



Polly Bath's Booklist for Kids

Stories to Teach Social & Emotional Skills in Challenging Times!

A Terrible Thing Happened

By Margaret Holmes

A story about how an event can create feelings that can lead to behaviors, and how to seek help.

After the Fall, How Humpty Dumpty Got Back Up Again

By Dan Santat

Working through trauma and getting back up.

All Cats Have Asperger Syndrome

By Kathy Hoopmann

A fun story about cat behaviors; making Asperger's not so scary.

Anh's Anger

By Gail Silver

A story that gives anger an identity, and how one Grandfather teaches his Grandson how to control it.

Anna and the Germ that Came to Visit

By Christianne Klein

A story that describes Covid-19 and makes sense of it for kids.

Clarissa's Disappointment: And Resources for Families, Teachers and Counselors of Children of Incarcerated Parents

By Megan Sullivan

A story for kids and a resource for teachers working with kids with incarcerated parents.

My Mouth is a Volcano!

By Julia Cook

A story about impulsiveness.

Nerdy Birdy Tweets

By Aaron Reynolds

A story about the effects of 'tweeting' first and thinking second.



Peaceful Piggy Meditation

By Kerry Lee MacLean

A story about the piggy family and meditation.

Polly Bath <http://www.cristialesher.com/polly-bath/>

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Polly and Her Duck Costume: The True Story of a Little Blind Rescue Goat

By Leanne Lauricella

A story about how it's OK to need security and share it with others.



Sitting Still Like a Frog: Mindfulness Exercises for Kids

By Eline Snel

A tutorial for parents and teachers interested in yoga and calming ideas for kids.

Stand in My Shoes: Kids Learning About Empathy

By Bob Sornson

A story about empathy.

The Day the Crayons Quit

By Drew Daywalt

A fun story about possibilities and thinking outside limits from a crayon's point of view.

The Dot

By Peter Reynolds

A story about celebrating even the smallest of accomplishments.

The Energy Bus for Kids: A Story About Staying Positive and Overcoming Challenges

By Jon Gordon

A story about how to be positive even if there are obstacles.

The True Story of The Three Little Pigs

By Jon Scieszka

A story about perception and point of view.

365 Days of Wonder: Mr. Browne's PRECEPTS

By R.J. Palacio

A big book with great discussion-starters based on the book Wonder.

What Do You Do with A Problem?

By Kobi Yamada

What are you going to do with a problem you didn't ask for, but here it is anyway?

What Does it Mean to be Present?

By Rana DiOrio

A calming story that teaches how to be in the present.



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