



PTA HEALTHY MINDS: BOOKLIST FOR RESPONSIBLE DECISION-MAKING BY AGE AND STAGE

Books can be a great way to help children build social and emotional skills! This booklist includes books that can specifically help start conversations related to responsible decision-making with your child. You can find these books at your local library or at BookShop.org.

PICTURE BOOKS (INFANT – 7 YEAR OLDS)

We are Grateful: Otsaliheliga

By Traci Sorell

The Cherokee people and share with one another blessings in each of the seasons of the year.

She Persisted Around the World

By Chelsea Clinton

This book highlights thirteen women who had to overcome many obstacles in order to achieve their vision and improve the world. From voting rights to innovations in Chemistry and Physics to environmental movements, these stories show how women have risen up and persisted to make a difference.

Three Little Engines That Could

By Bob McKinnon

Based on the original story of "The Little Engine That Could," three engines have individual struggles and realize that they are able to persist and meet their goal if they join together and help one another.

The Mess That We Made

By Michelle Lord

This book gives children an experience of the Great Pacific Garbage Patch on the impact on humans, animals and plants. Children learn the importance of caring for our oceans and any natural environment where they live and play.

The Choices I Make

By Michael Gordon

Decisions can be hard. This book looks at emotions and how they can impact your decision-making and sometimes, lead you to choices you don't want to make. This book poses the question to young children, *How do you make good decisions?*





FIRST CHAPTER BOOKS (7-12 YEAR OLDS)

What if Soldiers Fought with Pillows? True Stories of Imagination and Courage

by Heather Camlot

This book asks questions and tells true yet incredible stories of individuals and groups who invented creative solutions to some of the world's most challenging problems like war, hunger, politics and voting rights.

The Liberation of Gabriel King

by K.L. Going

In Georgia in 1976, Gabriel, a bullied white boy, and Frita, an African-American girl facing prejudice, decide to overcome their fears together as they enter the fifth grade.

Anyway: A Story About Me with 138 Footnotes, 27 Exaggerations and 1 Plate of Spaghetti

by Arthur Salm

At summer camp, twelve-year-old Max reinvents himself as daring and fearless. He comes home to return to school, his friends and his life and realizes that the fun he had over the summer was at the expense of others' feelings. He acted like a bully and now, cannot be as risky with his friends at home. Max tries to figure out what kind of person he really wants to be.

YOUNG ADULT BOOKS (13-17 YRS.)

American Panda

by Gloria Chao

At seventeen, Mei should be in high school, but skipping fourth grade was part of her parents' master plan. Now a freshman at MIT, she is on track to fulfill the rest of this predetermined future: become a doctor, marry a preapproved Taiwanese Ivy Leaguer, produce a litter of babies. Can she find a way to be herself, whoever that is, before her web of lies unravels?

The Giver

By Lois Lowry

The haunting story centers on 12-year-old Jonas, who lives in a world of contented conformity. Society attempts to control who procreates and how many children are born per couple in addition to giving each child a "life assignment." Not until Jonas is given his own assignment does he begin to understand the dark, complex secrets behind his community. This book raises important discussions about questioning rules and authority and understanding the purpose behind decisions.



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Holes

By Louis Sachar

Stanley feels his is part of a long-running family curse. He has been unjustly sent to a boys' detention center, Camp Green Lake. The boys are required to dig holes every day to "build character" but Stanley suspects there is a darker reason behind the hole digging. The adults are punitive and secretive at the camp. Stanley tries to uncover the truth along with friends and enemies he meets along the way. This book raises questions about the roles of crime and punishment and what makes a difference in kids' behavior.

To Kill A Mockingbird

By Harper Lee

A coming-of-age story set in the South. A young girl views a world of great beauty and savage inequities as her lawyer father risks everything to defend a black man unjustly accused of a terrible crime. This book has become an essential read and a rite of passage for teenagers in the U.S.

