

Recommended reading list

These books can be read aloud to help children relate to characters dealing with different mental and emotional health concerns. You may encourage them to check out one of these from the school library to bring home and read with their families.

“B is for Breathe” by Dr. Melissa Munro Boyd (2019, Ages 4-10)

“Everyone” by Christopher Silas Neal (2016, Ages 4-6)

“Frog Slime: A Child’s Guide to Calming Down” by Dr. Amanda DeSua (2017, Ages 0-6)

“Grumpy Monkey” by Suzanne Lang (2018, Ages 3-7)

“Listening to My Body” by Gabi Garcia (2019, Ages 4-10)

“My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings” by Natalia Maguire (2020, Ages 3-9)

“Ruby Finds a Worry” by Tom Percival (2019, Ages 3-6)

“Taking a Bath with the Dog and Other Things That Make Me Happy” by Scott Menchin (2013, Ages 4-8)

“The Color Monster” by Anna Llenas (2018, Ages 4-8)

“Visiting Feelings” by Lauren Rubenstein (2013, Ages 4-8)

“When I Feel Angry” by Cornelia Maude Spelman (2000, Ages 4-8)