

K-6 Book Selections for Individual and Group Counseling

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

Please check back soon for more titles.

