



PTA HEALTHY MINDS: SELF-AWARENESS AND SELF-MANAGEMENT BY AGE/STAGE BOOKLIST

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 self-awareness and self-management with your child. You can find these books at your local library or at BookShop.org.

PICTURE BOOKS (0-7 OR ALL AGES)

One Whole Me

By Dia Mixon

With vibrant illustrations, children of multi-cultural backgrounds are encouraged to embrace, learn about and love each of those cultures they've inherited. The theme is a child can love their one whole self and be a part of many cultures.

Mouse Was Mad

By Linda Urban

This is a hilarious book about a mouse who gets critiqued about the ways he is expressing his anger until he finds his own way to cool down that impresses all of the other animals. This is an excellent book to discuss and learn about the ways to manage anger.

Don't Be Afraid, Little Pip

By Karma Wilson and Jane Chapman

Little Pip has been told he will learn to swim with all of the other penguins his age. He is scared of swimming and his interest in flying becomes the excuse for not learning to swim. When he accidentally falls into the water, he learns to swim and overcomes his fear with the support of a friend.

When Sophie Gets Angry—Really, Really Angry...

By Molly Bang

This is a story about a little girl who gets angry when it is time for her to share with her sister. She throws a fit and then takes off into the woods where she takes in nature, finds comfort in the world and is able to calm down. She heads back home and everything is okay again.

Ruby Finds a Worry

By Tom Percival

Ruby starts out with a small worry. But as time goes on, the worry grows and grows until it's huge. She doesn't know what to do with it until she befriends a boy and discovers he has worries too. Sharing their feelings with another might just take care of the problem altogether!





FIRST CHAPTER BOOKS (7-12 YRS.)

Minnie McClary Speaks her Mind

By Margaret Peterson Haddix

Ten-year-old Minnie is trying to figure out who she is. Her teacher is encouraging students to write about themselves in a journal and discusses the many sometimes controversial ways individuals are different. Minnie begins to gain confidence and ask critical questions about herself and others when her teacher is suspended. Now a whole new set of questions are raised about why she would be suspended and what Minnie really believes about her teacher and herself.

Max Loves Muñecas

By Zetta Elliott

Max wants to visit a beautiful boutique that sells handmade dolls, but he worries that other children will tease him. When he finally finds the courage to enter the store, Max meets Senor Pepe who has been making dolls since he was a boy in Honduras. Senor Pepe shares his story with Max and reminds him that, "There is no shame in making something beautiful with your hands."

The Year of the Book

By Andrea Cheng

In Chinese, "peng you" means friend. But in any language, all Anna knows for certain is that friendship is complicated. When Anna needs company, she turns to her books. Whether traveling through "A Wrinkle in Time" or peering over "My Side of the Mountain" books provide what real life cannot—constant companionship and insight into her changing world.

Ivy Aberdeen's Letter to the World

By Ashley Herring Blake (LGBTQ)

When a tornado rips through town, 12-year-old Ivy Aberdeen's house is destroyed and her family of five is displaced. Ivy feels invisible and ignored in the aftermath of the storm—and what's worse, her notebook filled with secret drawings of girls holding hands has gone missing. Mysteriously, Ivy's drawings begin to reappear in her locker with notes from someone telling her to open up about her identity. Ivy thinks—and hopes—that this someone might be her classmate, another girl for whom Ivy has begun to develop a crush. Will Ivy find the strength and courage to follow her true feelings?





YOUNG ADULT BOOKS (13-17 YRS.)

Island of the Blue Dolphins

By Scott O'Dell

Loosely based on a true story of an indigenous woman being left alone on an island to survive, this is a tremendous story of courage and resilience amidst the harshest natural living conditions. The story of Karana offers gratitude for the creature comforts we tend to take for granted such as food, water, clothing and shelter and sheds light on the human spirit's ability to thrive even when experiencing the loss of loved ones and community.

The Poet X

By Elizabeth Acevedo

A young girl in Harlem discovers slam poetry as a way to understand her mother's religion and her own relationship to the world. Debut novel of renowned slam poet Elizabeth Acevedo. Xiomara Batista feels unheard and unable to hide in her Harlem neighborhood. Ever since her body grew into curves, she has learned to let her fists and her fierceness do the talking until she finds poetry.

I Am Not Your Perfect Mexican Daughter

By Erika L. Sanchez

Perfect Mexican daughters do not go away to college. And they do not move out of their parents' house after high school graduation. Perfect Mexican daughters never abandon their family. That was Olga's role. Was Olga really what she seemed? Or was there more to her sister's story? And either way, how can Julia even attempt to live up to a seemingly impossible ideal? But Julia is not your perfect Mexican daughter.

Poetry Speaks Who I Am; Poems of Discovery, Independence, and Everything Else

Edited by Elise Paschen

A book of over 100 poems from well-known award-winning authors like Maya Angelou and Langston Hughes to unknown, contemporary poets all writing about aspects of identity.

