

# Upper Elm - 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.



BOOK NAME	AUTHOR
<b>Adoption &amp; Foster Care</b>	
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
<b>Anxiety</b>	
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
<b>Confidence &amp; Self-Esteem</b>	
I Choose to Try Again: A Colorful, Rhyming Picture Book About Perseverance and Diligence (Teacher and Therapist Toolbox: I Choose)	Elizabeth Estrada

<b>Coping Skills</b>	
Creative Coping Skills for Teens and Tweens	Bonnie Thomas
<b>Depression</b>	
All the Greys on Greene Street	Laura Tucker
The Science of Unbreakable Things	Tae Keller
<b>Emotions</b>	
Emotes! Boom the Anger Tamer (An Emotes book about Anger)	Matt Casper, MFT and Ted Dorsey
Emotes! Can't Lose 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
<b>Family</b>	
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
<b>Grief &amp; Loss</b>	
Running on Empty	S.E. Durrant
The Seventh Most Important Thing	Shelley Pearsall

Turtle Boy	M. Evan Wolkenstein
<b>LGBTQ Topics</b>	
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
<b>Life Skills</b>	
The Girl's Guide to Conquering Middle School: "Do This, Not That"	Erica Catherman
Growth Mindset Journal for Boys	Elizabeth Sautter
<b>Mental Health</b>	
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
<b>Mindfulness</b>	
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

Lesia 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: Racism, 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 Hudson
We Should Hang Out Sometime: Embarrassingly, a true story	Josh Sundquist
What Lane?	Torrey Maldonado
<b>Safe &amp; Unsafe touch</b>	
My Body's Mind: A Book on Body Boundaries and Sexual Abuse Prevention	Kayla J.W. Marnach
<b>School Issues</b>	
The Elephant in the Room: A Lockdown Story	Alicia Stenard
<b>Self-Discovery</b>	
Growth Mindset Journal for Boys: A Space to Embrace Challenges, Set Goals, and Dream Big	Elizabeth Sutter



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.*