

# Books

## Self-Esteem and Acceptance

- Its Okay to be Different - Todd Parr
- It's OK to be Different: A Children's Picture Book About Diversity and Kindness - S. Purtil & Saha
- Hey Awesome - Hey Sigmund
- I am human - Susan Verde and Peter H. Reynolds
- I Am Enough - Grace Byers and Keturah A. Bobo
- Say Something - Peter H. Reynolds
- Your Fantastic Elastic Brain - JoAnn De
- Listening with my heart - Gabbi Garcia
- Dear Girl,: A Celebration of Wonderful, Smart, Beautiful You! - Amy Krouse Rosenthal, Paris Rose
- Hi, I'm Me - Kelly Vurinaris
- It's ok to be different - Miss Margarita N. Marti and Mrs Antigoni P. Adamou

## All About Feelings

- The Feelings Book - Todd Parr
- How Full is your bucket? - Tom Rath and Mary Reckmeyer
- Tiger Tiger is it True - Byron Katie
- Worries Go Away - Kes Gray and Lee Wildish
- I Am Human - Susan Verd and Peter H. Reynolds
- Wilma Jean the Worry Machine - Julia Cook
- Hey Warrior - Hey Sigmund
- Listening to my body - Gabbi Garci
- In My Heart: A Book of Feelings - Jo Witek and Christine Roussey
- You, Me and Empathy - Jayneen Sanders and Sofia Cardoso
- Feelings and Dealings - Camille Childs and Bryan Jones
- The Way I Feel - Janan Cain
- Positive Affirmations
- I think I am - Louise Hay
- Unstoppable Me - Wayne W Dyer
- I Can Do Hard Things: Mindful Affirmations for Kids - Gabi Garcia and Charity Russell

## Building Healthy Attachments

- I love you forever - Robert Munsch
- The kissing hand - Audrey Penn
- The invisible string - Patrice Karst

## Coping and Mindfulness Skills

- Gorilla Thumps and Bear Hugs - Alex Ortner
- I Am Peace - Susan Verde & Peter H. Reynolds

- Sitting Still Like a Frog - Eline Snel
- Breathe like a bear - Kira Willey
- Find your calm - Gabbi Garcia
- B is for Breathe: The ABCs of Coping with Fussy and Frustrating Feelings - Dr. Melissa Munro Boyd
- When I am Angry - Michael Gordon
- I Can Handle It (Mindful Mantras Book 1) - Laurie Wright and Ana Santos
- Hands are not for Hitting - Martine Agassi and Marieka Heinlen

## **Fear of the Dark**

- The Darkest Dark: Glow-in-the-Dark Cover Edition - Chris Hadfield, Eric Fan, et al
- Franklin in the Dark - Paulette Bourgeois and Brenda Clark
- The Pout-Pout Fish in the Big-Big Dark - Deborah Diesen and Dan Hanna
- Tiny T. Rex and the Very Dark Dark - Jonathan Stutzman and Jay Fleck
- Orion and the Dark - Emma Yarlett
- Dragon Night - J. R. Krause
- George in the Dark - Madeline Valentine
- The Berenstain Bears in the Dark - Stan and Jan Berenstain
- Bedtime for Yeti - Vin Voeg
- Night Animals - Gianna Marin
- Little Owl's Night - Divya Srinivasan
- A Dark, Dark Cave - Eric Hoffman and Corey R. Tabor