

Children's Storybooks

Self-Control

Bang, M., **When Sophie Gets Angry – Really, Really Angry** (1999)

A young girl finds that being in nature calms and distracts her from intense, angry feelings. This is a good source to talk about anger and brainstorm ways to handle it in helpful ways. (Recommended for children 2 yrs.+)

Binch, C., **Silver Shoes** (2005)

Mom says Molly has to wait to buy a pair of silver shoes for her dance class. With the encouragement of her parents, Molly finds that is easier to wait when she concentrates instead on dancing, dancing, dancing! Before she knows it Molly has her own silver shoes and an enhanced belief in her abilities. (Recommended for children 3 yrs.+)

Carle, E., **The Very Busy Spider** (1984)

A spider keeps on working until she completes her web. (Recommended for infants +)

Collins, L., **Maisy Cleans Up** (2002)

Maisy and Charley wait to eat their cupcakes until after they finish doing some chores. (Recommended for children 2 yrs.+)

Collins, L., **Maisy Goes to the Library** (2005)

Maisy's planned quiet time at the library is interrupted when she and her friends howl with laughter at a book they find uproariously funny. However, Maisy is able to calm herself down and follow through with her quiet-time plan. (Recommended for children 2 yrs.+)

Lite, L., **A Boy and A Bear** (1996)

This is a great book to teach children how to use deep breaths to calm and relax themselves. (Recommended for children 2 yrs.+)

Lionni, L., **Frederick** (1967)

The story demonstrates acceptance of different people's strengths and contributions, highlighting visualization as a useful coping strategy in times of stress. (Recommended for children 4 yrs.+)

Moroney, T., **When I'm Feeling Angry** (2006)

It's OK to get angry and everyone does sometimes. There are many reasons we get angry, but rabbit shows ways to let their anger go. (Recommended for children 3 yrs.+)

More children's storybooks to support resilience:

www.reachinginreachingout.com/resources-booksKids.htm