More Children’s Storybooks that Promote Resilience #2

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

Alborough, J., **Hug** (E) (RO) (O) (T)  
Candlewick Press, 2002  
*We all need hugs. BoBo, a baby monkey shows that once we receive one it’s easier to give one.*

Becker, B., **A Visitor for Bear** (RO) (T)  
Candlewick Press, 2008  
*A very persistent mouse helps an anti-social bear experience the value of companionship.*

Berger, S. & Huberman Viscardi, H., **Junior Goes to School** (CA) (E) (SE) (RO)  
ABRAMS, 2003  
*Junior is starting school and he is awake all night worrying about an array of hilarious “what if’s?” Of course, his catastrophic predictions don’t occur and his first day at school is a positive experience.*

Bland, N., **The Very Cranky Bear** (E)  
Scholastic, 2008  
*Zebra, Moose and Lion wrongly assume that what makes them happy will also put a cranky bear in a better mood. But Sheep succeeds in soothing bear by listening to him and giving Bear what he says he needs.*

Donaldson, J., **Stick Man** (RO)  
Scholastic Inc., 2008  
*Stickman encounters all kinds of adversity, but courage, perseverance and determination to be his true self help him find his way back home to his family.*

Foley, G., **Don’t Worry Bear** (ER) (CA) (T)  
Viking Press, 2008  
*As Bear witnesses his friend caterpillar slowly turn into a butterfly, he learns that change is a naturally occurring part of life that offers transformative opportunities.*
Galloway, R., **Clumsy Crab** (E) (SE) (T)
Little Tiger Press, 2007

*Nipper the crab hates how his claws get in the way and make it hard for him to play with the other sea creatures. His perception changes when the same claws that make him feel clumsy actually prove to be his special gift.*

Galloway, R., **Smiley Shark** (E) (SE) (T)
Little Tiger Press, 2007

*Smiley Shark longs to play with the other ocean creatures, but whenever he smiles at them they all swim away in fear. Finally an opportunity to show his friendly and helpful intentions occurs and he is appreciated and accepted as one of the group.*

Jeffers, O., **Lost and Found** (CA) (E) (RO) (T)

*The unexpected arrival of a penguin at Boy’s door begins the story of perseverance, resourcefulness and most of all, the importance of friendship.*

Jeffers, O., **How to Catch a Star** (IC) (CA) (O) (T)
Harper Collins Children’s Books, 2005

*Boy loves stars and decides to catch one of his own. With patience, perseverance and problem solving, he finally succeeds.*

Jeffers, O., **Up & Down** (IC) (E) (RO) (T)
Harper Collins Children’s Books, 2010

*Penguin’s desire to fly gets him into trouble when he makes a hasty decision to fulfill his dream. His friend, Boy, is there to help though and in the end penguin recognizes both his limitations and his blessings.*

Katie, B., **Tiger, Tiger Is it True?** (CA) (E)
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.*

Keewatin Sanderson, S., **Just a Story** (ER) (E) (O) (RO)
Healthy Aboriginal Network, 2009

*A comic book about how a teacher helps a young girl and her brother overcome their fear to seek support and express the devastation they feel about their parents’ constant fighting and violence.*

Moroney, T., **When I’m Feeling Angry** (ER) (IC) (E)(CA) (T)
School Specialty Publishing, 2006

*It’s ok to get angry and everyone does sometimes. There are many reasons we get angry, but Rabbit shows many ways to let the anger go.*
Saltzberg, B., *Beautiful Oops!* (SE) (RO)
Workman Publishing, 2010
   A wonderfully creative interactive book about how to make the most of
   those inevitable mistakes we make along the way.

Watt, M., *Scaredy Squirrel* (ER) (CA) (SE) (RO)
Kids Can Press Ltd. 2008
   Scaredy Squirrel never leaves his tree and has a detailed plan about
coping with the worst case scenario that is sure to occur. However, when
his best laid plan doesn’t pan out as predicted, he discovers some
wonderful things about his ability to venture out and enjoy life beyond the
safety of his tree.

Watt, M., *Scaredy Squirrel at Night* (ER) (CA) (SE)
Kids Can Press Ltd. 2009
   Scaredy Squirrel tries to keep himself awake at night so he doesn’t risk
having a bad dream. When his Bad Dream Action Plan proves not as
foolproof as anticipated, he accidentally falls asleep. He wakes refreshed,
realizing that bad dreams are all in his imagination and nothing horrible
happened in the night.

Watt, M., *Scaredy Squirrel Makes a Friend* (ER) (CA) (SE) (RO)
Kids Can Press Ltd. 2009
   Scaredy Squirrel doesn’t have any friends. He would rather be alone than
risk encountering someone dangerous. He designs a plan to make friends
with someone who is 100% safe. As usual, life doesn’t go according to
plan and Scaredy Squirrel finds himself enjoying the company of an
unlikely friend.

Book selection and annotations by
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