SOCIAL EMOTIONAL DEVELOPMENT IS VERY IMPORTANT FOR YOUNG CHILDREN. THIS IS A CRITICAL AGE TO LEARN HOW TO IDENTIFY AND CONTROL EMOTIONS. HELP YOUR CHILD IDENTIFY EMOTIONS BY STATING WHAT EMOTION YOU ARE FEELING AND WHAT YOU ARE GOING TO DO WITH THAT EMOTION. THERE ARE MANY BOOKS ABOUT EMOTIONS AND FEELINGS TO HELP YOUR CHILD GROW.

BOOKS TO READ ON HOOPLA:
When Sophie Gets Angry—Really, Really Angry by Molly Bang
I am Enough by Grace Byers
Grumpy Pants by Claire Messer
If You’re Happy and You Know It by Kim Mitzo Thompson

MORE BOOKS AT THE LIBRARY:
Glad Monster, Sad Monster by Ed Emberley
Llama Llama Mad at Mama by Anna Dewdney
The Feelings Book by Todd Parr
Happy by Emma Dodd
Grumpy Bird by Jeremy Tankard
The Rabbit Listened by Cori Doerrfeld
The Way I Feel by Janan Cain
I’m Sad by Michael Ian Black
SONGS AND RHYMES:

Feelings (to the tune of: "Twinkle, Twinkle Little Star")
I have feelings, so do you.
Let’s all sing about a few.
We get happy, we get sad.
We get scared, we get mad.
I am proud of being me
That’s a feeling, too, you see.
I have feelings, so do you.
We just sang about a few.

How Are You Feeling Today? (to the tune of: "Hickory Dickory Dock")
How are you feeling today?
Oh how are you feeling today?
I’m happy and glad, happy and glad,
That’s how I’m feeling today.

How are you feeling today?
Oh how are you feeling today?
I’m grumpy and cross, grumpy and cross,
That’s how I’m feeling today.
(repeat the verse with ‘sleepy and tired’, ‘frightened and scared’ or any other feelings that you might want to add)