

READING SUGGESTIONS



KINDERGARTEN 4 (K4)

- Church, C.J. (2007). *Come On, Digby!* Simon & Schuster Children's UK.
- Dubuc, M. (2021). *1, 2, 3, Off to School!* Kids Can Press.
- Escoffier, M. (2013). *Me First!* Enchanted Lion Books.
- Gravel, É. (2021). *Puppy in My Head: A Book About Mindfulness.* HarperCollins.
- Jarry, M.-H. (2021). *Nothing At All.* Simply Read Books.
- Lienas, A. (2018). *The Color Monster: A Story About Emotions.* Little, Brown Books for Young Readers.
- Mitchell, M. (2020). *My Very Favorite Book in the Whole Wide World.* Orchard Books.
- van Hout, M. (2011). *Today I Am.* Fish Book Co.
- Witek, J. (2014). *In My Heart: A Book of Feelings.* Harry N. Abrams.



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READING SUGGESTIONS



KINDERGARTEN 5 (K5)

- Côté, G. (2009). *Me and You*. Kids Can Press.
- Gravel, É. (2021). *Puppy in My Head: A Book About Mindfulness*. HarperCollins.
- Gravett, E. (2007). *Little Mouse's Big Book of Fears*. Pan Childrens.
- Grenning, R. (2016). *Alligator is Angry*. Make Believe Ideas.
- Hanh, T.N. (2008). *Mindful Movements: Ten Exercises for Well-Being*. Parallax Press.
- Jadoul, E. (2006). *Just a Little Bit*. Zero to Ten Publishing.
- Killen, N. (2022). *Ollie's Back-to-School Bear: Perfect for little ones starting preschool!* Simon & Schuster UK.
- Lienas, A. (2018). *The Color Monster: A Story About Emotions*. Little, Brown Books for Young Readers.
- McCloud, C. (2007). *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids*. Ferne Press.
- Miller, P.Z. (2018). *Be Kind*. First Second.
- Neal, K.J. (2019). *Words And Your Heart!* Feiwel & Friends.
- Ohi, R. (2019). *No Help Wanted!* North Winds Press.
- van Hout, M. (2011). *Today I Am*. Fish Book Co.
- Witek, J. (2014). *In My Heart: A Book of Feelings*. Harry N. Abrams.



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Grade 1

- Atkinson, C. (2017). *Where Oliver Fits*. Tundra.
- Daywalt, D., & Jeffers, O. (2013). *The Day the Crayons Quit*. Philomel Books.
- Côté, G. (2009). *Me and You*. Kids Can Press.
- Gravel, É. (2016). *Everybody!* Scholastic Canada.
- Gravel, É. (2016). *The Cranky Ballerina*. HarperCollins.
- Gravett, E. (2007). *Little Mouse's Big Book of Fears*. Pan Childrens.
- Grenning, R. (2016). *Alligator is Angry*. Make Believe Ideas.
- Lallemand, O. (2024). *The Wolf Who Wanted to Master His Emotions: My amazing heroes*. Auzou Publishing LTD.
- Lienas, A. (2018). *The Color Monster: A Story About Emotions*. Little, Brown Books for Young Readers.
- Luyken, C. (2017). *The Book of Mistakes*. Penguin Young Readers Group.
- McNulty, S. (2017). *Brave*. Running Press.
- Oldland, N. (2010). *Making the Moose Out of Life*. Kids Can Press.
- Perceval, T. (2018). *Ruby's Worry*. Bloomsbury Publishing.
- Potter, M. (2020). *Will You Be My Friend?: A Let's Talk picture book to help young children understand friendship*. Bloomsbury Publishing.
- Reynolds, P.H. (2021). *The Dot*. Candlewick Press.
- Robert, N. (2020). *Elsie*. Abrams Books for Young Readers.
- Spires, A. (2014). *The Most Magnificent Thing*. Kids Can Press.
- Spires, A. (2017). *The Thing Lou Couldn't Do*. Kids Can Press.
- van Hout, M. (2011). *Today I Am*. Fish Book Co.
- Watt, M. (2012). *Scaredy Squirrel at Night*. Kids Can Press.
- Willems, M. (2011). *Can I Play Too? An Elephant and Piggie Book*.
- Witek, J. (2014). *In My Heart: A Book Of Feelings*. Harry N. Abrams.



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READING SUGGESTIONS



Grade 2

- Barnett, M. (2014). *Telephone*. Chronicle Books.
- Danis, N. (2018). *I Hate Everyone*. POW! Kids Books.
- Gravel, É. (2013). *How Do You Doodle?: Drawing My Feelings and Emotions*. American Psychological Association.
- Ludwig, T. (2013). *The Invisible Boy*. Knopf Books for Young Readers.
- McAnulty, S. (2017). *Brave*. Running Press.
- Olsen, S. (2024). *Collaboration Station*. Life Between Summers.
- Perceval, T. (2018). *Ravi's Roar*. Bloomsbury Publishing.
- Poulin, A. (2020). *Tickled Pink: How Friendship Washes the World with Color*. Ingram Publisher Services.



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READING SUGGESTIONS



Grade 3

- Byers, G. (2018). *I Am Enough*. HarperCollins.
- Choi, Y. (2003). *The Name Jar*. Random House Children's Books.
- Deal, L. (2022). *The Ugly Place*. Inhabit Media.
-  Jarry, M.-H. (2021). *Nothing At All*. Simply Read Books.
- Munsch, R. (2018). *The Paper Bag Princess*. Annick Press.
- Murguia, B.D. (2020). *We Disagree*. Beach Lane Books.
- Perdew, L. (2020). *The Fort*. Page Street Publishing.
- Pintadera, F. (2023). *Why Are We Afraid?* Kids Can Press.
- Potter, M. (2020). *What's Worrying You?: A Let's Talk picture book to help small children overcome big worries*. Bloomsbury Publishing.
- Potter, M. (2023). *How Are You Feeling Now?: A Let's Talk picture book to help young children understand their emotions*. Bloomsbury Publishing.
- Reynolds, P.H. (2019). *Say Something!* Scholastic Canada.
- Robberecht, T. (2004). *Angry Dragon*. Clarion Books.
- Romain, T., & Verdick, E. (2018). *Stress Can Really Get on Your Nerves*. Free Spirit Publishing.



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READING SUGGESTIONS



Grade 4

- Grant, J. (2023). *Finding Calm in Nature: A Guide for Mindful Kids*. Augsburg Fortress Publishers.
- Hanh, T.N. (2008). *Mindful Movements: Ten Exercises for Well-Being*. Parallax Press.
- Harrison, I. (2023). *The Calm Workbook: A Kid's Activity Book for Relaxation and Mindfulness*. Sky Pony.
- Macauley, D. (2019). *I Am A Feeling Body: Body Awareness And Mindfulness For Children*. Author Solutions Inc.
-  Nepveu-Villeneuve, O. (2022). *Olivia Wrapped In Vines*. Orca Book Publishers.
- Noël, M. (2023). *Pineshish, The Blue Jay*. Midtown Press.
- Parr, T. (2016). *Be Who You Are*. Little, Brown Books for Young Readers.
- Potter, M. (2023). *How Are You Feeling Now?: A Let's Talk picture book to help young children understand their emotions*. Bloomsbury Publishing.
- Reynolds, P.H. (2019). *Say Something!* Scholastic Canada.
- Reynolds, P.H. (2020). *Be You!* Orchard Books.
- Robberecht, T. (2004). *Angry Dragon*. Clarion Books.
- Romain, T., & Verdick, E. (2018). *Stress Can Really Get on Your Nerves*. Free Spirit Publishing.
- Verde, S. (2018). *I Am Human: A Book of Empathy*. Abrams Books for Young Readers.
- Verde, S. (2020). *I Am One: A Book of Action*. Abrams Books for Young Readers.
- Williams, R. (2020). *Slow Down: 50 Mindful Moments In Nature*. Magic Cat.



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Grade 5

- Brière-Haquet, A. (2017). *Nina: Jazz Legend and Civil-Rights Activist Nina Simone*. Charlesbridge.
- Elschner, G. (2015). *Like a Wolf*. mineditionUS.
- Gaudrat, M.-A. (2018). *What Makes You Happy?* Shelter Harbor Press.
- Hanh, T.N. (2008). *Mindful Movements: Ten Exercises for Well-Being*. Parallax Press.
- Kilgore, E. (2020). *The Whatifs*. Little Bee Books.
-  Nepveu-Villeneuve, O. (2022). *Olivia Wrapped In Vines*. Orca Book Publishers.
- Parr, T. (2016). *Be Who You Are*. Little, Brown Books for Young Readers.
- Reynolds, P.H. (2020). *Be You!* Orchard Books.
- Romain, T., & Verdick, E. (2018). *Cliques, Phonies & Other Baloney*. Free Spirit Publishing.
- Silei, F. (2022). *Rosa's Bus*. Darf Publishers.
- Verdick, E. & Lisovskis, M. (2015). *How to Take the GRRRR Out of Anger*. Free Spirit Publishing.
- Woodson, J. (2012). *Each Kindness*. Nancy Paulsen Books.



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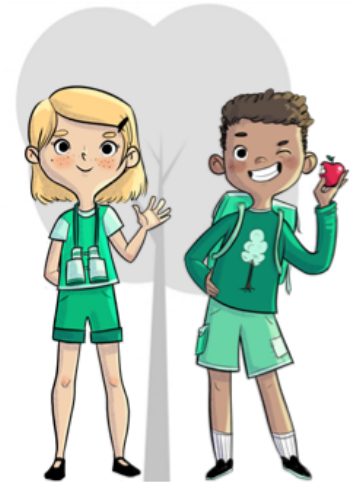


READING SUGGESTIONS



Grade 6

- Brown, T.L. (2010). *Soar Elinor!* FSG Kids.
- Gravel, É. (2014). *Jessie Elliot is a big chicken.* Roaring Brook Press.
- Hébert, A. (2023). *Anxiety as Told to Children.* Éditions de Mortagne.
- Romain, T., & Verdick, E. (2018). *Stress Can Really Get on Your Nerves.* Free Spirit Publishing.



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