



PTA HEALTHY MINDS: SOCIAL AWARENESS AND RELATIONSHIP SKILLS BY AGE/STAGE BOOK LIST

Books can be a great way to help children build social and emotional skills! This booklist has some books that can specifically help start conversations about social awareness and relationship skills with your child. You can find these books at your local library or at BookShop.org.

PICTURE BOOKS (0-7 OR ALL AGES)

The Skin you Live In

By Michael Tyler, Illustrated by David Lee Cscicsko

Race and skin color can be a challenging subject to bring up with our children though so important. This book can help! It describes the beauty of a variety of skin tones using dessert imagery. Then, it moves beyond skin color to talk about all of the qualities that make a person unique—their imagination, their hopes and dreams.

Who's In My Family? All About Our Families

By Robie Harris, Illustrated by Nadine Bernard Westcott

A family takes a trip to the zoo and notes all of the different make-ups of human and animal families. It discusses how different families eat a variety of foods and live in varying environments. There are multiracial families, single sex couples, adopted children and stepparents. It makes the point that it's normal to have all sorts of different kinds of families and family members.

Too Tall Houses

By Gianna Marino

Friends Rabbit and Owl build their homes next door to each other. But when one feels the other's house is bigger, the other starts building his own. A competition ensues to build the tallest house. During their building frenzy, both houses collapse, and they must consider what to do next. They find that their best solution is to rebuild one home to share together.

One Day, So Many Ways

By Laura Hall

Discover what daily life is like for kids all around the world! Meet children from over 40 countries and explore the differences and similarities between their daily routines. Over 24 hours, follow a wide variety of children as they wake up, eat, go to school, play, talk, learn and go about their everyday routine in this stunning retro-style illustrated picture book.





A Kids Book about Racism

By Jelani Memory

Yes, this really is a kids book about racism. Inside, you'll find a clear description of what racism is, how it makes people feel when they experience it, and how to spot it when it happens. This is one conversation that's never too early to start, and this book was written to be an introduction for kids on the topic. This book helps young children learn about racism and how it hurts people and supports parents in raising this vital conversation in the preschool years.

FIRST CHAPTER BOOKS (7-12 YRS.)

Lola Levine Is Not Mean

By Monica Brown

Lola loves writing in her diary and playing soccer with her team, the Orange Smoothies. But when a soccer game during recess gets "too competitive," Lola accidentally hurts her classmate, Juan Gomez. Now everyone is calling her Mean Lola Levine! Lola feels horrible, but with the help of her family and her super best friend, Josh Blot, she learns how to navigate the second grade in true Lola fashion—with humor and the power of words.

Merci Suarez Changes Gears

By Meg Medina

Thoughtful, strong-willed sixth grader Merci Suarez navigates difficult changes with friends, family, and everyone in between in a resonant new novel from Meg Medina. In a coming-of-age tale full of humor and wisdom, award-winning author Meg Medina gets to the heart of the confusion and constant change that defines middle school—and the steadfast connection that defines family.

Inside Out and Back Again

By Thanhha Lai

A Newberry Honor Book, this moving story of one girl's year of change, dreams, grief, and healing. Inspired by the author's childhood experience as a refugee—fleeing Vietnam after the Fall of Saigon and immigrating to Alabama—this coming-of-age debut novel told in verse has been celebrated for its touching child's-eye view of family and immigration.





YOUNG ADULT BOOKS (13-17 YRS.)

Esperanza Rising

By Pam Munoz Ryan

A powerful story of a young girl who lived in Mexico on a large ranch with servants and plenty of food, clothing and resources who is forced to leave because her life becomes unsafe. She migrates north crossing the border to California and becomes farm labor living in a dormitory in meager conditions and treated poorly. She must discover her own resilience as she survives and fights for her family's survival.

Pax

By Sara Pennypacker

This touching adventure of a young boy and a fox offers plenty of opportunity for empathy with complex themes of friendship, mental illness and the harsh impacts of war.

Brown Girl Dreaming

By Jacqueline Woodson

A touching memoir written as poetry that offers empathy and insight into the life of an African-American girl from Columbus, Ohio.

Anne Frank; The Diary of a Young Girl

By Anne Frank

Imagine being isolated for fear of danger outside of your home. Our teens will deeply relate. However, instead of a pandemic, it's the reigning government who hates and are imprisoning, torturing and killing people like you. And there's no living in your own home. Anne and her family had to go into hiding in the back, hidden rooms of her Father's office building sharing it with others who are in hiding. And they cannot leave or else risk all of their lives. Anne's diary is timeless, authentic, and one every teen would benefit from reading.

