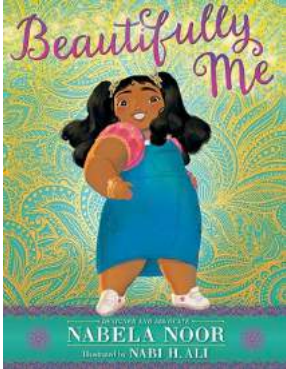
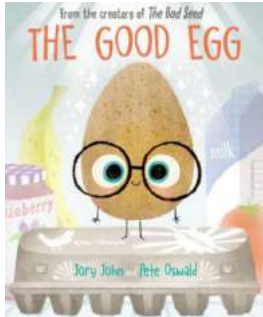
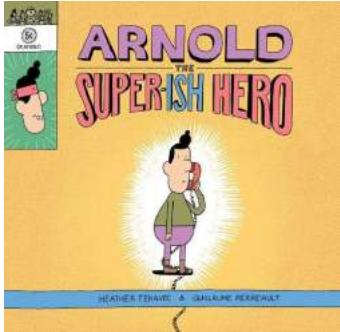





Book Cover & Author	Summary/Themes	Exercises & Discussion Questions
 <p><i>Beautifully Me</i> Written by Nabela Noor Illustrated by Nabi H. Ali</p>	<p>This book deals with fat-shaming and self-love. It features a Muslim family talking in loving ways about the mixed feelings we have about our bodies given problematic racist and sexist messaging.</p>	
 <p><i>The Bad Seed</i> Written by Jory John Illustrated by Pete Oswald</p>	<p>This book talks about how we are all a mix of feelings and behaviours.</p>	<p>Ice Cream Scoop Exercise: Get kids to talk about how they might have multiple “scoops” in their ice cream cones when they are thinking about something. For example: no uniform day. Kids might feel excited to wear what they want to school (one scoop might be excited, one might be nervous, one might be scared of being teased).</p>
 <p><i>The Cool Bean</i> Written by Jory John Illustrated by Pete Oswald</p>	<p>This book discusses popularity and kindness.</p>	<p>Discussion questions: Do you ever feel like a cool bean? How does this feel? Do you ever feel like an uncool bean? How does this feel?</p>

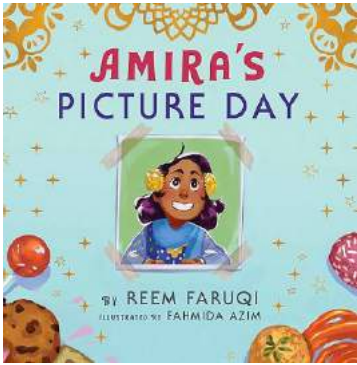


 <p><i>The Good Egg</i> Written by Jory John Illustrated by Pete Oswald</p>	<p>This book is about anxiety, control, and perfectionism.</p>	<p>The Ice Berg Exercise: A teacher draws an iceberg and explains that, sometimes I act one way, but that's the part of the iceberg you can see. Underneath the water, I might be feeling lots more feelings. I might act angry, but I'm actually also hungry and tired and jealous and... It's just to try to scaffold for kids having multiple emotions at once.</p>
 <p><i>Arnold the Super-ish Hero</i> Written by Heather Tekavec Illustrated by Guillaume Perreault</p>	<p>This book talks about how boys are asked to be tough and strong – even when they don't feel these ways. It gestures towards toxic masculinity and asks how we might teach kindness as a superpower, rather than brute strength.</p>	
 <p><i>How to Apologize</i> Written by David LaRochelle Illustrated by Mike Wohnoutka</p>	<p>Both a practical guide for how and why we say sorry, and also is good for neurodiverse children at explaining how to say sorry skillfully. This book also teaches the important skill of how to come together and repair when we mess up – which everyone does.</p>	



 <p><i>Mr. Flux</i> Written By Kyo Maclear Illustrated by Matte Stephens</p>	<p>This book is about a little boy who struggles with change, and an artist who helps him to learn to embrace it. Mr. Flux helps the boy learn that modeling embracing change can change a community.</p>	<p>Discussion Questions: Have you ever felt nervous? Where did you feel it in your body? Do you like changes in your life? How did Mr. Flux respond to changes?</p>
 <p><i>I Hate Everyone</i> Written by Naomi Danis Illustrated by Cinta Arribas</p>	<p>This book is about making space for anger and strong feelings.</p>	<p>Discussion questions: The girl says: "I hate you but I want you to love me." What do you think she is trying to say? Is hate different than love? How? Are they connected?</p>
 <p><i>The Oldest Student</i> Written by Rita Lorraine Hubbard Illustrated by Oge Mora</p>	<p>Teaches about anti-Black racism and the ways that the denial of education is a part of white supremacy. It also teaches the SEL skill of the importance of persistence while unpacking what it means that attending school is a privilege not given to all communities equally.</p>	

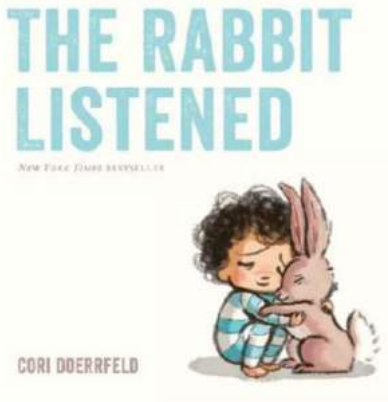

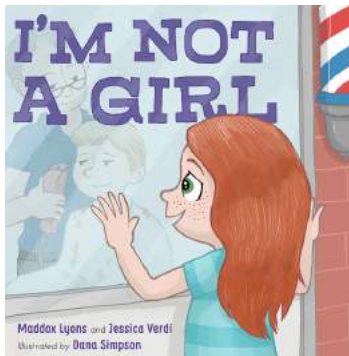


 <p><i>There Must Be More Than That!</i> Written & Illustrated by Shinsuke Yoshitake</p>	<p>This book is about anxiety about the future and how to manage our need to worry, and imagining alternative endings.</p>	<p>Exercise: Are there some things that make you feel nervous? What are they? Do they always come true? Draw a picture of what else can happen other than the thing you are fearing.</p>
 <p><i>What Are Your Words?</i> Written by Katherine Locke Illustrated by Anne Passchier</p>	<p>This book helps to teach kids that knowing someone's pronouns is not obvious and that we need to ask respectfully what someone's pronouns are. It also teaches about the impact of misgendering a person and how this cause pain.</p>	
 <p><i>Amira's Picture Day</i> Written by Reem Faruqi illustrated by Fahmida Azim</p>	<p>This book teaches about how anti-Muslim racism and assumptions about what are school holidays that we get time off from school for does not often count important Muslim celebrations. It also helps to unpack the way that racism can effect our everyday interactions at school (including talking with others about what to wear for picture day) without our being aware.</p>	

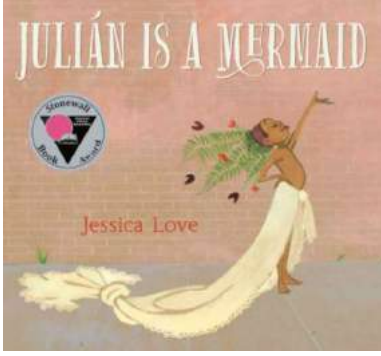


 <p><i>Laxmi's Mooch</i> Written by Shelly Anand Illustrated by Nabi H. Ali</p>	<p>This book touches on beauty standards, shame, embarrassment, and embracing ourselves.</p>	<p>Exercise: Draw a portrait of everyone in your family (including pets). Draw a moustache on them. How does this make you feel? Where do you feel those feelings in your body? Does seeing a moustache on some family members feel different than others? Why?</p>
 <p><i>Tallulah Plays The Tuba</i> Written by Tiffany Stone Illustrated by Sandy Nichols</p>	<p>Teaches about the importance of persistence and its role in resilience.</p>	
 <p><i>In Between</i> Written by April Pulley Sayre photographs by April Pulley Sayre and Jeff Sayre</p>	<p>This book teaches the skill of persistence while also complicating the notion that we have ever “arrived” or learned all we need to know.</p>	

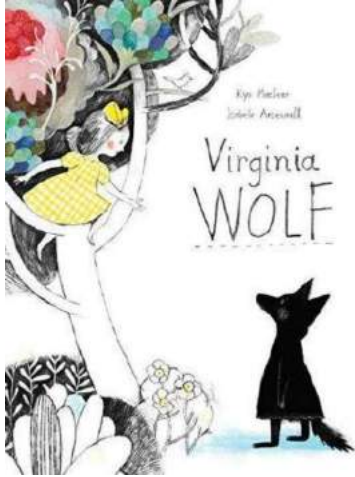
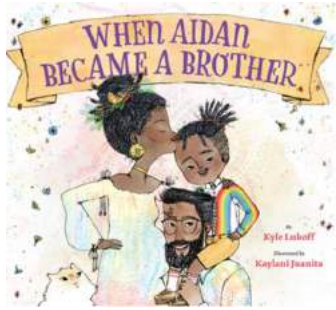
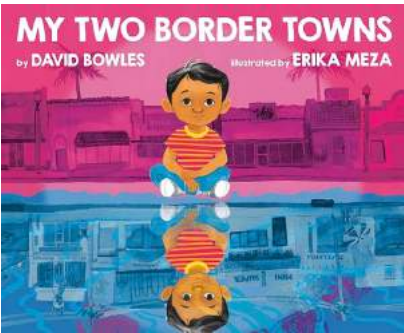


 <p>THE RABBIT LISTENED NEW YORK TIMES BESTSELLER CORI DOERRFELD</p> <p><i>The Rabbit Listened</i> Written & Illustrated by Cori Doerrfeld</p>	<p>This book teaches the skills of how to listen.</p>	<p>Exercise: Let's practice whole body listening. Sit still and face the person talking. Make sure you are listening with your eyes and ears and body. Listen to your friend talk without interrupting for 30s and then you have a turn.</p>
 <p><i>Me and My Dysphoria Monster</i> Written by Laura Kate Dale Illustrated by Hui Qing Ang</p>	<p>This book that talks about anxiety and how structural discrimination and not being allowed to be yourself contributes to anxiety and body dysmorphia.</p>	
 <p>I'M NOT A GIRL Maddox Lyons and Jessica Verdi Illustrated by Dana Simpson</p> <p><i>I'm Not A Girl</i> Written by Maddox Lyons & Jessica Verdi Illustrated by Dana Simpson</p>	<p>Talks about what it feels like to be a trans boy. This book skillfully also locates help for the white male protagonist coming from two racialized kids – turning racist assumptions about transphobia in communities of colour on their head.</p>	

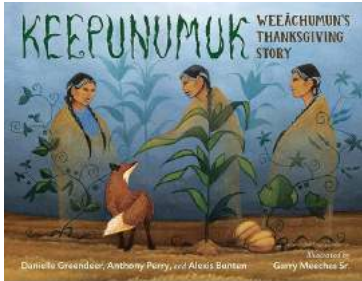


 <p><i>Julián Is A Mermaid</i> Written & Illustrated by Jessica Love</p>	<p>This book is about understanding shame and empathy.</p>	<p>Discussion questions: Is there something you love doing that somebody was mean to you about? How did this make you feel? Did anyone ever make you feel understood?</p>
 <p><i>Julián At The Wedding</i> Written & Illustrated by Jessica Love</p>	<p>This book talks about accepting each other as we are and accepting that we have different types of families.</p>	<p>Exercise: Who is in your family? Draw a family portrait and explain who each person is.</p>
 <p><i>Love, Violet</i> Written by Charlotte Sullivan Wild Illustrated by Charlene Chua</p>	<p>A beautiful book about the intensity and vulnerability that comes with making a new friend and/or wanting to be someone's friend.</p>	





 <p><i>Virginia Wolf</i> Written by Kyo Maclear Illustrated by Isabelle Arsenault</p>	<p>A book about sadness and depression.</p>	<p>Exercise: Have you ever felt really sad? What helps you? Draw a picture of when you felt really sad, and draw yourself doing something that helped you feel better. This exercise also works for When Sadness is at Your Door.</p>
 <p><i>When Aidan Became A Brother</i> Written by Kyle Lukoff Illustrated by Kaylani Juanita</p>	<p>This book is about the importance of repair – and how it's not as important to get things right or do them perfectly as it is to learn how to repair.</p>	
 <p><i>My Two Border Towns</i> Written by David Bowles Illustrated by Erika Meza</p>	<p>Deals with the complicated feelings that children might have facing the unfair separation of families across national boundaries.</p>	

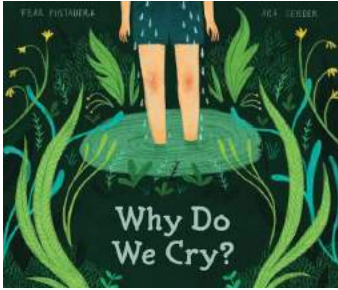
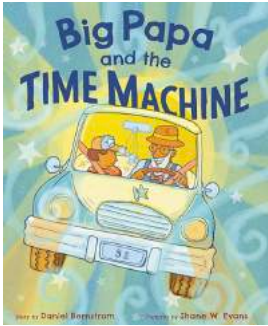



 <p><i>Keepunumuk: Weeâchumun's Thanksgiving Story</i> Written by Danielle Greendeer, Anthony Perry, and Alexis Bunten Illustrated by Garry Meeches Sr.</p>	<p>This book is about Thanksgiving and the impact of celebrating a settler colonial moment for Indigenous communities.</p>	
 <p><i>Thunder and the Noise Storms</i> Written by Jeffrey Ansloos and Shezza Ansloos Illustrated by Mangeshig Pawis-Steckley</p>	<p>This book is about an Indigenous child who uses meditation and grounding exercises that he draws from the wise older adults around him. This book might feature a neurodiverse child or a child who just hates noise – it is left deliberately unclear.</p>	
 <p><i>The Great Banned-Books Bake Sale</i> Written by Aya Khalil Illustrated by Anait Semirdzhyan</p>	<p>About the positive possibilities of coming together to fight oppression and how children can draw strength and comfort from participating in social movements to fight injustice (in this case banned books).</p>	

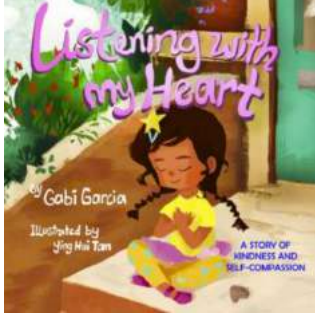
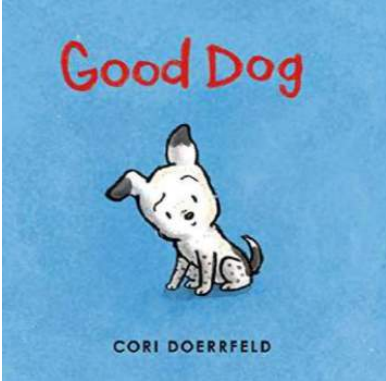


 <p>1. <i>Saturday</i> Written & illustrated by Oge Mora</p>	<p>This book is about a single mother spending special time with her daughter – and learning how to regulate even when things don't go as planned.</p>	<p>Discussion Questions: Do you have a caregiver or parent who has to work on the weekend? Do you ever wish your parent had to work less? What are special things you wish you could do together when you have time together?</p>
 <p><i>Sparkle Boy</i> Written by Lesléa Newman Illustrated by Maria Mola</p>	<p>Debunks that there are “girl things” and “boy things” and talks about the power of connection to interrupt the hurt of the cycle of the tough guise of masculinity being taught from older boys to younger boys.</p>	
 <p><i>Tough Guys</i> Written & Illustrated by Keith Negley</p>	<p>This book talks about masculinity and emotions.</p>	<p>Discussion Questions: Do we think there are boy feelings and girl feelings? Do we see princesses having feelings? Do we see superheroes having feelings? What do you think about this?</p>

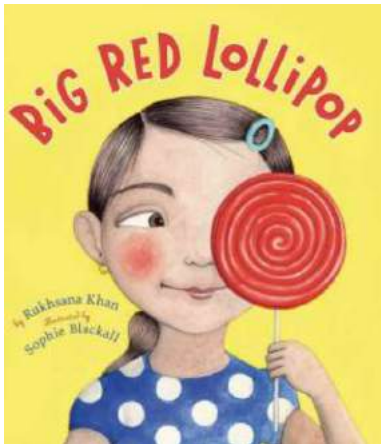
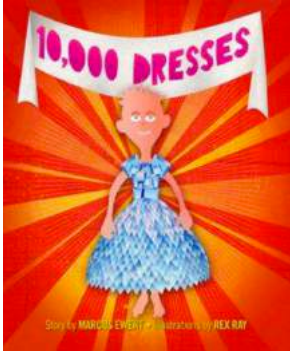
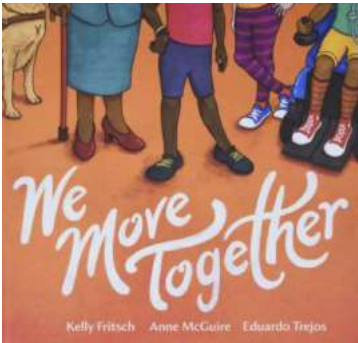


 <p><i>Why Do We Cry?</i> Written by Fran Pintadera Illustrated by Ana Sender</p>	<p>Talks about the importance and reset of crying and melting down for all of us.</p>	
 <p><i>Big Papa and the Time Machine</i> Written by Daniel Bernstrom Illustrated by Shane W. Evans</p>	<p>Talks about racism and parental abandonment, and teaches the SEL lesson of the importance of facing our fears.</p>	
 <p><i>Don't Touch My Hair</i> Written & Illustrated by Sharee Miller</p>	<p>This book talks about respecting bodily autonomy.</p>	<p>Discussion Questions: Has it ever annoyed you when someone pulls at your t-shirt or touches your hair? What are some of the things we can say when this happens?</p>



 <p><i>Listening With My Heart</i> Written by Gabi Garcia Illustrated by Ying Hui Tan</p>	<p>Talks about kindness and self-compassion.</p>	<p>Discussion Questions: Have you ever had a coach who was mean? Did that help you play better? Do you have an inner coach in your head? What kinds of things could they say to help you succeed?</p>
 <p><i>Good Dog</i> Written & Illustrated by Cori Doerrfeld</p>	<p>This book talks about homelessness, poverty, and bullying.</p>	<p>Discussion Questions: What are some of the feelings the dog feels? What are some of the feelings this book makes you feel? Draw some of the feelings you felt while reading this book.</p>
 <p><i>My Heart Fills With Happiness</i> Written by Monique Gray Smith Illustrated by Julie Flett</p>	<p>Talks about the everyday moments of joy.</p>	<p>Discussion Questions: What fills your heart with happiness? Is there anything that helps you to calm down when you are feeling upset?</p> <p>Exercise: Draw some things that help you to feel happy</p>



 <p><i>Big Red Lollipop</i> Written by Rukhsana Khan Illustrated by Sophie Blackall</p>	<p>This book is about cultural rituals that are different in some families than others, as well as jealousy and sibling rivalry.</p>	<p>Discussion Questions: What is good about birthday parties? What is bad about them? Are birthday parties ever used to leave people out? How does this make people feel?</p>
 <p><i>10,000 Dresses</i> Written by Marcus Ewert Illustrated by Rex Ray</p>	<p>This book talks about bullying.</p>	<p>Discussion Questions: Have you ever worn something to school that you really like and then been teased about it? How did that make you feel? Where did you feel that in your body? What would you like to say to yourself when somebody teases you?</p>
 <p>A collaboration between Kelly Fritsch, Anne McGuire, and Eduardo Trejos</p>	<p>This book talks about disability and community understanding.</p>	<p>You can find an extensive learning guide on their website: https://wemovetogether.ca/education-resources/</p>



My Sometimes Dad
Written by Shoshana Magnet
Illustrated by Haeon Grace Kang

This book talks about different kinds of families and family separation.

Discussion Questions:

What are some of the things it means to have a sometimes caregiver? What might that look like?

Exercise:

Draw what a child feels for a sometimes caregiver.