

## ***Helpful Counseling Books***

*A Bad Case of Stripes* by David Shannon

Topic: Acceptance; nonconformity

*A Family That Fights* by Sharon Chester Bernstein

Topic: Family abuse

*A Place for Starr* by Howard Schor

Topic: Family Violence

*A Smart Girl's Guide to Sticky Situations: How to Tackle Tricky, Icky Problems and Tough Times* by American Girl

Topic: Problem solving

*A Terrible Thing Happened* by Margaret Holmes

Topic: Children witnessing trauma

*Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst

Topic: Everyone has bad days; anger management.

*Amazing Grace* by Mary Hoffman

Topic: Goal setting and attainment

*Amber on the Mountain* by Tony Johnston

Topic: Friendships

*Amelia Bedelia Bakes a Cake* by Peggy Parish & Lynn Sweat

Topic: A funny story about a girl who always makes mistakes

*And Tango Makes Three* by Justin Richardson & Peter Parnell

Topic: Family differences

*Becoming Naomi Leon* by Pam Munoz

Topic: Finding one's heritage; anxiety & disappointment

*Blues Clues: I'm Sorry* by Justin Chanda

Topic: Honesty; integrity

*But Not the Hippopotamus* by Sandra Boynton

Topic: Animals; friends

*Caillou: Baby Sister* by Jaceline Sauschagrin

Topic: New sibling

*Chicken Soup for the Kid's Soul* by Jack Canfield & Mark Victor Hansen  
Topic: Short stories covering topics ranging from divorce to friends to eating disorders

*Chrysanthemum* by Kevin Henkes  
Topic: Bullying; self esteem

*David Gets in Trouble* by David Shannon  
Topic: Behavioral issues

*Dinosaurs Divorce* by Laurene Krasny Brown & Marc Brown  
Topic: Divorce

*Divorce is a Grown up Problem* by Janet Sinburg  
Topic: Divorce

*Don't Pop Your Balloon* by Janet M. Bender  
Topic: Controlling anger

*Fly Away Home* by Eve Bunting  
Topic: Homelessness

*Franklin Says Sorry* by P. Bourgeois & B. Clark  
Topic: Friendship

*Gertrude McFuzz* by Dr. Seuss  
Topic: Being yourself; self acceptance

*Good-Bye Daddy!* by B. Weninger  
Topic: Divorce

*Goodbye Mousie* by R.H. Harris  
Topic: Death

*Herbie's Troubles* by Carol Chapman  
Topic: Bullying; standing up for yourself

*Hey Little Ant* by Phillip & Hannan Hoose  
Topic: Empathy; bullying

*How are you Feeling? Foods with Moods* by Saxton Freyman & Joast Elffers  
Topic: Identifying feelings

*I Like Myself* by Karen Beaumont  
Topic: Self esteem

*I Love You With all my Heart* by Noris Kern  
Topic: How families show love in different ways

*I Want to be Somebody New!* By Robert Lopshire  
Topic: Self esteem, self concept, self worth

*I'm Gonna Like Me* by Jamie Lee Curtis  
Topic: Self esteem

*I'm So Embarrassed* by Robert Munsch  
Topic: Being embarrassed

*It Must Hurt A Lot* by Doris Sanford  
Topic: Death and grief

*It's Hard to be Five: Learning How to Work My Control Panel* by Jamie Lee Curtis  
Topic: Self control

*It's Okay to be Different* by Todd Parr  
Topic: Acceptance

*Julius, The Baby of the World* by Kevin Henkes  
Topic: New sibling

*Love You Forever* by Robert Munsch  
Topic: Parental Love

*Mama and Daddy Bear's Divorce* by Maude Spelman  
Topic: Divorce

*Many Colored Days* by Dr. Seuss  
Topic: Different emotions on different days

*Mean Soup* by Betsy Everitt  
Topic: Handling emotions

*Mommy Laid an Egg* by Babette Cole  
Topic: How babies are made

*Mr. Peabody's Apples* by Madonna  
Topic: Words can be harmful

*My Beastly Brother* by Laura Leuck  
Topic: Sibling rivalry

*My Friend, Jasper Jones* by Rosamond Dauer  
Topic: Friendship

*My Secret Bully* by Trudy Ludwig  
Topic: Bullying

*Oh the Places You'll Go* by Dr. Seuss  
Topic: Motivation

*Please Tell! A Child's Story about Sexual Abuse* by Jessie  
Topic: Sexual Abuse

*Polar Bear and the Rainbow* by Moira Butterfield  
Topic: Diversity

*Por Favor Di: Un Cuento Para Ninos Sobre el Abuso Sexual* by Jessie  
Topic: Sexual abuse

*Sadako and the Thousand Paper Cranes* by Eleanor Coerr  
Topic: Hiroshima; death and grief

*Salt in His Shoes* by Deloris Jordan  
Topic: Overcoming obstacles

*Say Something* by Peggy Moss  
Topic: Bullying; speaking up

*Shades of People* by Shelley Rotner and Sheila M. Kelly  
Topic: Individual differences; self esteem

*Shredderman: Secret Identity* by Wendelin Van Draanen  
Topic: Bullying

*Some Things are Scary* by Florence Parry Heid  
Topic: Scary situations and how to deal with them

*Sophie's Trophy* by Susan Middleton Elya  
Topic: Self esteem

*Spider's First Day at School* by Robert Kraus  
Topic: School anxiety

*Stop Picking on Me* by Pat Thomas  
Topic: Bullying

*Talking Speech Disorders to School* by John Bryant  
Topic: Why kids go to speech therapy

*Teammates* by Peter Golenbock  
Topic: Jackie Robinson; acceptance

*The 10<sup>th</sup> Good Thing about Barney* by Judith Voirst  
Topic: Death

*The Ant Bully* by John Nickle  
Topic: Bullying

*The Bear Who Lost His Sheep: A Story about Worrying Too Much* by J. Lamb-Shapiro  
Topic: Worrying

*The Berenstain Bears: New Baby* by Stan & Jan Berenstain  
Topic: New sibling

*The Cay* by Theodore Taylor  
Topic: Racism

*The Colors of Us* by Karen Katz  
Topic: Acceptance

*The Empty Place: A Child's Guide through Grief* by Roberta Temes  
Topic: Grief and loss

*The Flower Man* by Mark Ludy  
Topic: Moral principles

*The Giving Tree* by Shel Silverstein  
Topic: Giving

*The Great Fuzz Frenzy* by Janet & Susan Stevens  
Topic: Sharing

*The Grouchy Lady Bug* by Eric Carle  
Topic: Social behavior

*The Hundred Dresses* by Eleanor Estes  
Topic: Teasing, bullying, lying; importance of making amends

*The Hyena Who Lost His Sheep: A Story about Worrying too Much* by J. Lamb-Shapiro  
Topic: Worrying

*The Kids Blue Day Book* by Bradley Trevor Greive  
Topic: Emotions of animals

*The Kissing Hand* by Audrey Penn  
Topic: Confronting difficult situations

*The Lion Who Lost His Roar: A Story about Facing Your Fears* by M.S. Nass  
Topic: Overcoming fears

*The Missing Piece* by Shel Silverstein  
Topic: The nature of quest and fulfillment

*The Next Place* by Warren Hanson  
Topic: Death and dying

*The Oak Inside the Acorn* by Max Lucado  
Topic: Self-esteem; identity

*The Penguin Who Lost Her Cool: A Story About Controlling Your Anger* by M. Sobel  
Topic: Anger control

*The Rabbit Who Lost His Hop: A Story about Self-Control* by M.S. Nass  
Topic: Self control

*The Recess Queen* by Alexis O'Neill  
Topic: Bullying

*The Rough-Face Girl* by David Shannon  
Topic: Algonquin Indian version of Cinderella.

*The Time Balooga Forgot Other People's Feelings* by Steve Barancik  
Topic: Social skills

*The Way I Feel* by Janan Cain  
Topic: Feelings

*There's a Boy in the Girls Bathroom* by Louis Sachar  
Topic: Bullying

*Today I Feel Silly* by Jamie Lee Curtis  
Topic: Moods and emotions

*Un Lugar Seguro Para Vivir: Un Cuento Para Ninos que han Exprimetado la  
Violencia Domestica* by M.A. Harrison  
Topic: Domestic violence

*Uncle Willy's Tickles: A Child's Right to Say No* by M. Aboff  
Topic: Child sexual abuse

*Unlovable* by Dan Yaccarino  
Topic: Self esteem

*Velveteen Rabbit* by Margery Williams  
Topic: Power of love

*Vera's Baby Sister* by Vera Rosenberry  
Topic: New sibling

*We Are All Alike, We Are All Different* by Cheltenham  
Topic: Diversity

*Wemberly Worried* by Kevin Henkes  
Topic: Bullying; self esteem

*When Dinosaurs Die* by Laurie Krasny Brown & Marc Brown  
Topic: Death

*When My Parents Forgot How to be Friends* by Jennifer Moore-Mallinos  
Topic: Divorce; arguing parents

*When I Feel Angry* by Cornelia Maude Spelman  
Topic: Anger management

*When Sophie gets Angry – Really, Really Angry* by Molly Bang  
Topic: Anger management

*Where the Wild Things Are* by Maurice Sendak  
Topic: Bad behavior

*Zen Shorts* by Jon Muth  
Topic: Making friends; letting bad days go by