

## Book List Children

**FEELINGS:** Learning to put a name to feelings I'm having so I can express them through words rather than actions.

My Many Colored Days, By Dr. Seuss

Alexander and the Terrible, Horrible, No Good, Very Bad Day, By Judith Viorst

**ANGER AND REVENGE:** Learning to understand that anger is a natural emotion and that there are ways to manage these feelings.

When Sophie Gets Angry, Really, Really Angry, By Molly Bang

Mean Soup, By Betsy Everitt

**SELF-ESTEEM:** Learning to have acceptance about who we are and celebrating the differences between us.

Chrysanthemum, By Kevin Henkes

Just the Way You Are, By Marcus Pfister

The Lovables in the Kingdom of Self-Esteem, By Diana Loomans

I'm Gonna Like Me, By Jamie Lee Curtis and Laura Cornell

Stand Tall Molly Lou Melon, By Patty Lovell

**DETHRONEMENT:** Feeling confident about my place and roll in the family.

Peter's Chair, By Ezra Jack Keats

On Mother's Lap, By Ann Herbert Scott

**SEPARATION:** Learning to see that is ok to be away from my parents for awhile.

The Kissing Hand, By Audrey Penn

I Love You All Day Long, By Francesca Rusackas

Owen, Kevin Henkes

**PERFECTIONISM AND COMPETENCE:** I feel anxious when I am unsure if I can do something the way I want. I worry about how things will turn out.

Leo the Late Bloomer, By Robert Kraus

Regina's Big Mistake, By Marissa Moss

**DEATH:** I need help expressing my grief over a loved one or a pet.

Lifetimes, The Beautiful Way to Explain Death To Children, By Bryan Mellonie and Robert Ingpen

The Tenth Good Thing About Barney, By Judith Viorst

Badger's Parting Gifts, By Susan Varley

**DIVORCE:** Helping children face the changes that divorce brings to a family.

Let's Talk About It – Divorce, By Fred Rogers

**FRIENDSHIP:** Understanding that our most important friends are sometimes those we least expect.

Owen and Mzee- The True Story of a Remarkable Friendship,

By, Isabella Hatkoff, Craig Hatkoff and Dr. Paula Kahumbu

**ATTENTION:** Sometimes I feel that I am loved only when I get attention, so I do things that annoy my parents.

I need to know that I am loved no matter what.

Harriet, You'll Drive Me Wild, By Mem Fox

Olivia, By Ian Falconer

**BULLYING, TEASING AND GOSSIPING:** Learning to deal with other children who bully and tease, and the importance of ethical behavior.

Chrysanthemum, By Kevin Henkes

Mr. Peabody's Apples, By Madonna

The Secret of the Peaceful Warrior, By Dan Millman (For older children)

**SLEEP:**

Can't You Sleep, Little Bear?, By Martin Waddell and Barbara Firth