

Mrs. Felsher's Bibliotherapy; An Evolving List

*Please preread any book prior to giving it to your child. It may or may not be the right fit. You know your child best.

ADHD/Focus:

 what is ADHD?

[My Brain Is A Race Car](#)

[My Whirling Twirling Motor](#)

[Different Thinkers: ADHD](#)

[Attention Girls!](#)

[The Survival Guide For Kids with ADHD](#)

[Focused Ninja](#)

Autism:

[All My Stripes](#)

[Uniquely Wired](#)

[The Girl Who Thought In Pictures](#)

Adoption:

[Just Right Family](#)

[My Family; My Adopted Family](#)

Anger/Big Feelings:

[My Feelings Are Waves](#)

 My Feelings are Waves by Nell Harris Author Read Through

[Train Your Angry Dragon](#)

 Train Your Angry Dragon - READ ALOUD BOOKS FOR CHIL...

[A Little Spot of Anger](#)

   A Little Spot of Anger By Diane Alber READ ALOUD

[I Choose To Calm My Anger](#)

 I Choose To Calm My Anger by Elizabeth Estrada (Book read...

[Feeling All My Anger](#)

 Feeling All My Anger by Kim T.S. Kids Book Read Aloud | Sto...

[Roaring Mad Riley](#)

 Roaring Mad Riley GRRRRR!!!

[My Tiny Temper](#)

[The Anger Inside](#)

[My Magical Feelings](#)

[Taco Falls Apart](#)

Anxiety/Stress/Worry:

[Avocado Feels a Bit Worried](#) "what if?"

[Don't Feed the Worry Bug](#)

[Wilma Jean the Worry Machine](#)

[What To Do When You Worry Too Much](#) workbook

[The Huge Bag of Worries](#)

[All About Worries](#)

Assertiveness/Relational Aggression/Upstander:

[The Not So Friendly Friend](#)

[Bye Bye Bully](#)

[Link Takes A Stand](#)

[Stick Up For Yourself!](#)

[Ouch Moments](#)

[The Juice Box Bully](#)

[Bully Busting and Managing Meetings Workbook](#)

[The No More Bullying Book for Kids](#)

[Stand Up to Bullying!](#)

[Bullying Is A Pain in the Brain!](#)

[Bully Beans](#)

For parents: [Bully Proof Kids](#)

Bedtime/Sleep:

[Chloe The Calm In The Bedtime Blues](#)

[Benny Goes to Bed by Himself](#)

[Naomi And the Secrets of Going to Sleep](#)

[Naomi Says Goodbye to Nightmares](#)

[The Berenstain Bears and the Bad Dream](#)

Bullying, Being Mean, & Relational Aggression:

[Bully Beans](#)

[Onion Boy and the Backyard Bully](#)

[The Not So Friendly Friend](#)

The [Dare](#) Series

[The Recess Queen](#)

[Lola and the Troll](#)

[Enemy Pie](#)

Competitiveness/Sportsmanship:

[Sally Sore Loser](#)

[Sometimes You Win-Sometimes You Learn](#)

[Be A Good Sport, Diggory Doo](#)

[Winners Don't Whine and Whiners Don't Win](#)

[If Winning Isn't Everything, Why Do I Hate To Lose?](#)

Confidence/Self-Esteem:

[My Magical Words](#)

[Good Enough Dinosaur](#)

[I Am Born To Be Enough](#)

[Listening With My Heart](#)

[Stick Up for Yourself!](#)

[Empowered Girls](#)

[A Daily Dose of Confidence for Kids](#)

[The Confidence Code for Girls](#)

[Whole Heart for Girls](#)

Death/Loss/Grief:

[The Invisible String](#)

[I Can't Believe They're Gone](#)

[Sometimes Life Is Hard](#)

[Why Do I Feel So Sad?](#)

Diversity/Uniqueness:

[Different Is Not Bad](#)

[Dirt Girl](#)

[A Kids Book About Racism](#)

[Stamped For Kids; A Book About Racism](#)

[All Different And Beautiful](#)

[Our Diversity Makes Us Stronger](#)

[Different Is A Great Thing To Be](#)

Divorce/Changes In the Family:

[Why Do Families Change?](#) Explains terms, normalizes different situations, not child's fault

[Dinosaurs Divorce](#) Mentions violence, anger, normalizes emotions, talking about feeling, good rules for divorced families, dating, remarriage, step parents,

[Two Homes Filled With Love](#)

[Andre the Best Big Brother](#)

[Noelle The Best Big Sister](#)

[Big Brothers Are Superheroes](#)

Eating/Nutrition/Fitness/Healthy Habits:

[A Kid's Guide To Fitness](#)

[Oh The Things You Can Do That Are Good For You](#)

[My Magical Foods](#)

Emotion Regulation:

[Exploding Emotions-fun game!](#)

[Happy or Not board game](#)

[Mad Smartz Anger Mgmt Game](#)

[This is Me game](#)

[I Know What To Do When I'm Feeling...](#)

[Anger Mgmt and Self-Regulation For Kids wkbk.](#)

[Self-Regulation for Kids](#)

[Me and My Feelings](#)

[Zones of Regulation poster](#) or this [poster](#)

[Ninja Life Hacks Emotions and Feelings Box Set](#)

[A Little Spot Emotion Regulation Box Set](#)
[Ninja Life Hacks Self-Management Box Set](#)
[Feelings Scale & Coping Strategies poster](#)
[Mad Skillz Sentence Building Cards for Emotion Regulation](#)

Empathy/Kindness:

[I Am Human](#)
[Kindness Makes Me Stronger](#)
[Fill A Bucket](#)
[How Full Is Your Bucket?](#)
[Empathy Workbook for Kids](#)
[Empathy Is Your Superpower](#)
[Stand In My Shoes](#)
[A Little Spot of Empathy](#)
[Teach Your Dragon Empathy](#)

Fairness:

[It's Not Fair](#)
[No Fair Won't Share](#)

Feelings/Emotional Intelligence:

[Me and My Feelings](#)
[A Little Emotional](#)
[Breathing Makes It Better](#)
[The Monster Parade](#)
[Dragons on the Inside](#)

[The Crayons Book of Feelings](#)

[My Magical Moods](#)

[My Mixed Emotions](#)

[All About Feelings](#)

Following The Rules:

[But Why Can't I?](#)

[Know and Follow The Rules](#)

[Ninja School Rules](#)

[Rules Rules Rules!](#)

[What If Everybody Did That?](#)

Friendship (making and keeping):

[The Little Book of Friendship](#)

[How To Make Friends for Kids](#)

[All About Friends](#)

[Teach Your Dragon to Make Friends](#)

[How to Be A Friend](#)

[The Not So Friendly Friend](#)

Gratitude:

[Children Who Dance In The Rain](#)

[The Three Minute Gratitude Journal](#) a great daily family activity

Grit/Resilience/Mental Flexibility/Transitions:

[Perseverance Makes Me Stronger](#)

[Grit For Kids](#)

[The Rainmaker](#)

[It's My Way or the Highway](#)

[I Just Don't Like the Sound of No](#)

[Gen The Grit In I Quit](#)

[Help Your Dragon Deal with Change](#)

[My Day Is Ruined; Teaching Flexible Thinking](#)

Growth Mindset/Making Mistakes:

[Taco Falls Apart](#)

▶ Taco Falls Apart read by Brenda S. Miles

[The Girl Who Made A Million Mistakes](#)

▶ READ ALOUD BOOKS FOR KIDS | THE GIRL WHO MAKES A...

[Growth Mindset for Kids: What Should You Do?](#)

[Growth Mindset Ninja](#)

▶ Growth Mindset Ninja | Read Aloud by Reading Pioneers Ac...

[I Can't Do That, Yet](#)

▶ I Can't Do That, YET: Growth Mindset by Esther Pia Cordova ...

[Your Thoughts Matter](#)

▶ Your Thoughts Matter: Growth Mindset by Esther Pia Cordov...

[A World Without Failure](#)

▶ A World Without Failures

[The Magical Yet](#)

▶ The Magical Yet: Kids books read aloud by Books with Blue

[The Sour Grape](#)

▶ The Sour Grape - An Animated Read Aloud with Moving Pict...

[Your Fantastic Elastic Brain](#)

▶ Read Aloud: Your Fantastic Elastic Brain | JoAnn Deak, Ph.D.

[Your Amazing Brain](#); neuroscience for kids!

[My Magical Choices](#)

[Mindful Me Life Skills Journal](#)

[Magical Mistake Machine](#)

Honesty:

[Teach Your Dragon To Stop Lying](#)

[Honesty Is My Superpower](#)

[Lying Up A Storm](#)

Manners/Respectfulness:

[Teach Your Dragon Manners](#)

[Respectful Ninja](#)

[Dude, That's Rude](#)

Neurodivergence:

[Brilliant Bea](#) about a child with dyslexia

[Finding My Super Power](#) about a child with dyslexia

Responsibility/Good Choices:

[The Road To Sorry](#)

[Accountable Ninja](#)

[Sorry, I forgot to Ask!](#)

[My Way to Good Choices](#)

Screentime:

[How to Limit Your Dragon's Screen Time](#)

[Polly and the Screen Time Overload](#)

[Cami and Wyatt Have Too Much Screen Time](#)

Self-Compassion:

[It's Ok](#)

[The Self-Compassion Workbook for Kids](#)

Self-Control:

[My Mouth Is a Volcano](#) about interrupting others

[I Have Ants In My Pants](#)

[Impulsive Ninja](#)

[What Were You Thinking?](#)

[Listening To My Body](#)

[My Body Sends A Signal](#)

[Impulsive Ninja](#)

Social Skills:

[Social Rules for Kids](#)

[Social Skills Activities for Kids](#)

[Freddie The Fly](#)

Teasing:

[Tease Monster](#)

[Stick Up For Yourself](#)

Trauma:

[Help Your Dragon Cope with Trauma](#)

[What's Inside Your Backpack?](#)