Upper Elementary – Middle (9-12) 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**

\*For Black Girls Like Me - Mariama J. Lockington

\*The Season of Styx - Malone Kekla Magoon

\*Unsinkable: From Russian Orphan to Paralympic Swimming World Champion - Jessica Long

**Anxiety**

\*Guts - Raina Telgemeier

\*Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress - Regine Galanti, PhD

\*Each Tiny Spark - Pablo Cartaya

\*Outsmarting Worry (An Older Kid's Guide to Managing Anxiety) - Dawn Huebner

**Confidence & Self-Esteem**

\*I Choose to Try Again: A Colorful, Rhyming Picture Book About Perseverance and Diligence (Teacher and Therapist Toolbox: I Choose) - Elizabeth Estrada

**Coping Skills**

\*Creative Coping Skills for Teens and Tweens - Bonnie Thomas

**Depression**

\*All the Greys on Greene Street - Laura Tucker

\*The Science of Unbreakable Things - Tae Keller

**Emotions**

\*Emotes! Boom the Anger Tamer (An Emotes book about Anger) - Matt Casper, MFT and Ted Dorsey

\*Emotes! Can't Loses His Cool (Emotes book About Temper Tantrums) Matt Casper, MFT and Ted Dorsey

\*Emotes! Color Me Off (How I Learned to Stop Pretending and Love Myself) Matt Casper, MFT and Ted Dorsey

\*Emotes! Joi's Cybercoaster Adventure (Emotes book about Positive Thinking) Matt Casper, MFT and Ted Dorsey

\*Emotes! Jumpi goes to Camp (Emotes book About Being Afraid) Matt Casper, MFT and Ted Dorsey

\*Emotes! Super and Perfecto (A Book About Confidence) Matt Casper, MFT and Ted Dorsey

\*Emotes! The Emotes Big Book of Feelings Matt Casper, MFT and Ted Dorsey

\*How to take the Grr Out of Anger Elizabeth Verdick and Marjorie Lisovskis

\*It's Hard to be a Verb - Julia Cook

**Family**

\*Blended - Sharon Draper

\*Siblings: You're Stuck with Each Other, So Stick Together - James J. Crist, PhD and Elizabeth Verdick

 \*The List of Things That Will Not Change - Rebecca Stead

**Grief & Loss**

\*Running on Empty - S.E. Durrant

\*The Seventh Most Important Thing - Shelley Pearsall

\*Turtle Boy - M. Evan Wolkenstein

**LGBTQ Topics**

\*Channel Kindness: Stories of Kindness and Community Born This Way Foundation and Lady Gaga

\*George - Alex Gino

\*Queer, 2nd Edition: The Ultimate LGBTQ Guide for Teens - Kathy Belge and Marke Bieschke

\*Rick - Alex Gino

\*Zenobia July - Lisa Bunker

**Life Skills**

\*The Girl's Guide to Conquering Middle School: "Do This, Not That" - Erica Catherman

\*Growth Mindset Journal for Boys - Elizabeth Sautter

**Mental Health**

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

\*Every Last Word - Tamara Ireland Stone

\*Mental Toughness for Young Athletes: Eight Proven 5-Minute Mindset Exercises for Kids and Teens Who Play \*Competitive Sports - Troy Horne

\*The Miscalculations of Lightning Girl - Stacy McAnulty

**Mindfulness**

\*This Moment Is Your Life (and So Is This One): A Fun and Easy Guide to Mindfulness, Meditation, and Yoga - Mariam Gates

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

\*Family Gratitude Journal: 52 prompts to add happiness to your home - Gabi Garcia

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

**Puberty**

\*Celebrate Your Body (and Its Changes, Too!): The Ultimate Puberty Book for Girls (Celebrate You, 1) - Sonya Renee Taylor

\*Celebrate Your Body 2: The Ultimate Puberty Book for Preteen and Teen Girls (Celebrate You, 2) - Dr. Carrie Leff and Dr. Lisa Klein

\*The Boys Body Book (Fifth Edition): Everything You Need to Know for Growing Up! (Puberty Guide, Health \*Education, Books for Growing Up) - Kelli Dunham RN BSN

\*The Period Book: A Girl's Guide to Growing Up - Karen Gravelle

**Representation Matters**

\*New Kid - Jerry Craft

\*A Good Kind of Trouble - Lisa Moore Ramee

\*Black Women in Science: A Black History Book for Kids - Kimberly Brown Pellum

\*Dark Sky Rising: Reconstruction and the Dawn of Jim Crow - Henry Louis Gates Jr. and Tonya Bolden

\*Finding Langston - Lesa Clina-Ransome

\*Genesis Begins Again - Alicia D. Williams

\*Ghost Boys - Jewell Parker Rhodes

\*Hidden Figures: The Untold True Story of Four African-American Women who Helped Launch Our Nation into \*Space - Margot Lee Shetterly

\*March Forward Girl - Melba Patillo Beals

\*New Kid - Jerry Craft

\*One Last Word: Wisdom from the Harlem Renaissance - Nikki Grimes

\*One Shot: A Story of Bullying - Alex Karl Bruorton

\*Stamped: Racisim, Antiracism and you: A Remix of the National Book Award-Winning Stamped From the Beginning - Jason Reynolds and Ibram X. Kendi

\*The Usual Suspects - Maurice Broaddus

\*This Promise of Change: One Girl's Story in the Fight for School Equality - Jo Ann Allen Boyce and Debby Levy

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

\*We Rise, We Resist, We Raise Our Voices - Wade Hudson & Cheryl Willis Husdon

\*We Should Hang Out Sometime: Embarrassingly, a true story - Josh Sundquist

\*What Lane? - Torrey Maldonado

**Safe & Unsafe Touch**

\*My Body's Mind: A Book on Body Boundaries and Sexual Abuse Prevention - Kayla J.W. Marnach

**School Issues**

\*The Elephant in the Room: A Lockdown Story - Alicia Stenard

**Self-Discovery**

\*Growth Mindset Journal for Boys: A Space to Embrace Challenges, Set Goals, and Dream Big - Elizabeth Sutter

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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