

CSEFEL: Center on the Social and Emotional Foundations for Early Learning
Book Nooks

What are Book Nooks?

These easy-to-use guides were created by the Center on Social and Emotional Foundations for Early Learning especially for teachers/caregivers and parents to provide hands-on ways to embed social emotional skill building activities into everyday routines. Each book nook consists of ideas and activities designed around popular children's books such as Big Al, Hands are Not for Hitting, On Monday When it Rained and My Many Colored Days. Examples of suggested activities include using rhymes to talk about being friends, making emotion masks to help children identify and talk about different feelings, playing games around what to do with hands instead of hitting and fun music and movement activities to express emotions.

Abiyoyo By Pete Seeger Macmillan, 1986

Abiyoyo is a story based on a South African folktale. After being "ostracized" from town for playing too many tricks on people, a magician and his son use their unique talents to save the town. When a giant named Abiyoyo comes to the village, a magician's son uses his ukulele to get Abiyoyo to dance so fast that he falls down, and then the magician makes the giant disappear! (Ages 3-8)

Read Aloud: <https://www.youtube.com/watch?v=cPZtuPyXRfw>

Book Nook: <http://csefel.vanderbilt.edu/booknook/abiyoyo.pdf>

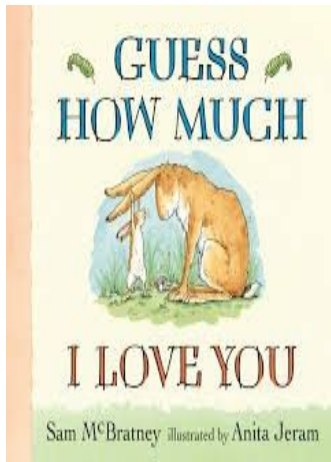


Big Al By Andrew Clements Picture Book Studio, 1998

Big Al is a fish who wants to make friends! He tries everything he can think of to make friends, but nothing seems to work! The other fish are afraid of him because he is different. They all think that Big Al is very big and very scary! When Big Al comes to the rescue of the other fish when they get caught in a fisherman's net, they realize what a great friend he really is! (Ages 4-8)

Read Aloud: <https://www.youtube.com/watch?v=y62-5AH5ut4>

Book Nook: <http://csefel.vanderbilt.edu/booknook/bigal/bigal.pdf>



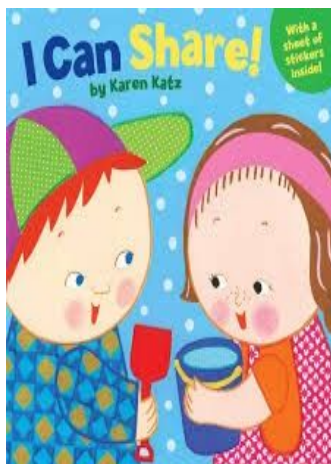
Guess How Much I Love You By Sam McBratney & Illustrated by Anita Jeram Candlewick Press, 1994

Guess How Much I Love You is a story about a young rabbit named Little Nutbrown Hare who thinks he has found a way to measure the boundaries of love. In this heartwarming story, Little Nutbrown Hare tries to prove how big his love is for Big Nutbrown Hare. Little Nutbrown Hare's feelings stretch as long as his arms, or as high as he can hop, and Big Nutbrown Hare seems to always go above and beyond with the love he has for Little Nutbrown Hare. (Ages 2-5)

Read Aloud: <https://www.youtube.com/watch?v=7tDBxFKZnZ8>

Book Nook:

http://csefel.vanderbilt.edu/booknook/bn_guesshowmuch.pdf

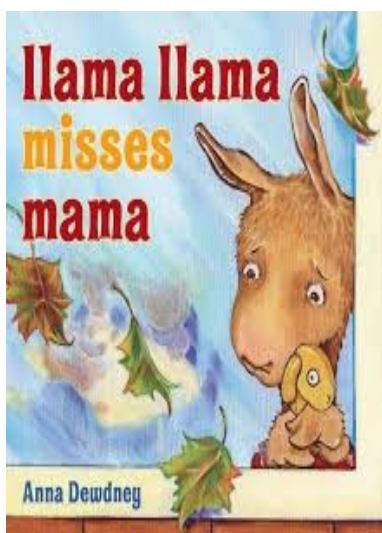


I Can Share By Karen Katz

I Can Share is a 'Lift-the-Flap' book geared for toddlers and young preschoolers which can be used to help teach about sharing. This is a fun and interactive book. Each page shows a different scenario that is solved by sharing. (Ages 1-3)

Read Aloud: <https://www.youtube.com/watch?v=djKvBRDIYeQ>

Book Nook: <http://csefel.vanderbilt.edu/booknook/share.pdf>

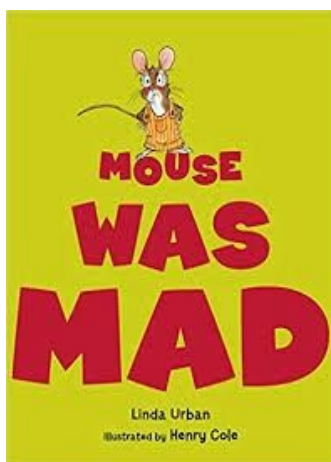


Llama Llama Misses Mama By Anna Dewdney Viking

Llama Llama Misses Mama is a book about little Llama on his first day of school. At the beginning of the day, Llama is sad and misses his mamma. Why did she have to leave? Will she come back? By the end of the day Llama has made new friends and has learned how much fun school can be! This story is great for teaching about the schedule of the school day, and for discussing what to do when we miss someone. The rhyming text makes this book fun to read aloud. This is a perfect story to read at the beginning of the school year when some children might be feeling just like little Llama! (Ages 3-5)

Read Aloud: <https://www.youtube.com/watch?v=9xB6i1ReuT8>

Book Nook: http://csefel.vanderbilt.edu/booknook/bn_llama.pdf

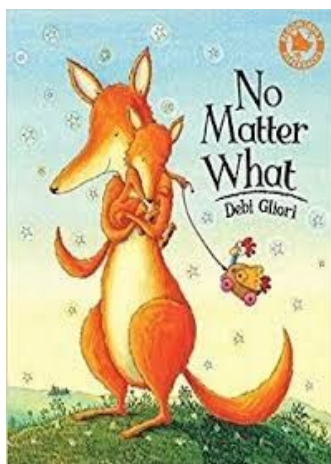


Mouse Was Mad By Linda Urban Harcourt Children's Books

Mouse Was Mad follows a young mouse through the forest as he searches for the perfect way to show that he is feeling mad. As Mouse tries different ways to express himself, other animals in the forest try to teach him the "right" way to be mad. Hare explains how to hop, Bear shows how to stomp, Bobcat tries to teach a scream, and Hedgehog demonstrates the perfect way to roll. But none of these are right for Mouse! He becomes more and more upset until finally, he discovers his very own way to be mad. Mouse Was Mad provides a great opportunity to talk about feeling mad and how we express that feeling. (Ages 2-5)

Read Aloud: <https://www.youtube.com/watch?v=rXbYQpDliC0>

Book Nook: http://csefel.vanderbilt.edu/booknook/bn_madmouse.pdf

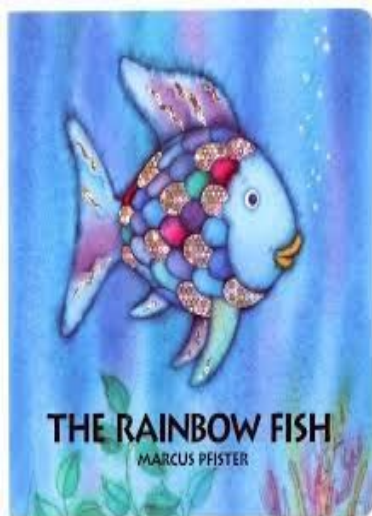


No Matter What By Debi Gliori Harcourt, Inc.

No Matter What is a book about the uncertainty a little fox has about his parent's love. Small, the little fox, feels "grim and grumpy" as bedtime nears. He wants reassurance from his parent, Large, that regardless of whether he is a grizzly bear, a squishy bug, or a crocodile, he will still be loved. (Ages 2-5)

Read Aloud: <https://www.youtube.com/watch?v=t9YcViZT2HE>

Book Nook: csefel.vanderbilt.edu/booknook/no_matter.pdf



The Rainbow Fish By Marcus Pfister

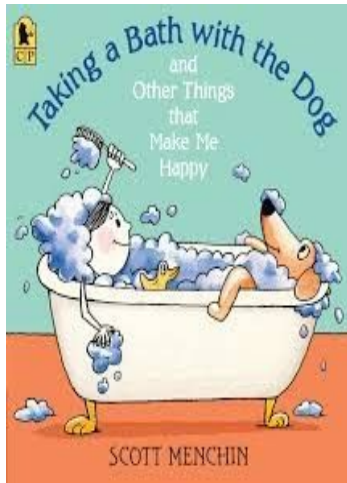
North South Books, 1992

Rainbow Fish is the most beautiful fish in the ocean. He thinks he is very special because of his sparkling scales, and refuses to share his scales with the other fish. His friends become upset when he doesn't share and begin to ignore him. Rainbow Fish is very lonely until he seeks advice from a wise octopus and discovers that he is much happier when he shares his beautiful scales with his friends. (Ages 3-8)

Read Aloud: <https://www.youtube.com/watch?v=YushF-cFD64>

Book Nook:

http://csefel.vanderbilt.edu/booknook/rainbow_fish.pdf

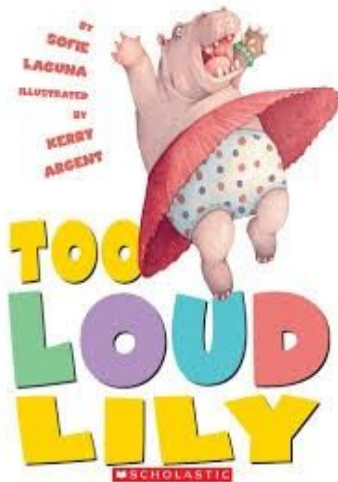


Taking a Bath With the Dog and Other Things That Make Me Happy by Scott Menchin Candlewick Press

Taking a Bath With the Dog begins with a mother asking her daughter, "I miss your smile today, Sweet Pea. What would make you happy?" Sweet Pea doesn't know what would make her happy, so she decides to ask everyone and anything she can find. For example, a rabbit is happy running, a mole is happy digging, and a bat is happy sleeping upside down. Sweet Pea then remembers all of the things that make her happy! The colorful illustrations and simple text will appeal to both toddlers and preschoolers. (Ages 2-5)

Read Aloud: <https://www.youtube.com/watch?v=f8p7-fm0lic>

Book Nook: http://csefel.vanderbilt.edu/booknook/bn_bath.pdf

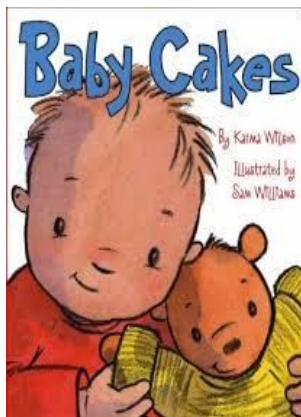


Too Loud Lily by Sophia Laguna Scholastic Press, 2002

Everything Lily Hippo does is too loud! She laughs too loud! She sings too loud! She even reads too loud! She is so loud that she wakes the baby at home and gets her friends in trouble at school. When a new teacher comes to Lily's school, she is asked to be in a play where she learns that there is a time and place to use her special talent. (Ages 4-7)

Read Aloud: <https://www.youtube.com/watch?v=QUZqVwVdm5o>

Book Nook: <http://csefel.vanderbilt.edu/booknook/loudbilly.pdf>

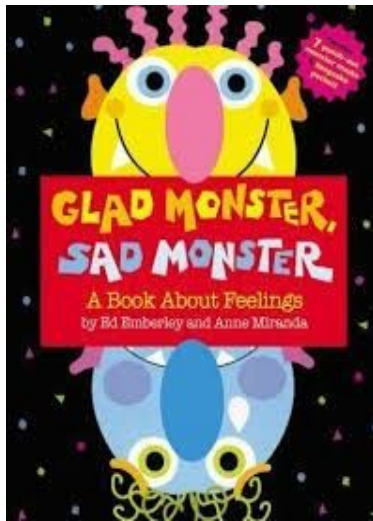


Baby Cakes By: Karma Wilson and Illustrated by Sam Williams Little Simon, 2006

Baby Cakes is a book about the many ways in which one can show infants and toddlers that they are loved. It illustrates fun baby games such as kissing the baby, bouncing the baby on your lap, nibbling the baby's feet, singing to the baby and playing peek-a-boo! The book has rhyming lyrics that infants and toddlers will love! (Ages 1-3)

Read Aloud: <https://www.youtube.com/watch?v=zbGBmjogoo>

Book Nook: http://csefel.vanderbilt.edu/booknook/bn_babycakes.pdf

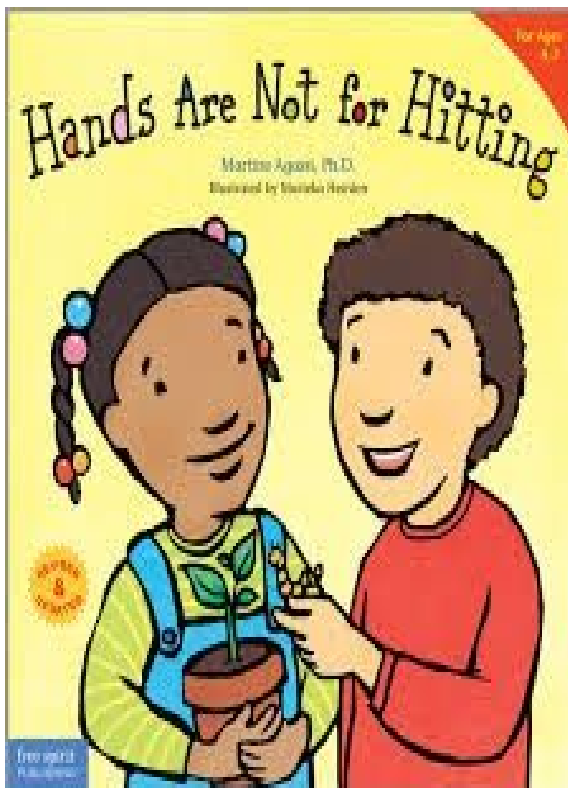


**Glad Monster Sad Monster By Ed Emberley & Anne Miranda
Little Brown and Company, 1997**

Glad Monster Sad Monster is a book about feelings with fun monster masks that children can try on and talk about times when they felt glad, sad, loving, worried, silly, angry and scared—just like the monsters! Each monster is a different color to represent specific emotions. For example, the yellow monster is glad when he gets to open presents, play ball, slurp ice cream and dance with his friend! (Ages 2-5)

Read Aloud: <https://www.youtube.com/watch?v=p2ogleliZV0>

Book Nook: <http://csefel.vanderbilt.edu/booknook/glad/glad.pdf>

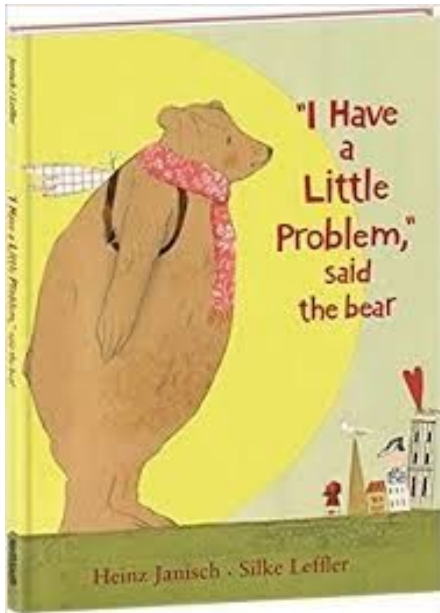


**Hands Are Not for Hitting By Martine Agassi Free
Spirit Publishing, Inc.**

Hands Are Not for Hitting is a story about alternative actions and activities that children and adults can do with their hands instead of hitting. It teaches correct use of hands in an encouraging way through the use of simple language and descriptive illustrations that makes learning fun. The story helps children understand why they may feel like hitting and offers many ways one can deal with feelings by replacing the use of hitting with alternative skills. Suggested alternatives to hitting are: use of feeling words, ways of letting your feeling out in a non-violent manner, problem-solving, trying to understand how others might feel when you hit, and how to use one's hands appropriately. At the end of the story there are many supplemental ideas for parents and teachers to support the reading of this story and to reinforce children's understanding of using hands in an appropriate manner. (Ages 2-8)

Read Aloud: <https://www.youtube.com/watch?v=DhCuVfVjoK8>

Book Nook: http://csefel.vanderbilt.edu/booknook/hands/hands_new.pdf

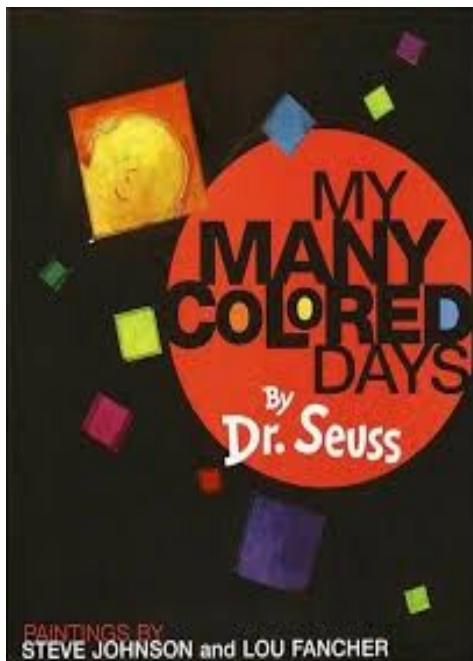


**“I Have a Little Problem,” Said The Bear By Heinz Janisch
North-South Books**

“I Have a Little Problem,” Said The Bear follows a troubled bear as he tries to find someone to listen to his problem. He visits everyone from an inventor to a doctor to find someone who will listen, but everyone is quick to provide a solution before they even listen to his problem! They give him a pair of wings, vitamins, and bear boots— but none of these solve the bear’s problem. Finally, the bear finds a good listener in an unexpected friend, and solves his problem (that he is afraid of his dark cave). Children will not only enjoy the story, but also will learn the importance of listening. (Ages 3-5)

Read Aloud: <https://www.youtube.com/watch?v=cEd6zon6j18>

Book Nook: http://csefel.vanderbilt.edu/booknook/bn_problem.pdf

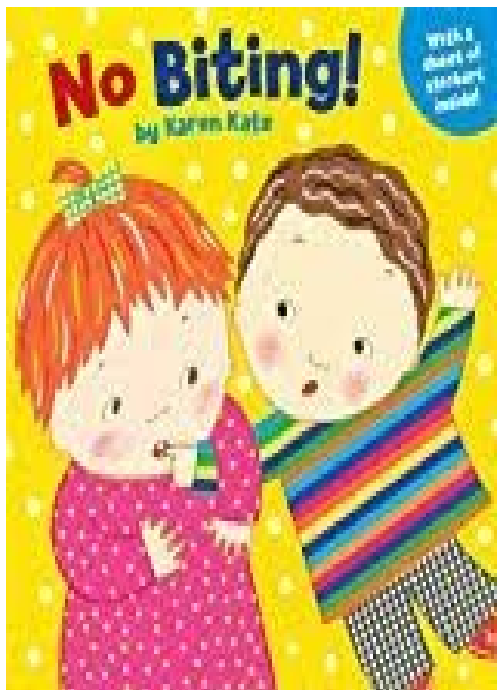


**My Many Colored Days By Dr. Seuss Illustrated by
Steve Johnson and Lou Fancher**

This rhyming story is a wonderful way for parents and teachers to talk with children about their feelings. Each day is described in terms of a particular color, which in turn is associated with specific emotions. Using a spectrum of vibrant colors and a variety of animals, this unique book covers a range of moods and emotions. (Ages 3-8)

Read Aloud: <https://www.youtube.com/watch?v=P04oC5C4vf>

Book Nook: http://csefel.vanderbilt.edu/booknook/many_colored_days.pdf



No Biting By Karen Katz Illustrated by Steve Johnson and Lou Fancher

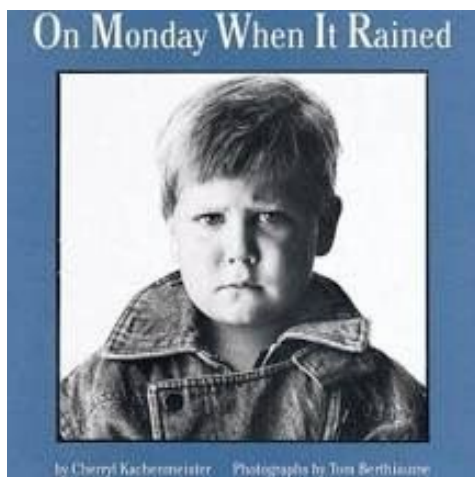
No Biting! is a 'Lift-the-Flap' book geared for toddlers to help teach what is ok to bite, hit, push, kick, and spit. As you lift the flaps you'll discover that even though babies sometimes bite, push, and kick they can learn a better way to act. The story teaches ways to replace inappropriate behavior with more appropriate skills. The cute pictures and interactive flaps make this book fun for both adults and babies. This book is one in a series of stories by Karen Katz. (Ages 1-3)

Read Aloud:

<https://www.youtube.com/watch?v=QUwQmAgw1Is>

Book Nook:

http://csefel.vanderbilt.edu/booknook/bn_nobiting.pdf

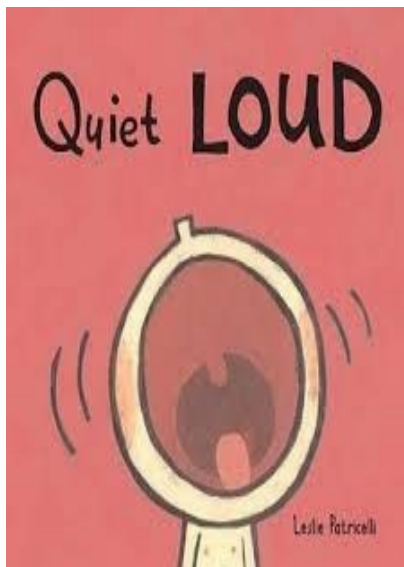


On Monday When It Rained By Cheryl Kachenmeister Houghton Mifflin Company, 1989

On Monday When It Rained is a great book for talking about feelings and emotions. The story is about a boy and what happens to him every day for a week. Each day, based on what happens, the boy talks about how it makes him feel. The pictures are very expressive and label a range of feelings and emotions (disappointed, embarrassed, proud, scared, angry, excited, lonely). (Ages 3-8)

Read Aloud: <https://www.youtube.com/watch?v=vNWGJgYbX-U>

Book Nook: <http://csefel.vanderbilt.edu/booknook/mondayrain/mondayrain2006.pdf>



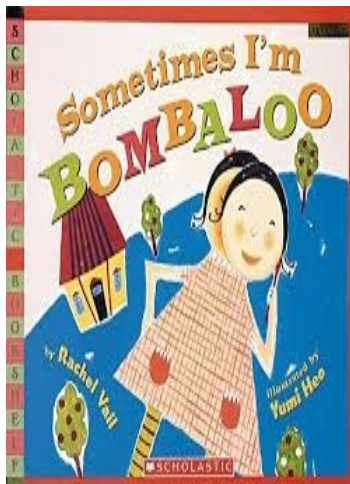
Quiet LOUD by Leslie Patricelli Candlewick Press

Quiet LOUD is a book about noises! The book provides many fun examples of quiet and loud noises, places, objects and animals (whispering is quiet and screaming is loud; turtles are quiet and monkeys are loud). The illustrations and the simple and repetitive text will encourage children to “read” along while using their quiet and loud voices! Quiet LOUD is also available in Spanish, “Silencio Ruido” and in Braille. (Ages 1-4)

Read Aloud:

<https://www.youtube.com/watch?v=TUwzV8xnPDU>

Book Nook: csefel.vanderbilt.edu/booknook/quiet_loud.pdf



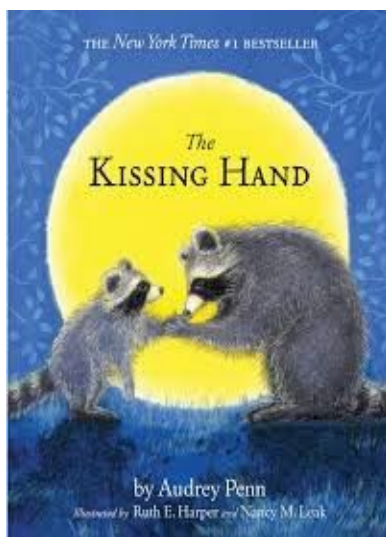
Sometimes I'm Bombaloo by Rachel Vail

Sometimes when Katie loses her temper she uses her feet and her fists instead of her words. She's Bombaloo! Being Bombaloo can be scary! With a little time to calm down and think about why she's mad and a little love from her mother, Katie feels like herself again. (Ages 3-8)

Read Aloud: <https://www.youtube.com/watch?v=4GJ9mWusTec>

Book Nook:

http://csefel.vanderbilt.edu/booknook/bn_bombaloo.pdf



The Kissing Hand By Audrey Penn

Chester, a young raccoon, is anxious about leaving his mother, his toys, and his friends on the first day of school. Lovingly, his mother shares a secret that will help him cope with his new world. (Ages 3-5)

Read Aloud: <https://www.youtube.com/watch?v=0URIsHiPy10>

Book Nook:

http://csefel.vanderbilt.edu/booknook/bn_kissing.pdf

When I Am/Cuando estoy By Gladys Rosa-Mendoz

When I am/Cuando Estoy is a board book for toddlers and preschoolers. The text is in both English and Spanish. Each page captures an emotion (happy, sad, tired, angry, bored, worried, frightened, surprised, and lonely) and what a child does when feeling that emotion. (Ages 2-5)

Read Aloud:

<https://www.youtube.com/watch?v=0TLZXLv-Hk8>

Book Nooks:

http://csefel.vanderbilt.edu/booknook/bn_wheniam.pdf