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Description automatically generated with medium confidenceTeaching Resilience Booklist

**Booklist**

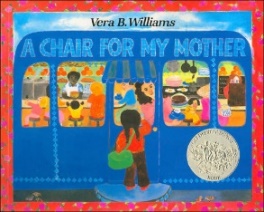


**Tips and Reminders**

* Just because a book has a reading level or target audience that’s at a lower grade level than your students doesn’t mean they won’t enjoy it or learn from it.
* If you find a book you really like, look for other books by the same author.
* This list is just a starting point!
  + Check with librarians and counselors to get their recommendations.
    - See what’s available in your school or local library.

**What to do:** Choose books for students to read individually or consider incorporating them into your literacy programming alongside activities such as journal writing, shared reading experiences, or general guidance to support students during common life challenges.

**Why it matters:** Books can spark new ideas and conversations about challenges that are hard to discuss. Some of these books present characters who can serve as fictional models for students who need support expressing or processing emotions and experiences to build resilience.

**Williams, Vera B., *A Chair for My Mother*. Greenwillow Books, 1982**

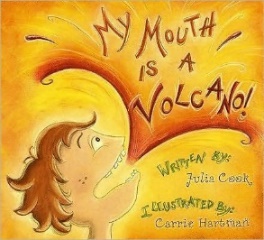
This story teaches empathy and responsible decision making. Three generations of hard-working women who live together experience the hardship of a house fire. Young Rosa sees the value in doing for her mother and grandmother, and begins a campaign to scrape together their savings to afford the comfortable chair they all deserve to share. *Kindergarten-Elementary*

[Select to find on Amazon](https://www.amazon.com/dp/0688040748?_encoding=UTF8&isInIframe=0&n=283155&ref_=dp_proddesc_0&s=books&showDetailProductDesc=1#product-description_feature_div)

**Santat, Dan. *After the Fall: How Humpty Dumpty Got Back Up Again*. Roaring Brook Press, 2017**

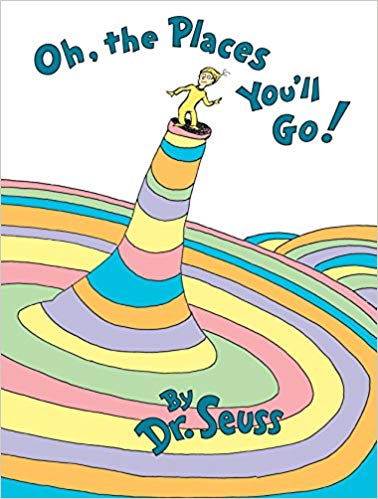
In a humorous spin on the classic nursery rhyme, Humpty Dumpty is re-introduced as a birdwatcher who becomes paralyzed with fear after his legendary fall. Humpty lets his fears change his life, showing the reader that getting up isn’t always easy. This story teaches children about courage and the ability to face fears head on. *Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/After-Fall-Humpty-Dumpty-Again/dp/1626726825/ref=sr_1_1?keywords=1+after+the+fall+%28how+humpty+dumpty+got+up+again%29&qid=1561080375&s=books&sr=1-1)

**Cook, Julia. *My Mouth Is a Volcano!* National Center for Youth Issues, 2005**

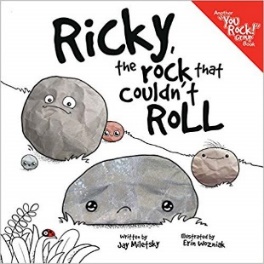
Told in a colorful metaphor, this story is about a boy who can’t shake a habit of interrupting. Thoughts bubble up like lava, and Louis *erupts* like a volcano while someone else is talking. A great resource for teachers, counselors, and parents, this book demonstrates how to be respectful listeners and wait for a turn to speak. *Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/My-Mouth-Volcano-Julia-Cook/dp/1931636850/ref=sr_1_1_sspa?crid=EPU1U7WBFL2S&keywords=my+mouth+is+a+volcano+book&qid=1561083588&s=books&sprefix=my+m%2Cstripbooks%2C135&sr=1-1-spons&psc=1)

**Seuss, Dr. *Oh, the Places You’ll Go!* Random House, 1990**

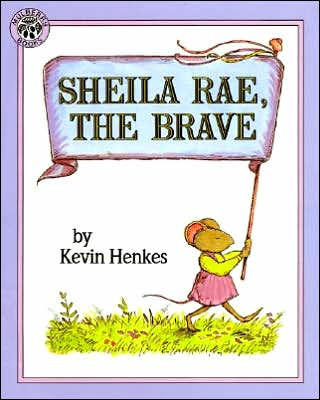
This book tops many lists as inspiration for new beginnings, no matter your age. The colorful illustrations, simple rhymes and salient sentiments guide the reader to their *own* gifts as their source for achievement. *Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/Oh-Places-Youll-Dr-Seuss/dp/0679805273/ref=sr_1_1?keywords=Oh%2C+the+Places+You%E2%80%99ll+Go%21&qid=1561082550&s=books&sr=1-1)

**Miletsky, Jay. *Ricky, the Rock That Couldn’t Roll*. New Paige Press, 2018**

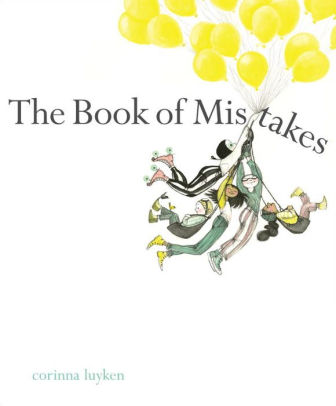
This book begins a series of stories designed to empower young children. The “You Rock Group” members form their friendship as little pebbles, learning life lessons as they grow up together. This volume focuses on outer differences — in this case one flat-bottomed boulder — and how friends “roll” in spite of it. *Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/Ricky-Rock-that-Couldnt-Roll/dp/0578198037/ref=sr_1_1?keywords=Ricky%2C+the+Rock+that+Couldn%E2%80%99t+Roll&qid=1561083926&s=books&sr=1-1)

**Henkes, Kevin*. Sheila Rae, the Brave*. HarperCollins, 1987**

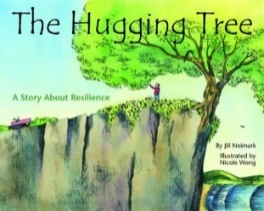
This story tells about Sheila Rae and her fearless attitude when doing new things. Just as she begins to go from confident to cocky, she finds herself lost while walking a new path home. Luckily, not far behind was her little sister, whom she had teased for not being brave enough to walk the new path. This book teaches students about the balance between courage and caution in the decision-making process. *Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/Sheila-Rae-Brave-Kevin-Henkes/dp/0688147380/ref=sr_1_1?keywords=Sheila+Rae%2C+the+Brave&qid=1561085220&s=books&sr=1-1)

**Luyken, Corinne*. The Book of Mistakes.* Dial Books, 2017**

Presented in the fine tradition of picture books like *Snowy Day*, this book tells a story through great art and few words. The artist centers her work around seemingly accidental splotches and spots, demonstrating creatively how something that seems like a mistake can be made beautiful.*Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/Book-Mistakes-Corinna-Luyken/dp/0735227926/ref=sr_1_3?keywords=%5CThe+Book+of+Mistakes&qid=1561086786&s=books&sr=1-3)

**Neimark, Jill. *The Hugging Tree: A Story About Resilience*. Magination Press, 2015**

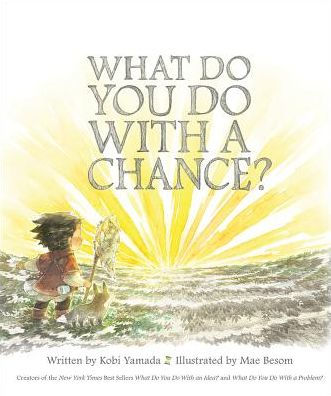
This story explores the resilience of a little tree growing alone on a cliff. It holds fast through thunderstorms and the cold of winter. With the help of a young boy, the tree grows to provide shelter for others. Readers recognize the value of community, and the potential that we all have to persevere even in times of struggle and difficulty. *Kindergarten-Elementary*

[Select to find on Amazon](https://www.amazon.com/Hugging-Tree-Story-About-Resilience/dp/1433819082/ref=sr_1_1?keywords=The+Hugging+Tree%3A+A+Story+About+Resilience&qid=1561087588&s=books&sr=1-1)

**Spires, Ashley. *The Most Magnificent Thing*. Kids Can Press, 2014**

Told with language and imagery to express deep emotions, this story tells of a young girl who has an idea to make the most *magnificent* thing. After many attempts and feelings of failure at what she thought would be “easy peasy,” her frustration grows into surrender. Her canine companion convinces her to take a break and regroup, and she eventually embraces the process as much as the outcome. Innovative thinking and STEM values abound in this charming journey. *Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/Most-Magnificent-Thing-Ashley-Spires/dp/1554537045/ref=sr_1_1?keywords=The+Most+Magnificent+Thing&qid=1561088827&s=books&sr=1-1)



**Yamada, Kobi*. What Do You Do With a Chance?* Compendium, 2018**

This book is part of a series designed to inspire students to go for their dreams and desires. Other titles include *What Do You Do With an Idea?* and *What Do You Do With a Problem?* Poetically told, a young boy repeatedly squanders his opportunities to take chances but discovers a wondrous world once he screws up his courage.*Kindergarten-Elementary*

[Select to find on Amazon](https://www.amazon.com/What-Do-You-Chance/dp/1943200734/ref=pd_bxgy_14_img_3/143-9279584-8245555?_encoding=UTF8&pd_rd_i=1943200734&pd_rd_r=65b0f4b3-93da-11e9-80ed-5b1764340abc&pd_rd_w=0irnp&pd_rd_wg=54U5w&pf_rd_p=a2006322-0bc0-4db9-a08e-d168c18ce6f0&pf_rd_r=2B7HBA57X3B0CV9QY10P&psc=1&refRID=2B7HBA57X3B0CV9QY10P)

*This list was created by Colleen Lelli, Ed.D., Associate Professor, Cabrini University. Dr. Lelli directs the Barbara and John Jordan Center for Children of Trauma and Domestic Violence Education.*



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