before Kindergarten	Natasha Wing	Social-Emotional Learning ▾	Follows a group of children preparing for kindergarten, addressing separation anxiety while showing the excitement of fun activities and new friendships.
The Wonderful Things You Will Be	Emily Winfield Martin	Social-Emotional Learning ▾	A picture book that celebrates each child’s potential and individuality, using gentle rhymes and inclusive illustrations to emphasize love, kindness, bravery, and creativity.
Tiger-Tiger is it True?	Byron Katie & Hans Wilhelm	Mental Health ▾	Introduces Byron Katie’s “The Work” through a story of a boy and a tiger, showing how self-inquiry can reframe stressful thoughts and bring emotional freedom.
Tomorrow Ill be Brave	Jessica Hische	Social-Emotional Learning ▾	Tomorrow I’ll Be Brave encourages kids to embrace values like bravery, kindness, confidence, and perseverance through simple messages and vibrant art.

Too Big for Diapers	Sesame Street	Child & Youth Development ▾	Follows Baby Elmo's transition from diapers to potty, using simple text and photos to encourage toddlers to embrace this milestone positively.
Victory on the Potty	Clever Factory Inc.	Child & Youth Development ▾	Supports toddlers during potty training with simple text and illustrations that celebrate small victories, boosting confidence and independence.
What does it mean to be Kind?	Rana DiOrio	Social-Emotional Learning ▾	Encourages children to practice kindness in daily life, showing how small actions can positively impact others and their communities.
What Does it mean to be present?	Rana DiOrio	Mental Health ▾	Encourages mindfulness by teaching children to stay present in the moment instead of dwelling on the past or future.
What If..	Samantha Berger	Social-Emotional Learning ▾	Follows a young artist who finds creative ways to express herself without traditional tools, showing that art and self-expression come from within.
What were You Thinking?	Bryan Smith	Child & Youth Development ▾	Explores how children and adolescents develop cognitively and emotionally, showing how their thinking shapes decisions, behavior, and relationships.
Whats The Big Secret?	Laurie Krasney Brown & Marc Brown	Health Education ▾	An age-appropriate picture book that teaches children basic concepts about their bodies, reproduction, and relationships with simple language and illustrations.
When I Feel	Conscious Discipline	Social-Emotional Learning ▾	Teaches children emotional regulation and self-awareness with simple language and illustrations, offering tools to understand and manage feelings.
When Sophie gets really, really angry..	Molly Bang	Social-Emotional Learning ▾	Sophie learns to cope with anger by retreating to nature, showing that intense feelings are normal and can be managed in healthy ways.
When Will We be Sisters?	Virgina Kroll	Child Welfare ▾	Paula struggles with her family's adoption of a five-year-old girl but learns that true sisterhood comes from shared experiences and emotional bonds.

When you are Brave	Pat Zietlow Miller	Mental Health ▾	A young girl learns to find courage during big changes, offering a gentle, empowering message about resilience and self-confidence.
Why is Everyone Wearing a Mask?	Debbie Qiu	Social & Cultural Issues ▾	Explores how cultural pressures, particularly in Asian communities, impact conformity, mental health, and well-being.
Woah Jealousy!	Woodleigh Marx Hubbard	Mental Health ▾	Woah Jealousy! helps children recognize and cope with jealousy through relatable scenarios and simple language, promoting emotional awareness and healthy coping.
Words Are Not for Hurting	Elizabeth Verdick	Child & Youth Development ▾	Teaches the importance of kind words, showing how language impacts others while promoting conflict resolution, emotional regulation, and positive communication.
Worries are not Forever	Elizabeth Verdick	Mental Health ▾	Helps young readers manage anxiety with simple coping strategies, emphasizing that worries are temporary and manageable.
You get what you get	Julie Gassman	Social-Emotional Learning ▾	Melvin the squirrel struggles with disappointment until he learns the rule “You get what you get, and you don’t throw a fit,” helping him manage his reactions.
You'll Grow Soon Alex	Andrea Shavick & Russell Ayto	Social-Emotional Learning ▾	A boy upset about being small learns from his uncle that true growth comes from being kind, happy, and confident.
You're the Biggest	Lucy Tapper & Steve Wilson	Child Welfare ▾	Celebrates the role of an older sibling through the story of two foxes, highlighting the joys and responsibilities of being “the biggest,” with colorful art and keepsake appeal.
Zen Pig: All That Is Needed	Mark Brown	Mental Health ▾	Follows Zen Pig, who teaches mindfulness, kindness, and self-awareness through simple lessons on appreciating the present and fostering personal growth.

Zen Pig: The Art of Gratitude	Mark Brown	Social-Emotional Learning ▾	A wise pig teaches children gratitude and mindfulness, showing the importance of appreciating life’s big and small joys.
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