

Reaching IN...Reaching OUT^{OM}

Children's Book List





RIRO'S List of Children's Books that Support Resilience Skills and Abilities

Alborough, J. (2002) Hug Candlewick Press.

We all need hugs. BoBo, a baby monkey shows that once we receive one it's easier to give one.

Resiliency Abilities: Empathy, Realistic Optimism, Reaching Out

Andrew, J. (1985) Very Last First Time Douglas & McIntyre Ltd.

A young Inuit girl keeps her head about her as she accomplishes her first solo mussel gathering walk on the ocean floor during low tide.

Resiliency Abilities: Emotional Regulation, Self-Efficacy, Reaching Out

Beaty, A. (2013) Rosie Revere, Engineer Abrams Books for Young Readers.

Rosie Revere dreamed of becoming a great engineer. Where some people see rubbish, Rosie sees inspiration. Alone in her room at night, shy Rosie constructs great inventions from odds and ends.

Resiliency Abilities: Causal Analysis, Self-Efficacy

Becker, B. (2008) A Visitor for Bear Candlewick Press.

A very persistent mouse helps an anti-social bear experience the value of companionship.

Resiliency Abilities: Reaching Out

Bland, N. (2011) The Very Cranky Bear Scholastic Canada, Ltd.

Sheep soothes a very cranky Bear by listening and responding to his needs.

Resiliency Abilities: Empathy

Boelts, M. (2007) Those Shoes Candlewick Press.

Jeremy longs to have the same pair of shoes that others have.

Resiliency Abilities: Emotional Regulation, Empathy, Reaching Out

Bruel, R. (2007) Bob and Otto Roaring Book Press.

Otto, the worm feels inferior about his preoccupation with digging into the earth when his good friend, Bob the caterpillar, climbs a tree and turns into a butterfly. Otto's thinking changes when Bob points out the benefits both he and the earth receive from his friend's constant tunneling in the dirt.

Resiliency Abilities: Emotional Regulation, Self-Efficacy

Button, L. (2010) Willow's Whispers Kids Can Press Ltd.

Willow is painfully shy and can barely speak above a whisper. After wishing and thinking and planning, Willow makes a magic microphone from a recycled paper towel tube that helps a loud, clear voice emerge. When the microphone gets crushed, Willow's new view of her abilities remains strong as does her voice.

Resiliency Abilities: Self-Efficacy, Reaching Out

Dean, J. (2016) Pete the Cat Storybook Collection Harper Collins Publishers.

Pete the Cat is the epitome of resilient thinking and action. This collection of funny stories will inspire creative problem solving in young listeners.

Resiliency Abilities: Causal Analysis, Self-Efficacy, Empathy

Dunrea, O. (2002) Gossie: A Gosling on the Go! Houghton Mifflin Harcourt Publishing.

A gosling who loves their boots figures out what to do when she loses them.

Resiliency Abilities: Emotional Regulation, Causal Analysis, Empathy

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

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

Resiliency Abilities: Emotional Regulation, Self-Efficacy

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

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

Resiliency Abilities: Empathy

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

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

Resiliency Abilities: Emotional Regulation, Empathy

Galloway, R. (2007) Clumsy Crab Little Tiger Press.

Nipper the crab changes his thinking when the same claws that make him feel clumsy actually prove to be his special gift.

Resiliency Abilities: Empathy, Self-Efficacy

Gregory, N. (1995) How Smudge Came Red Deer College Press.

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

Resiliency Abilities: Self-Efficacy, Empathy, Causal Analysis, Realistic Optimism, Reaching Out

Harris, A. (2013) I wonder Four Elephants Press.

Eva takes a walk with her mother and encounters a range of mysteries: from gravity, to life cycles, to the vastness of the universe. She learns that it's okay to say "I don't know," and she discovers that there are some things even adults don't know--mysteries for everyone to wonder about together!

Resiliency Abilities: Impulse Control, Causal Analysis, Self-Efficacy, Reaching Out

Havill, J. (1993) Jamaica and Brianna Houghton Mifflin Company.

Jamaica, a young girl who has to wear her brother's old winter boots, feels envious of her friend's beautiful new pink ones. When Jamaica gets new cowboy boots, a misunderstanding between the two girls is resolved as the friends talk about what caused the falling out.

Resiliency Abilities: Emotional Regulation, Causal Analysis, Empathy, Reaching Out

Ho, J. & Ho, D. (2021) Eyes That Kiss in the Corners Harper Collins.

A young Asian girl notices that her eyes look different from her peers'. They have big, round eyes and long lashes. She realizes that her eyes are like her mother's, her grandmother's, and her little sister's. They have eyes that kiss in the corners and glow like warm tea, crinkle into crescent moons, and are filled with stories of the past and hope for the future.

Resiliency Abilities: Self-Efficacy, Reaching Out

Jeffers, O. (2015) Lost and Found Harper Collins Children's Books.

The unexpected arrival of a penguin at Boy's door begins the story of perseverance, resourcefulness and friendship.

Resiliency Abilities: Causal Analysis, Empathy, Reaching Out

Jeffers, O. (2010) The Heart and the Bottle Harper Collins Children's Books.

A curious and imaginative girl puts her heart for learning in a bottle when she loses an adult figure who has shared in her joyful marveling about the world. Years later, her imagination is re-ignited when she unexpectedly meets someone smaller and still curious about the world who reaches into the bottle and gives the girl her heart back.

Resiliency Abilities: Emotional Regulation, Self-Efficacy

Jeffers, O. (2010) Up & Down Harper Collins Children's Books.

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.

Resiliency Abilities: Impulse Control, Empathy, Reaching Out

Katie, B. (2009) *Tiger, Tiger Is it True?* Hay House Inc.

A young tiger realizes his “always /everything” thinking is making him feel mad and sad. He changes his thinking and his feelings change too.

Resiliency Abilities: Causal Analysis, Empathy

Lottridge, C. B. (1989) *The Name of the Tree* A Groundwood Book.

This Bantu folktale shows that the animal that tries the hardest, not the one endowed with the greatest talents, alleviates the suffering caused by a drought in the forest.

Resiliency Abilities: Self-Efficacy, Reaching Out

McDonnell, P. (2014) *A Perfectly Messed-up Story* Little, Brown and Company.

This is Louie's story and how he deals with the unexpected as the story goes on.

Resiliency Abilities: Emotional Regulation, Impulse Control, Causal Analysis

McGee, H. M. (2017) *Come with Me* G. P. Putnam's Sons.

No matter how small and insignificant you feel, you are not powerless.

Resiliency Abilities: Self-Efficacy, Empathy, Realistic Optimism, Reaching Out

McGhee, A. (2010) *So Many Days* Atheneum Books.

A poetic look at the surprises, adversities and gifts everyday life offers.

Resiliency Abilities: Realistic Optimism, Reaching Out

Moroney, T. (2009) *When I'm Feeling Angry* The Five Mile Press.

This is one of a series of books that help children understand and find constructive ways to cope with a wide range of emotions.

Resiliency Abilities: Emotional Regulation, Empathy, Causal Analysis

Moss, M. (1990) *Regina's Big Mistake* Houghton Mifflin Co.

A young girl learns that making mistakes is okay – you just use them and make them work for you.

Resiliency Abilities: Impulse Control, Realistic Optimism, Reaching Out

Munsch, R. (2003) *Zoom* Scholastic Canada, Ltd.

Lauretta is in trouble when she drives her new wheel chair so fast that the police give her a one-hundred-dollar speeding ticket. However, the ticket is forgotten when she zooms her injured brother to the hospital when the family car won't start.

Resiliency Abilities: Self-Efficacy, Realistic Optimism

Newman, L. (2015) *Heather Has Two Mommies* Candlewick Press.

A sensitive child care provider validates each child's unique family situation.

Resiliency Abilities: Empathy, Realistic Optimism

- Parenteau, S. (2009) Bears on Chairs Candlewick Press.
Four little bears use flexible thinking to include big bear in their fun.
Resiliency Abilities: Causal Analysis, Empathy, Self-Efficacy
- Parr, T. (2012) The Thankful Book Little, Brown and Company.
Identifying the things to be thankful for.
Resiliency Abilities: Realistic Optimism
- Parr, T. (2015) The Goodbye Book Little, Brown and Company.
A book that discusses grief.
Resiliency Abilities: Emotional Regulation, Reaching Out
- Parr, T. (2019) The Don't Worry Book Little, Brown and Company.
Sometimes you worry. Here are some situations that might cause worry and ways to help you stop worrying.
Resiliency Abilities: Emotional Regulation
- Penn, A. (2007) The Kissing Hand Tanglewood.
A mother raccoon gives her child a way to soothe himself and separate from her more comfortably when he goes to school.
Resiliency Abilities: Emotional Regulation, Self-Efficacy
- Pinkwater, D. (1977) The Big Orange Splot Scholastic Press, Ltd.
Mr. Plumbean inspires his neighbours to redecorate their homes to reflect their unique visions and dreams.
Resiliency Abilities: Causal Analysis, Self-Efficacy Realistic Optimism, Empathy
- Reynolds, P. (2003) The Dot Candlewick Press.
She initially thinks she can't draw but then she makes a dot.
Resiliency Abilities: Causal Analysis, Self-Efficacy
- Reynolds, P. (2004) Ish Candlewick Press.
When someone loves to draw and learns to embrace the "ish" in each picture.
Resiliency Abilities: Causal Analysis, Self-Efficacy

Richardson, J., & Parnell, P. (2005) And Tango Makes Three Simon & Schuster Books for Young Readers.

A true story of two male penguins in New York's Central Park zoo who become a couple and with the help of their zoo keeper, hatch and raise a baby named Tango. Tango becomes the first penguin in the zoo to have two daddies.

Resiliency Abilities: Empathy, Realistic Optimism, Reaching Out

Robertson, F. (2015) A Tale of Two Beasts Hodder Children's Books.

Clever and funny—there are two sides to every story!

Resiliency Abilities: Empathy, Causal Analysis

Roeder, V. (2020) The Box Turtle Dial Books for Young Readers.

A little turtle goes on a journey to find his shell. It turns out to be just right for him.

Resiliency Abilities: Emotional Regulation, Causal Analysis, Self-Efficacy, Realistic Optimism, Reaching Out

Saltzberg, B. (2010) Beautiful Oops! Workman Publishing.

A creative look at transforming mistakes into something beautiful.

Resiliency Abilities: Self-Efficacy, Reaching Out

Saltzberg, B. (2013) With a Little Bit of Oomph! Workman Publishing.

Wonderful things can happen with effort and a bit of oomph!

Resiliency Abilities: Self-Efficacy, Realistic Optimism

Santat, D. (2017) After the Fall Roaring Book Press.

Everyone knows that when Humpty Dumpty sat on a wall, Humpty Dumpty had a great fall. But what happened after?

Resiliency Abilities: Emotional Regulation, Self-Efficacy, Causal Analysis

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

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.

Resiliency Abilities: Emotional Regulation, Self-Efficacy

Singer, M. (2011) Tallulah's Tutu Clarion Books.

Tallulah wants to be a great ballerina and believes she has to have a tutu to succeed. She is very disappointed when the tutu she expects fails to appear, but with a shift in thinking she realizes that ballet dancing is more than what you wear.

Resiliency Abilities: Impulse Control

Spires, A. (2014) The Most Magnificent Thing Kids Can Press Ltd.

The story of a child's emotional journey perseverance to make the most magnificent thing.

Resiliency Abilities: Emotional Regulation, Impulse Control, Self-Efficacy, Reaching Out

Tankard, J. (2009) Boo Hoo Bird Scholastic Press Ltd.

Bird and Raccoon are playing ball, when Bird gets bonked on the head. "Boo hoo hoo!" he cries. What will make Bird feel better? A kiss? A cookie? A bandaid? Bird's friends Raccoon, Rabbit, Beaver, Sheep, and Fox are full of sweet and funny ideas.

Resiliency Abilities: Emotional Regulation, Empathy

Tankard, J. (2016) Grumpy Bird Scholastic Press Ltd.

Bird wakes up on the wrong side of the bed, but his friends help change his mood.

Resiliency Abilities: Emotional Regulation

Verdi S. (2018) I am Human Abrams Books for Young Readers.

We can make good choices by acting with compassion and accepting differences.

Resiliency Abilities: Emotional Regulation, Impulse Control, Empathy, Reaching Out

Watt, M. (2008) Scaredy Squirrel Kids Can Press Ltd.

Scaredy Squirrel is worried about the "worst case" scenario, but a surprising discovery challenges his catastrophic beliefs and gives him a new perspective.

Resiliency Abilities: Emotional Regulation, Causal Analysis, Self-Efficacy, Reaching Out

Watt, M. (2009) Scaredy Squirrel at Night Kids Can Press Ltd.

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.

Resiliency Abilities: Emotional Regulation, Causal Analysis, Self-Efficacy

Watt, M. (2009) Scaredy Squirrel Makes a Friend Kids Can Press Ltd.

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.

Resiliency Abilities: Emotional Regulation, Causal Analysis, Self-Efficacy, Reaching Out

Whamond, D. (2018) Rosie's Glasses Kids Can Press Ltd.

Rosie discovers a pair of glasses and suddenly the grey day becomes colorful. Are they magic? Or does changing the way you look at something change the way you experience it?

Resiliency Abilities: Realistic Optimism

Winter, J. (2008) Wangari's Trees of Peace Harcourt, Inc.

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.

Resiliency Abilities: Impulse Control, Realistic Optimism, Reaching Out

Witeck, J. (2014) In My Heart Abrams Appleseed.

Beautifully illustrated. Helps children identify and talk about their own and others feelings.

Resiliency Abilities: Emotional Regulation, Empathy, Reaching Out

Wood, D. (2005) The Secret of Saying Thanks Simon & Schuster.

A quiet reflective piece on the importance of a grateful attitude. The author reminds us of the wonders around us and shares the secret of saying "thanks."

Resiliency Abilities: Realistic Optimism, Reaching Out

Woodson, J (2018) The Day you Begin Nancy Paulsen Books.

It takes courage to reach out and share our story, especially when we feel different.

Resiliency Abilities: Self-Efficacy, Reaching Out

Yamada, K. (2013) What Do You Do with an Idea? Compendium, Inc.

This is the story of one brilliant idea and the child who helps to bring it into the world. As the child's confidence grows, so does the idea itself. And then, one day, something amazing happens.

Resiliency Abilities: Emotional Regulation, Self-Efficacy, Realistic Optimism

Yamada, K. (2016) What Do You Do with a Problem? Compendium, Inc.

This is the story of a persistent problem and the child who isn't so sure what to make of it. The longer the problem is avoided, the bigger it seems to get. But when the child finally musters up the courage to face it, the problem turns out to be something quite different than it appeared.

Resiliency Abilities: Emotional Regulation, Self-Efficacy, Realistic Optimism

Yamada, K. (2017) What Do You Do with a Chance? Compendium, Inc.

A story of a child who is visited by a chance but because he isn't sure what to do with it, lets it go. Later on, when a new chance comes around he reaches for it, but this time he misses and falls. Now he is afraid. Will he be brave enough to take another chance when it comes around?

Resiliency Abilities: Emotional Regulation, Self-Efficacy, Realistic Optimism

Zuppari, S. (2016) Jack's Worry Candlewick Press.

Jack loves playing the trumpet and for weeks he's been looking forward to taking part in his first concert. But on the morning of the big day, Jack finds that he has a Worry. And his Worry starts to grow. Even when Jack's mum calls him for a special breakfast, even when he hides under the bed or runs around the garden, his Worry follows him...

Resiliency Abilities: Emotional Regulation, Impulse Control, Self-Efficacy, Empathy, Realistic Optimism, Reaching Out



ALTERNATE FORMATS AVAILABLE UPON REQUEST

^{OM} Official Mark of The Corporation of the County of Wellington