



More Children's Storybooks that Promote Resilience

Key: (ER) = emotional regulation
(IC) = impulse control
(CA) = analyzing cause of a problem
(SE) = self-efficacy
(E) = empathy
(O) = optimism
(RO) = reaching out
(CC) = cultural competence
(T) = toddler (and older kids too)

Conway, D., ***Lila and the Secret of Rain*** (E) (O) (RO) (CC)
Frances Lincoln Children's Books, 2007

Lila's village is parched and the people are worried about survival. Her grandfather tells her the secret of rain and so the young girl makes a courageous journey up the highest mountain in Kenya determined to move the sky to tears by relating the saddest story she knows.

Chaconas, D., ***Dancing with Katya*** (ER) (SE) (E) (O) (CC)
Peachtree Publishers Ltd. 2006

Katya loves to dance with her older sister Anna, but when she contracts polio her dancing days seemed threatened forever. However, Anna finds a creative way to bring the joy of dancing back to Katya's life.

Fox, M., ***Ten Little Fingers and Ten Little Toes*** (E) (CC) (T)
Houghton Mifflin Harcourt Publishing, 2008

Babies from around the world and born in different circumstances have something in common – ten fingers and ten toes.

Gregory, N., ***How Smudge Came*** (SE) (E) (CA) (O) (RO) (CC)
Red Deer College Press, 1995

A touching story about a young woman with Downs Syndrome and her efforts to take care of a puppy she rescues from the street.

Hest, A., ***Jamaica Louise James*** (SE) (O) (RO) (CC)
Candlewick Press, 1997

A young girl paints the stories her Grandmother tells her each evening about her customers in ugly subway station where she works. When the girl surprises her Grammy by decorating the grey subway walls with her colourful paintings, grandmother and customers are equally delighted as they see themselves depicted in the child's art work.

Medearis, A., **Seven Spools of Thread** (CA) (IC) (SE) (RO) (CC)
Albert Whitman & Company, 2000

When their beloved father dies, seven quarreling brothers learn to cooperate in order to receive their inheritance. And, in doing, so they realize that giving to the community will enrich everyone's lives.

Murdock, B., **Raymond Floyd Goes to Africa** (SE) (RO)
Africa World Press, 1993

A tiny toy bear decides to travel to Africa in the band of his owner's hat, believing that the native animals need to know that bears do indeed exist.

Nielsen-Frenlund, S., **The Magic Beads** (ER) (E) (SE) (E)
Simply Read Books, 2007

Lillian conquers her fears by thinking on her feet during her show and tell turn at her new school.

Paratore, C., **26 Big Things Small Hands Do** (SE) (O) (RO)
Free Spirit Publishing, 2008

This is an alphabet book with a difference. Creatively written to inspire character development in young children and empower them to contribute to bettering the world.

Riggio Heelan, J., **Can You Hear a Rainbow?** (SE) (E) (O) (RO) (CC)
Peachtree Publishers LTD., 2002

A boy who was born deaf shares what it is like to live without sound and inspires readers to think about differences through his unique perspective.

Smith, C.R., **Dance with Me** (SE) (RO) (CC) (T)
Candlewick Press, 2008

An energetic bop through the neighbourhood connects the people in the community.

Thomas, P., **Don't Call Me Special** (SE) (E) (CC)
Barron's Educational Series, 2002

This is a good source for children to explore questions about disability and learn that people with disabilities live full and satisfying lives.

Whitehead, K., **Art from the Heart** (SE) (O) (CC)
G.P. Putnam's Sons, 2008

A true story of Clementine Hunter, a celebrated artist who didn't let obstacles stop her from creating paintings depicting her life and community. She lived at a time when, due to the colour of her skin, she was not allowed to enter the gallery where her exhibition was held.

Winter, J., **Wangari's Trees of Peace** (SE) (O) (CC)
Harcourt, Inc., 2008

This is the true story of Wangari Maathai, an environmentalist and Nobel Prize winner, who inspired the women of Kenya to plant trees and restore the forest that had been destroyed through industrial development.

Yim Bridges, S., **Ruby's Wish** (SE) (E) (RO) (O) (CC)
Chronicle Books LLC, 2002

At a time in China when young girls are not taught to read or write and are raised only to marry, Ruby longs to go to university. She writes a poem that catches the attention of her grandfather and her wish to be educated is granted. Book is based on a true story about the author's grandmother.

*Book selection and annotations by:
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