



## MHANYS Suggested Books for Mental Health Education

Books	PreK	K	1	2	3	4	5	6	7	8	9	Topic
“Feelings” by Stephanie Reid	X	X	X	X	X	X	X					<ul style="list-style-type: none"> <li>• Contains photo images to help students identify emotions.</li> <li>• Inexpensive book; pages can be removed and laminated.</li> </ul>
“The Color Monster” by Anna Llenas	X	X	X									<ul style="list-style-type: none"> <li>• Pop-up story that associates colors with emotions.</li> <li>• Includes concepts such as coping and recovery.</li> </ul>
“What Do You Do With a Problem?” by Yobi Yamada				X	X							<ul style="list-style-type: none"> <li>• Helps students understand feelings of anxiety without labeling the experience that causes the anxiety.</li> <li>• Includes concepts such as problem-solving skills, signs and symptoms, resiliency and recovery.</li> </ul>
“The Way I Feel” by Janan Cain		X	X									<ul style="list-style-type: none"> <li>• Understanding and identifying emotions as they relate to situations.</li> </ul>
“All Birds Have Anxiety” by Kathy Hoopmann						X	X	X				<ul style="list-style-type: none"> <li>• Uses photos of various types of birds to illustrate signs and symptoms of anxiety. Includes concepts such as resiliency and recovery.</li> <li>• Could be used as prompt for ELA essay.</li> </ul>
“The Playbook” by Kwame Alexander							X	X	X	X	X	<ul style="list-style-type: none"> <li>• Motivational “lessons” and overcoming obstacles.</li> <li>• Could be used as prompt for ELA essay.</li> </ul>



## MHANYS Suggested Books for Individual Student Support/Counseling

Books	PreK	K	1	2	3	4	5	6	7	8	9	Topic
“What Do I Say About That?” by Julia Cook	X	X	X	X	X							<ul style="list-style-type: none"> <li>• Story depicting addiction and incarceration.</li> <li>• Includes concepts such as feelings of shame and sadness, and acting out behaviors.</li> </ul>
“Blueloon” by Julia Cook				X	X							<ul style="list-style-type: none"> <li>• Story depicting depression.</li> <li>• Includes concept of resiliency.</li> </ul>
“Grief is Like a Snowflake” by Julia Cook		X	X	X	X							<ul style="list-style-type: none"> <li>• Story that addresses grief and loss.</li> <li>• Includes concepts such as resources, supports and coping.</li> </ul>
“A Terrible Thing Happened” by Margaret M. Holmes			X	X								<ul style="list-style-type: none"> <li>• Understanding trauma without labeling the traumatic event.</li> <li>• Includes concepts such as resources, recovery and resiliency.</li> </ul>
“Bug in a Vacuum” by Melanie Watt		X	X	X	X	X						<ul style="list-style-type: none"> <li>• Depicts grief and loss in two concurrent stories: from the viewpoint of a dog and a fly.</li> <li>• Includes concepts such as resources and supports; teaches 5 stages of grief.</li> </ul>