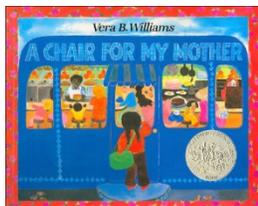




Teaching Resilience Book List

Resources on this book list can teach or inform students about common life challenges and how they can overcome or make the best of difficult situations. Students who have faced traumatic experiences such as the death of a loved one, a fire or difficulty expressing their emotions will find these books helpful for building their resilience and perseverance. Fictional stories can be used for students to model and discover healing strategies while facing various adversities. Consider incorporating them in your literacy programming with activities such as read-alouds, journal writing starters, role-play activities, and other ways to encourage students to grow through any struggles they may encounter.



Williams, Vera B. *A Chair for My Mother*. Greenwillow Books, 1982.

This story teaches students empathy and responsible decision-making. Three generations of hard-working women who live together experience the hardship of a house fire. Young Rosa sees the value in doing for her mother and grandmother, and begins a campaign to scrape together their savings to afford the comfortable chair they all deserve to share. **(Kindergarten-Elementary)**

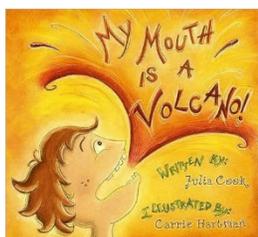
[Click to find on Amazon](#)



Santat, Dan. *After the Fall: How Humpty Dumpty Got Back Up Again*. Roaring Brook Press, 2017.

In a humorous spin on the classic nursery rhyme, Humpty Dumpty is re-introduced as a birdwatcher who becomes paralyzed with fear after his legendary fall. Humpty lets his fears change his life, showing the reader that getting up isn't always easy. This story teaches children about courage and the ability to face fears head on. **(PreK-Elementary)**

[Click to find on Amazon](#)



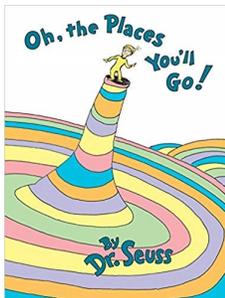
Cook, Julia. *My Mouth is a Volcano!* National Center for Youth Issues, 2005.

Told in a colorful metaphor, this story is about a boy who can't shake the habit of interrupting. Thoughts bubble up like lava, and Louis *erupts* like a volcano while someone else is talking. A great resource for teachers, counselors and parents, this book demonstrates to young children how to be respectful listeners and to be patient for their turn to speak. **(PreK-Elementary)**

[Click to find on Amazon](#)



Teaching Resilience Book List

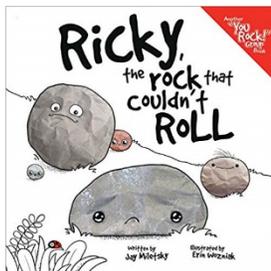


Seuss, Dr. *Oh, the Places You'll Go!* Random House, 1990.

This book tops many lists as inspiration for new beginnings, no matter your age. The colorful illustrations, simple rhymes and salient sentiments guide the reader to their own gifts as their source for achievement.

(PreK-Elementary)

[Click to find on Amazon](#)

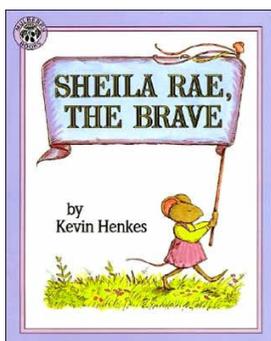


Miletsky, Jay. *Ricky, the Rock That Couldn't Roll.* New Paige Press, 2018.

This book begins a series of stories designed to empower young children. The “You Rock Group” members form their friendship as little pebbles, learning life lessons as they grow up together. This volume focuses on outer differences — in this case one flat-bottomed boulder — and how friends “roll” in spite of it.

(PreK-Elementary)

[Click to find on Amazon](#)



Henkes, Kevin. *Sheila Rae, the Brave.* Harper Collins, 1987.

This story tells about Sheila Rae and her fearless attitude when doing new things. Just as she begins to go from confident to cocky, she finds herself lost after walking a new path home. Luckily, not far behind was her little sister, whom she had teased for not being brave enough to walk the new path. This book teaches students about the balance between courage and caution during the decision-making process.

(PreK-Elementary)

[Click to find on Amazon](#)



Luyken, Corinne. *The Book of Mistakes.* Dial Books, 2017.

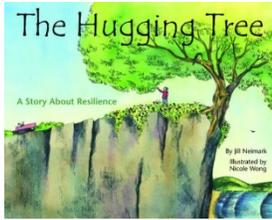
Presented in the fine tradition of picture books like “Snowy Day,” this book tells a story through great art and few words. The artist centers her work around seemingly accidental splotches and spots, demonstrating creatively how something that seems like a mistake can be made beautiful.

(PreK-Elementary)

[Click to find on Amazon](#)

corinna luyken

Teaching Resilience Book List



Neimark, Jill. *The Hugging Tree: A Story About Resilience*. Magination Press, 2015.

This story explores the resilience of a little tree growing alone on a cliff. It holds fast through thunderstorms and the cold of winter. With the help of a young boy, the tree grows to later provide shelter for others. Readers recognize the value of community, and the potential that we all have to persevere even in times of struggle and difficulty. **(Kindergarten-Elementary)**

[Click to find on Amazon](#)



Spires, Ashley. *The Most Magnificent Thing*. Kids Can Press, 2014.

Told with language and imagery to express deep emotions, this story is about a young girl who has an idea to make the most *magnificent* thing. After many attempts and feelings of failure to accomplish what she thought would be “easy peasy,” her frustration grows into surrender. Her canine companion convinces her to take a break and regroup, eventually embracing the process as much as the outcome. Innovative thinking and STEM values abound in this charming journey.

(PreK-Elementary)

[Click to find on Amazon](#)



Yamada, Kobi. *What Do You Do With a Chance?* Compendium, 2018.

This book is part of a series of best sellers that inspire students to go for their dreams and desires. Other titles include *What Do You Do With an Idea?* and *What Do You Do With a Problem?* Poetically told, a young boy repeatedly squanders his opportunities to grab at chances but discovers a wondrous world once he screws up his courage.

(Kindergarten-Elementary)

[Click to find on Amazon](#)

This list was created by Dr. Colleen Lelli, Ed.D., Associate Professor, Cabrini University. Dr. Lelli is the Director for the Barbara and John Jordan Center for Children of Trauma and Domestic Violence Education.