

Bibliotherapy: A Sample Book List

How you can use books to help children with challenging situations and varying emotions

Some suggestions about how to read these books

- Read the book over and over
- Let the book speak for itself
- Ask the child if they ever feel like the different characters in the book - the more specific your question the better.
- Have you ever felt this way? Or Was there a time that you felt the same way as this character?
- Ask the child, to think about what they think will happen in the book
- Ask the child if they would want to change anything in the book
- Connect to the story and the characters in a real way yourself
- Remember these books can “speak” to adults as well
- SUPPORT YOUR LOCAL LIBRARY - get these books and many many more!

TITLE	AUTHOR	LESSONS
Ish	Peter H.Reynolds	Dealing with invalidation from a brother, validation from a sister, perfectionism and living the concept of “good enough”. Changing perspectives and flexible thinking
The Dot	Peter H.Reynolds	Feelings of discouragement when you don't think you can do something, to feelings of achievement. How to deal with getting started with something.
Quick as a Cricket	By Audrey Wood Illustrated by Don Wood	Teaches us that we have many different parts of us. Conversations about when do you feel lazy or brave or scared etc
The Empty Pot	Demi	Chinese folktale about telling the truth even when its really hard. Theme of being determined, never giving up and how it feels to be different. Even shows feelings of shame
Alexander and the Terrible,Horrible, No Good, Very Bad Day	Judith Viorst	A boy who is having a really bad day when things just don't go well

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My Two Worlds	By Ginger Gordon Photographs by Martha Cooper	A child who has a home and family in Puerto Rico and in New York City. What does it feel like to have two homes/two worlds. Many children can relate to the two worlds feeling and the theme of fitting in
The Sneetches	Dr. Seuss	Dealing with Differences, equality and friendship.
Horton Hatches the Egg	Dr. Seuss	Themes of dedication and commitment as well as facing your fears, being honest, keeping your word. This book can touch on themes of responsibility, asking for help and learning to take a break.
The Story of Ferdinand	By Munro Leaf Drawings by Robert Lawson	Teaches us that we are all individuals and to honor our own needs, desires and wants. Theme of Parental fears as well as Parental acceptance
Max	Rachel Isadora	Deals with Gender stereotypes. A boy who ends up going to ballet class before his baseball practice
Old Henry	By Joan W Blos Illustrated by Stephen Gammell	A tale about different kinds of people learning to get along. Teaches about tolerating differences.
Irene and the Big Fine Nickel	By Irene Smalls Illustrated by Tryone Geter	The story of a child growing up in Harlem in the 1950's. Talks about friends and getting along with them, city living and acknowledging the richness of black culture. Lots of characters in this book that your child can relate to.
The Hurt	Teddi Doleski	Getting hurt by friends, parents and how to deal with hurt

