

Emotional Health & Wellbeing Children's Book List

Updated January 2014

Emotions & Feelings

Bossy Bear by David Horvath

Bossy Bear drives everyone away because he always wants things his way, but he makes a new friend when Turtle points out that he has other options.

Feelings by Aliki

Children learn to identify different emotions, from happy and excited to shy, through the cartoon depictions.

Glad Monster, Sad Monster : A Book About Feelings by Ed Emberley & Anne Miranda

Monsters of different colors explain what makes them feel glad, sad, loving, worried, silly, and angry. Fold-out masks encourage readers to talk about their feelings.

The Great Big Book of Feelings by Mary Hoffman

Explores the host of emotions that children can feel, including happiness, sadness, anger, loneliness, fear, and embarrassment.

Hands Are Not for Hitting by Martine Agassi

Demonstrates that "hands are not for hitting" by suggesting many positive uses for them, such as saying hello, playing, creating, and helping.

How Do Dinosaurs Say I'm Mad? By Jane Yolen

Illustrations and rhyming text explore some of the things that dinosaurs might do when they are angry-- and how they should control their tempers.

My Friend is Sad by Mo Willems

When Gerald the Elephant is sad, Piggie is determined cheer him up, but finds after many tries that it only takes the simplest thing to change Gerald's mood.

My Many Colored Days by Dr. Seuss

This rhyming story describes each day in terms of a particular color which in turn is associated with specific emotions.

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel

Simple mindfulness practices to help your child deal with anxiety, improve concentration, and handle difficult emotions.

Sometimes I'm Bombaloo by Rachel Vail

A young girl loses her temper, described as "bombaloo." Her mother helps her to work through the associated feelings of being scared and remorseful.

When Lions Roar by Robie Harris

Loud, scary noises frighten a child until quiet and calmness return.

When Sophie Gets Angry – Really, Really Angry . . . by Molly Bang

The story of a little girl named Sophie who gets angry and runs, cries, climbs her favorite tree, and is calmed by the breeze until she is ready to go back home.

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Bullying

Ben Rides On by Matt Davies

Ben rides his new bicycle the very, very long way to school but Adrian Underbite, perhaps the world's largest third-grader, takes the bike anyway and later, when Ben finds Adrian in trouble, he must decide whether or not to help the larcenous bully.

Bluebird by Bob Staake

An exploration of the universal themes of loneliness, bullying, and friendship traces the poignant journey of a bluebird who makes the acquaintance of a young boy and ultimately risks his life to save the boy from harm.

Bully by Laura Vaccaro Seeger

A little bull discovers that he has been a big bully.

A Bully-Free School by Pamela Hall

Offers different techniques for dealing with bullying in school, including standing up to the bully, reporting bullying to an adult, and making friends with children in other classes.

Each Kindness by Jacqueline Woodson

When Ms. Albert teaches a lesson on kindness, Chloe realizes that she and her friends have been wrong in making fun of new student Maya's shabby clothes and refusing to play with her.

The Junkyard Wonders by Patricia Polacco

When Trisha is put in a special class because she has learning difficulties, her teacher helps her and her classmates see the unique contribution that each student can make to the world.

Llama Llama and the Bully Goat by Anna Dewdney

Following their teacher's lead, Llama Llama speaks to Gilroy Goat and tells him he should not act like a bully on the playground.

Lucy and the Bully by Claire Alexander

When a mean classmate in preschool wrecks Lucy's artwork, she discovers that they can be friends once he stops being jealous of her.

Nobody Knew What to Do : A Story about Bullying by Becky Ray McCain

When bullies pick on a boy at school, a classmate is afraid, but decides that he must do something.

Staying Bully-Free Online by Pamela Hall

Offers different techniques for dealing with cyberbullying, including not responding to mean messages with more mean messages, reporting cyberbullying to a parent, and being an upstander.

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Coping with Loss

The Berenstain Bears Lose a Friend by Stan & Jan Berenstain

When Papa and Mama Bear find Sister Bear's pet goldfish, Goldie, floating belly-up in her fishbowl, they worry about how Sister will feel over the loss of her close friend.

The Fall of Freddie the Leaf: A Story of Life for All Ages by Leo F. Buscaglia

As Freddie experiences the changing seasons along with his companion leaves, he learns about the delicate balance between life and death.

The Forever Dog by Bill Cochran

Making a pact with his pet pooch, Corky, to stay together forever, little Mike doesn't know what to make of the situation when he comes home from school and finds Corky isn't there to greet him.

Harry and Hopper by Margaret Wild

One day when Harry comes home from school, his faithful companion Hopper isn't there to greet him, in a touching story about the process of healing after losing a beloved pet.

Knock, Knock: My Dad's Dream for Me by Daniel Beaty

A boy wakes up to find his father gone. At first, he feels lost. But his father has left him a letter to guide him through the times he cannot be there. Especially for children with incarcerated parents, but appropriate for any extended child/parent separation.

Missing Mommy: A Book About Bereavement by Rebecca Cobb

Daddy comforts and reassures a very young boy after Mommy dies.

The Scar by Charlotte Moundlic

When his mother dies, a little boy is angry at his loss but does everything he can to hold onto the memory of her scent, her voice, and the special things she did for him, even as he tries to help his father and grandmother cope.

Friendship

Hello, My Name is Ruby by Phillip C. Stead

Ruby, a very small bird in a very big world, is looking for a friend, so she introduces herself.

How to Be a Friend: A Guide to Making Friends and Keeping Them by Laurene Krasny Brown & Marc Brown

Dinosaur characters illustrate the value of friends, how to make friends, and how to be and not to be a good friend.

I'm Not by Pam Smallcomb

A young girl discovers that best friends can enjoy and do well at different things as long as they are good at being friends.

Nugget & Fang by Tammi Sauer

Everyone knows that minnows and sharks can't be friends! Can Nugget and Fang be different?

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Pug & Doug by Steve Breen

Pug and Doug are best friends, even when their differences lead to a misunderstanding.

Same, Same But Different by Jenny Sue Kostecki-Shaw

Pen pals Elliott and Kailash discover that even though they live in different countries--America and India--they both love to climb trees, own pets, and ride school buses.

When No One is Watching by Eileen Spinelli

When alone, a young girl enjoys dancing, singing, growling, and cheering but when anyone other than her best friend is watching, she is quiet and shy.

Autism

Autism and Me by Ouisie Shapiro

Children tell their story of what it is like to live with a sibling who has autism.

David's World by Dagmar H. Mueller

A young boy's understanding of his autistic brother, David, improves as a therapist works with the family to better interpret David's behavior, and with David to communicate through words.

Ian's Walk: A Story about Autism by Laurie Lears

A young girl realizes how much she cares for her autistic brother Ian when he gets lost at the park.

Looking After Louis by Lesley Ely

When Louis, a new boy with autism, joins their classroom, the students try to understand his world as well as include him in theirs.

My Brother Charlie by Holly Robinson Peete & Ryan Elizabeth Peete

A girl tells what it is like living with her twin brother who has autism and sometimes finds it hard to communicate with words, but who, in most ways, is just like any other boy.

Russell's World by Charles A. Amenta

Describes the daily life, likes and dislikes, and habits of Russell Amenta, who is a happy boy despite being severely autistic.

Since We're Friends by Celeste Shally

A boy describes his friendship with Matt, an autistic boy, relating how he helps Matt cope with everyday situations and how they enjoy playing sports, watching movies, reading books and talking about animals together.

Understanding Sam and Asperger Syndrome by Clarabelle Van Niekirk

This story introduces Sam, and describes the positive and negative components of the Asperger Syndrome with which Sam deals.

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Being Different

10,000 Dresses by Marcus Ewert

Bailey longs to wear the beautiful dresses of his dreams but is ridiculed by his unsympathetic family which rejects his true perception of himself.

The Art of Miss Chew by Patricia Polacco

Describes how a teacher named Miss Chew encouraged individuality, and accepted learning differences, and helped a young student with academic difficulties get extra time to take tests and permission to be in advanced art classes.

The Artist Who Painted a Blue Horse by Eric Carle

Rather than use the same old colors, a child paints animals and objects in a variety of different hues.

The Invisible Boy by Trudy Ludwig

Brian has always felt invisible at school, but when a new student, Justin, arrives, everything changes.

Stand Straight, Ella Kate: The True Story of a Real Giant by Kate Klise

Shares the inspiring story of Ella Kate Ewing, describing how her unusual height of more than seven feet made her the 19th-century's tallest woman, and how she came to embrace her difference.

Disabilities & Illness

Mama One, Mama Two by Patricia MacLachlan

A young child lives with a foster family until her own mother is well enough to care for her.

My Friend Has... (Friends With Disabilities series) by Amanda Doering Tourville

A series of books explaining some of the challenges and rewards of living with ADHD, Dyslexia, Autism, and Down Syndrome. Each disability has its own title.

My Friend Isabelle by Eliza Woloson

A young boy named Charlie describes the activities he shares with his friend Isabelle, a girl with Down Syndrome.

My Sister, My Friend by Danielle Torres

An endearing tale of two sisters, one who has Williams syndrome and one who does not. It is meant to be used as a tool for parents/teachers to read with their children. It will take you on a journey through the youngest child's questions about why her older sister is a little different from her.

Sad Days, Glad Days: A Story About Depression by DeWitt Hamilton

Amanda describes the sad days, glad days, and in-between days at her house, which are determined by her mother's depression.

Sometimes My Mommy Gets Angry by Bebe Moore Campbell

Annie faces the difficult situation of living with a mother whose mental illness makes her angry suddenly and without cause.