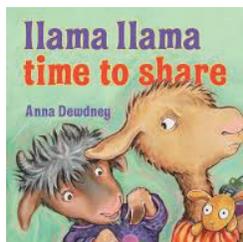




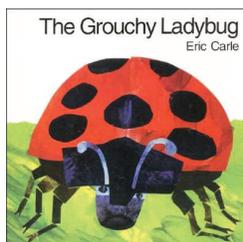
Gets Along With Others

Getting along with others is the ability to form positive and healthy relationships with peers and adults. Children with better abilities to regulate their emotions and behaviours have more friends and experience more positive playtime with their peers.



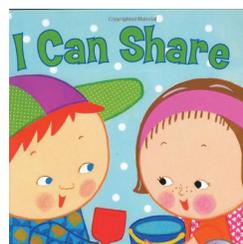
Llama Llama Time to Share (2012) by Anna Dewdney

When a new neighbour comes to visit, Llama doesn't want to share his toys. However when fighting leads to tears and broken toys, Llama learns that sometimes it's better to share.



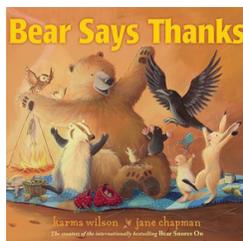
The Grouchy Ladybug (1996) by Eric Carle

In Eric Carle's iconic picture book, a grouchy ladybug challenges everyone she meets to a fight until she finally learns an important lesson about bullying and sharing.



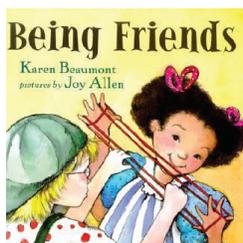
I Can Share (2004) by Karen Katz

This bright and colourful picture book shows young children learning to share things they do not want to give up.



Bear Says Thanks (2012) by Karma Wilson

Bear invites all of his friends over to his cave for a splendid feast. Everyone brings something to share except Bear, because his cupboards are empty! With his friends' help, Bear finds that he has something special to share as well.



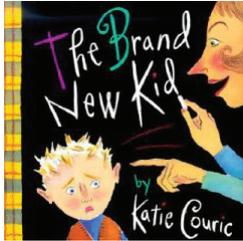
Being Friends (2002) by Karen Beaumont

Despite their many differences, two young girls discover the joys of being best friends.



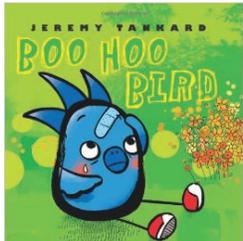
Compassionate and Kind

Being **compassionate and kind** is closely related to empathy. While empathy refers more generally to the ability to take the perspective of and to feel the emotions of another person, compassion goes one step further. Compassion includes the desire to take actions that will alleviate another person's distress.



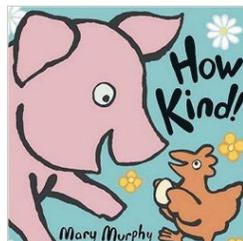
The Brand New Kid (2000) by Katie Couric

When Lazlo leaves his home country of Hungary to live in the U.S., he feels alone and left out by his classmates. Everything changes, however, when two girls have the courage to befriend him at school.



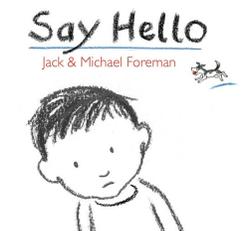
The Boo Hoo Bird (2009) by Jeremy Tankard

Poor Bird gets hit on the head during a game of catch with his friends. To make him feel better, Bird's friends offer many suggestions and techniques for how Bird can be happy again.



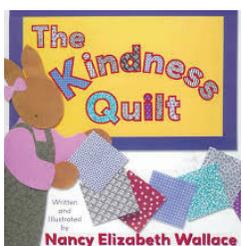
How Kind (2004) by Mary Murphy

When Hen decides to give her friend Pig an egg, her kind gesture sets off a chain of events at the farm. Soon all the animals want to do something nice for their friends.



Say Hello (2008) by Jack Foreman

Foreman's beautifully simple story starts with a small boy longing to play with the other children. When the other children notice him and invite him to play, the boy is overjoyed.



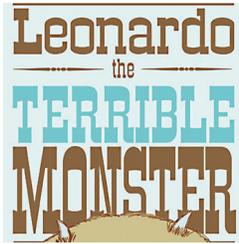
The Kindness Quilt (2006) by Nancy Elizabeth Wallace

When Mina's teacher asks her class to do something kind and make a picture of it, Mina has a wonderful idea: she will make a quilt full of many acts of kindness. Her idea soon inspires her classmates and the quilt begins to grow.



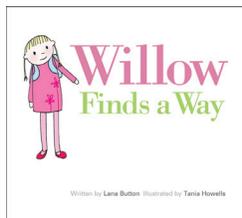
Solving Problems Peacefully

Solving problems peacefully is about creating an atmosphere where violence and aggression are not likely. To resolve conflict means using empathy, problem-solving skills, understanding other points of view and coming up with ways to make things right in a fair way. Peace is more than the absence of conflict and violence. It is recognizing and acting on the worth of self, others and the interconnectedness of humans.



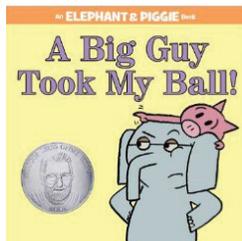
Leonardo the Terrible Monster (2005) by Mo Willems

Leonardo is a monster who just can't seem to scare anyone! When he meets a nervous little boy who seems like the perfect candidate to frighten, Leonardo must decide if there is a better thing to do.



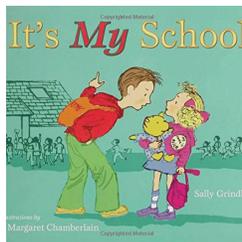
Willow Finds a Way (2013) by Lana Button

When Kristabelle announces to her class that she is going to have a birthday party, Willow is thrilled. But when Kristabelle starts to act bossy and cross her friends off the list if they don't do what she wants, Willow decides she must find a peaceful way to stop the bullying.



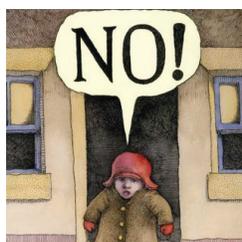
A Big Guy Took My Ball (2013) by Mo Willems

Piggie is upset when a whale takes the ball she found. Gerald offers a solution that will please everyone.



It's My School (2006) by Sally Grindley

When his little sister Alice starts kindergarten at his school, Tom is unhappy. However, when Alice gets in trouble on the first day, Tom finds a peaceful way to make everyone happy.



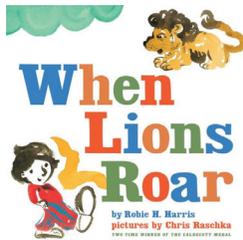
No! (2009) by David McPhail

Through pictures, David McPhail tells the inspirational story of a little boy who goes on a walk to deliver a letter. On the way, the boy passes many acts of war, until he finally has had enough and puts an end to the violence.



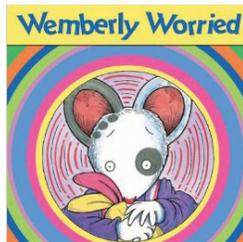
Secure and Calm

Secure and calm describes the ability to take part in daily activities and approach new situations without being overwhelmed with worries, sadness or anxiety. To be secure and calm also means being able to cope with stress and pressure, and to bounce back from difficulties.



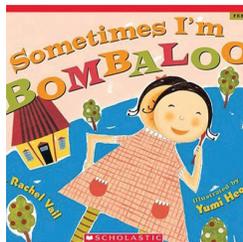
When Lions Roar (2013) by Robie H. Harris

A small child is frightened by loud, scary noises, until he closes his eyes and concentrates on the quiet and calm noises around him. This is a wonderful story to help comfort children with worries and anxiety.



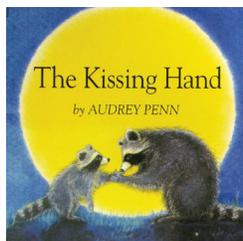
Wemberly Worried (2000) by Kevin Henkes

Wemberly is a mouse who is worried about everything. Before her first day of nursery school, Wemberly finds that she has a whole list of things to worry about, but she is able to overcome her fears with a little help from those who love her.



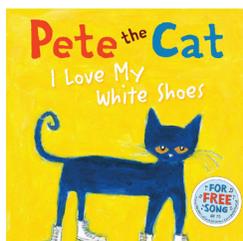
Sometimes I'm Bombaloo (2002) by Rachel Vail

Sometimes, Katie feels so angry that she becomes a shouting, screaming Bombaloo! Being a Bombaloo can be scary, but with a little love, Katie finds a way to feel like herself again.



The Kissing Hand (1993) by Audrey Penn

When Chester the raccoon is reluctant to go to kindergarten for the first time, his mother teaches him a secret way to carry her love with him.



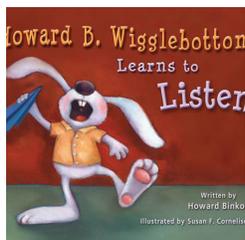
Pete the Cat: I Love My White Shoes (2010) by Eric Litwin

No matter what obstacles Pete the Cat encounters on his walk, he finds a way to stay calm, cool, and in control of his feelings.

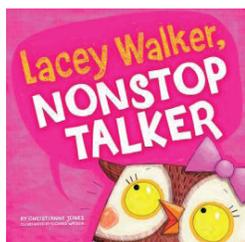


Alert and Engaged

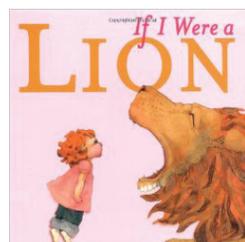
Being **alert and engaged** is the ability to manage and direct one's own feelings, thoughts and emotions. In general, it is the ability to be 'present' and to exercise self-control.



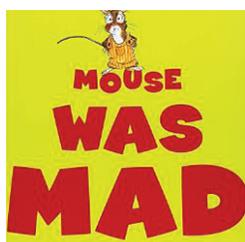
Howard B. Wigglebottom Learns to Listen (2005) by Howard Binkow
Howard B. Wigglebottom is a squirmy, wriggly bunny, who finds it very difficult to pay attention and avoid distractions. When Howard finally decides to learn how to listen, he discovers that life becomes a lot easier.



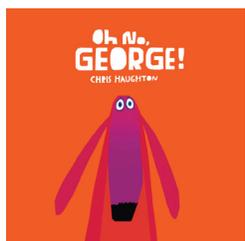
Lacey Walker Non-Stop Talker (2012) by Christianne Jones
Lacey Walker loves to talk. She could talk all day and all night if she wanted to. But when Lacey loses her voice from too much talking, she learns that there is value in listening as well.



If I Were a Lion (2004) by Sarah Weeks
When a little girl winds up in trouble, she begs her parents for forgiveness by comparing her actions to wild, ferocious animals.



Mouse Was Mad (2009) by Linda Urban
Each of Mouse's friends has a different way to manage their anger--Bear stomps, Rabbit hops, and Bobcat screams. What can Mouse do? When Mouse finds the answer, we find that his way might just be the best way of all.



Oh No, George! (2012) by Chris Haughton
George tries to be a good dog, but he finds it hard to control his impulses when there are cats to chase, flowers to dig up, and a delicious cake sitting on the kitchen table.