

The following book titles have been recommended by:

1. [Educate to Power](#)
2. [What's Your Grief](#)
3. [Publisher's Weekly](#)

## Assertive

***Give Me Back My Book!*** by Travis Foster, illus. by Ethan Long (Chronicle, 2017), offers a humorous take on conflict resolution. Ages 3–5.

***What Happens Next*** by Susan Hughes, illus. by Carey Sookocheff (Owlkids). Being assertive and standing up for one's self. Ages 4–up.

## Accepting Differences and Inclusion

***Mixed: A Colorful Story*** by Arree Chung (Henry Holt). An argument about which color is best leads to a resolution that provides a message of acceptance, unity, and embracing differences. Ages 4–8.

***I Just Like You*** by Suzanne Bloom (Boyd's Mills, Nov.) features a cast of animals who like and accept each other despite, and because of, their differences. Ages 4–8.

***How to Be a Lion*** by Ed Vere (Doubleday). Leonard, a gentle lion, and his best friend Marianne, a duck, use thoughtfulness—and a poem—to stand up for their individuality and their friendship when a pack of bully lions questions whether it's appropriate for a duck and lion to be pals. Ages 3–7.

***Her Right Foot*** by Dave Eggers, illus. by Shawn Harris (Chronicle, 2017). This nonfiction title explores the history of the Statue of Liberty and reminds readers of the message of welcome and acceptance that it stands for. Ages 6–9.

***Good Rosie!*** by Kate DiCamillo, illus. by Harry Bliss (Candlewick, Sept.). When Rosie, a timid dog, is taken to a dog park by her owner, she tries to figure out the trick to making friends.. Ages 5–8.

***Crunch, The Shy Dinosaur*** by Cirocco Dunlap, illus. by Greg Pizzoli (Random House), features a sensitive and quiet brontosaurus who would like to make a new friend. Ages 3–7.

***When the Cousins Came*** by Katie Yamasaki (Holiday House). Being open to others new ideas and accepting differences. Ages 4–8.

***All Are Welcome*** by Alexandra Penfold, illus. by Suzanne Kaufman (Knopf), follows a group of diverse children through a day at their school, where *everyone* is welcomed, supported, and encouraged, and friends from a wide variety of cultures share their traditions with each other. Ages 4–8.

***Nothing Rhymes with Orange*** by Adam Rex (Chronicle, 2017). Orange feels left out when a fruit parade makes up rhyming songs about how wonderful they are in this book about celebrating difference and inclusion. Ages 5–8.

***This Is How We Do It: One Day in the Lives of Seven Kids from Around the World*** by Matt Lamothe (Chronicle, 2017) depicts how children from various places may play different games or eat different food, but all have a similar rhythm to their days. Ages 4–9.

***The Big Umbrella*** by Amy June Bates, illus. by Juniper Bates (S&S/Wiseman). A smiling umbrella grows wide enough to accommodate *everyone* who needs its shelter, no matter what they look like—even when it seems like there won't be room—in this picture book about tolerance and inclusion. Ages 4–8.

## COPING

***Louisiana's Way Home*** by Kate DiCamillo (Candlewick, Oct.). Twelve-year-old Louisiana copes with change yet again when her granny wakes her in the middle of the night to move them to a small town in 1977 Georgia filled with colorful characters and, thankfully, an empathetic new friend. Ages 9–13.

***Squint*** by Chad Morris and Shelly Brown (Shadow Mountain, Oct.). As he gradually loses his eyesight due to disease, 13-year-old Flint, aka Squint, copes with bullying and rushes to finish his beloved comic book project so he can enter it in a contest. Ages 8–11.

***How Big Are Your Worries Little Bear?*** (by Jayneen Sanders). Little Bear is a worrier. He worries about everything! But with Mama Bear's help, he soon learns his worries are not so big after all.

Through this engaging and beautifully illustrated story, children will learn that everyday worries and fears can be overcome. It just takes a willingness to share with a helpful listener, and an understanding that making mistakes is how we learn. Also included are helpful Discussion Questions for parents, caregivers and educators, and extra hints to help children manage anxiety.

***Hey Warrior!*** (by Karen Young). A fantastic book to help children understand what actually happens in their brain when they experience anxiety. Kids can do amazing things with the right information. Understanding why anxiety feels the way it does, and where the physical symptoms come from, is a powerful step in turning anxiety around. This book is an amazing resource for kids 5 years and above who feel anxious and overwhelmed by those feelings.

***The Huge Bag of Worries*** (by Virginia Ironside). Wherever Jenny goes, her worries follow her — in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her? A great book to use with anxious children as it helps sort worries through and make them seem more manageable. It emphasizes that we all have worries and what to do about them.

***When My Worries Get too Big*** (by Kari Dunn Buron Huebner). "What to Do When You Worry Too Much" is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents.

***It's Okay to Make Mistakes*** (by Todd Parr). This book, suitable for younger children, embraces life's happy accidents, the mistakes and mess-ups that can lead to self-discovery. Todd Parr brings a timely theme to life with his signature bold, kid-friendly illustrations and a passion for making readers feel good about themselves, encouraging them to try new things, experiment, and dare to explore new paths.

***Wilma Jean the Worry Machine*** (by Julia Cook). Everyone feels fear, worry and apprehension from time to time, but when these feelings prevent a person from doing what he/she wants and/or needs to do, anxiety becomes a disability. This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety.

***David and the Worry Beast*** (by Anne Marie Guanci). David could not stop thinking about the basket he had missed at the end of the big game. He was worried that he might do it again. He was worried that his team mates would be angry with him. He was worried that his parents would not be proud of him. He was also worried about an upcoming math test. In fact, David was worried a lot. " Luckily, David finally confided in his parents and school nurse, both of whom gave him support and techniques for controlling the "worry beast" within him.

***When Worry Takes Hold*** (by Liz Haske). One night just before the lights went out, Worry snuck into Maya's mind. Worry grew bigger and bigger until there was no space left for anything else; just darkness and fear. Maya finally finds Courage, through the form of a calming breath, and learns how to break free from Worry's hold.

**100th Day Worries** (by Margery Cuyler). When Jessica's teacher tells everyone in class to find 100 things to bring to school for their 100th day, Jessica starts to worry. She wants to bring something really good but what? 100 marshmallows? No, too sticky. 100 yo-yos? Nah, that's silly. When Jessica reaches the 99th day, she really starts to worry. She still doesn't know what to bring! This book explores general anxiety through the familiar scenario of school by providing the reader with helpful strategies to manage everyday worries.

**Me and Mister P** by Maria Farrer, illus. by Daniel Rieley (Sky Pony, Nov.). A polar bear with a suitcase shows up to help Arthur deal with the feelings he experiences living with a sibling with a disability, in this middle grade novel. Ages 8–12.

## Empathy

**Ira Crumb Feels the Feelings** by Naseem Hrab, illus. by Josh Holinaty (Owlkids, Oct.). Ira experiences a wave of emotions after a disagreement with his best friend. Ages 5–8.

**I Walk with Vanessa: A Story About a Simple Act of Kindness** by Kerascoët (Random/Schwartz & Wade). In this wordless picture book inspired by a true story, a fellow student sees new girl Vanessa beset upon by bullies and decides to go to her house and offer to walk her to school the next day. Ages 4–8.

**I'm Sad** by Michael Ian Black, illus. by Debbie Ridpath Ohi (S&S). When Flamingo is sad, his friends—a girl and a potato—try to cheer him up, but more importantly they just stick by him, no matter how he feels. Ages 4–8.

**Why the Face?** by Jean Jullien (Phaidon); encourages readers to practice empathy and build emotional intelligence. Ages 2–4.

**The Breaking News** by Sarah Lynne Reul (Roaring Brook). When bad news breaks over the TV and everyone becomes upset, a girl discovers how one small act of kindness can help unite a community in resilience and optimism. Ages 4–8.

**A Box of Butterflies** by Jo Rooks (Magination). Ruby explains emotions to her robot who doesn't know what they are or what they might feel like. Ages 4–8.

**The Thank You Book** by Mary Lyn Ray, illus. by Stephanie Graegin (Houghton Mifflin Harcourt, Sept.), celebrates the positive impact of gratitude and explores the numerous ways that thankfulness can manifest during a child's day. Ages 4–8.

**Quiet Please, Owen McPhee!** by Trudy Ludwig and Patrice Barton (Knopf). The creators of *The Invisible Boy* introduce a boy who won't stop talking, until he gets laryngitis and can finally hear what other people have to say. Ages 5–8.

## Fear

**No Swimming for Nelly** by Valeri Gorbachev (Holiday House). Nelly's swimming champion grandma helps her overcome her fear of the water. Ages 4–8.

**The Crocodile and the Dentist** by Taro Gomi (Chronicle, Aug. 21). Crocodile has a toothache but is afraid to go to the dentist. The dentist wants to help but is afraid of Crocodile. Both learn to overcome their fears. Ages 3–5.

## Grief

**Where Do They Go?** by Julia Alvarez, illus. by Sabra Field (Triangle Square, 2016), POEM; coping with death and grief. Ages 3–7.

***One Wave at a Time: A Story about Grief and Healing*** by Holly Thompson, illus. by Ashley Crowley (Albert Whitman). Kai experiences a variety of feelings after his father dies and his family tries to adjust to life without Dad. Ages 4–8.

***What I Leave Behind*** by Alison McGhee (Atheneum/Dlouhy). Three years after his father’s suicide, 16-year-old Will decides to stop being complacent in his grief and to perform kindnesses and do good in the world. Ages 14–up

## Managing/Expressing Emotions

***I Feel Teal*** by Lauren Rille, illus. by Aimée Sicuro (S&S/Beach Lane), encourages young readers to express their feelings through color. Ages 3–8.

***Being Edie Is Hard Today*** by Ben Brashares, illus. by Elizabeth Bergeland (Little, Brown, spring 2019). A girl imagines transforming into different animals to deal with the challenge of managing her emotions at school.

***The Color Monster: A Story About Emotions*** by Anna Llenas (Little, Brown, Sept.). A girl helps Color Monster understand the jumble of emotions he’s experiencing by explaining what each feeling means through color. Ages 3–6.

***Grumpy Monkey*** by Suzanne Lang, illus. by Max Lang (Random House). Jim Panzee loudly insists he’s not grumpy when his friends try to cheer him out of a funk, realizing sometimes you just have to ride out a wave of unexpected emotions. Ages 3–7.

## Mindfulness

***Mindful Me: Mindfulness and Meditation for Kids*** by Whitney Stuart, illus. by Stacy Peterson (Albert Whitman), is a guide that introduces mindfulness as a way of managing stress, handling difficult emotions, and navigating personal challenges. Ages 9–12.

***Yoga for Kids: Simple First Steps in Yoga and Mindfulness*** by Susannah Hoffman, foreword by Patricia Arquette (DK, Sept.); support a child’s positive mental health. Ages 6–9

***Quiet*** by Tomie dePaola (S&S, Oct.), reminds readers that in a busy, hurried world, mindfulness—described as “being quiet, still, and present with one another”—is a special and important thing. Ages 4–8.

***Just Breathe: Meditation, Mindfulness, Movement, and More*** by Mallika Chopra, illus. by Brenna Vaughan (Running Press Kids, Aug. 28), kicks off a series that includes practical exercises for self-soothing, meditation, yoga, and other self-awareness practices. Ages 8–12.

## Paying it Forward

***Will Bear Share?*** (Scholastic/Cartwheel) and ***Will Giraffe Laugh?*** (Scholastic/Cartwheel, Jan. 2019) by Hilary Lueng; concept of paying it forward. Ages 1-4.

## Perseverance

***Abracadabra!: The Magic of Trying*** by Maria Loretta Giraldo, illus. by Nicoletta Bertelle (Magination), shines a light on perseverance and the discovery of one’s inner magic. Ages 4–8.

## Social Emotional Learning

***In It Together: A Story of Fairness*** by Kristin Johnson, illus. by Mike Byrne (Lerner/Cloverleaf), is one of seven titles launched earlier this year in the Stories with Character series. Ages 4–8.

***Harrison P. Spader, Personal Space Invader*** by Christianne Jones, illus. by Cale Atkinson (Capstone/Picture Window). Harrison the hippo learns a “space saver” credo that helps him recognize appropriate personal space and change his behaviors of sitting too close, hugging too much, and high-fiving too hard. Ages 3–6.

***Grow Happy*** by Jon Lasser and Sage Foster-Lasser, illus. by Christopher Lyles (Magination, 2017). Young Kiko demonstrates for readers how she grows happy, by doing such things as making good choices, taking care of her body and mind, and paying attention to her feelings. Ages 4–8.

***Be Mindful, Donald!: A Mickey & Friends Story*** by Vickie Saxon (Lerner/Disney Learning) is one of four titles in the Disney Everyday Stories series, which features Disney characters tackling various SEL themes. Ages 4–7.

***Being You*** by Alexis Pate, illus. by Soud (Capstone, Oct.). Two children discover that they have a choice about how the world sees them in a story that delivers a message of love, self-discovery, and optimism.

***Who Needs a Hug?: A Finding Dory Story*** by Beth Sycamore (Lerner/Disney Learning); features Disney characters tackling various SEL themes. Ages 4–7.

***What Can a Citizen Do?*** by Dave Eggers, illus. by Shawn Harris (Chronicle, Sept.), explores what it means to be a good citizen and challenges readers to get involved. Ages 5–8.

***My Mixed Emotions: Help Your Kids Handle Their Feelings***, with a foreword by Maureen Healy (DK, Oct.), is a guide that helps kids explore the four main emotions—happiness, anger, fear, and sadness—and the science behind why we feel each one. Ages 7–10.