



Reaching IN...Reaching OUT

Resiliency Storybooks for Toddlers (and older kids too)

The themes in these storybooks relate to critical abilities associated with resilience in children. Letters in parentheses, after the author's name, indicate which of the resiliency abilities are highlighted in the book.

Key: (ER) = emotional regulation
 (IC) = impulse control
 (CA) = analyzing cause of a problem
 (SE) = self-efficacy
 (E) = empathy
 (O) = optimism
 (RO) = reaching out

Allen Jensen, V., **Sara and the Door** (ER) (CA) (SE)
 Addison-Wesley Publishing Company, Inc., 1977

A young girl gets her jacket stuck in the door, but keeps calm and doesn't give up until she figures out how to solve the problem.

Asch, F., **Moondance** (ER) (IC) (O) (RO)
 Scholastic, 1993

Little Bird helps his friend Bear challenge some negative beliefs and follow his desire to dance with the clouds, the rain, and the moon.

Bang, M., **When Sophie Gets Angry – Really, Really Angry** (ER) (O)
 The Blue Sky Press, 1999

A young girl lets nature calm her intense angry feelings. This is a good source to ignite discussion about anger and brainstorm ways to handle this emotion constructively.

Capucilli, A. S., **Biscuit Finds a Friend** (E) (RO)
 Harper Collins, 1997

A puppy makes a new friend when he helps a lost duckling find his mother.

Carle, E., **Do You Want to Be My Friend?** (SE) (RO)
 Harper Collins, 1976

A mouse shows perseverance and courage as she searches for a new friend.

Carle, E., **Little Cloud** (ER)
Philomel Books, 1996

It's calming to watch different pictures and shapes formed by moving clouds.

Carle, E., **The Very Busy Spider** (SE) (RO)
New York, Philomel, 1984

A spider works hard to create his web.

Collins, L., **Maisy Cleans Up** (IC) (SE) (RO)
Candlewick Press, 2002

Maisy and Charley wait to eat their cupcakes until after they finish doing some chores.

Collins, L., **Maisy Goes to the Library** (ER) (SE)
Candlewick Press, 2005

Maisy's planned quiet time at the library is interrupted when she and her friends laugh together at an uproariously funny book. But then, Maisy calms herself down and follows through with her quiet-time plan.

Cowan-Fletcher, J., **Mamma Zooms** (E) (O)
Scholastic, 1993

Mamma's wheelchair is a "zoom machine," transporting parent and child together through their active day.

Dunbar, P., **Flyaway Katie** (ER) (O) (RO)
Candlewick Press, 2004

A young girl uses her imagination to transform a grey day into one of colour.

Emberley, E. **Go Away, Big Green Monster!** (ER) (SE)
Little, Brown and Company, 1992

A "scare away" the monster book, created to let the reader show who's boss.

Fox, M., **Whoever You Are** (E) (O) (RO)
Harcourt Brace and Company, 1997

While there may be differences, children around the world still have many things in common.

Freymann, S., & Elffers, J., **How Are You Peeling? Foods with Moods** (ER) (E)
Arthur A. Levine Books, 1999

Real fruits and vegetables are creatively used to show a range of feelings and expressions.

Grimes, N., **Welcome Precious** (O)
Orchard Books, Scholastic, 2006

A world full of sensory delights awaits a much wanted and loved newborn child.

Grindley, S., **Why Is the Sky Blue?** (IC) (E) (SE) (RO)

Simon & Schuster Books for Young Readers, 1996

An old donkey discovers that he can learn new things from a young, curious, and very active rabbit.

Hamanaka, S., **All the Colors of the Earth** (E) (O)

Morrow Junior Books, 1994

A beautifully illustrated poetic book celebrates ethnic diversity.

Henderson, K., **The Baby Dances** (SE)

Candlewick Press, 1999

A lovely story pairs a baby's growth and development with nature and the seasons.

Henkes, K., **A Good Day** (ER) (O) (SE)

Greenwillow Books, 2007

Obstacles, disappointment, and fear can make the day look pretty bad. But we can turn things around and make the day look good!

Hill, E., **Spot's Birthday Party** (SE)

G.P. Putman's Sons, 1982

A puppy doesn't give up until he discovers where each friend who has come to celebrate his birthday has hidden.

Horáček, P., **Silly Suzy Goose** (O)

Candlewick Press, 2006

A young goose is dissatisfied with who she is, but when she wanders in search of something different, Suzy discovers that sometimes it is better to be one of the crowd.

Hutchins, P., **The Very Worst Monster** (ER) (SE) (E)

Greenwillow Books, 1985

A jealous sibling finally gains the attention of her family by proving she can outdo her new baby brother as "worst" monster in the house.

James, S., **Little One Step** (ER) (E) (SE) (RO)

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.

Kettelman, H., **Not Yet, Yvette** (ER) (IC) (SE) (E)

Albert Whitman & Company, 1992

A young girl remains patient and calm as she helps her dad prepare for a surprise birthday party for her mom.

Lite, L., **A Boy and a Bear** (ER)

Specialty Press Inc., 1996

A boy and a polar bear share a friendship and learn how to relax together.

MacDonald Denton, K., **Would They Love a Lion?** (ER) (O) (SE) (RO)
Kingfisher, 1995

A vivid imagination and playful persistence help a young girl explore her world and express herself.

Modesitt, J., **Sometimes I Feel Like a Mouse** (ER) (E)
Scholastic, 1992

Animals are used to teach about feelings – an excellent source for physical expression and movement.

Narahashi, K., **Two Girls Can** (ER) (E) (O) (SE) (RO)
Margaret K. McElderry Books, 2000

How delightful it is to have a special friend with whom to laugh, play, fight and make up, discover new things, and meet new people.

Oxenbury, H., **TOM and PIPPO and the Bicycle** (ER) (IC) (CA) (E) (SE) (O) (RO)
Candlewick Press, 1993

Tom is frustrated when his stuffed animal Pippo keeps falling off the back of his bike. However, his older friend helps him make a seat for Pippo and reassures him that some day he will have a big bike, too.

Oxenbury, H., **TOM and PIPPO in the Garden** (E)
Macmillan Publishing Company, 1989

Tom takes good care of his stuffed animal friend.

Pomerantz, C., **Flap Your Wings and Try** (SE) (O) (RO)
Greenwillow Books, 1989

A baby bird wishes he could fly like the older birds in his family. With his sister's encouragement, he finds out that all he has to do is try.

Sendak, M., **Where the Wild Things Are**
Harper & Row Publishers, 1963

A young boy, sent to his room for misbehaviour, falls into an imaginative world where he regains his sense of control and a fresh perspective.

Stinson, K., **Red Is Best** (SE)
Annick Press, 1982

A young girl is very clear about her preference for the colour red.

Tankard, J., **Grumpy Bird** (ER) (RO)
Scholastic, 2007

A young bird wakes up on the wrong side of the bed, but his mood changes when he feels the energy and support of others.

Tolstoy, A., **The Great Big Enormous Turnip** (ER) (SE) (RO)

William Heinemann Ltd, 1968

A farmer and all his relatives persevere until they finally yank an enormous turnip from the earth.

Voake, C., **Ginger Finds a Home** (IC) (E) (O) (SE) (RO)

Candlewick Press, 2005

A young girl earns the trust of a stray cat through her patience, perseverance, and kindness.

Voake, C., **Hello Twins** (E)

Candlewick Press, 2006

Even though they are twins, Charlotte and Simon are different in every way. And they like it that way!

Watanabe, S., **I Can Build a House** (CA) (SE)

The Bodley Head, 1982

A young bear is determined to build a playhouse that doesn't fall over. With some imagination and problem solving, he succeeds.

Watanabe, S., **How Do I Put It On?** (CA) (SE)

The Bodley Head, 1979

A young bear uses trial and error to figure out how to get dressed for outside play.

Wells, R., **Noisy Nora** (E) (CA)

Dial Books for Young Readers, 1997

Nora, the middle child, expresses her frustration about having to wait for attention as her parents tend to the needs of her baby brother and her older sister. A good resource for brainstorming alternative ways to solve a problem.

Ziefert, H. M. **Wee G.** (ER) (SE) (O) (RO)

Atheneum Books for Young Readers, 1997

A young cat goes on an adventure and becomes lost. She bravely wanders until she finds some pawprints on the path leading home and into her mother's welcoming arms.

Zolotow, C., **Do You Know What I'll Do?** (E) (O)

Harper Collins, 2000

A young girl tells her smaller brother how she will keep him in mind with every adventure she takes.

Zolotow, C., **Mr. Rabbit and the Lovely Present** (ER) (CA) (E) (RO)

Harper & Row Publishers, 1962

A very patient rabbit helps a young girl figure out what to give her mother for a birthday present.