

LIBRARY RESOURCE LIST

CHILDREN'S BOOKS TO HELP KIDS DEVELOP HEALTHY BEHAVIORS



3-5 YEARS

**Roaring Mad Riley:
An Anger Management
Story for Kids**

Allison Szczecinski

**Listening
to My Body**

By Gabi Garcia
Illustrated by Ying Hai Tan

LISTENING TO MY BODY

Gabi Garcia

**TODAY
I FEEL...**

An Alphabet of Feelings

**TODAY I FEEL...AN
ALPHABET OF FEELINGS**

Madalena Moniz

**RUBY'S
WORRY**

A BIG BRIGHT FEELINGS
TOM PERCIVAL

RUBY'S WORRY

Tom Percival

4-8 YEARS

**STOP and SMELL
the
COOKIES**

**STOP AND SMELL
THE COOKIES**

Gibson Frazier

**THE
TUNNEL**

THE TUNNEL

Sarah Howden

9-12 YEARS

**A
Pocketful
of
Stars**

A POCKETFUL OF STARS

Aisha Bushby

**IT'S OK
NOT TO
BE OK**

A GUIDE TO WELL-BEING

**IT'S OK NOT
TO BE OK**

Jessica Smith

