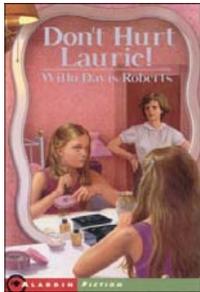




Student Trauma Book List

Resources provided on this book list can help educators address traumatic events through literacy programming. They specifically target students who have faced traumatic experiences including child abuse, violence, death, foster care, or divorce. The following books will help them build their resilience but will also guide them in expressing their feelings. Some also highlight characters who can serve as fictional models for students needing additional support in expressing emotion. Consider incorporating them in your literacy programming alongside activities such as journal writing, shared reading experiences, or general guidance for students needing support during a traumatic situation.

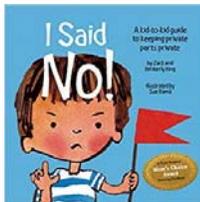
Child Abuse



Roberts, Willo D. *Don't Hurt Laurie*. Aladdin Fiction, 1988.

Laurie has a big and horrible secret. She is being physically abused by her mother. This story takes the reader on Laurie's journey as she takes action to escape and voice her experience to ultimately find safety. **(Upper Elementary-Middle)**

[Click to find on Amazon](#)

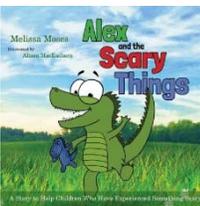


King, Kimberly, and Zachary King. *I Said No! A Kid-to-kid Guide to Keeping Private Parts Private*. Boulden Publishing, 2016.

This story is written from a child's point of view and helps kids set healthy boundaries for their bodies. Approaching this sensitive subject can be a challenge for parents, counselors and educators. Use this tool to make it a lot easier. **(PreK-Elementary)**

[Click to find on Amazon](#)

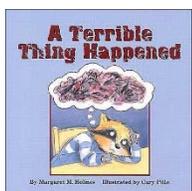
Child Witness of Violence or Trauma



Moses, Melissa. *Alex and the Scary Things*. Jessica Kingsley Publishers, 2015.

This storybook takes a gentle approach to helping children who have experienced trauma deal with their emotions and learn coping strategies. It takes readers on a journey with a young child named Alex and the different ways he copes with scary things in his life. **(PreK-Elementary)**

[Click to find on Amazon](#)



Holmes, Margaret. *A Terrible Thing Happened*. Magination Press, 2000.

This book shares ideas that can help parents, caregivers, and educators support traumatized students. It may be relevant for children who have been exposed to human atrocities or natural disasters. Readers can also find a list of other sources that focus on specific events. **(PreK-Elementary)**

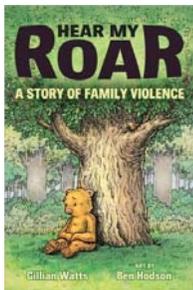
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Student Trauma Book List

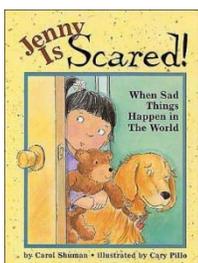


Watts, Gillian. *Hear My Roar: A Story of Family Violence*. Annick Press, 2009.

Orsa Bear notices that Papa is always angry and continuously yelling at him and Mama around the house. This story provides an easy-to-read graphic narrative to gently approach talking with children about family violence and the potential role of substance abuse in this arena. It is adapted from the first edition written by Dr. Ty Hochban, a child developmental psychologist and researcher in the field of family violence. This book provides support to parents, teachers and caregivers looking to address this subject.

(Kindergarten-Elementary)

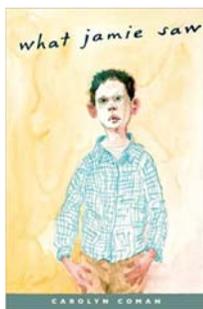
[Click to find on Amazon](#)



Shuman, Carol. *Jenny Is Scared!: When Sad Things Happen in the World*. Magination Press, 2003

What could be happening if Mom and Dad haven't left the TV all day and don't even seem to want Jenny and her brother in the room? It seems like it might be something scary. This story provides adults with tools to help children process the types of world events that may spark fear. **(PreK-Elementary)**

[Click to find on Amazon](#)

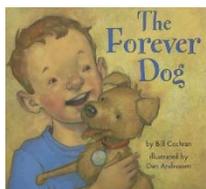


Coman, Carolyn. *What Jamie Saw*. nanelos, 2012.

Many students witness violence perpetrated against loved ones in the home on a regular basis. The impact of this on healthy student development is potentially very damaging. Follow Jaime in this dramatic story of how a nine-year-old boy watches his mother attempt to keep her family out of harm's way. Without her stability, he could never process his own emotions surrounding these events. **(Elementary-Middle)**

[Click to find on Amazon](#)

Death



Cochran, Bill. *The Forever Dog*. Harper Collins, 2007.

There is no mistaking how a dog has come to be called a boy's best friend. Mike and Corky make plans to do everything together. Eventually, though, Mike is faced with accepting Corky's death. This story gives young readers relatable and loveable characters to share the experience of loss. **(PreK-Early Elementary)**

[Click to find on Amazon](#)





Student Trauma Book List



Benjamin, Ali. *The Thing About Jellyfish*. Little Brown Books, 2017.

Grief can drive a vivid imagination. When young Suzy faces the accidental drowning of her best friend, she turns to a wild theory about a rare jellyfish sting as the cause. Her determination to find answers through world travels demonstrates how eager Suzy's own mind is to avoid the pain of loss. **(Upper Elementary-Middle)**

[Click to find on Amazon](#)

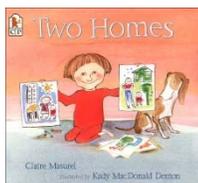
Divorce



Blume, Judy. *It's Not the End of the World*. Atheneum Books, 2014. (Reprint)

Karen doesn't feel like a regular sixth grader any more, now that her parents are getting a divorce. But she's not going to take it lying down! A clever plan should be enough to get her parents to patch things up! In her trademark navigation of adolescent angst, Judy Blume gives young readers who are experiencing divorce first hand a heroine to make them feel they are not alone, and a realization that you don't need the fairy tale to have a happy ending. **(Upper Elementary-Middle)**

[Click to find on Amazon](#)

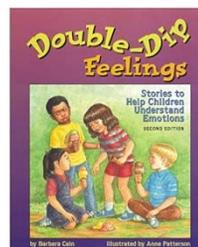


Masurel, Claire. *Two Homes*. Candlewick, 2003.

Some things are different: at Mommy's house Alex has a soft chair, at Daddy's it's a rocker. Some things are the same: his very own room and so much love. Young Alex's story shows readers that when parents divorce, you don't just lose things, you gain things too. **(PreK-Early Elementary)**

[Click to find on Amazon](#)

Feelings



Cain, Barbara. *Double Dip Feelings: Stories to Help Children Understand Emotions*. Magination Press, 2001.

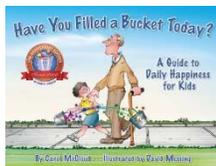
Learning to cope with ambivalence can be a great challenge in a child's emotional development. This book is part of a series in which stories illustrate common situations in a child's life such as the uncomfortable experience of having two feelings that seem to be opposite at the same time. Events like the first day of school can stir up feelings of both pride and fear; the arrival of a new brother or sister can trigger both joy and sadness. These vignettes will help the young child recognize and understand the phenomenon of mixed feelings. **(PreK-Elementary)**

[Click to find on Amazon](#)





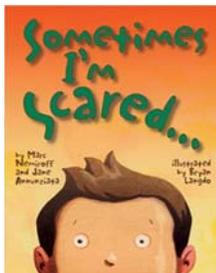
Student Trauma Book List



McCloud, Carol. *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids*. Bucket Fillers, 2015

This book uses the easy to understand analogy of an empty bucket to help children understand interpersonal dynamics, especially when it comes to giving, taking, and sharing. The author helps young readers to see how filling another’s bucket, or spreading kindness, can be even the most rewarding experience. **(Elementary)**

[Click to find on Amazon](#)



Annunziata, Jane. *Sometimes I'm Scared*. Magination Press, 2009.

Fears can seem really big when you are a kid! Being afraid of many things is normal. A straight forward, step-wise approach for children to conquer their fears is presented in this very relatable book. **(Elementary)**

[Click to find on Amazon](#)

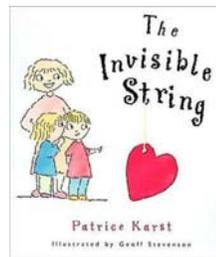


Dismondy, Maria. *Spaghetti in A Hot Dog Bun: Having the Courage to Be Who You Are*. Cardinal Rule Press, 2008.

What if the class bully needs your help? What will you do? Readers can appreciate the all-too-familiar feeling of having a boy like Ralph draw attention to anything that makes you a little different. But lucky for Ralph, Lucy doesn’t hold it against him when he needs her. This story celebrates individuality and its importance in making good choices.

(PreK-Elementary)

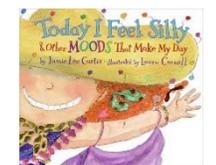
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Karst, Patrice. *The Invisible String*. Devorss & Co, 2000.

This book helps students cope with fears of loneliness and separation, whether there’s a loved one far away, or a parent in the next room. It teaches children how to deal with missing a loved one by visualizing an invisible string still connecting them. This is particularly good for students who have caregivers in the military and have been deployed or are facing other situations where a loved one is not visible on a regular basis. **(PreK-Elementary)**

[Click to find on Amazon](#)



Curtis, Jaime L. *Today I feel Silly: And Other Moods That Make My Day*. Harper Collins, 2007.

This delightful, colorful book walks very young children through a whole host of human emotions, celebrating each in its own right. Adults and children alike will be charmed by the central character’s vivacious nature. **(PreK-Elementary)**

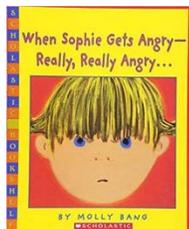
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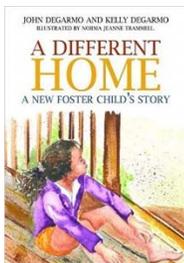


Bang, Molly. *When Sophie Gets Angry—Really, Really Angry*. Scholastic, 2004.

Sophie explores the causes of and solutions to anger. While in the middle of an angry spell, Sophie runs out into the woods, where she climbs a tree to calm down, and is soon ready to come home to her loving family. This book teaches students the power in taking a moment to reflect and self-regulate emotional responses to stress. **(PreK-Elementary)**

[Click to find on Amazon](#)

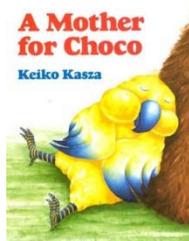
Foster Care



DeGarmo, John, and Kelly DeGarmo. *A Different Home: A New Foster Child's Story*. Jessica Kingsley Publishers, 2014.

After being placed in foster care, Jessie has understandable anxiety and questions. It takes time to get comfortable in her new surroundings because everything, even what they eat for breakfast, is different. This story will resonate with children in foster care with its thoughtful dialog, and give them patience with themselves while they adjust. **(PreK-Elementary)**

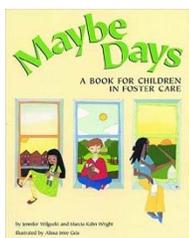
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Kasza, Keiko. *A Mother for Choco*. Puffin Books, 1996.

Choco knows he would like a mom, and is guessing she will look like him, but none of the animals he encounters fits that bill, least of all Mrs. Bear. The funny part is, Mrs. Bear *acts* very much like a mom, and brings Choco home to meet her other children: a piglet, a hippo, and an alligator. Choco and his young readers learn that families are about sharing love, not about sharing looks. **(PreK-Early Elementary)**

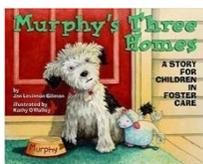
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Wilgocki, Jennifer. *Maybe Days: A Book for Children in Foster Care*. APA, 2002.

Will I ever see my parents again? Will I get to stay with my brothers and sisters? Children in foster care hear the word “maybe” very often. This book is a great resource to children entering foster care. The feelings they are likely to be having are directly addressed, and an explanation of who the new adults in their lives are going to be and what they are there for is given. **(PreK-Early Elementary)**

[Click to find on Amazon](#)



Gilman, Jan L. *Murphy's Three Homes: A Story for Children in Foster Care*. Magination Press, 2008.

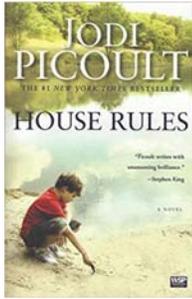
This book offers a sweet life parallel to children who have experienced multiple foster homes. Even though Murphy the puppy started out feeling lucky, that feeling dwindled as he moved among homes and shelters. But once he is placed in a caring foster home, Murphy finally feels comfortable and valued. **(PreK-Early Elementary)**

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Student Trauma Book List

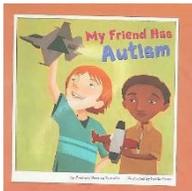
Special Needs



Picoult, Jodi. *House Rules*. Pocket Books, 2010.

Jacob Hunt is a bright teen who has Asperger's syndrome. He has difficulty communicating with others and reading social cues, but has made a hobby of helping the local police to solve crimes in his small hometown. When the town is rocked by a murder, Jacob's behaviors come across as suspicious to police. Will Jacob be able to bring understanding and awareness surrounding Asperger's syndrome in time to clear his name? **(Young Adult-Adult)**

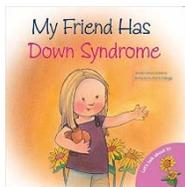
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Tourville, Amanda. *My Friend Has Autism*. Picture Window Books, 2010

This book highlights understanding and acceptance through the lens of two young boys and their friendship. Zack has autism, however, that doesn't impact how the boys play and interact with each other. They talk about airplanes, build models, and enjoy hanging out at each other's house. In addition to illustrating ways in which students with autism are different, this story also makes connections to show children how they are the same as their peers. **(Kindergarten-Elementary)**

[Click to find on Amazon](#)

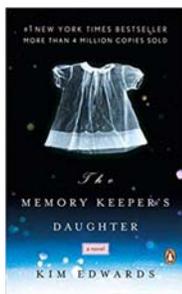


Mallinos, Jennifer M. *My Friend Has Down Syndrome*. B.E.S. Publishing, 2008

This book is part of a larger series that encourages elementary-aged children to explore their feelings in relation to issues and situations that they may be confused about. *My Friend Has Down Syndrome* explores questions that students may have as they encounter peers who have Down syndrome. The young characters in the story learn to celebrate their respective strengths and appreciate how much stronger they are together.

(Elementary)

[Click to find on Amazon](#)



Edwards, Kim. *The Memory Keeper's Daughter*. Penguin Books, 2006.

In this drama, a father secretly splits up his twin infants after learning that one child has Down syndrome. He gives the child away, forever, changing the course of TWO families. This book allows readers to explore the nuances of human connections and the damage caused by secrets. **(Young Adult-Adult)**

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