



## Children's Storybooks that Support Resilience

For more books that help build children's resilience, go to: [www.reachinginreachingout.com/parents](http://www.reachinginreachingout.com/parents), a website about resilience developed for parents. For a more comprehensive list of children's books, go to: <http://www.reachinginreachingout.com/resources-booksKids.htm>.

### Caring relationships

Gordon, M., **Daniels Day**, [www.rootsofempathy.org](http://www.rootsofempathy.org), 2010

*Daniel's day starts off badly...he's wet his bed again. Worse yet, he can't find his cape! His family and his good friend, Nicholas, all show they understand and care about him though. And good news! He finds his cape!* (Recommended for children ages 3 yrs. +.)

Tankard, J., **Boo Hoo Bird**, Scholastic Canada, 2009

*Bird's friends help him feel better after he gets bonked on the head in a game of catch.*  
(Recommended for children 1 yr.+)

Wishinsky, F., **You're Mean, Lilly Jean**, North Winds Press, 2009

*Sandy defends her little sister when a new neighbour friend bosses her around and plays unfairly.*  
(Recommended for children 5 yrs.+)

### Self-Control

Collins, L., **Maisy Goes to the Library**, Candlewick Press, 2005

*Maisy plans to spend quiet time at the library, but ends up laughing uproariously at a funny book with her friends. But then, Maisy calms down and takes time to read quietly.* (Recommended for children 1-1/2 yrs.+)

Lite, L., **A Boy and A Bear**, Specialty Press, 1996

*A boy and a polar bear share a friendship and learn how to relax together.* (Recommended for children 2 yrs.+)

Moroney, T., **When I'm Feeling Angry**, School Specialty Publishing, 2006

*It's OK to get angry and everyone does sometimes. There are many reasons we get angry, but Rabbit shows ways to let the anger go.* (Recommended for children 3 yrs.+)

### Thinking Skills

Galloway, R., **Clumsy Crab**, Little Tiger Press, 2007

*Nipper the crab finds a new way to think about himself when the same claws that make him feel clumsy actually prove to be his special gift.* (Recommended for children 2 yrs.+)

Katie, B., **Tiger, Tiger is it True?** Hay House Inc., 2009

*A young tiger realizes his "always /everything" thinking is making him feel mad and sad. He changes his thinking and his feelings change, too.* (Recommended for children 5 yrs.+)

Parenteau, S., **Bears on Chairs**, Candlewick Press, 2009

*Four little bears use some creative problem solving and flexible thinking in order to include big bear in their fun. (Recommended for children 2 yrs.+)*

### **Confidence**

Button, L., **Willow's Whispers**, Kids Can Press, 2010

*Willow is frequently misunderstood because her shyness makes it hard for her to speak above a whisper. Encouraging words from her father motivate Willow to make a "magic" microphone from a cardboard tube to boost her confidence and her voice. (Recommended for children 4 yrs.+)*

Henkes, K., **Kitten's First Full Moon**, HarperCollins Publishers, 2004

*Kitten tries all kinds of ways to reach the "saucer full of milk" she sees when she looks at the full moon. (Recommended for children 2 yrs.+)*

James, S., **Little One Step**, Candlewick Press, 2003

*With his older brother's encouragement, a baby duck discovers that if you take one step at a time, you eventually get where you are going. (Recommended for children 3 yrs.+)*

### **Positive Outlook**

Duksta, L., **You are a Gift to the World**, Sourcebooks, 2011

*A flip-sided book about the simple gifts we give to others, like a smile, a song or a hug. The other side of the book, The World is a Gift to You, helps us value the beauty and wonder of nature. (Recommended for children 2 yrs.+)*

Henkes, K., **A Good Day**, HarperCollins Publishing, 2007

*Frustration, disappointment and fear can make the day look pretty bad. But noticing the positive things can make the day feel good! (Recommended for children 2 yrs.+)*

Osborne, M., **One Gorgeous Baby**, Pan Macmillan Ltd., 2002

*Mom and baby count the things that give them joy throughout the day. (Recommended for children birth to 2 yrs.)*

### **Responsibility and Participation**

Paratore, C., **26 Big Things Small Hands Do**, Free Spirit Publishing Inc., 2008

*This is an alphabet book with a difference. It is creatively written to inspire character development in young children and empower them to contribute to bettering the world. (Recommended for children 1 yr.+)*

Seskin, S. & Shamblin, A., **A Chance to Shine**, Random House Children's Books, 2006

*A neighbourhood merchant gives down-and-out Joe an opportunity to help out, and it turns Joe's life around. (Recommended for children 5 yrs.+)*

Williams, V. B., **A Chair for My Mother**, HarperCollins Publishers, 1982

*Neighbours help a family when a fire destroys their home and possessions. Then mom, daughter and grandmother save enough money to buy a comfortable chair for their new apartment. (Recommended for children 4 yrs.+)*