A black background with a black square

Description automatically generated with medium confidenceStudent Trauma Booklist

**Booklist**



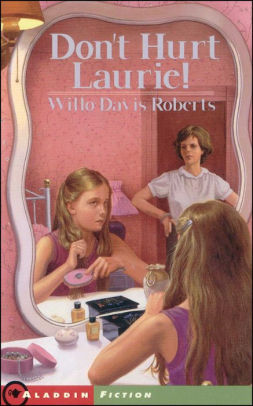
**Tips and Reminders**

* Just because a book has a reading level or target audience that’s at a lower grade level doesn’t mean your students 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 for students who need support during a traumatic situation.

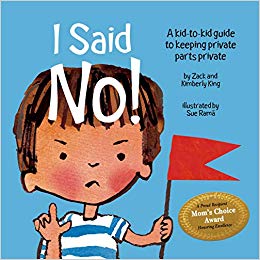
**Why it matters:** Books can spark new ideas and conversations. These books address a variety of traumatic situations, and some highlight characters who can serve as fictional models for students who need support in expressing or processing emotions.

# Child Abuse

**Roberts, Willo D. *Don’t Hurt Laurie.* Aladdin Fiction,1988**

Laurie has a big and horrible secret. She is being physically abused by her mother. This story takes the reader on Laurie’s journey as she takes action to escape and voice her experience to ultimately find safety. *Upper Elementary-Middle*

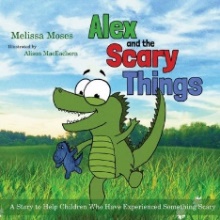
[Select to find on Amazon](https://www.amazon.com/Dont-Hurt-Laurie-Aladdin-Fiction/dp/0689712065/ref=sr_1_1?keywords=Don%27t+hurt+Laurie&qid=1561094708&s=gateway&sr=8-1)

**King, Kimberly, and Zachary King. *I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private.* Boulden Publishing, 2016**

This story is written from a child’s point of view and helps kids set healthy boundaries for their bodies. Approaching this sensitive subject can be a challenge for parents, counselors, and educators. Use this tool to make it a lot easier. *Pre-K-Elementary*

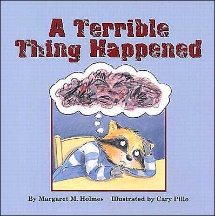
[Select to find on Amazon](https://www.amazon.com/Said-Guide-Keeping-Private-Parts/dp/1878076493/ref=sr_1_1?keywords=1.+I+Said+No%21+A+Kid-to-kid+Guide+to+Keeping+Private+Parts+Private&qid=1561095217&s=gateway&sr=8-1)

# Child Witness of Violence or Trauma

**Moses, Melissa. *Alex and the Scary Things.* Jessica Kingsley Publishers, 2015**

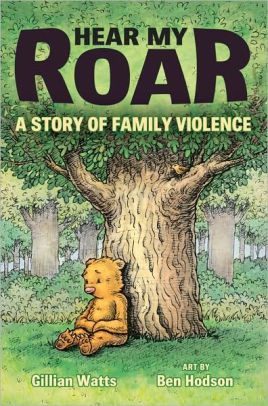
This storybook takes a gentle approach to helping children who have experienced trauma deal with their emotions and learn coping strategies. It takes readers on a journey with a young child named Alex and the different ways he copes with scary things in his life. *Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/Alex-Scary-Things-Experienced-Something/dp/1849057931/ref=sr_1_1?keywords=alex+and+the+scary&qid=1561112852&s=gateway&sr=8-1)

**Holmes, Margaret. *A Terrible Thing Happened*. Magination Press, 2000**

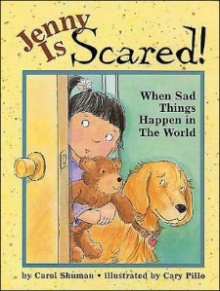
This book shares ideas that can help parents, caregivers, and educators support traumatized students. It may be relevant for children who have known human atrocities or natural disasters. Readers can also find a list of other sources that focus on specific events.*Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/Terrible-Thing-Happened-Margaret-Holmes/dp/1557987017/ref=sr_1_2?keywords=A+Terrible+Thing+Happened&qid=1561113069&s=gateway&sr=8-2)

**Watts, Gillian. *Hear My Roar: A Story of Family Violence.* Annick Press, 2009**

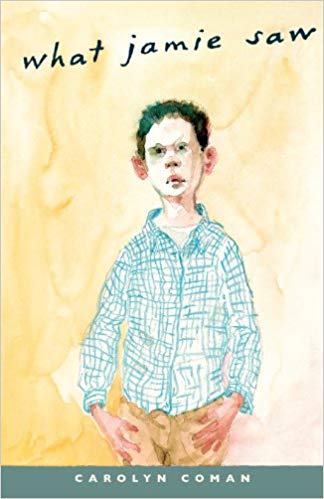
Orsa Bear notices that Papa is always angry and continuously yelling at him and Mama around the house. This story provides an easy-to-read graphic narrative to gently approach talking with children about family violence and the potential role of substance abuse in this arena. It is adapted from the first edition written by Dr. Ty Hochban, a child developmental psychologist and researcher in the field of family violence. This book provides support to parents, teachers, and caregivers looking to address this subject. *Kindergarten-Elementary*

[Select to find on Amazon](https://www.amazon.com/Hear-My-Roar-Family-Violence/dp/1554512018/ref=sr_1_2?keywords=Hear+My+Roar%3A+A+Story+of+Family+Violence&qid=1561114107&s=gateway&sr=8-2)

**Shuman, Carol. *Jenny Is Scared! When Sad Things Happen in the World.* Magination Press, 2003**

What could be happening if Mom and Dad haven’t left the TV all day and don’t even seem to want Jenny and her brother in the room? It seems like it might be something scary. This story provides adults with tools to help children process the types of world events that may spark fear. *Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/Jenny-Scared-Things-Happen-World/dp/159147003X/ref=sr_1_1?keywords=Jenny+Is+Scared%21&qid=1561114979&s=gateway&sr=8-1)

**Coman, Carolyn. *What Jamie Saw*. namelos, 2012**

Many students witness violence perpetrated against loved ones on a regular basis. The impact on healthy student development can be very damaging. Follow Jaime in this dramatic story of how a nine-year-old boy watches his mother attempt to keep her family out of harm’s way. Without her stability, he could never process his own emotions surrounding these events. *Elementary-Middle*

[Select to find on Amazon](https://www.amazon.com/What-Jamie-Saw-Carolyn-Coman/dp/160898138X/ref=sr_1_1?keywords=what+jamie+saw&qid=1561115693&s=gateway&sr=8-1)

# The Forever DogDeath

**Cochran, Bill. *The Forever Dog*. HarperCollins, 2007**

Mike and his dog Corky do everything together. Eventually, though, Mike is faced with accepting Corky’s death. This story gives young readers relatable and lovable characters to share the experience of loss. *Pre-K-Early Elementary*

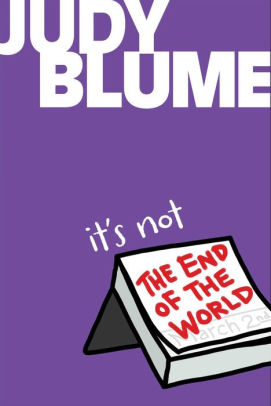
[Select to find on Amazon](https://www.amazon.com/Forever-Dog-Bill-Cochran/dp/0060539399/ref=sr_1_1?keywords=The+Forever+Dog+bill&qid=1561116669&s=gateway&sr=8-1)

**Benjamin, Ali. *The Thing About Jellyfish*. Little Brown Books, 2017**

Grief can drive a vivid imagination. When Suzy faces the accidental drowning of her best friend, she turns to a wild theory about a rare jellyfish sting as the cause. Her determination to find answers through world travels demonstrates how eager Suzy’s mind is to avoid the pain of loss. *Upper Elementary-Middle*

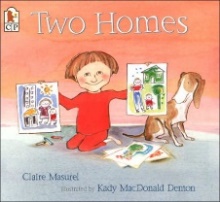
[Select to find on Amazon](https://www.amazon.com/Thing-About-Jellyfish-Ali-Benjamin/dp/0316380849/ref=sr_1_2?keywords=The+Thing+About+Jellyfish&qid=1561116813&s=gateway&sr=8-2)

# Divorce

**Blume, Judy. *It’s Not the End of the World.* Atheneum Books, 2014**

Karen doesn’t feel like a regular sixth-grader now that her parents are getting a divorce. But she’s not going to take it lying down! A clever plan should be enough to get her parents to patch things up. In this navigation of adolescent angst, Judy Blume gives young readers who are experiencing divorce a heroine to make them feel less alone, and a realization that you don’t need the fairy tale to have a happy ending. *Upper Elementary-Middle*

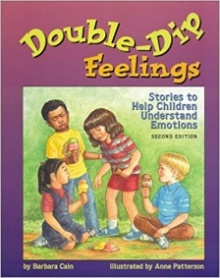
[Select to find on Amazon](https://www.amazon.com/Its-Not-World-Judy-Blume/dp/1481411160/ref=sr_1_1?keywords=It%E2%80%99s+Not+the+End+of+the+World&qid=1561117280&s=gateway&sr=8-1)

**Masurel, Claire. *Two Homes*. Candlewick, 2003**

Some things are different: at Mommy’s house Alex has a soft chair, at Daddy’s it’s a rocker. Some things are the same: his very own room and so much love. Young Alex’s story shows readers that when parents divorce, you don’t just lose things, you gain things, too. *Pre-K-Early Elementary*

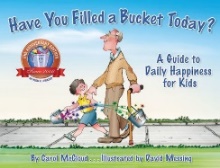
[Select to find on Amazon](https://www.amazon.com/Two-Homes-Claire-Masurel/dp/0763619841/ref=sr_1_2?keywords=Two+Homes&qid=1561117722&s=gateway&sr=8-2)

# Feelings

**Cain, Barbara. *Double-Dip Feelings: Stories to Help Children Understand Emotions.* Magination Press, 2001.**

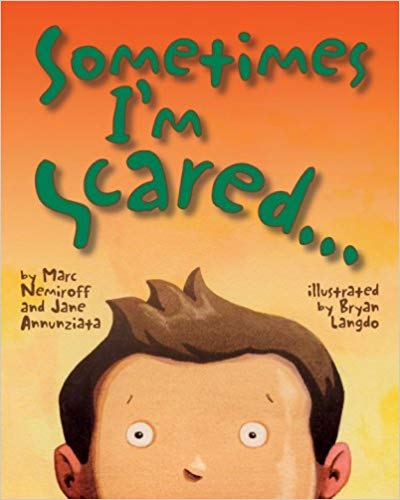
This book is part of a series in which stories illustrate common situations, such as the uncomfortable experience of ambivalence, or having two conflicting feelings at the same time. Events like the first day of school can stir up feelings of both pride and fear; the arrival of a new brother or sister can trigger both joy and sadness. These vignettes will help a young child recognize and understand the phenomenon of mixed feelings. *Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/Double-Dip-Feelings-Children-Understand-Emotions/dp/1557988110/ref=sr_1_1?keywords=Double+Dip+Feelings%3A+Stories+to+Help+Children+Understand+Emotions&qid=1561118318&s=gateway&sr=8-1)

**McCloud, Carol. *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids.* Bucket Fillers, 2015**

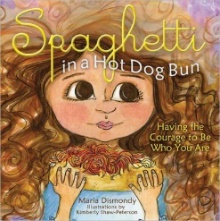
This book uses the simple metaphor of an empty bucket to help children understand interpersonal dynamics, especially when it comes to giving, taking, and sharing. The author helps young readers see how filling another’s bucket, or spreading kindness, can be the most rewarding experience. *Elementary*

[Select to find on Amazon](https://www.amazon.com/Have-Filled-Bucket-Today-Bucketfilling/dp/099609993X/ref=sr_1_1?keywords=Have+you+filled+a+bucket+today%3F+A+Guide+to+Daily+Happiness+for+Kids&qid=1561118892&s=gateway&sr=8-1)

**Annunziata, Jane. *Sometimes I’m Scared.* Magination Press, 2009**

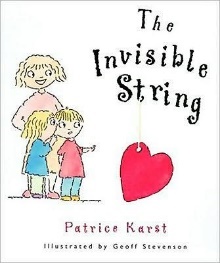
Fears can seem really big when you’re a kid! Being afraid of many things is normal. This book presents a straightforward, step-wise approach for children to conquer their fears. *Elementary*

[Select to find on Amazon](https://www.amazon.com/Sometimes-Scared-Jane-Annunziata-PsyD/dp/1433804492/ref=sr_1_1?keywords=Sometimes+I%E2%80%99m+Scared&qid=1561119417&s=gateway&sr=8-1)

**Dismondy, Maria. *Spaghetti in a Hot Dog Bun: Having the Courage To Be Who You Are.* Cardinal Rule Press, 2008**

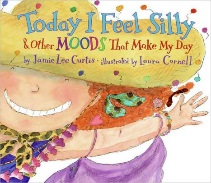
What if the class bully needs your help? What will you do? Readers can appreciate the feeling of having a boy like Ralph draw attention to anything that makes you a little different. But lucky for Ralph, Lucy doesn’t hold it against him when he needs her. This story celebrates individuality and its importance in making good choices. *Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/Spaghetti-Hot-Dog-Bun-Courage/dp/0615473938/ref=sr_1_1?keywords=Spaghetti+in+A+Hot+Dog+Bun%3A+Having+the+Courage+to+Be+Who+You+Are&qid=1561119757&s=gateway&sr=8-1)

**Karst, Patrice. *The Invisible String.* Devorss & Co, 2000**

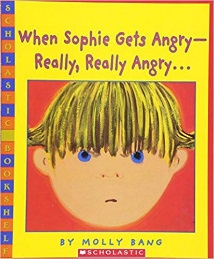
This book helps students cope with fears of loneliness and separation, whether there’s a loved one far away or a parent in the next room. It teaches children how to visualize an invisible string still connecting them to the person they miss. This is particularly good for students who have caregivers in the military or who are facing other situations where a loved one is not visible on a regular basis. *Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/Invisible-String-Patrice-Karst/dp/0875167349/ref=sr_1_2?keywords=The+Invisible+String&qid=1561125103&s=gateway&sr=8-2)

**Curtis, Jaime L. *Today I Feel Silly: And Other Moods That Make My Day.* HarperCollins, 2007.**

This delightful, colorful book walks very young children through a whole host of human emotions, celebrating each along the way. Adults and children alike will be charmed by the central character’s vivacious nature. *Pre-K-Elementary*

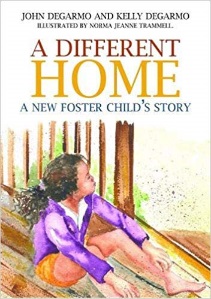
[Select to find on Amazon](https://www.amazon.com/Today-Feel-Silly-Other-Moods/dp/0060245603/ref=sr_1_1?keywords=Today+I+feel+Silly%3A+And+Other+Moods+That+Make+My+Day&qid=1561125773&s=gateway&sr=8-1)

**Bang, Molly. *When Sophie Gets Angry — Really, Really Angry ….* Scholastic, 2004**

Sophie explores the causes of and solutions to anger. While in the middle of an angry spell, Sophie runs out into the woods, where she climbs a tree to calm down, and is soon ready to come home to her loving family. This book teaches students the power in taking a moment to reflect and self-regulate emotional responses to stress. *Pre-K-Elementary*

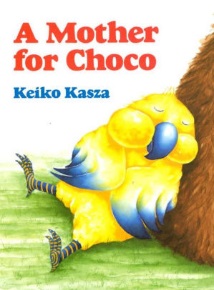
[Select to find on Amazon](https://www.amazon.com/Sophie-Angry-Really-Really-Scholastic-Bookshelf/dp/0439598451/ref=sr_1_3?keywords=When+Sophie+Gets+Angry%E2%80%94Really%2C+Really+Angry&qid=1561126172&s=gateway&sr=8-3)

# Foster Care

**DeGarmo, John, and Kelly DeGarmo. *A Different Home: A New Foster Child's Story*. Jessica Kingsley Publishers, 2014**

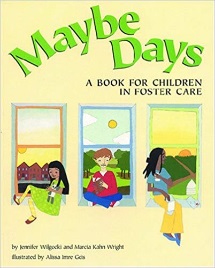
After being placed in foster care, Jessie has understandable anxiety and questions. It takes time to get comfortable in her new surroundings because everything, even what they eat for breakfast, is different. This story will resonate with children in foster care with its thoughtful dialogue, and will offer them patience with themselves while they adjust. *Pre-K-Elementary*

[Select to find on Amazon](https://www.amazon.com/Different-Home-Foster-Childs-Story/dp/184905987X/ref=sr_1_1?keywords=A+Different+Home%3A+A+New+Foster+Child%27s+Story&qid=1561126486&s=gateway&sr=8-1)

**Kasza, Keiko. *A Mother for Choco.* Puffin Books, 1996**

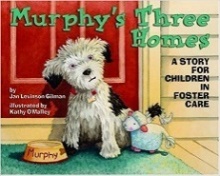
Choco knows he would like a mom and guesses she will look like him, but none of the animals he encounters fit, least of all Mrs. Bear. The funny part is, Mrs. Bear *acts* very much like a mom, and brings Choco home to meet her other children: a piglet, a hippo, and an alligator. Choco and his young readers learn that families are about sharing love, not about sharing looks. *Pre-K-Early Elementary*

[Select to find on Amazon](https://www.amazon.com/Mother-Choco-Paperstar-Keiko-Kasza/dp/0698113640/ref=sr_1_1?keywords=A+Mother+for+Choco&qid=1561126931&s=gateway&sr=8-1)

**Wilgocki, Jennifer. *Maybe Days: A Book for Children in Foster Care*. APA, 2002**

Will I ever see my parents again? Will I get to stay with my brothers and sisters? Children in foster care hear the word “maybe” very often. This book is a great resource for children entering foster care. The feelings they may be having are directly addressed, and they get an explanation of who the new adults in their lives are going to be and what they are there for. *Pre-K-Early Elementary*

[Select to find on Amazon](https://www.amazon.com/Maybe-Days-Book-Children-Foster/dp/1557988021/ref=sr_1_1?keywords=Maybe+Days%3A+A+Book+for+Children+in+Foster+Care&qid=1561127566&s=gateway&sr=8-1)

**Gilman, Jan L. *Murphy's Three Homes: A Story for Children in Foster Care.* Magination Press, 2008**

This book offers a sweet life parallel to children who have experienced multiple foster homes. Even though Murphy the puppy started out feeling lucky, that feeling dwindled as he moved among homes and shelters. But once he is placed in a caring foster home, Murphy finally feels comfortable and valued. *Pre-K-Early Elementary*

[Select to find on Amazon](https://www.amazon.com/Murphys-Three-Homes-Children-Foster/dp/1433803852/ref=sr_1_1?keywords=Murphy%27s+Three+Homes%3A+A+Story+for+Children+in+Foster+Care&qid=1561648644&s=gateway&sr=8-1)



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