

Picture Books Can Help!

Anxiety:

Scaredy Squirrel – Melanie Watt
There Might Be Lobsters – Carolyn Crimi
You’ve Got Dragons – Kathryn Cave
Wemberly Worried – Kevin Henkes
The Fun Book of Scary Stuff – Emily Jenkins
There’s a Big Beautiful World Out There – Nancy Carlson
Too Shy for Show and Tell – Beth Bracken
What Do You Do With a Problem? – Kobi Yamada
Miss Hazeltine’s Home for Shy and Fearful Cats – Alicia Potter

First Day of School:

First Day Jitters – Julie Dannenberg
Sam and Gram and the First Day of School – Dianne Blomberg
School’s First Day of School – Adam Rex
The Pout Pout Fish Goes to School – Deborah Diesen
Dinosaur vs. School – Bob Shea
Rufus Goes to School – Kim Griswell
Bailey – Harry Bliss
Every Cowgirl Goes to School – Rebecca Janni

Anger:

Sometimes I’m a Bombaloo – Rachel Vail
Harriet, You’ll Drive Me Wild! – Mem Fox
Alexander and the Terrible, Horrible No Good Very Bad Day – Judith Viorst
Lily’s Purple Plastic Purse – Kevin Henkes
Llama Llama Mad at Mama – Anna Dewdney
Tiger and Badger – Emily Jenkins
Grumpy Bird – Jeremy Tankard
Mad at Mommy – Komako Sakai
Mouse Was Mad – Linda Urbain
Sometimes I’m Bombaloo – Rachel Vail
Crankenstein – Samantha Berger
Finn Throws a Fit – David Elliot

Grief/Loss:

Ida, Always – Caron Levis
The Heart in a Bottle – Oliver Jeffers
The Fall of Freddie the Leaf – Leo Buscaglia
Always Remember – Meng
My Yellow Balloon – Tiffany Papageorge
The Fall of Freddie the Leaf – Leo Buscaglia
The Invisible String – Patrice Karst

Pat McCaw MD - www.patmccawauthor.com

The Goodbye Book – Todd Parr
My Superhero Grandpa – Michele McAvoy
Nana Upstairs and Nana Downstairs – Tomie DaPaola
Missing Mommy – Rebecca Cobb
Chester Raccoon and the Acorn Full of Memories – Audrey Penn
The Rough Patch – Brian Lies (loss of pet)

Fear of the Dark:

Ella and Penguin Stick Together- Megan Maynor
No Such Thing – Jackie French Koller
Fun Book of Scary Stuff – Emily Jenkins
Creepy Things Are Scaring Me – Jerome and Jarrett Pumphrey
There’s a Nightmare in my Closet – Mercer Mayer
The Dark at the Top of the Stairs – Sam McBratney
The Dark – Lemony Snicket

Gender Expression/Identity

Red: A Crayon’s Story – Michael Hall
Morris Micklewhite and the Tangerine Dress – Christine Baldacchino
Worm Loves Worm – J. J. Austrian
Naked Mole Rat Gets Dressed – Mo Willems
My Princess Boy – Cheryl Kilodavis
A Fire Engine for Ruthie – Leslea Newman
Jacob’s New Dress – Sarah and Ian Hoffman
I am Jazz – Jessica Herthel and Jazz Jennings

Being Different:

The Junkyard Wonders – Patricia Polacco
Lucy Walker, Nonstop Talker – Christianne Jones
The Girl Who Thought in Pictures – Julia Finley Mosca (autism)
Dirty Dave – Nette Hilton
Unique Monique – Maria Rousaki
Max the Brave – Ed Vere
It’s Okay to Be Different – Todd Parr
Spaghetti in a Hot Dog Bun – Maria Dismondy

Kindness/Manners

Be Kind – Pat Zietlow Miller
Do Unto Others – Laurie Keller
How to Heal a Broken Wing – Bob Graham
Each Kindness – Jacqueline Woodson
The Invisible Boy – Patrice Barton
You Get What you Get – Julie Gassman
Stick and Stone – Beth Ferry

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Confidence/Persistence/Bravery

Sophie's Fish – A.E.Cannon
Superbat – Matt Carr
The Most Magnificent Thing – Ashley Spires
Mistakes That Worked – Charlotte Foltz Jones
Brave – Stacy McAnulty
Brave Irene – William STEig
Daredevil Duck – Charlie Alder
Flight School – Lita Judge
Ruby's Wish – Shirin Yim Bridges
Henry's Freedom Box – Ellen Levine

Creative Thinking/Imagination

Not a Box – Antoinette Portis
Going Places – Peter and Paul Reynolds
Papa's Mechanical Fish – Candace Fleming
What Do You Do With an Idea? – Kobi Yamada
Two Problems for Sophia – Jim Averbeck
Rosie Revere Engineer – Andrea Beaty
Violet the Pilot – Steve Breen

Bullying

Llama Llama and the Bully Goat – Anna Dewdney
The Juice Box Bully – Bob Sornson
Enemy Pie – Derek Munson
You're Mean, Lily Jean – Frieda Wishinsky
Chrysanthemum – Kevin Henkes
The Recess Queen – Alexis O'Neill

Making Friends/Relationships

Don't Squeal Unless It's a Big Deal – Jeanie Franz Ranson
The Big Umbrella – Amy June Bates
Elwood Bigfoot:Wanted Birdie Friends – Jill Esbaum