Children's Books to Support Sensitive Conversations

STORIES ABOUT FEELING SADNESS AND ANXIETY

1-2-3 A Calmer Me: Helping Children Cope When Emotions Get Out of Control by Colleen A. Patterson,

MA and Brenda S. Miles, Ph.D.

A simple rhyming mantra helps children to slow down their immediate reactions and replace them with comforting responses. **Ages 5-8**

All Are Welcome by Alexandra Penfold

An award winning book to let every child know that they are always welcome and have an important place in school. Celebrating diversity and inclusion the story gives every child encouragement and support. Ages 4-8

Be Who You Are by Todd Parr

A reminder to children that it is their unique traits that make them feel special. Parr encourages readers to embrace all of their unique qualities. **Ages 5-7**

Be You by Peter Reynolds

Be curious. Be adventurous. Be brave. Be YOU! Ages 4-8

Bee Still, an Invitation to Meditation by Frank J. Sileo, Ph.D.

Bentley the bee teaches his friend bees how to use meditation to focus, feel calm and soothe difficult feelings. **Ages 4-8**

Brave As Can Be: A Book of Courage by Jo Witek

An older sister explains to her little sister all of the things she feared. The fears that once felt big as mountains are now as miniscule as a speck of dust. **Ages 2-4**

The Breaking News by Sarah Lynne Reul

When a little girl's community is overwhelmed by bad news, she tries to imagine how to help. She begins to do small acts of kindness, which add up and make a world of difference. **Ages 4-8**

The Color Monster - A Story about Emotions by Anna Llenas

The Color Monster's feelings are all in a jumble! He needs help sorting them out! Ages 4-8

Danny and the Blue Cloud: Coping With Childhood Depression by James M. Foley, D.Ed.

In coping with childhood depression, Danny the bear has a blue cloud over his head that makes him cry, withdraw from friends and lose interest in playing. His friend Barnaby the rabbit helps him to reshape his thinking, increase his self-esteem and to raise his energy level. **Ages 4-8**

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The Don't Worry Book by Todd Parr

Super author Todd Parr, using colorful pictures and a reassuring message, shows that sometimes we all worry but there are lots of things you can do to help you feel better. **Ages 3-5**



Everybody Feels... SAD! By Moira Butterfield &

Holly Sterling

Read about Chloe and Omar and what they did when they felt sad. This book helps children cope with new emotions and experiences. **Ages 3-5**

Face Your Fears by Gill Hasson

Everyone feels afraid sometimes. What you might not know is that you have courage and can face your fears. This book tells you how. **Ages 6-9**

A Feel Better Book for Little Worriers by Holly Brochmann

A book to help children identify a worry and where it might come from and to provide coping tools. **Ages 3-6**

Feeling Sad by Kay Barnham

Rio has a talent for helping his friends when they feel sad. When Rio himself feels sad he needs to reach out to others to help him feel better. **Ages 5-9**

Feeling Scared by Kay Barnham

Diego is a big help to his sister and friends when they feel scared but now he feels scared of something. How will he face his own fear? **Ages 5-9**

The Grouchies by Debbie Wagenbach

In this rhyming story, kids follow a boy through a grouchy day and learn easy practical ways to turn their grouchies into smiles and to understand how their mood can affect others. **Ages 4-8**

I Am Peace: A Book of Mindfulness by Susan Verde

When the world feels chaotic, find empathy through imagination, connect with the earth, breathe, feel, taste, touch and be present. **Ages 4-8**

I'm Happy-Sad Today: Making Sense of Mixed Together Feelings by Lory Britain

Making sense of mixed-together feelings is challenging. Join a young girl in exploring her many layered emotions as she discovers that all of her feelings are okay. **Ages 3-8**

I'm Sad by Michael Ian Black

Everyone feels sad sometimes, even flamingos. A silly story about a girl, a flamingo and a potato discussing sadness. **Ages 4-8**

Margo Thinks Twice by Monica Arnaldo

Margo is an imaginative and adventurous girl with one big problem. She overthinks everything and feels nervous and uncomfortable. Margo's

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mother comes up with

an idea to ease her daughter's anxieties. Ages 3-7

Me and My Fear by Francesca Sanna

When a young migrant girl travels to a new country and starts school she is accompanied by her Fear, which tells her to be alone and afraid. She is stronger than her Fear and learns to share that with others, as everyone carries Fear with them. **Ages 3-7**

Mindful Bea and the Worry Tree by Gail Silver

This book offers coping skills for dealing with anxiety. Bea is excited about her upcoming birthday party until her anxiety interferes. She imagines the worst possible outcomes until she discovers that using deep-breathing and a mindfulness technique will really help her to feel better and enjoy the party.

Ages 4-8

The Most Magnificent Thing by Ashley Spires

A girl wants to make "A Magnificent Thing" but meets frustration and disappointment along the way. The story is an example of perseverance and creativity and shows that it is all right to make mistakes. Ages 3-7

An Ode to the Fresh-Cut by Deneen Millner Books

A young African American boy gets a haircut, which empowers him to change the way he feels about the world and builds his sense of well-being, confidence and self-esteem. **Ages 3-8**

Stress Can Really Get on Your Nerves! by Trevor Romain & Elizabeth Verdick

This book has stress-busting information for kids. If stress has you feeling anxious, awful or afraid, you can do something about it. Learn how to fix your stress messes and have a few laughs along the way. **Ages 8-13**

When I Feel Worried by Cornelia Maude Spelman

Everyone feels worried some time but there are ways to feel better. A cuddly toy hamster and her toy zebra offer some strategies. **Ages 4-8**

A World of Pausabilities, An Exercise in Mindfulness by Frank J. Sileo, Ph.D. Follow a neighborhood on a summer day as children and adults apply mindfulness to simple, everyday moments. Ages 4-8

Worries Are Not Forever by Elizabeth Verdick

This is a book for toddlers who are feeling worried and anxious. "Everyone worries, even grown-ups, but worries are not forever. You can help your worries go away." **Ages 1-4**

The Worry Box by Suzanne Chiew

Murray Bear is worried. His sister tells him to put all of his worries in a special box that she will help him to create. **Ages 3-7**

STORIES ABOUT KINDNESS

Be Kind by Pat Zietlow Miller

This thoughtful story explores what kindness is, and how any act, big or small, can make a difference or at least help a friend. **Ages 4-6**

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Finding Kindness by Deborah Underwood

A powerful story of community, compassion and generosity of spirit. Ages 4-8

If You Plant a Seed by Kadir Nelson

A rabbit and a mouse plant a garden. The message of this story is to share and give of yourself to others. **Ages 4-6**

The Kindness Book by Todd Parr

No matter what other people choose to do, you can always choose to be kind – and what a wonderful thing to be! Instill empathy and kindness in children from the youngest age. **Ages 4-8**

Pass It On by Sophy Henn

Share your happiness with others and when you least expect it, it might be passed right back to you. **Ages 3-5**

Strictly No Elephants by Lisa Mantchev

After a little boy and his tiny elephant are barred from the Pet Club, they befriend other children with unusual pets. "That's what friends do. Lift each other over the cracks". Ages 4-8

The Wonderful Things You Will Be by Emily Winfield Martin

In rhythmic rhyme, this book expresses all the loving things parents think of when they view their children. Ages 3-7

STORIES ABOUT CONFIDENCE

Be You! by Peter Reynolds

A joyful celebration of individuality, persistence and staying true to yourself. Live a big life! Ages 4-8

Dear Boy by Paris Rosenthal and Jason Rosenthal

A gentle reminder to boys that that they are cool, clever, compassionate and one of a kind. Ages 4-8

Dear Girl by Amy Krouse Rosenthal

A love letter and gentle reminder to encourage girls to always be themselves and to love who they are inside and out. **Ages 4-8**

Why Am I Me? By Paige Britt

This book is an invitation to connect and to imagine a world in which there is no you or me, only we. **Ages 4-7**

STORIES ABOUT FACING CHALLENGES

After the Fall: How Humpty Dumpty Got Back Up Again, A Story by Dan Santat

The perfect book to remind children that after taking a fall, you can get right back up again, have the courage to face your fears and that LIFE begins when you get back up. **Ages 4-7**

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The Boy Who Harnessed the Wind by William Kamkwamba

William looks for a solution to end the drought in his village by building a windmill. This is a memoir of survival and perseverance and how one young man would not give up until he could end a desperate situation. **Ages 6-8**

Come With Me by Holly M. McGhee

In this story, the author champions the power of kindness, bravery and friendship in the face of uncertainty. Walking together one step at a time, a boy and a girl begin to see that as small and insignificant their part seems, it matters to the world. What we do always, matters.

Ages 5-7

The Day You Begin by Jacqueline Woodson

Find the courage to connect, even if you feel scared and alone. We all feel like outsiders sometimes and we bravely go forth anyway. When we reach out, others will meet us half way. **Ages 5-8**

I Am Human: A Book of Empathy by Susan Verde

It's OK to make mistakes and to offer a kind word or smile and say "I'm sorry." This book is a celebration of empathy and compassion that lifts up the flawed fullness of humanity and encourages children to see themselves as part of one big imperfect family. **Ages 4-8**

Say Something! by Peter H. Reynolds

Find your own voice and make the world a better place. There are so many ways to tell the world who you are, what you are thinking and what you believe. (ages 4-8)

What Do You Do With a Problem? by Kobi Yamada

What do you do with a problem that follows you around and doesn't seem to go away? This is a story that inspires you to look closely at the problem and to find out why it's there. You might discover something amazing about the problem and yourself. **Ages 5-6**

You Are Your Strong by Danielle Dufayet

With diverse characters and a range of different family relationships, this book reassures children that they can handle big emotions. They just have to find their Strong! **Ages 4-8**

BOOKS FOR PARENTS

Anxiety Relief for Kids: On the Spot Strategies to Help Your Child Overcome Worry, Panic and Avoidance by Bridget Flynn Walker, Ph.D.

A tool-kit of strategies to help your child overcome worry, panic and avoidance. How can you manage your child's anxiety during challenging times and restore peace and balance to both your lives? Quick, in-the-moment solutions you can use at home, in social settings or anywhere anxiety takes hold.

Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children

by Reid Wilson and Lynn Lyons

An effective approach to help children and teens push through their fears, worries and phobias to ultimately become more resilient, independent and happy.

The Emotionally Healthy Child: Helping Children Calm, Center and Make Smarter Choices by Maureen Healy

We are undergoing unprecedented challenges. This book helps teach children how to Stop, Calm and Make Smarter Choices. Children move from shutting down and acting out to recognizing that they are being triggered, feeling their emotions and using mindfulness strategies to respond from a calmer place.

Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves and Our Society Thrive by Marc Brackett, Ph.D.

The author lays a framework for what adults need to learn in order to support children achieve academic and life success.

Teach Your Child Meditation: 70 Fun and Easy Ways to Help Kids Destress and Chill Out by Lisa Roberts

70 fun and easy ways to help children de-stress and chill out. Help your child manage every day responsibilities as well as difficult emotions and enjoy some much needed quiet time. This book is an introduction to mindfulness.



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