



MENTAL HEALTH AND WELLNESS

SUPERPOWER BOOK LIST

BOARD BOOKS

Baby Medical School: Vaccines. Cara Florance & Jon Florance. ISBN. 9781492694007. Sourcebooks. 0-3

PICTURE BOOKS

Astrid and the Sky Calf. Written and illustrated by Rosie Faragher. ISBN. 9781786283535. Child's Play. 3-7

Bear's Book of Emotions. Written and illustrated by Tyler Beckstrand. ISBN. 9781952209154. Lawley Publishing. 2-7

A Beary Rainy Day. Adam Ciccio. Illus. Emilie Timmermans. ISBN. 9781605375984. Clavis Publishing. 5-10

Breathe Deep, Little Sheep. Jessica Lee. Illus. Lucia Wilkinson. ISBN. 9781524865351. Andrews McMeel Publishing. 4-8

Calm: Mindfulness for Kids. Wynne Kinder. ISBN. 9781465470904. DK. 6-9

The Couch Potato. Jory John. Illus. Pete Oswald. ISBN. 9780062954534. HarperCollins Children's Books. 4-8

Crying is Like the Rain. Heather Hawk Feinberg. Illus. Chamisa Kellogg. ISBN. 9780884487234. Tilbury House Publishers. 6-8

Deena Misses Her Mom. Jonae Haynesworth, Jesse Holmes, Layonnie Jones, Kahliya Ruffin. Illus. Leslie Pyo. ISBN. 9781945434075. Shout Mouse Press. 5-9

Everyone Walks Away. Written and illustrated by Eva Lindstrom. ISBN. 9781776571864. Gecko Press. 7-8

Floppy Lop-Ears and the Spectrum. Rochelle Caruso Flynn MD. Illus. Joshua Allen. ISBN. 9781496950994. Brown Books Publishing Group. 7-9

Fly Flies. Ziggy Hanaor. Illus. Alice Bowsher. ISBN. 9781908714619. Cicada Books. 3-8

Gratitude Journal for Kids: Colored Pages. Priscilla Morgan. Illus. Simonne-Anais Clarke. ISBN. 9781657161078. Lauren Simone Publishing House. 5-14

A Horse Named Special. Kathy Brodsky. Illus. Cameron Bennett. ISBN. 9780982852927. Helpingwords. 2-9

How Talula Turned Her Day Around. Kathy Brodsky. Illus. Sarah Zeogas. ISBN. 9780997792287. Helpingwords. 2-9

I Am Not a Label. Cerrie Burnell. Illus. Lauren Mark Baldo. ISBN. 9780711247451. The Quarto Group. 6-12

I Am, I Can. Wynne Kinder. ISBN. 9780744027648. DK. 7-9

I'll Be the Water. Alec Aspinwall. Illus. Nicole Wong. ISBN. 9780884487760. Tilbury House Publishers. 6-8

■ The Brown Bookshelf recommended title
* Free access at classroom.popcultureclassroom.org

- It Will Be OK.** Lisa Katzenberger. Illus. Jaclyn Sinquett. ISBN. 9781728222554. Sourcebooks. 4-8
- It's a Girl Thing!** Written and illustrated by Pri Ferrari. ISBN. 9781635921243. Boyds Mills & Kane. 5-9
- Little Worm: A Story About Worry.** Laura Ann Elpers Pierce. Illus. Armando Lored. ISBN. 9781612549385. Brown Books Publishing Group. 3-7
- Macie's Mirror.** Adam Ciccio. Illus. Gertie Jaquet. ISBN. 9781605375373. Clavis Publishing. 4-10
- The Magical Yet.** Angela DiTerlizzi. Illus. Lorena Alvarez. ISBN. 9781368025621. Little, Brown Books for Young Readers. 4-8
- Man Up!** Riley Campbell, London Jones, Shirelle Hurt. Illus. Joy Ingram. ISBN. 9781950807055. Shout Mouse Press. 5-9
- Maybe Tomorrow?.** Charlotte Agell. Illus. Ana Ramírez González. ISBN. 9781338214888. Scholastic. 4-8
- Meesha Makes Friends.** Written and illustrated by Tom Percival. ISBN. 9781547605194. Bloomsbury Publishing. 3-6
- Milo and Monty.** Written and illustrated by Roxana De Rond. ISBN. 9781786283511. Child's Play. 3-7
- Mom's Sweater.** Written and illustrated by Jayde Perkin. ISBN. 9780802855442. Wm. B. Eerdmans Publishing Co. 4-8
- Mootilda's Bad Mood.** Corey Rosen Schwartz and Kirsti Call. Illus. Claudia Ranucci. ISBN. 9781499810868. Little Bee Books. 4-8
- **My Cold Plum Lemon Pie Bluesy Mood.** Tameka Fryer Brown. Illus. Shane W. Evans. ISBN. 9780670012855. Penguin Young Readers. 3-7
- Percy Gets Upset.** Stuart J. Murphy. ISBN. 9781580894609. Charlesbridge. 2-5
- Pockets Full of Rocks: Daddy Talks About Depression.** Yair Engelberg. Illus. MacKenzie Haley. ISBN. 9781433831096. Magination Press. 4-8
- Ravi's Roar.** Written and illustrated by Tom Percival. ISBN. 9781547603008. Bloomsbury Publishing. 3-6
- The Seedling That Didn't Want to Grow.** Britta Teckentrup. ISBN. 9783791374291. Prestel Publishing. 3-7
- Scruff.** Written and illustrated by Alice Bowsher. ISBN. 9781908714787. Cicada Books. 3-8
- The Shadow Elephant.** Nadine Robert. Illus. Valerio Vidali. ISBN. 9781592703128. Enchanted Lion Books. 6-8
- Simon and the Big, Bad, Angry Beasts: A Book about Anger.** Written and illustrated by Ian De Haes. ISBN. 9780664263553. Flyaway Books. 3-7
- **Sometimes My Mommy Gets Angry.** Bebe Moore Campbell. Illus. E.B. Lewis. ISBN. 9780142403594. Penguin Young Readers. 5-8
- Too Shy to Say Hi.** Shannon Anderson. Illus. Hiroe Nakata. ISBN. 9781433831584. Magination Press. 4-8
- We Are Grateful: Otsaliheliga.** Traci Sorell. Illus. Frane Lessac. ISBN. 9781580897723. Charlesbridge. 3-7
- When My Cousins Come to Town.** Angela Shanté. Illus. Keisha Morris. ISBN. 9781513267227. West Margin Press. 6-9
- When We Are Kind.** Monique Gray Smith. Illus. Nicole Neidhardt. ISBN. 9781459825222. Orca Book Publishers. 3-5
- Why Worry.** Eric Kimmel. Illus. Aiko Ikegami. ISBN. 9781513262000. West Margin Press. 5-8

Yoga Animals At the Seashore. Christiane Kerr & Jason Hook. Illus. Julia Green. ISBN. 9781684641697. Kane Miller, A Division of EDC Publishing. 3-up

MIDDLE GRADE

13 Things Strong Kids Do: Think Big, Feel Good, Act Brave. Amy Morin. ISBN. 9780063008489. HarperCollins Children's Books. 8-12

Be Positive! An Activity Book for Young People Who Want to Feel More Self-Confident. Dr. Sharie Coombes. Illus. Ellie O'Shea. ISBN. 9781787415904. Kane Miller, A Division of EDC Publishing. 8-up

Because of the Rabbit. Cynthia Lord. ISBN. 9780545914246. Scholastic. 8-12

The Book of Dares: 100 Ways for Boys to Be Kind, Bold, and Brave. Ted Bunch and Anna Marie Johnson Teague. ISBN. 9780593302989. Random House Children's Books. 8-12

Can We Talk About Consent?. Justin Hancock. Illus. Fuchsia MacAree. ISBN. 9780711256569. The Quarto Group. 12-18

Do Fish Sleep?. Jens Raschke. Illus. Jens Rasmus. ISBN. 9781592702855. Enchanted Lion Books. 8-12

How to Become a Planet. Nicole Melleby. ISBN. 9781643750361. Algonquin Young Readers. 9-12

Jelly. Jo Cotterill. ISBN. 9781499810066. Little Bee Books. 10-14

A Moose Boosh : A Few Choice Words About Food. Eric-Shabazz Larkin. Illus. Eric-Shabazz Larkin. ISBN. 9780983661559. Readers to Eaters. 10-up

Pilu of the Woods. Written and illustrated by Mai K. Nguyen. ISBN. 9781620105511. Oni Press. 8-12

Reeni's Turn. Carol Coven Grannick. ISBN. 9781646030125. Fitzroy Books (imprint of Regal House Publishing). 9-12

Stand Up to Sexting. Heather Boynton and Christy Monson. Illus. Albert Pinilla. ISBN. 9781733633574. Bushel & Peck Books. 8-12

Superpowered: Transform Anxiety into Courage, Confidence, and Resilience. Renee Jain and Dr. Shefali Tsabary. ISBN. 9780593126394. Random House Children's Books. 8-12

Tell Me: What Children Really Want to Know About Bodies, Sex, and Emotions. Katharina Von Der Gathen. Illus. Anke Kuhl. ISBN. 9781776572328. Gecko Press. 9-10

The Worry (Less) Book. Rachel Brian. ISBN. 9780316495196. Little, Brown Books for Young Readers. 6-10

YOUNG ADULTS

(Don't) Call Me Crazy. Kelly Jensen. ISBN. 9781616207816. Algonquin Young Readers. 14-18

Believarexic. J.J. Johnson. ISBN. 9781682630075. Peachtree Publishing Company Inc. 12-16

Book of Knowing. Gwendoline Smith. ISBN. 9781524860455. Andrews McMeel Publishing. 13-19

The Bridge. Bill Konigsberg. ISBN. 9781338325034. Scholastic. 14-18

Crazy. Linda Vigen Phillips. ISBN. 9780802854377. Wm. B. Eerdmans Publishing Co. 13-up

Fat Angie. E.E. Charlton-Trujillo. ISBN. 9780763680190. Candlewick Press. 14-up

■ **Grown.** Tiffany D. Jackson. ISBN. 9780062840356. HarperCollins Children's Books. 13-up

Heads Up: Changing Minds on Mental Health. Melanie Siebert. Illus. Belle Wuthrich. ISBN. 9781459819115. Orca Book Publishers. 12-up

The Infinite Noise. Lauren Shippen. ISBN. 9781250297532. Tor Teen. 13-18

It's Kind of a Funny Story. Ned Vizzini. ISBN. 9780786851973. Disney Publishing Worldwide. 12-18

Let's Talk About It: The Teen's Guide to Sex, Relationships, and Being a Human. Erika Moen and Matthew Nolan. ISBN. 9780593125311. Random House Children's Books. 14-up

Lighter Than My Shadow. Written and illustrated by Katie Green. ISBN. 9781941302415. Oni Press. 14-up

Phantom Limbs. Paula Garner. ISBN. 9780763682057. Candlewick Press. 14-up

What I Like About Me. Jenna Guillaume. ISBN. 9781682631607. Peachtree Publishing Company Inc. 12-16