

## THE RABBIT LISTENED

Pic Doerrfel

When something sad happens, Taylor doesn't know where to turn. All the animals are sure they have the answer. One by one, the animals try to tell Taylor how to act, and one by one they fail to offer comfort. Then the rabbit arrives. All the rabbit does is listen . . . which is just what Taylor needs.

## PUNKY ALOHA

Pic Tuiasoa

Punky loves to do a lot of things--except meeting new friends. She doesn't feel brave enough. So when her grandmother asks her to go out and grab butter for her famous banana bread, Punky hesitates.

## EXTRA EZRA

Pic LaReau

This book will teach readers the importance of respecting boundaries and open communication in friendships, and it will inspire everyone to celebrate their differences!

## THE KISSING HAND

Pic Penn

School is starting in the forest, but Chester Raccoon does not want to go. To help ease Chester's fears, Mrs. Raccoon shares a family secret called the Kissing Hand to give him the reassurance of her love any time his world feels a little scary.

## LLAMA LLAMA MISSES MAMA

Pic Dewdney

It's Llama Llama's first day of preschool! And Llama Llama's mama makes sure he's ready. They meet the teachers. See the other children. Look at all the books and games. But then it's time for Mama to leave. And suddenly Llama Llama isn't so excited anymore. Will Mama Llama come back? Of course she will. But before she does, the other children show Llama Llama how much fun school can be!

## THE THING LOU COULDN'T DO

Early O'Connor, Level 3

Pic Spires

This delightful picture book perfectly depicts what children go through when confronted with something difficult. Ultimately, Lou faces her fear, and although she fails, the effort empowers her, encouraging a growth mindset.

Books for  
Emotional Resilience



## WHEN SADNESS IS AT YOUR DOOR

Pic Eland

A comforting primer in emotional literacy and mindfulness that suggests we approach the feeling of sadness as if it is our guest.

## MISTY THE CLOUD: A VERY STORMY DAY

Pic Dreyer

When Misty the Cloud wakes up feeling stormy, nothing seems to make her day better! And Misty's grumbly mood affects everyone when her big emotions cause a thunderstorm to rumble across the sky. But with help from friends and family, Misty accepts that sometimes she's just going to be a little stormy-and it will always pass.

## RAIN

Pic Ashman

One rainy day in the city, an eager little boy exclaims, "Rain!" Across town a grumpy man grumbles, "Rain." The boy in his green frog hat splashes in puddles--"Hoppy, hoppy, hoppy!"--while the old man curses the "dang puddles." Can the boy's natural exuberance (and perhaps a cookie) cheer up the grouchy gentleman and turn the day around?

## I BELIEVE I CAN

Pic Byers

I Believe I Can is an affirmation for boys and girls of every background to love and believe in themselves.

## JABARI JUMPS

Pic Cornwall

Working up the courage to take a big, important leap is hard, but Jabari is almost absolutely ready to make a giant splash.

## OUT OF A JAR

Pic Marcero

Llewellyn does not like to feel afraid or sad, angry, lonely, or embarrassed. And so he comes up with a brilliant plan- he tucks each of his feelings into jars and hides them away where they won't bother him anymore. But when he gets in trouble in class, Llewellyn finds he needs to put away excitement too. And when joy is quickly followed by disappointment, he decides to get rid of joy as well. After a while, Llewellyn walks around not feeling much of anything at all. And what happens when his emotions refuse to be bottled up any longer?

## SHINE

Pic McDonnell

Hoshi the sea star looks up in the sky and sees the stars shining. She wishes that she too could be in the sky amongst the brilliant stars--and as she imagines how much better it would be up in the air, she fails to appreciate the beautiful world that surrounds her underwater. It takes Hoshi's friends, old and new, to help her realize that her shine comes from within.

## THE SOUR GRAPE

Pic John

The Sour Grape holds grudges for every reason under the sun. When a friend holds a grudge against the Sour Grape without listening to an explanation, the Sour Grape realizes how unfair grudges can be. Could a bunch of forgiveness and compassion be enough to turn a sour grape sweet?

## MY MONSTER AND ME

Pic Hussain

A touching story about a little boy whose worry monster follows him everywhere he goes. It's there when he gets dressed, when he wants to play with his toys, and even when his friends come over to visit. How can he escape his worries?