

Books to Loan

Public Health Sudbury & Districts has an inventory of books available for educators to borrow for free to support specific mental health promotion topics covered in their classrooms. Books can be used for the educator's purpose or as a "reading buddy" resource. These books were hand-curated and categorized to allow for easy selection. To borrow a book, please contact us at 705.522.9200, ext. 393, send us a [message](#), or email schoolhealthteam@phsd.ca.

Books about empathy and compassion

- *I am Human. A Book of Empathy*
by Susan Verde
- *Ten Little Fingers and Ten Little Toes*
by Mem Fox and Helen Oxenbury
- *Why Am I Different?* by Norma Simon
- *Chrysanthemum* by Kevin Henkes
- *I am Love. A Book of Compassion*
by Susan Verde
- *47,000 Beads*
by Angel Adeyoha and Koja Adeyoha
- *Is That for A Boy or A Girl?*
by S. Bear Bergman
- *The Big Orange Splot*
by Daniel Manus Pinkwater
- *Empathy is my Superpower! A story about showing you care* by Bryan Smith
- *The Colors of the Rainbow*
by Jennifer Moore-Mallinos
- *I am Love. A Book of Compassion*
by Susan Verde

Books about kindness, love, and making friends

- *How Do Dinosaurs Play with Their Friends?*
by Jane Yolen & Mark Teague
- *How do Dinosaurs Love Their Dogs?*
by Jane Yolen & Mark Teague
- *Scaredy Squirrel Makes a Friend*
by Mélanie Watt
- *Sam's Bear*
by Merryl Hammond and Rob Collins
- *The Doorbell Rang* by Pat Hutchins
- *It's Mine* by Leo Lionni
- *King of the Playground*
by Phyllis Reynolds Naylor
- *How Full is Your Bucket? For kids*
by Tom Rath and Mary Reckmeyer
- *Have you Filled a Bucket Today? A Guide to Daily Happiness for Kids*
by Carol McCloud
- *Owen & Mzee: The True Story of a Remarkable Friendship*
by Isabella Hatkoff, Craig Hatkoff, and Dr. Paula Kahumbu
- *Seven Spools of Thread: A Kwanzaa Story*
by Angela Shelf Medearis
- *Pete the Cat Storybook Collection*
by James Dean and Kimberly Dean
- *In Someone Else's Shoes*
by Sophie Lamoureux
- *Chester's Way* by Kevin Henkes
- *The Hero in Me* by Susan Fitzsimonds



Books about mindfulness

- *I am Peace. A Book of Mindfulness* by Susan Verde
- *Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere* by Kira Willey
- *Yoga & Mindfulness Practices for Teens. Card Deck* by Jennifer Cohen Harper with Mayuri Gonzalez and Argos Gonzalez
- *Sitting Still Like a Frog. Mindfulness Exercises for Kids (and Their Parents)* By Eline Snel
- *The Listening Me* by Lydia Criss Mays

Books about sense of agency, responsibility, and self-efficacy

- *How Do Dinosaurs Clean Their Rooms?* by Jane Yolen & Mark Teague
- *My Mouth is a Volcano* by Julia Cook
- *Beautiful Hands* by Kathryn Otoshi and Bret Baumgarten
- *Malala's Magic Pencil* by Malala Yousafzai
- *Beautiful Oops* by Barney Saltzberg



Books about emotions and coping

- *I'm Feeling Macaroni and Cheese: A Colorful Book about Feelings* by Crayola
- *How do Dinosaurs Laugh out Loud?* by Jane Yolen & Mark Teague
- *I was so Mad* by Mercer Mayer
- *Spinky Sulks* by William Steig
- *When Sophie gets Angry Really, Really Angry* by Molly Bang
- *When My Worries Get Too Big! A Relaxation Book for Children Who Live With Anxiety* by Karin Dunn Buron
- *Chill: Like a Superhero* by M-C Bailey-McKenna
- *Instead...helping students to survive and thrive at school* by M-C Bailey-McKenna
- *What if...?* by Anthony Browne
- *Just Because I Am a Children's Book of Affirmation* by Lauren Murphy Payne
- *Wilma Jean the Worry Machine* by Julia Cook
- *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorts
- *When My Worries Get Too Big!* by Kari Dunn Buron
- *What if...* by M-C Bailey-McKenna
- *The Emotions' Survival Guide How to Deal with How You Feel by Disney/Pixar Inside Out Read-Along Storybook and CD*
- *Tiger-Tiger is it True? Four questions to make you smile again* by Bryon Katie and Hans Wilhelm



Books about character strengths

- *Shella Rae, The Brave* by Kevin Henkes
- *Everybody* by Elise Gravel
- *Beautiful Hands* by Kathryn Otoshi and Bret Baumgarten

Books about self-esteem

- *I Like Myself* by Karen Beaumont
- *Just Because I am: A Child's Book of Affirmation* by Lauren Murphy Payne

Books about growth mindset

- *The Dot* by Peter H. Reynolds
- *Beautiful Oops* by Barney Saltzberg
- *Ish* by Peter H. Reynolds
- *Thanks for the Feedback. My story about accepting criticism and compliments... the right way!* by Julia Cook
- *Bubble Gum Brain Ready, Get Mindset... Grow!* by Julia Cook
- *Not Yet* by Lisa Cox and Lori Hockema
- *Everyone Can Learn to Ride a Bicycle* by Chris Raschka
- *The Most Magnificent Thing* by Ashley Spires
- *Your Fantastic Elastic Brain Stretch it, Shape it* by JoAnn Deak, PhD
- *No Biggy! A Story About Overcoming Everyday Obstacles* by Elycia Rubin
- *Flight School* by Lita Judge
- *The Thing Lou Couldn't Do* by Ashley Spires
- *Duck on a Bike* by David Shannon
- *Mister Magnolia* by Quentin Blake
- *Chill: Like a Superhero* by M-C Bailey-McKenna
- *Salt in His Shoes: Michael Jordan in Pursuit of a Dream* by Deloris Jordan and Roslyn M. Jordan
- *Bounce Back! A book about resilience* by Cheri K Meiners

Indigenous books

- *Grizzly's Home and Other Northwest Coast Children's Stories* by Robert James Challenger
- *Discovering Words: English* French* Cree** by Neepin Auger
- *47,000 Beads* by Angel Adeyoha and Koja Adeyoha



Livres sur l'empathie et la compassion

- *Je suis Humain : un livre sur l'empathie*, par Susan Verde
- *L'amour un livre sur la compassion*, par Susan Verde
- *La petite casserole d'Anatole*, par Isabelle Carrier
- *Les couleurs de l'arc-en-ciel vivre la différence*, par Jennifer Moore- Malinos
- *Le gros ours grincheux*, par Nick Bland
- *Livres sur la pleine conscience*
- *Calme et attentif comme une grenouille*, par Eline Snel
- *Le crabe et baleine : la pleine conscience pour les petits- une introduction douce et efficace*, par Mark Pallis et Christiane Kerr
- *Pocket activités: Pleine conscience pour les enfants*, par Dr. Christopher Willard
- *Ollie: Un livre sur la pleine conscience*, par Élise Gravel

Livres sur la gentillesse, l'amour et l'amitié

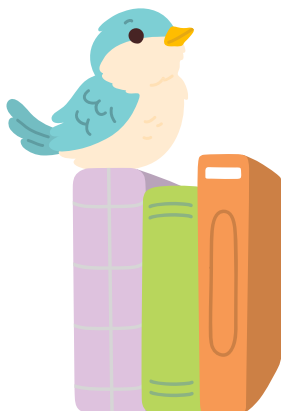
- *Frisson l'écureuil se fait un ami*, par Melanie Watt
- *Le bisou secret*, par Audrey Penn
- *Je lis avec Pat le chat: Un poisson, pour Pat* par James Dean
- *Je lis avec Pat le chat: L'énorme sandwich*, par James Dean
- *As-tu rempli un seau aujourd'hui? Le bonheur quotidien expliqué aux enfants*, par Carol McCloud
- *La gentillesse me rend plus fort*, par Elizabeth Col
- *Dans les souliers d'un autre*, par Sophie Lamoureux

Livres sur les émotions et l'adaptation

- *Quand mes émotions deviennent trop grandes! Un livre de relaxation pour les enfants sujets à l'anxiété,* par Kari Dunn Buron
- *Tigrou-Tigrou, est-ce bien vrai? Quatre questions pour retrouver le sourire* par Byron Katie et Hans Wilhelm
- *Pat le Chat : Je porte mes lunettes magiques,* par Kimberly et James Dean
- *C'est OK d'être en colère : accepter ses émotions pour mieux les contrôler,* par Belle Elaine
- *La maîtrise des émotions pour les enfants : 50 histoires originales pour apprendre à gérer ses émotions,* par Educa'Fun

Livres sur la responsabilité, la capacité d'agir et le sentiment d'efficacité personnelle

- *L'araignée qui ne perd pas son temps,* par Eric Carle
- *Le crayon magique de Malala,* par Malala Yousafzai
- *Dans mon petit cœur,* par Jo Witek et Christine Roussey



Livres sur l'estime de soi

- *Moi je m'aime!* par Karen Beaumont
- *Princesse Abayili : Conte pour enfants : connaître ses forces pour se libérer de ses doutes et vaincre ses peurs,* par Sibi Lawson Ankou
- *Le Dragon qui ne crachait pas de feu,* par Camille Hourtane

Livres sur l'esprit de croissance

- *Je lis avec Pat le chat : Pat à la plage,* par James Dean
- *Quel génie!* par Ashley Spires
- *Je lis avec Pat le chat : Pat au baseball,* par James Dean
- *Un bon point pour Zoé* par Peter Hamilton Reynolds
- *École de vol,* par Lita Judge
- *Le hauts et les bas d'Amanda,* par Ashley Spires
- *Ton fantastique cerveau élastique,* par JoAnn Deak, PhD
- *Dans l'univers des forces de caractère,* par Martine Regourd-Laizeau
- *Tout le monde,* par Élise Gravel

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