Early Elementary (5-7)  Book List

Reading and learning about mental health reduces the stigma of mental health concerns through early exposure. Providing age-appropriate mental health books can make a difference in a child’s academic, behavioral, and emotional success. Below is a list of suggested books you can read with your child or classroom, or they can read on their own, that can help them foster social emotional learning, model resiliency and mental well-being, have difficult conversations, and more.

**Adoption & Foster Care**

\*Delly Duck: Why A Little Chick Couldn’t Stay With His Birth Mother: A Foster Care and Adoption Story Book for Children to Explain Adoption or Support Therapeutic Life Story Work - Holly Marlow

\*God Gave Us You - Lisa Tawn Bergren

\*Guji Guji - Fran Pintadera

\*Sad Isn’t Bad: Grief Guidebook for Kids Dealing with Loss Series - Chih-Yuan Chen

\*I’ve Loved You Since Forever - Hoda Kotb

\*Kids Need to Be Safe - Julie Nelson

\*Maybe Days: A Book for Children in Foster Care - Jennifer Wilgocki

\*Stellaluna - Janell Cannor

**Behaviors and Manners**

\*Excuse Me! A Little Book of Manners - Karen Katz

\*Clark the Shark Dares to Share - Bruce Hale

\*Harrison P. Spader, Personal Space Invader - Christianne C. Jones

\*No Biting - Karen Katz

\*My Mouth is Like a Volcano - Julia Cook

\*Personal Space Camp - Julia Cook

\*No Hitting - Karen Katz

\*I’m In Charge of Me! - David Parker

\*I’m Responsible! - David Parker

\*I Tell the Truth! - David Parker

\*I Show Respect! - David Parker Mine! Mine! Mine! - Shelly Becker

\*Sharing How Kindness Grows - Fran Shaw

\*Can You Listen with Your Eyes? - Nita Everly

\*Can You Use a Good Voice? - Nita Everly

\*Know and Follow Rules - Cheri Meiners

\*Listen and Learn - Cheri Meiners

\*Words Are Not for Hurting - Elizabeth Verdick

\*Heartprints - P.K. Hallinan

\*Join In and Play - Cheri Meiners

\*Talk and Work it Out - Cheri Meiners

\*Understand and Care - Cheri Meiners

\*Can You Keep Trying - Nita Everly

\*Share and Take Turns - Cheri Meiners

\*I Just Don’t Like the sound of No -Julia Cook

\*Ricky Sticky Fingers -Julia Cook

\*I Just Want to do it My Way - Julia Cook

\*Do Unto Otters - Laurie Kelle

**Coping Skills**

\*Anger Management Workbook for Kids: 50 Fun Activities to Help Children Stay Calm and Make Better Choices When \*They Feel Mad (Health and Wellness Workbooks for Kids) - Samantha Snowden MA

\*Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger -Janine Halloran

\*Train Your Angry Dragon: A Cute Children Story To Teach Kids About Emotions and Anger Management - Steve Herman \*When I Care About Others - Cornelia Maude Spelman

\*When I Feel Angry – Cornelia Maude Spelman

\*When I Feel Sad - Cornelia Maude Spelman

**Depression**

\*A Flicker of Hope - Julia Cook

\*The Dark Cloud Over Emu’s Head: Dealing with Depression - Abraham Thomas

**Diversity, Equity, and Inclusion**

\*How Wonderfully Odd!: A Backwards Bedtime Adventure of Kindness, Empathy, and Inclusion for Kids - Rory Haltmaier

\*All the Way to the Top: How One Girl’s Fight for Americans with Disabilities Changed Everything - Annette Bay Pimentel \*Best Friends - Charolette Labaronne

\*Can You Be a Friend? - Nita Everly

\*Can You Talk to Your Friends? - Nita Everly

\*Care Bears Caring Contests -Nancy Parent

\*Care Bears The Day Nobody Shared - Nancy Parent

\*Fox Makes Friends Adam - Relf

\*Friends - Jane Yolen and Mark Teague

\*How Do Dinosaurs Play with Their Friends - Jane Yolen and Mark Teague

\*I Accept You as You Are - David Parker

\*I Can Cooperate! - David Parker

\*I’m a Good Friend - David Parker

\*IntersectionAllies: We Make Room for All - Chelsea Johnson, Carolyn Choi, and LaToya Council

\*Just Ask!: Be Different, Be Brave, Be You - Sonia Sotomayor

\*Making Friends - Fred Rogers

\*My Friend - Bear Jez Alborough

\*One Big Heart: A Celebration of Being More Alike than Different - Linsey Davis

\*That’s What a Friend Is - P.K. Hallinan

\*The Brand New Kid - Katie Couric

\*The Rainbow Fish - Marcus Pfister

\*The Too Tall Giraffe: A Children’s Book about Looking Different, Fitting in, and Finding Your Superpower - Christine Maier

**Divorce & Separation**

\*Divorce is Not the End of the World: Zoe’s and Evan’s Coping Guide for Kids - Soe Stern

\*Talking to Children about Divorce - Jean McBride MS LMFT

**Emotions** **& Feelings**

\*A Kids Book About Emotions - Nikita Simpson

\*After the Fall (How Humpty Dumpty Got Back Up Again) - Dan Sanat

\*All About Feelings - Felicity Brooks

\*Amadeus is Happy - Eli Cantillon

\*B is for Breathe: The ABCs of Coping with Fussy and Frustrating Feelings - Dr. Melissa Munro Boyd

\*Breathing Makes It Better: A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between -Christopher Willard, PsyD and Wendy O’Leary

\*Can You Tell How Someone Feels? - Nita Everly

\*Feeling Happy - Ellen Weiss

\*Glad Monster Sad Monster - Ed Emberley and Anne Miranda

\*Grumpy Monkey - Suzanne Lang

\*Guts - Raina Telgemeier

\*How Are You Peeling - Saxton Freymann

\*How Do I Feel? - Como me siento? - Houghton Mifflin

\*How I Feel Angry - Marcia Leonard

\*How I Feel Frustrated - Marcia Leonard

\*How I Feel Sad Marcia - Leonard

\*I Am Happy - Steve Light

\*If You’re Happy and You Know it! - David Carter

\*If You’re Happy and You Know it! - Jane Cabrera

\*Jabari Jumps Gaia - Cornwall

\*Knuffle Bunny - Mo Willems

\*La Catrina: Emotions – Emociones - Patty Rodriguez

\*Let’s Talk About Feeling Sad - Joy Wilt Berry

\*Llama Llama Mad at Mama - Anna Dewdney

\*Marcy’s Having All the Feels - Allison Edwards

\*Me and My Fear - Francesca Sanna

\*Me and My Feelings: A Kids’ Guide to Understanding and Expressing Themselves - Vanessa Green Allen, M.Ed.

\*Milo Imagines the World - Matt de la Peña

\*My Many Colored Days - Dr. Seuss

\*My Monster and Me - Nadiya Hussain

\*Nighty Night Little Green Monster - Ed Emberley

\*No Such Thing - Jackie French Koller

\*On Monday When It Rained - Cherryl Kachenmeister

\*Ruby Finds a Worry (Big Bright Feelings) - Tom Percival

\*See How I Feel - Julie Aigner-Clark

\*Smudge’s Grumpy Day - Miriam Moss

\*Sometimes I Feel Awful - Joan Singleton Prestine

\*Sometimes I’m Bombaloo - Rachel Vail

\*Sunshine & Storm - Elisabeth Jones

\*The Boy with Big, Big Feelings - Britney Winn Lee

\*The Chocolate Covered Cookie Tantrum - Deborah Blementhal

\*The Color Monster - Anna Llenas

\*The Emotions Book: A Little Story About Big Emotions (Brave Kids Press) - Liz Fletcher

T\*he Feel Good Book - Todd Parr

\*The Feelings Book - Todd Parr

\*The Grouchy Ladybug - Eric Carle

\*The I’m Not Scared Book - Todd Parr

\*The Pigeon Has Feelings Too - Mo Willems

\*The Pout Pout Fish -Deborah Diesen

\*The Unbudgeable Curmudeon - Matthew Burgess

\*Today I Feel Silly & Other Moods That Make My Day - Jamie Lee

\*Walter Was Worried - Laura Vaccaro Seeger

\*What I Look Like When I am Confused/Como me veo cuando estoy confundido - Joanne Randolph

\*What Makes Me Happy? - Catherine & Laurence Anholt

\*What Went Right Today? -Joan Buzick and Lindy Judd

\*When I Feel Frustrated - Marcia Leonard

\*When I Feel Happy - Marcia Leonard

\*When I Feel Jealous - Marcia Leonard

\*When I’m Angry - Jane Aaron

\*When I’m Feeling Angry - Trace Moroney

\*When I’m Feeling Sad -Trace Moroney

\*When I’m Feeling Scared Trace Moroney

\*When Sophie Gets Angry - Really, Really, Angry - Molly Garrett

\*Worry Says What? (Truth Tellers) - Allison Edwards

\*Zach Gets Frustrated - William Mulcahy

**Family**

\*A Crocodile in the Family - Kitty Black

\*My Family, Your Family - Lisa Bullard

\*The Family Book - Todd Parr

**Friendship**

\*Ricky, the Rock that Couldn’t Roll - Mr. Jay

\*Margaret and Margarita / Margarita y Margaret - Lynn Reiser

\*My Friend! - Taye Diggs

\*Simon and Molly Plus Hester - Lisa Jahn-Clough

\*The Day You Begin - Jacqueline Woodson

\*The Not-So-Friendly Friend: How To Set Boundaries for Healthy Friendships - Christina Furnival

**Grief & Loss**

\*The Rough Patch - Brian Lies

\*Good Mourning - Seldon Peden II

\*I Miss You: A First Look Death - Pat Thomas

\*My Forever Guardian - Kristina Bingham Jones

\*Sad Isn’t Bad: Grief Guidebook for Kids Dealing with Loss Series - Michaelene Mundy

\*The Heart and the Bottle - Oliver Jeffers

\*The Invisible Leash - Patrice Karst

\*The Invisible String - El hilo invisible (Spanish edition) - Patrice Karst

\*The Next Place - Warren Hanson

\*The Rabbit Listened- Cori Doerrfeld

\*Why Do I Feel So Sad? A Grief Book for Children - Tracy Lambert-Prater

\*Why Do We Cry - Fran Pintadera

**LGBTQ Topics**

\*What Are Your Words?: A Book About Pronouns - Katherine Locke

\*Calvin - JR Ford

\*It Feels Good to Be Yourself - Theresa Thorn

\*Julian Is a Mermaid - Jessica Love Pink Is For Boys - Robb Pearlman

\*Pride: The Story of Harvey Milk and the Rainbow Flag - Rob Sanders

\*Stonewall: A Building, an Uprising, a Revolution - Rob Sander

**Mental Health**

\*What’s Going On Inside My Head?: Starting conversations with your child about positive mental health - Molly Potter

\*My Strong Mind II: The Power of Positive Thinking (Social Skills & Mental Health for Kids) - Niels van Hove

\*My Strong Mind III: Set Goals and Work Hard to Deliver Them (Social Skills & Mental Health for Kids) - Niels van Hove

\*My Strong Mind: A Story About Developing Mental Strength (Social Skills & Mental Health for Kids) - Niels van Hove

**Mindfulness**

\*Gratitude is My Superpower: A children’s book about Giving Thanks and Practicing Positivity - Matthew A. Cherry

\*Alphabreaths: The ABCs of Mindful Breathing - Christopher Willard, PsyD and David Rechtschaffen, M.A

\*Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere - Kira Willey

\*Crafting Calm: Art and Activities for Mindful Kids - Megan Borget-Spaniol and Lauren Kukla

\*I Can Do Hard Things: Mindful Affirmations for Kids - Gabi Garcia

\*Mindful Games For Kids: 50 Fun Activities to Stay Present, Improve Concentration, and Understand Emotions - Kristina Sargent

\*Mindfulness Workbook for Kids: 60+ Activities to Focus, Stay Calm, and Make Good Choices - Hannah Sherman, LCSW

\*My Magic Breath: Finding Calm Through Mindful Breathing - Nick Ortner

**Representation Matters**

\*The Proudest Blue: A Story of Hijab and Family - Ibtihaj Muhammad

\*A Girl Like Me - Angela Johnson

\*Hands Up! -Theresa Thorn

\*Eyes That Kiss in the Corners - Joanna Ho

\*Thirteen Ways of Looking at the Black Boy - Tony Medina

\*Brown Girl Dreaming - Jacqueline Woodson

\*Brown Boy Joy - Dr. Thomishia Booker

\*We Are Still Here!: Native American Truths Everyone Should Know - Traci Sorell

\*Lift Every Voice and Sing - James Weldon Johnson

\*Change Sings: A Children’s Anthem - Amanda Gorman

\*Sing a Song: How Lift Every Voice and Sing Inspired Generations Kelly Starling Lyon

**Safe & Unsafe Touch**

\*Let’s Talk About Body Boundaries, Consent and Respect: Teach children about body ownership, respect, feelings, choices and recognizing bullying behaviors - Jayneen Sanders

\*I Said No! A Kid-to kid Guide to Keeping Private Parts Private - Kimberly King and Zack King

\*Teach Your Dragon Body Safety: A Story About Personal Boundaries, Appropriate and Inappropriate Touching - Steve Herman

**Safety**

\*Not Everyone Is Nice: Helping Children Learn Caution with Strangers (Let’s Talk) - Frederick Alimonti

\*Teach Your Dragon about Stranger Danger: A Cute Children Story To Teach Kids About Strangers and Safety - Steve Herman What If a Stranger Approaches You? - Anara Guard

**School**

\*The Girl with Big, Big Questions (The Big, Big Series, 2) - Britney Winn Lee

\*David Goes to School - David Shannon

\*Restart - Gordon Korma

**Self-Care**

\*The Good Egg - Jory John

**Stress**

\*How Big Are Your Worries Little Bear?: A book to help children manage and overcome anxiety, anxious thoughts, stress and fearful situations - Jayneen Sanders

\*Stressy Jessy: A Book About Organizing the Mind - Carmel Shami

\*When Harley Has Anxiety: A Fun CBT Skills Activity Book to Help Manage Worries and Fear - Regine Galanti PhD

**Trauma & Violence**

\*A Terrible Thing Happened - Margaret Holmes

\*Healing Days: A Guide For Kids Who Have Experienced Trauma - Susan Farber Straus

\*Help Your Dragon Cope with Trauma - Steve Herman

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Coordinated by The Children’s Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health - Behavioral Health Administration. The Campaign goal, with School and Community Champions across the state, is to raise public awareness of the importance of children’s mental health. For more information, please visit www.ChildrensMentalHealthMatters.org. \*\*The books in this list are recommendations – the Children’s Mental Health Matters Campaign does not hold responsibility for the content. Parents/caregivers and educators should make all considerations before reading the suggested books