

Resilience Reading List for ELEMENTARY SCHOOL-AGED CHILDREN

Reading to your child, as a family, and independently are critical ways to foster resiliency. Through reading, children and adults explore stories around safely expressing feelings, empathizing with others, calming when stressed, learning from mistakes, and so many other resilience-building skills that help us heal from stressful situations and connect with others and the world around us. Check out some of our book suggestions below and links to where you can listen to, read, or learn more about these titles!



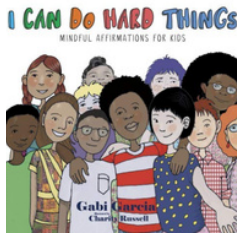
THE WILD ROBOT

(Little, Brown Books for Young Readers)
By: Peter Brown
AGES 7-10
A robot named Roz wakes up alone on a remote island, where she learns to adapt to her new environment, form relationships with the animals, and discover her own sense of humanity.



JABARI JUMPS

(Candlewick Press)
By: Gaia Cornwall
AGES 4-8
A story of a young boy who learns patience and builds resilience through overcoming his fears with the encouragement of his father.



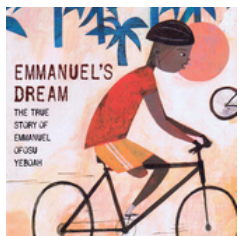
I CAN DO HARD THINGS

(Skinned Knee Publishing)
Written By: Gabi Garcia
Illustrated By: Charity Russell
AGES 5-10
Explore your inner strength and find the encouragement you need to navigate the world!



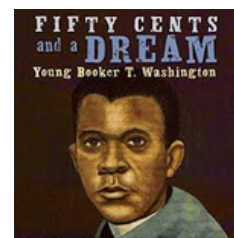
BRAVE GIRL

(HarperCollins Publishers)
Written By: Michelle Markel
Illustrated By: Melissa Sweet
AGES 7-11
The true story of a courageous young immigrant is told as she leads a pivotal labor strike, fighting for workers' rights and better conditions for garment factory employees.



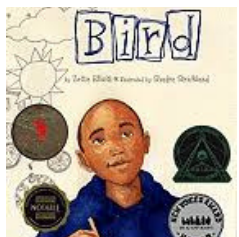
EMMANUEL'S DREAM

(Schwartz & Wade)
Written By: Laurie Ann Thompson
Illustrated By: Sean Qualls
AGES 6-9
A true story of a Ghanaian boy who overcomes many challenges to reach his dream and shows "disability is not inability."



FIFTY CENTS AND A DREAM

(Little, Brown Books for Young Readers)
By: Jabari Asim
AGES 8-11
The triumphant story of Booker T. Washington and his journey of resilience.



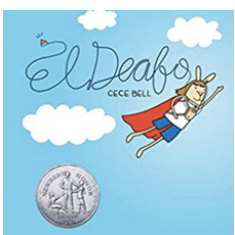
BIRD

(Lee and Low Books)
Written By: Zetta Elliott
Illustrated By: Shadra Strickland
AGES 8-11
A touching story of a boy learning to cope with real life troubles with quiet resilience and a pencil and paper.



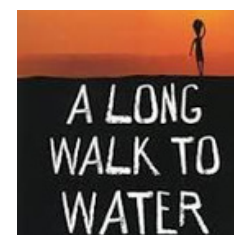
PAX

(Square Fish)
Written By: Sara Pennypacker
Illustrated By: Jon Klassen
AGES 8-12
A compelling and poignant novel about the powerful relationship between a boy and his fox.



EL DEAFO

(Harry N. Abrams)
By: Cece Bell
AGES 9-12
In this funny, poignant, graphic novel memoir, join Cece as she navigates school and friendships with her Phonic Ear.



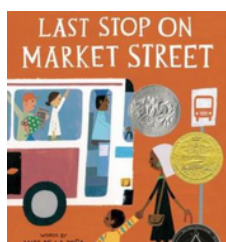
A LONG WALK TO WATER

(Clarion Books)
By: Linda Sue Park
AGES 10-12
The resilient stories of two eleven-year-olds in Sudan overcoming hardships and intersecting with one another in an astonishing and moving way.



Resilience Reading List for YOUNG CHILDREN

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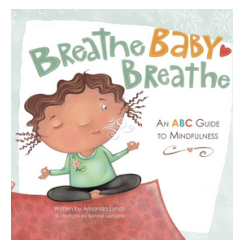


LAST STOP ON MARKET STREET

(Penguin Random House)

Written By: Matt de la Peña
Illustrated By: Christian Robinson
AGES 3-6

A young boy and his grandmother take a bus ride through their city, discovering beauty and connection in the everyday lives of the people around them.

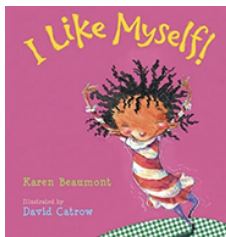


BREATHE, BABY, BREATHE

(Amanda Lynch)

Written By: Amanda Lynch
Illustrated By: Bonnie Lemaire
AGES 0-4

Follow Leila's journey as she learns to breathe and practice her Mindfulness ABC's.

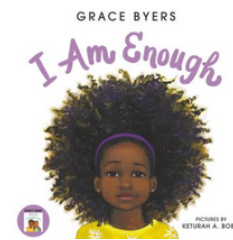


I LIKE MYSELF

(HMH Books for Young Readers)

Written By: Karen Beaumont
Illustrated By: David Catrow
AGES 0-4

With energy and imagination, this ode to self-esteem encourages kids to appreciate everything about themselves!

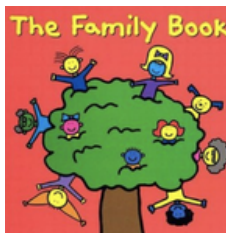


I AM ENOUGH

(HarperCollins)

Written By: Grace Byers
Illustrated By: Keturah A. Bobo
AGES 2-7

A young girl learns to embrace her uniqueness and recognize her inner strength, celebrating self-love, confidence, and the importance of kindness to others.

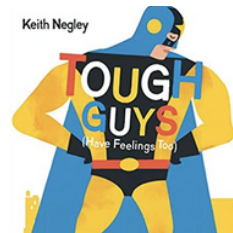


THE FAMILY BOOK

(Little, Brown Books for Young Readers)

By: Todd Parr
AGES 3-7

No matter what kind of family you have, every family is special in its own unique way.



TOUGH GUYS (HAVE FEELINGS TOO)

(Flying Eye Books)

By: Keith Negley
AGES 3-5

Explore how everyone gets sad sometimes - ninjas, wrestlers, knights, everyone!



DON'T LET THE PIGEON DRIVE THE BUS

(Hyperion Books)

By: Mo Willems
AGES 2-6

A story about a pigeon who wants to drive a bus, that encourages children to help through problem-solving.



THE MINDFUL DRAGON

(DG Books Publishing)

By: Steve Herman
AGES 4-8

What happens when your dragon feels worried about so many things? You teach him how to be mindful!



EACH KINDNESS

(Nancy Paulsen Books)

Written By: Jacqueline Woodson
Illustrated By: E.B. Lewis
AGES 4-8

Follow Chloe on her journey to understanding how even small acts of kindness can change the world.



THE INVISIBLE STRING

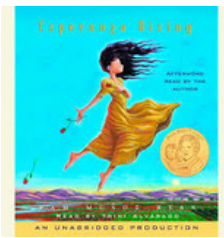
(Little, Brown Books for Young Readers)

Written By: Patrice Kurst
Illustrated By: Joanne Lew-Vriethoff
AGES 4-8

A heartwarming picture book that explores the intangible but unbreakable connections between us.

Resilience Reading List for TWEENS & TEENS

Reading to your child, as a family, and independently are critical ways to foster resiliency. Through reading, children and adults explore stories around safely expressing feelings, empathizing with others, calming when stressed, learning from mistakes, and so many other resilience-building skills that help us heal from stressful situations and connect with others and the world around us. Check out the books below for some of our suggestions for books for this age-group and links to where you can find these titles!



ESPERANZA RISING

(Scholastic)

By: Pam Muñoz Ryan

AGES 12-15

Join Esperanza's story of resilience, that gives voice to those who have historically been denied one.



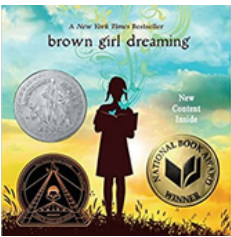
DARIUS THE GREAT IS NOT OKAY

(Dial Books)

By: Adib Khorram

AGES 12+

A teenage boy struggling with depression and feeling out of place in both his American and Iranian identities, finds solace and connection during a life-changing trip to Iran.



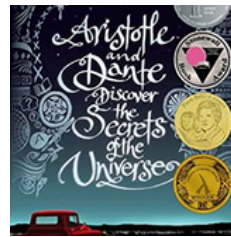
BROWN GIRL DREAMING

(Nancy Paulsen Books)

By: Jacqueline Woodson

AGES 13+

Through vivid poems, the author tells the moving story of her childhood and journey to finding her voice through writing stories.



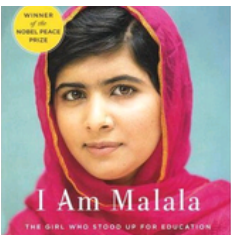
ARISTOTLE AND DANTE DISCOVER THE SECRETS OF THE UNIVERSE

(Simon & Schuster Books for Young Readers)

By: Benjamin Alire Sáenz

AGES 12+

Two teens discover they share a special friendship -- one that teaches the most important truths about themselves and the kind of people they want to be.



I AM MALALA

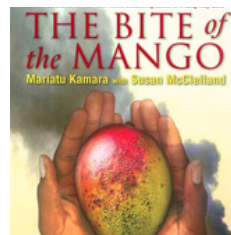
YOUNG READERS EDITION

(Little Brown Books for Young Readers)

By: Malala Yousafzai with Patricia McCormick

AGES 14+

The powerful story of Malala Yousafzai and the ability of one (young) person to inspire change in her community and beyond.



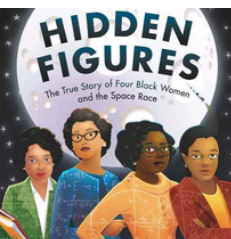
THE BITE OF THE MANGO

(Annick Press)

By: Mariatu Kamara with Susan McClelland

AGES 12-14

The heartbreaking and astonishingly resilient story of a girl's survival from an attack in Sierra Leone to her eventual arrival in Toronto.



HIDDEN FIGURES

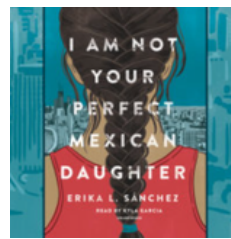
YOUNG READERS EDITION

(Harper Collins)

By: Margot Lee Shetterly

AGES 12-15

Follow the story of four African-American female mathematicians at NASA who achieved some of the greatest moments in our space program.



I AM NOT YOUR PERFECT MEXICAN DAUGHTER

(Penguin Random House)

By: Erika L. Sánchez

AGES 14+

A teenage girl named Erika grapples with the loss of her sister, cultural expectations, and her own identity as she learns to navigate her complex family dynamics.



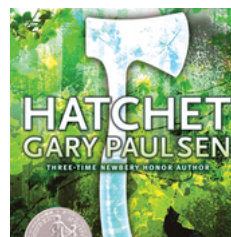
WHAT KIND OF GIRL

(Sourcebooks Fire)

By: Alyssa Sheinmel

AGES 14+

A novel that examines how society treats women and girls and inspires the power to claim your worth.



HATCHET

(Scholastic)

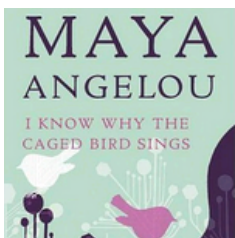
By: Gary Paulsen

AGES 15+

A tale of one boy's resilience to take on the wilderness with only a hatchet, his courage, and his will to survive.

Resilience Reading List for ADULTS

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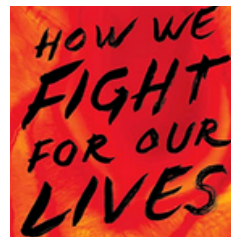


I KNOW WHY THE CAGED BIRD SINGS

(Random House)

By: Maya Angelou

A poetic and powerful autobiography that marks Maya Angelou's journey to feeling free.

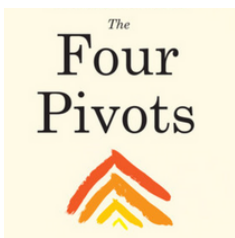


HOW WE FIGHT FOR OUR LIVES: A MEMOIR

(Simon & Schuster)

By: Saeed Jones

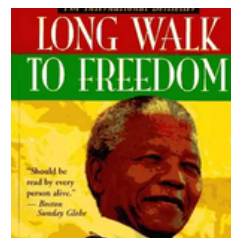
A stunning coming-of-age portrait of what we all do for one another - and to one another - as we fight to become ourselves.



THE FOUR PIVOTS REIMAGINING JUSTICE, REIMAGINING OURSELVES

(Penguin Random House)

By: Shawn Ginwright, PhD
Shawn Ginwright shows us four revolutionary pivots for better activism and collective leadership and how to boldly assert our need for connection, transformation, trust, wholeness, and healing.



LONG WALK TO FREEDOM THE AUTOBIOGRAPHY OF NELSON MANDELA

(Back Bay Books)

By: Nelson Mandela

Nelson Mandela's moving autobiography of his resilient journey during South Africa's anti-apartheid movement and fight for human rights and racial equality.

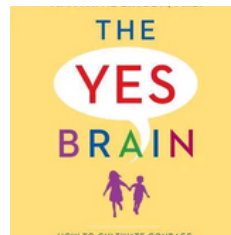


THE PRETTY ONE: ON LIFE, POP CULTURE, DISABILITY, AND OTHER REASONS TO FALL IN LOVE WITH ME

(Atria Books)

By: Keah Brown

A collection of essays exploring what it means to be Black and disabled in America, from disability rights advocate and creator of the #DisabledAndCute viral campaign.

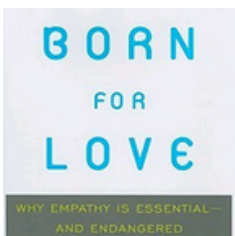


THE YES BRAIN HOW TO CULTIVATE COURAGE, CURIOSITY, AND RESILIENCE IN YOUR CHILD

(Bantam)

By: Dan J. Siegel & Tina Payne Bryson

An essential tool for nurturing positive potential and keeping your child's inner voice growing strong.



BORN FOR LOVE: WHY EMPATHY IS ESSENTIAL -- AND ENDANGERED

(Harper Collins)

By: Maia Szalavitz & Bruce Perry
An unprecedented exploration of how and why the brain learns to bond with others and the importance of empathy for ourselves, our children, and everyone.



REST IS RESISTANCE: A MANIFESTO

(Hachette)

By: Tricia Hersey

In this book, Tricia Hersey, aka The Nap Bishop, encourages us to connect to the liberating power of rest, daydreaming, and naps as a foundation for healing and justice.



THE DEEPEST WELL HEALING THE LONG-TERM EFFECTS OF CHILDHOOD ADVERSITY

(Houghton Mifflin Harcourt)

By: Nadine Burke Harris

An exploration of ACEs research, with an offer of hope for preventing lifelong illness for those we love and for generations to come.



THE AGE OF OVERWHELM STRATEGIES FOR THE LONG HAUL

(Berrett-Koehler Publishers)

By: Laura van Dernoot Lipsky
This book aims to ease the burden of overwhelm, restore perspective, and provide strength to navigate what is yet to come.