

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
- *Tiger-Tiger is it True?* by Bryon Katie and Hans Wilhelm
- *It's OK to be Different* by Sharon Purtill

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
- *The Hero in Me* by Susan Fitzsimmons
- *In Someone Else's Shoes* by Sophie Lamoureux
- *Chester's Way* by Kevin Henkes
- *How to Apologize* by David Larochelle



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
- *Puppy in my Head – A book about Mindfulness* by Elise Gravel
- *Breathing is my Super Power* by Alicia Ortego

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



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
- *Bounce Back, A Book About Resiliency* by Cheri. Meiners
- *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
- *Inside Out The Emotions Survival Guide How to Deal With How You Feel* by Disney/Random House And *Inside Out Read-Along Storybook and CD* by Disney/Random House

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, confidence, and body acceptance

- *I Like Myself* by Karen Beaumont
- *Just Because I am: A Child's Book of Affirmation* by Lauren Murphy Payne
- *All Bodies Are Good Bodies* by Charlotte Barkla and Erica Salcedo
- *Bodies Are Cool* by Tyler Feder
- *I Love My Body Because* by Shelly Anand and Nomi Ellenson

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
- *Pete the Cat Storybook Collection*
Pete the Cat's Super Cool Reading collection by James Dean
- *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
- *Tigrou-Tigrou, est-ce bien vrai? Quatre questions pour retrouver le sourire* par Byron Katie et Hans Wilhelm
- *Les couleurs de l'arc-en-ciel vivre la différence*, par Jennifer Moore- Malinos
- *Le gros ours grincheux*, par Nick Bland
- *Être différent c'est merveilleux* par Sharon Purtill
- *Notre diversité nous rend plus forts* par Elizabeth Cole
- *Dans les souliers d'un autre* par Sophie Lamoureux
- *Tout le monde* par Elise Gravel

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

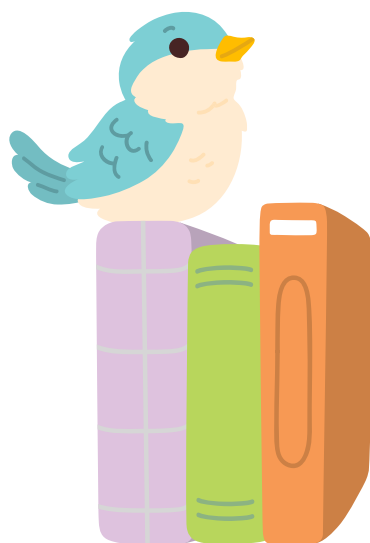
- *Frisson l'écureuil se fait un ami*, par Melanie Watt
- *Le bisou secret*, par Audrey Penn
- *Un poisson pour Pat* par James Dean
- *L'énorme sandwich (Pat le chat)* par James Dean
- *As-tu rempli un seau aujourd'hui? Le bonheur quotidien expliqué aux enfants*, par Carol McCloud
- *La gentillesse me rend plus fort*, par Elizabeth Cole
- *Dans les souliers d'un autre*, par Sophie Lamoureux
- *Désolé l'art de s'excuser* par David Larochelle

Livres sur les émotions et l'adaptation

- *Pat le chat: Je porte mes lunettes magiques* par Kimberly et James Dean
- *Dans mon petit cœur* par Jo Witek et Christine Roussey
- *Quand mes émotions deviennent trop grandes! Un livre de relaxation pour les enfants sujets à l'anxiété,* par Kari Dunn Buron
- *C'est ok d'être en colère* par Belle Elaine
- *La maîtrise des émotions pour les enfants* par EducaFun
- *Je suis plus fort que mes angoisses* par Elizabeth Cole

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



Livres sur estime de soi, confiance et acceptation du corps

- *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
- *Emma n'aime pas les moqueries* par Marie-Michèle Ricard
- *Olivier veut devenir une super machine* par Marie-Michèle Ricard
- *Gloria sort du moule* par Guylaine Guay

Livres sur la mentalité de croissance

- *Pat à la plage* par James Dean
- *Pat au baseball* par James Dean
- *Quel génie!* par Ashley Spires
- *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
- *La persévérance me rend plus fort* par Elizabeth Cole

Livres sur la pleine conscience

- *Calme et attentive comme une grenouille* par Eline Snel
- *Crabe et Baleine* par Mark Pallis et Chrstiane Kerr
- *Pocket activities* par Dr. Christopher Willard
- *Ollie: Un livre sur la pleine conscience* par Elise Gravel
- *Respirer est mon super pouvoir* par Alicia Ortego
- *Crabe et Baleine* par Mark Pallis et Christiane Kerr



Livres sur les forces de caractère

- *Dans l'univers des forces de caractère* par Marine Regoud-Laizeau

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