



Me2Be Pediatric Wellness Services

P: 780-245-5936

E: me2be.info@gmail.com

W: www.me2be.ca

Books Me2Be 

Books to Support Social - Emotional Development in Preschoolers

Title	Author	Book
1. The Way I Feel	Janan Cain	
2. In My Heart	Jo Witek and Christine Roussey	
3. The Feelings Book	Todd Parr	
4. The Color Monster	Anna Llenas	
5. Glad Monster Sad Monster	Ed Emberley and Anne Miranda	



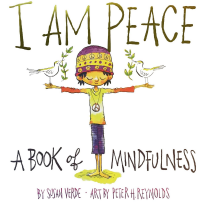
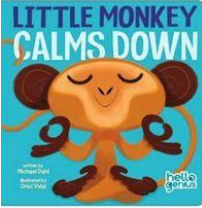
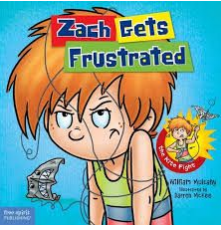
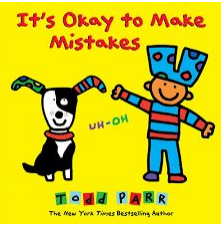
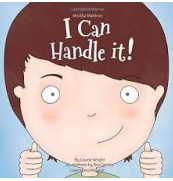
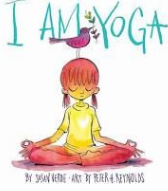
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<p>6. I am Peace</p>	<p>Susan Verde and Peter H. Reynolds</p>	
<p>7. Little Monkey Calms Down</p>	<p>Michael Dahl</p>	
<p>8. Zach Gets Frustrated</p>	<p>William Mulcahy and Darren McKee</p>	
<p>9. It's Okay to Make Mistakes</p>	<p>Todd Parr</p>	
<p>10. I Can Handle it!</p>	<p>Ms Laurie Wright and Ms Ana Santos</p>	
<p>11. I am Yoga</p>	<p>Susan Verde and Peter H. Reynolds</p>	



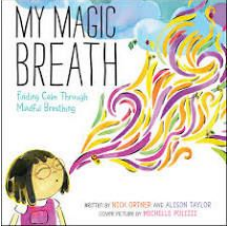
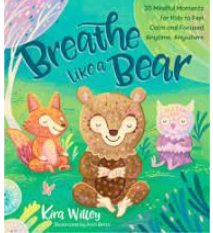

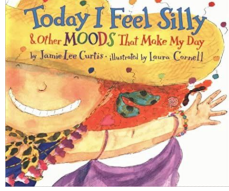
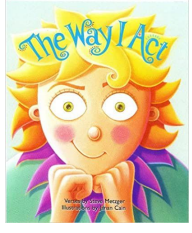
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<p>12. My Magic Breath</p>	<p>Nick Ortner, Alison Taylor, et al.</p>	
<p>13. Breathe Like a Bear</p>	<p>Kira Willey and Anni Betts</p>	
<p>14. Listening to My Body</p>	<p>Gabi Garcia and Ying Hui Tan</p>	
<p>15. Today I Feel Silly & Other Moods That Make My Day</p>	<p>Jamie Lee Curtis</p>	
<p>16. The Way I Act</p>	<p>Steve Metzger</p>	



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**17. Have You Filled a
Bucket Today?**

**Carol McCloud and David
Messing**

