**SEL: Social Emotional Learning Support Through Children's Library Programs**

**References and Resources**

**Books For Kids**

**Yoga**

*My Heart Flies Open* by Omileye Achikeobi-Lewis. Poses, whimsy, fantasy: 978-1-62317-613-6

*You Are A Rainbow of Energy* by Crystal McCreary. Chakras, poses, chants. 978-1-4236-6565-6

**Empathy**

*All of Us: A First Conversation about Disability* by Megan Pamela Ruth Madison: 978-059389-1483

*Big* by Vashti Harrison. Body acceptance, tolerance: 1-978-0-316-3522-9

*My Brother Is Away* by Sara Greenwood. Incarcerated family member: 978-0593127162

*We’ve Got This* by Rashmi Sirdeshpande (Empathy Lab). Good overall guide: 978-0-7112-8493-7

**Eco-Anxiety**

*History Smashers: Earth Day* by Kate Messner. Perspective, action: 978-0-59370-5308

*How To Explain Science Climate to a Grown-up* by Ruth Spiro. Calm reassurance: 97816-2354-6205

*Take a Hike* by Kate Chenowith. How to de-stress in nature. 97814-3384-5208

**Adult Reading**

*A Field Guide to the Apocalypse by* Athena Aktipis. Humorous common sense. 97815-2351-8258

*Parenting In a Climate Crisis* by Bridget Shirvell. Turning Fear into Action. 978-1523528974

*Take a Moment* by Paul Christelis. 50 mindfulness for kids from the Mayo Clinic: 9781445173016

**Sites**

*Cities Connecting Children to Nature* https://www.childrenandnature.org/wp-content/uploads/CCCN\_NatureLibraries.pdf

*Empathy Lab* <https://empathylab.uk/> A British non-profit from the Arts Council of England. Free downloads.

*Let’s Move in Libraries* <https://letsmovelibraries.org/> Monthly drop-in sessions for programming ideas for all ages

*Michigan Association of School Librarians MiSelf in Books <http://www.mimasl.org/miself-in-books.html>*

*Ohio Social Emotional Learning Alliance*

Resources for Librarians <https://sel4oh.org/sel-resources-for-librarians/>

Behavior Management <https://drive.google.com/file/d/1A0yzDuM_b21A1SrlzaMzifO485Dk7qJW/view>

Booklists <https://drive.google.com/file/d/1sSYTmi8_viN6Zozrwojltu4ozwHoQgz_/view>

**Research**

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Houlihan, K. (2019). 5 Ways to Incorporate SEL at Your Library: Supporting Multi-dimensional Learning: Take time to look at how your library’s teen services align to SEL facets. *Young Adult Library Services*, *17*(2), 22–25.

Kaspar, K. L., & Massey, S. L. (2023). Implementing Social-Emotional Learning in the Elementary Classroom. *Early Childhood Education Journal*, *51*(4), 641–650. <https://doi.org/10.1007/s10643-022-01324-3>

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Seely, G. (2020). SEL. *School Library Journal*, *66*(8), 46–58.