



# 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 that can help them name and understand feelings, deal with painful experiences, cope with strong emotions, and more.



BOOK NAME	AUTHOR
<b>Adoption &amp; Foster Care</b>	
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 Cannon
<b>Behaviors &amp; Manners</b>	
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 Keller
<b>Coping Skills</b>	
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
<b>Depression</b>	
A Flicker of Hope	Julia Cook
The Dark Cloud Over Emu's Head: Dealing with Depression	Abraham Thomas
<b>Diversity, Equity, and Inclusion</b>	
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
Intersection Allies: 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
<b>Divorce &amp; Separation</b>	
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
<b>Emotions &amp; Feelings</b>	
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
The 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 Curmudgeon	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
<b>Family</b>	
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 Sanders
<b>Mental Health</b>	
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
<b>Mindfulness</b>	
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
Life Every Voice and Sing	James Weldon Johnson
Change Sings: A Children's Anthem	Amanda Gorman
Sing a Song: How Life Every Voice and Sing Inspired Generations	Kelly Starling Lyons

## 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-tokid 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 Korman
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



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](http://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.*