



K-12

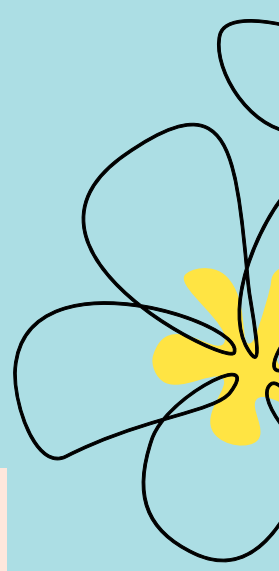
# Mental Health & Wellness

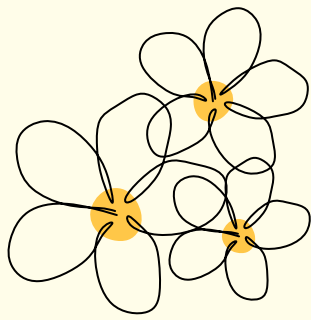
DIGITAL  
BROCHURE

There are many aspects of wellness that affect students, including emotional, social, physical, and intellectual wellness. These aspects are intersectional, with one often affecting another. Inside this brochure you will find tools and nonfiction resources that offer guidance on how to build a healthier life. You will also find works of fiction that feature characters who are grappling with their own wellness, modeling self-helpful tools, and reminding readers they are not alone.

This brochure includes books on the following topics:

Mental health	Social health	Addiction
Building a calm corner	Emotions and feelings	Physical wellness
Mindfulness and growth mindsets	Death and grief	Gender identity and sexual orientation

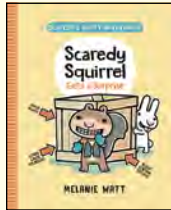




# Books That Discuss Mental Health

Use developmentally appropriate books to open lines of communication about mental health. By talking about mental health, we destigmatize it and make students feel more comfortable asking questions or raising concerns about their own well-being.

## Grades K-3



**Scaredy Squirrel Gets a Surprise**  
Melanie Watt  
HC: 978-0-593-30759-5  
GLB: 978-0-593-30759-5  
EL: 978-0-593-30760-1



**Scaredy Squirrel Goes Camping**  
Melanie Watt  
HC: 978-0-593-42896-2  
PB: 978-0-593-30746-5  
EL: 978-0-593-30748-9



**Scaredy Squirrel in a Nutshell**  
Melanie Watt  
HC: 978-0-593-30755-7  
GLB: 978-0-593-30756-4  
EL: 978-0-593-30757-1



**Just Under the Clouds**  
Melissa Sarno  
PB: 978-1-5247-2011-7  
HC: 978-1-5247-2008-7  
EL: 978-1-5247-2010-0



**A Kind of Spark**  
Elle McNicoll  
HC: 978-0-593-37425-2  
GLB: 978-0-593-37426-9  
EL: 978-0-593-37427-6



**Lily and Dunkin**  
Donna Gephart  
PB: 978-0-553-53677-5  
HC: 978-0-553-53674-4  
EL: 978-0-553-53676-8

## Grades 4-6

## Grades 7-12



**The List of Things That Will Not Change**  
Rebecca Stead  
HC: 978-1-101-93809-6  
GLB: 978-1-101-93810-2  
EL: 978-1-101-93811-9



**The Mysterious Disappearance of Aidan S. (as told to his brother)**  
David Levithan  
HC: 978-1-9848-4859-8  
GLB: 978-1-9848-4860-4  
EL: 978-1-9848-4861-1



**The Science of Breakable Things**  
Tae Keller  
PB: 978-1-5247-1569-4  
HC: 978-1-5247-1566-3  
GLB: 978-1-5247-1567-0  
EL: 978-1-5247-1568-7



**The Seventh Most Important Thing**  
Shelley Pearsall  
PB: 978-0-553-49731-1  
EL: 978-0-553-49730-4



**Coming Up for Air**  
Nicole B. Tyndall  
HC: 978-0-593-12708-7  
EL: 978-0-593-12710-0



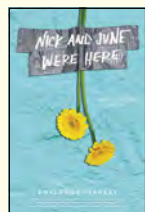
**Girl in Pieces**  
Kathleen Glasgow  
PB: 978-1-101-93474-6  
EL: 978-1-101-93472-2



**Home Home**  
Lisa Allen-Agostini  
HC: 978-1-9848-9358-1  
PB: 978-1-9848-9361-1  
EL: 978-1-9848-9360-4



**I Am Not Your Perfect Mexican Daughter**  
Erika L. Sánchez  
PB: 978-1-5247-0051-5  
HC: 978-1-5247-0048-5  
EL: 978-1-5247-0050-8



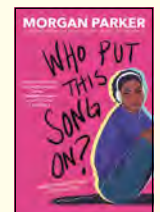
**Nick and June Were Here**  
Shalanda Stanley  
HC: 978-0-399-55658-6  
EL: 978-0-399-55660-9



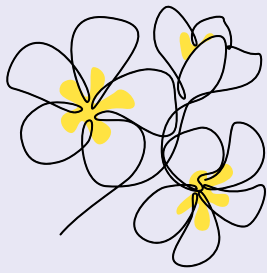
**Scars Like Wings**  
Erin Stewart  
PB: 978-1-9848-4885-7  
HC: 978-1-9848-4882-6  
EL: 978-1-9848-4884-0



**Teen Angst? Naaah . . .**  
Ned Vizzini  
PB: 978-0-385-73945-0  
EL: 978-0-307-81554-5



**Who Put This Song On?**  
Morgan Parker  
HC: 978-0-525-70751-6  
GLB: 978-0-525-70753-0  
PB: 978-0-525-70754-7  
EL: 978-0-525-70752-3



# Workbooks and Tools for the Calm Corner

These resources will help students identify and work through emotions.

## Grades K-3



**Breathe Like a Bear**  
Kira Willey  
Illustrated by Anni Betts  
HC: 978-1-62336-885-2  
PB: 978-1-62336-883-8  
EL: 978-1-62336-884-5



**Hot Cocoa Calm**  
Kira Willey  
Illustrated by Anni Betts  
EL: 978-0-593-11988-4



**Peaceful Like a Panda**  
Kira Willey  
Illustrated by Anni Betts  
HC: 978-0-593-17924-6  
PB: 978-0-593-17926-0  
EL: 978-0-593-17925-3



**Do Your Best Every Day to Do Your Best Every Day**  
John Cena  
Illustrated by Susanna Harrison  
HC: 978-0-593-37722-2  
GLB: 978-0-593-37723-9  
EL: 978-0-593-37724-6



**Draw Your Day for Kids**  
Samantha Dion Baker  
PB: 978-0-593-37890-8

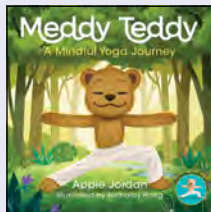


**Find Your Happy Place: A Book of Mindful Activities**  
Rodale  
EL: 978-0-593-37370-5

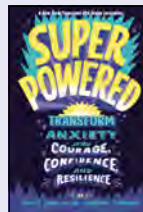
## Grades 4-6



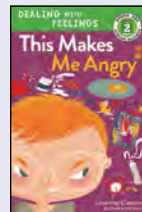
**Find Your Rainbow**  
Jenipher Lyn  
PB: 978-1-5247-1850-3



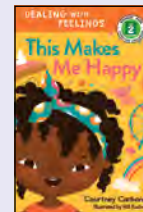
**Meddy Teddy**  
Apple Jordan  
Illustrated by Nicholas Hong  
HC: 978-1-63565-046-4  
EL: 978-1-63565-047-1



**Superpowered**  
Renee Jain and Dr. Shefali Tsabary  
HC: 978-0-593-12639-4  
GLB: 978-0-593-12641-7  
EL: 978-0-593-12640-0



**This Makes Me Angry**  
Courtney Carbone  
Illustrated by Hilli Kushnir  
HC: 978-1-63565-072-3  
PB: 978-1-63565-071-6  
EL: 978-1-63565-073-0



**This Makes Me Happy**  
Courtney Carbone  
Illustrated by Hilli Kushnir  
HC: 978-1-63565-057-0  
PB: 978-1-63565-038-9  
EL: 978-1-63565-039-6

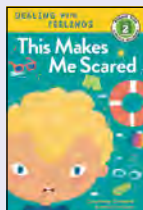


**This Makes Me Jealous**  
Courtney Carbone  
Illustrated by Hilli Kushnir  
HC: 978-1-63565-078-5  
PB: 978-1-63565-077-8  
EL: 978-1-63565-082-2

## Grades 7-12



**This Makes Me Sad**  
Courtney Carbone  
Illustrated by Hilli Kushnir  
HC: 978-1-63565-058-7  
PB: 978-1-63565-040-2  
EL: 978-1-63565-041-9



**This Makes Me Scared**  
Courtney Carbone  
Illustrated by Hilli Kushnir  
HC: 978-1-63565-081-5  
PB: 978-1-63565-080-8  
EL: 978-1-63565-079-2



**This Makes Me Silly**  
Courtney Carbone  
Illustrated by Hilli Kushnir  
HC: 978-1-63565-075-4  
PB: 978-1-63565-074-7  
EL: 978-1-63565-076-1



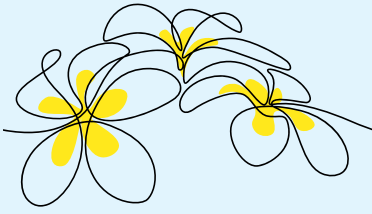
**365 Days of Wonder**  
R. J. Palacio  
HC: 978-0-553-49904-9  
PB: 978-0-399-55918-1  
EL: 978-0-553-50903-8



**Becoming Me: A Work in Progress**  
Andrea Pippins  
PB: 978-0-399-55915-0



**It's All Love**  
Jenna Ortega  
HC: 978-0-593-17456-2  
GLB: 978-0-593-17457-9  
EL: 978-0-593-17458-6



# Mindfulness and Growth Mindsets

Support emotional regulation, reduce stress, and empower students by teaching them to identify emotions and overcome negative self-talk.

## Grades K-3



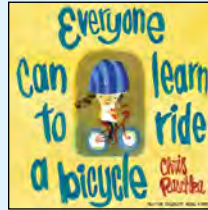
**Avocado Asks**  
Momoko Abe  
HC: 978-0-593-17793-8  
EL: 978-0-593-17794-5



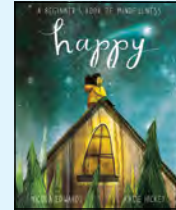
**Becoming Vanessa**  
Vanessa Brantley-Newton  
HC: 978-0-525-58212-0  
GLB: 978-0-525-58213-7  
EL: 978-0-525-58214-4



**Emmanuel's Dream: The True Story of Emmanuel Ofose Yeboah**  
Laurie Ann Thompson  
Illustrated by Sean Qualls  
HC: 978-0-449-81744-5



**Everyone Can Learn to Ride a Bicycle**  
Chris Raschka  
HC: 978-0-375-87007-1  
EL: 978-0-375-98732-8



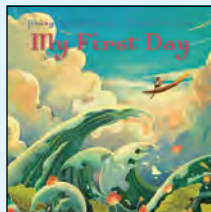
**Happy**  
Nicola Edwards  
HC: 978-0-593-12119-1  
EL: 978-0-593-12120-7



**Harry versus the First 100 Days of School**  
Emily Jenkins  
Illustrated by Pete Oswald  
HC: 978-0-525-64471-2  
GLB: 978-0-525-64472-9  
EL: 978-0-525-64473-6



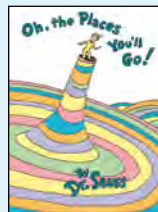
**How to Solve a Problem**  
Ashima Shiraishi  
Illustrated by Yao Xiao  
HC: 978-1-5247-7327-4  
GLB: 978-1-5247-7328-1  
EL: 978-1-5247-7329-8



**My First Day**  
Phung Nguyen Quang and Huynh Kim Lien  
HC: 978-0-593-30626-0  
GLB: 978-0-593-30627-7  
EL: 978-0-593-30628-4



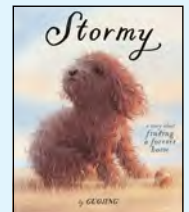
**Mouse Seasons**  
Leo Lionni  
HC: 978-0-593-37475-7  
GLB: 978-0-593-37476-4



**Oh, the Places You'll Go!**  
Dr. Seuss  
HC: 978-0-679-80527-4  
GLB: 978-0-679-90527-1  
EL: 978-0-385-37208-4

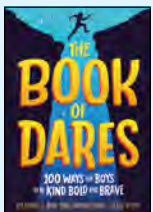


**Something Beautiful**  
Sharon Dennis Wyeth  
Illustrated by Chris K. Soentpiet  
PB: 978-0-440-41210-6

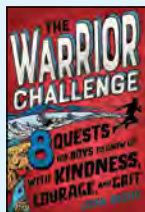


**Stormy**  
Guojing  
HC: 978-1-5247-7176-8  
GLB: 978-1-5247-7177-5  
EL: 978-1-5247-7178-2

## Grades 4-6



**The Book of Dares**  
Ted Bunch and Anna Marie Johnson Teague  
HC: 978-0-593-30298-9  
GLB: 978-0-593-30299-6  
EL: 978-0-593-30300-9



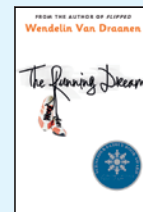
**The Warrior Challenge**  
John Beede  
Illustrated by Johnny Dombrowski  
HC: 978-0-593-17529-3  
GLB: 978-0-593-17530-9  
EL: 978-0-593-17531-6



**Fierce as the Wind**  
Tara Wilson Redd  
HC: 978-1-5247-6691-7  
EL: 978-1-5247-6693-1



**Hope in the Mail: Reflections on Writing and Life**  
Wendelin Van Draanen  
HC: 978-1-9848-9466-3

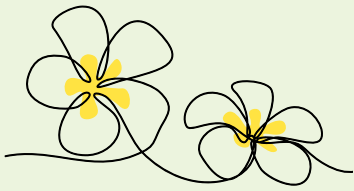


**The Running Dream**  
Wendelin Van Draanen  
PB: 978-0-375-86628-9  
HC: 978-0-375-86667-8



**Walk Toward the Rising Sun: From Child Soldier to Ambassador of Peace**  
Ger Duany and Garen Thomas  
HC: 978-1-5247-1940-1

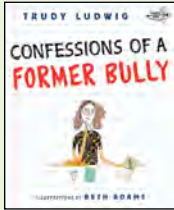
## Grades 7-12



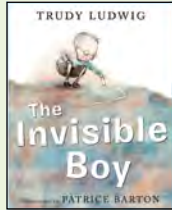
# Social Health

Ensure students feel connected to others by exploring texts that model healthy communities and conflict resolution.

## Books by Trudy Ludwig



**Confessions of a Former Bully**  
PB: 978-0-307-93113-9  
HC: 978-1-582-46309-4  
GLB: 978-1-58246-358-2  
EL: 978-0-375-98706-9



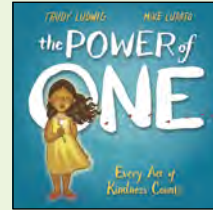
**The Invisible Boy**  
HC: 978-1-58246-450-3  
GLB: 978-1-58246-451-0  
EL: 978-0-449-81820-6



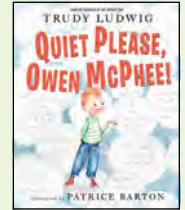
**Just Kidding**  
HC: 978-1-58246-163-2  
EL: 978-0-385-38707-1



**My Secret Bully**  
PB: 978-0-553-50940-3  
HC: 978-1-58246-159-5  
EL: 978-0-385-38706-4

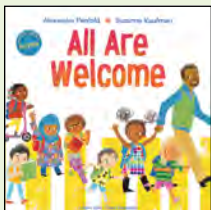


**The Power of One**  
HC: 978-1-5247-7158-4  
GLB: 978-1-5247-7159-1  
EL: 978-1-5247-7160-7



**Quiet Please, Owen McPhee!**  
HC: 978-0-399-55713-2  
GLB: 978-0-399-55714-9  
EL: 978-0-399-55715-6

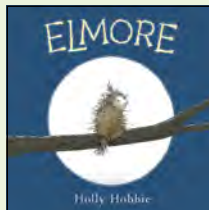
## Grades K-3



**All Are Welcome**  
Alexandra Penfold  
Illustrated by  
Suzanne Kaufman  
HC: 978-0-525-57964-9  
GLB: 978-0-525-57965-6  
EL: 978-0-525-57966-3



**Crunch the Shy Dinosaur**  
Cirocco Dunlap  
Illustrated by  
Greg Pizzoli  
HC: 978-0-399-55056-0  
PB: 978-0-593-17568-2  
EL: 978-0-399-55060-7



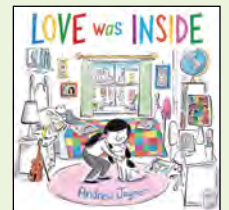
**Elmore**  
Holly Hobbie  
HC: 978-1-5247-1863-3  
EL: 978-1-5247-1865-7



**Harry versus the First 100 Days of School**  
Emily Jenkins  
Illustrated by  
Pete Oswald  
HC: 978-0-525-64471-2  
GLB: 978-0-525-64472-9  
EL: 978-0-525-64473-6



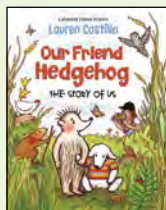
**Magnificent Makers #1: How to Test a Friendship**  
Theanne Griffith  
Illustrated by  
Reggie Brown  
GLB: 978-0-593-12299-0  
PB: 978-0-593-12298-3  
EL: 978-0-593-12300-3



**Love Was Inside**  
Andrew Joyner  
HC: 978-0-593-37518-1  
GLB: 978-0-593-37520-4  
EL: 978-0-593-37519-8



**The Name Jar**  
Yangsook Choi  
PB: 978-0-440-41799-6  
EL: 978-0-593-30628-4



**Our Friend Hedgehog**  
Lauren Castillo  
HC: 978-1-5247-6671-9  
GLB: 978-1-5247-6672-6  
EL: 978-1-5247-6673-3



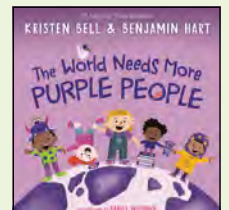
**We're All Wonders**  
R. J. Palacio  
HC: 978-1-5247-6649-8  
GLB: 978-1-5247-6650-4  
EL: 978-1-5247-6651-1



**What Is Given from the Heart**  
Patricia C. McKissack  
Illustrated by  
April Harrison  
HC: 978-0-375-93615-9  
GLB: 978-0-375-93615-9  
EL: 978-0-375-98800-4



**Words to Make a Friend**  
Donna Jo Napoli  
Illustrated by  
Naoko Stoop  
HC: 978-0-593-12227-3  
GLB: 978-0-593-12228-0  
EL: 978-0-593-12229-7



**The World Needs More Purple People**  
Kristen Bell and  
Benjamin Hart  
Illustrated by  
Daniel Wiseman  
HC: 978-0-593-12196-2  
EL: 978-0-593-12198-6

## Grades 4–6



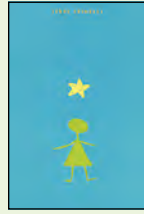
**Black Boy Joy**  
Kwame Mbalia  
HC: 978-0-593-37993-6  
GLB: 978-0-593-37994-3  
EL: 978-0-593-37995-0



**The Boy at the Back of the Class**  
Onjali Q. Raúf  
HC: 978-1-9848-5078-2  
GLB: 978-1-9848-5080-5  
PB: 978-1-9848-5081-2  
EL: 978-1-9848-5079-9



**Goodbye Stranger**  
Rebecca Stead  
HC: 978-0-385-74317-4  
PB: 978-0-307-98086-1  
EL: 978-0-307-98085-4



**Stargirl**  
Jerry Spinelli  
HC: 978-0-679-88637-2  
PB: 978-0-375-82233-9  
EL: 978-0-375-89002-4



**Turtle Boy**  
M. Evan Wolkenstein  
PB: 978-0-593-12159-7  
HC: 978-0-593-12157-3  
GLB: 978-0-593-12160-3  
EL: 978-0-593-12158-0



**Wonder**  
R. J. Palacio  
HC: 978-0-375-86902-0  
GLB: 978-0-375-96902-7  
EL: 978-0-375-89988-1

## Grades 7–12



**Americanized: Rebel Without a Green Card**  
Sara Saedi  
PB: 978-1-5247-1782-7



**Chlorine Sky**  
Mahogany L. Browne  
HC: 978-0-593-17639-9  
EL: 978-0-593-17641-2  
GLB: 978-0-593-17640-5



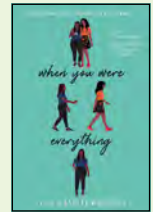
**Color Me In**  
Natasha Díaz  
PB: 978-0-525-57825-3  
EL: 978-0-525-57824-6



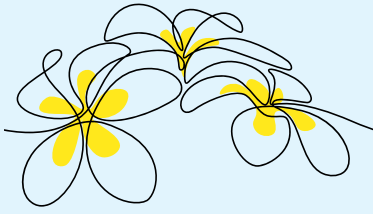
**Home Is Not a Country**  
Safia Elhillo  
HC: 978-0-593-17705-1  
GLB: 978-0-593-17706-8  
EL: 978-0-593-17707-5



**Mexican WhiteBoy**  
Matt de la Peña  
PB: 978-0-440-23938-3  
EL: 978-0-375-89118-2



**When You Were Everything**  
Ashley Woodfolk  
PB: 978-1-5247-1594-6  
GLB: 978-1-5247-1593-9  
EL: 978-1-5247-1592-2



# Emotions and Feelings

Big feelings can be overwhelming, but they don't need to precipitate a negative response. Teach students to notice, identify, and manage emotions with characters who are learning to do the same.

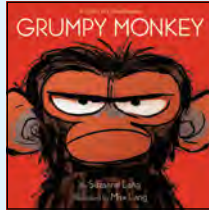
## Grades K-3



**Big Feelings**  
Alexandra Penfold  
Illustrated by  
Suzanne Kaufman  
HC: 978-0-525-57974-8  
GLB: 978-0-525-57975-5  
EL: 978-0-525-57976-2



**The Creature of Habit**  
Jennifer E. Smith  
Illustrated by  
Leo Espinosa  
HC: 978-0-593-17305-3  
GLB: 978-0-593-17306-0  
EL: 978-0-593-17307-7



**Grumpy Monkey**  
Suzanne Lang  
Illustrated by Max Lang  
HC: 978-0-553-53786-4  
GLB: 978-0-553-53787-1  
EL: 978-0-553-53788-8



**Misty the Cloud:  
A Very Stormy Day**  
Dylan Dreyer  
and Alan Katz  
Illustrated by  
Rosie Butcher  
HC: 978-0-593-18038-9  
GLB: 978-0-593-18040-2  
EL: 978-0-593-18039-6



**When Sadness  
Is at Your Door**  
Eva Eland  
HC: 978-0-525-70718-9  
EL: 978-0-525-70719-6

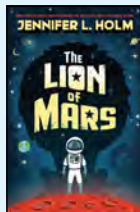


**Where Happiness  
Begins**  
Eva Eland  
HC: 978-0-593-12770-4  
EL: 978-0-593-12771-1

## Grades 4-6



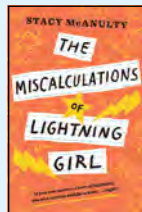
**Happily for Now**  
Kelly Jones  
Illustrated by  
Kelly Murphy  
HC: 978-0-593-17952-9  
GLB: 978-0-593-17953-6  
EL: 978-0-593-17954-3



**The Lion of Mars**  
Jennifer L. Holm  
HC: 978-0-593-12181-8  
GLB: 978-0-593-12182-5  
EL: 978-0-593-12183-2



**The Lonely Heart  
of Maybelle Lane**  
Kate O'Shaughnessy  
PB: 978-1-9848-9386-4  
HC: 978-1-9848-9383-3  
GLB: 978-1-9848-9384-0  
EL: 978-1-9848-9385-7



**The Miscalculations  
of Lightning Girl**  
Stacy McAnulty  
HC: 978-1-5247-6757-0  
GLB: 978-1-5247-6758-7  
PB: 978-1-5247-6760-0  
EL: 978-1-5247-6759-4



**The Mysterious  
Disappearance of  
Aidan S. (as told to  
his brother)**  
David Levithan  
HC: 978-1-9848-4859-8  
GLB: 978-1-9848-4860-4  
EL: 978-1-9848-4861-1

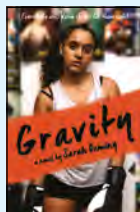


**The Swag Is in  
the Socks**  
Kelly J. Baptist  
HC: 978-0-593-38086-4  
GLB: 978-0-593-38087-1  
EL: 978-0-593-38088-8

## Grades 7-12



**Chlorine Sky**  
Mahogany L. Browne  
HC: 978-0-593-17639-9  
EL: 978-0-593-17641-2  
GLB: 978-0-593-17640-5



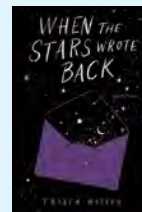
**Gravity**  
Sarah Deming  
PB: 978-0-525-58106-2



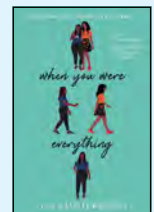
**How to Make Friends  
with the Dark**  
Kathleen Glasgow  
HC: 978-1-101-93475-3  
PB: 978-1-101-93478-4  
EL: 978-1-101-93476-0



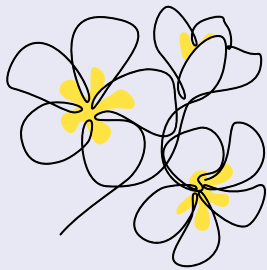
**Take Me with You  
When You Go**  
David Levithan  
and Jennifer Niven  
HC: 978-0-525-58099-7  
GLB: 978-0-525-58100-0  
EL: 978-0-525-58101-7



**When the Stars  
Wrote Back**  
Trista Mateer  
Illustrated by  
Jessica Cruickshank  
HC: 978-0-593-17267-4  
GLB: 978-0-593-17268-1  
EL: 978-0-593-17269-8



**When You Were  
Everything**  
Ashley Woodfolk  
PB: 978-1-5247-1594-6  
GLB: 978-1-5247-1593-9  
EL: 978-1-5247-1592-2



# Death and Grief

Use these books to explore loss and the human responses to it.

## Grades K-3



**Bluebird**  
Bob Staake  
HC: 978-0-375-87037-8  
EL: 978-0-375-98904-9



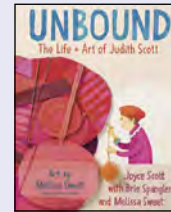
**I'll Always Love You**  
Hans Wilhelm  
PB: 978-0-517-57265-8  
EL: 978-0-307-79283-9



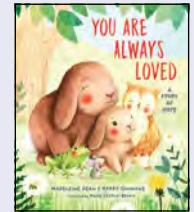
**A Place Where Hurricanes Happen**  
Renée Watson  
Illustrated by Shadra Strickland  
PB: 978-0-385-37668-6  
EL: 978-0-375-98307-8



**The Tiny Star**  
Mem Fox  
Illustrated by Freya Blackwood  
HC: 978-0-593-30401-3  
GLB: 978-0-593-30402-0  
EL: 978-0-593-30403-7



**Unbound: The Life and Art of Judith Scott**  
Joyce Scott and Brie Spangler  
Illustrated by Melissa Sweet  
HC: 978-0-525-64811-6



**You Are Always Loved**  
Madeleine Dean and Harry Cunnane  
Illustrated by Holly Clifton-Brown  
HC: 978-0-593-30924-7  
GLB: 978-0-593-30925-4  
EL: 978-0-593-30926-1

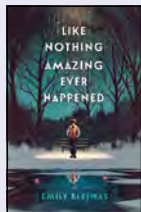
## Grades 4-6



**The Fourteenth Goldfish**  
Jennifer L. Holm  
PB: 978-0-375-87114-6  
HC: 978-0-375-87064-4  
EL: 978-0-307-97436-5



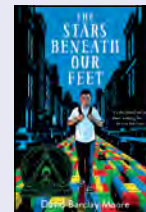
**Isaiah Dunn Is My Hero**  
Kelly J. Baptist  
HC: 978-0-593-12136-8  
GLB: 978-0-593-12137-5  
PB: 978-0-593-12139-9  
EL: 978-0-593-12138-2



**Like Nothing Amazing Ever Happened**  
Emily Blejwas  
HC: 978-1-9848-4848-2  
GLB: 978-1-9848-4849-9  
EL: 978-1-9848-4850-5



**The Seventh Most Important Thing**  
Shelley Pearsall  
PB: 978-0-553-49731-1  
EL: 978-0-553-49730-4

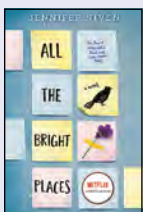


**The Stars Beneath Our Feet**  
David Barclay Moore  
PB: 978-1-5247-0127-7  
HC: 978-1-5247-0124-6  
EL: 978-1-5247-0126-0



**When You Trap a Tiger**  
Tae Keller  
HC: 978-1-5247-1570-0  
GLB: 978-1-5247-1571-7  
EL: 978-1-5247-1572-4

## Grades 7-12



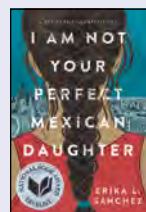
**All the Bright Places**  
Jennifer Niven  
HC: 978-0-385-75588-7  
PB: 978-0-385-75591-7  
EL: 978-0-385-75590-0



**The Beauty That Remains**  
Ashley Woodfolk  
PB: 978-1-5247-1590-8  
HC: 978-1-5247-1587-8  
EL: 978-1-5247-1588-5



**The Book Thief**  
Markus Zusak  
PB: 978-0-375-84220-7  
EL: 978-0-307-43384-8



**I Am Not Your Perfect Mexican Daughter**  
Erika L. Sánchez  
HC: 978-1-5247-0048-5  
PB: 978-1-5247-0051-5  
EL: 978-1-5247-0050-8

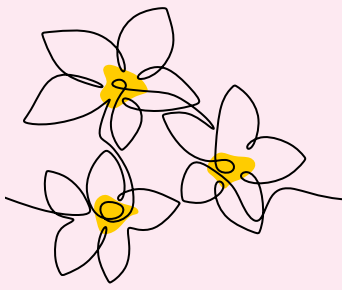


**The Lucky Ones**  
Liz Lawson  
HC: 978-0-593-11849-8  
PB: 978-0-593-11852-8  
EL: 978-0-593-11851-1



**The Things She's Seen**  
Ambelin Kwaymullina and Ezekiel Kwaymullina  
PB: 978-1-9848-4953-3  
HC: 978-1-9848-4878-9  
GLB: 978-1-9848-4937-3  
EL: 978-1-9848-4938-0





# Addiction

Chances are, a student in your classroom either has a family member struggling with addiction or has an addiction themselves. Use these resources, along with open, honest communication, to support students and destigmatize disease.

## Grades K-3



**You Are Always Loved**  
Madeleine Dean and Harry Cunnane  
Illustrated by Holly Clifton-Brown  
HC: 978-0-593-30924-7  
GLB: 978-0-593-30925-4  
EL: 978-0-593-30926-1

## Grades 4-6



**The Hero Next Door**  
In Collaboration with We Need Diverse Books  
HC: 978-0-525-64630-3  
GLB: 978-0-525-64631-0  
PB: 978-0-525-64633-4  
EL: 978-0-525-64632-7



**Isaiah Dunn Is My Hero**  
Kelly J. Baptist  
HC: 978-0-593-12136-8  
GLB: 978-0-593-12137-5  
PB: 978-0-593-12139-9  
EL: 978-0-593-12138-2



**Like Nothing Amazing Ever Happened**  
Emily Blejwas  
HC: 978-1-9848-4848-2  
GLB: 978-1-9848-4849-9  
EL: 978-1-9848-4850-5

## Grades 7-12



**Again Again**  
E. Lockhart  
HC: 978-0-385-74479-9  
PB: 978-0-385-74480-5  
EL: 978-0-385-39139-9



**Fadeaway**  
E. B. Vickers  
HC: 978-0-593-18019-8  
EL: 978-0-593-18021-1



**Girl in Pieces**  
Kathleen Glasgow  
PB: 978-1-101-93474-6  
EL: 978-1-101-93472-2



**In the Wild Light**  
Jeff Zentner  
HC: 978-1-5247-2024-7  
GLB: 978-1-5247-2025-4  
EL: 978-1-5247-2026-1



**Smoke**  
Darcy Woods  
HC: 978-0-593-30590-4  
EL: 978-0-593-30592-8



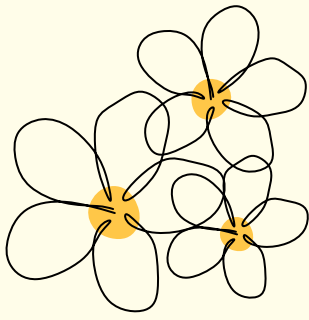
**This Is the Part Where You Laugh**  
Peter Brown Hoffmeister  
EL: 978-0-553-53812-0



**The Year of My Miraculous Reappearance**  
Catherine Ryan Hyde  
PB: 978-0-375-83261-1  
EL: 978-0-307-49345-3



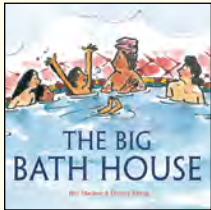
**You'd Be Home Now**  
Kathleen Glasgow  
HC: 978-0-525-70804-9  
GLB: 978-0-525-70805-6  
EL: 978-0-525-70806-3



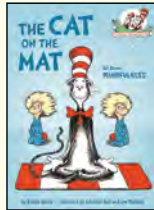
# Physical Wellness

Offer books that teach body positivity and healthy habits to improve self-esteem and mental health in your students.

## Grades K-3



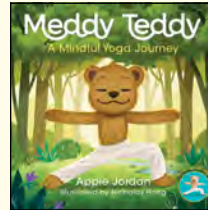
**The Big Bath House**  
Kyo Maclear  
Illustrated by  
Gracey Zhang  
HC: 978-0-593-18195-9  
GLB: 978-0-593-18196-6  
EL: 978-0-593-18197-3



**The Cat on the Mat**  
Bonnie Worth  
Illustrated by  
Aristides Ruiz  
HC: 978-0-593-37935-6  
GLB: 978-0-593-37936-3



**The Fantastic Body**  
Howard Bennett  
HC: 978-1-62336-889-0  
EL: 978-1-62336-890-6



**Meddy Teddy**  
Apple Jordan  
Illustrated by  
Nicholas Hong  
HC: 978-1-63565-046-4  
EL: 978-1-63565-047-1



**Not Playing by the Rules**  
Lesa Cline-Ransome  
HC: 978-1-5247-6453-1  
GLB: 978-1-5247-6454-8  
EL: 978-1-5247-6455-5



**Puberty Is Gross but Also Really Awesome**  
Gina Loveless  
Illustrated by  
Lauri Johnston  
HC: 978-1-9848-9505-9  
PB: 978-1-63565-353-3  
EL: 978-1-63565-354-0

## Grades 4-6

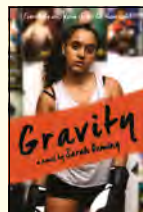
## Grades 7-12



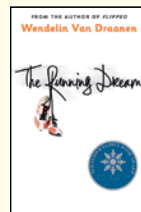
**Fierce as the Wind**  
Tara Wilson Redd  
HC: 978-1-5247-6691-7  
EL: 978-1-5247-6693-1



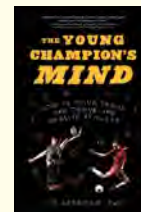
**The College Wellness Guide**  
Casey Rowley Barneson  
and the Princeton  
Review  
Foreword by  
Robert Franek  
PB: 978-0-593-45039-0  
EL: 978-0-593-45038-3



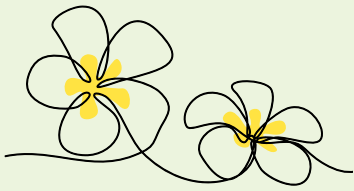
**Gravity**  
Sarah Deming  
PB: 978-0-525-58106-2



**The Running Dream**  
Wendelin Van Draanen  
PB: 978-0-375-86628-9  
HC: 978-0-375-86667-8



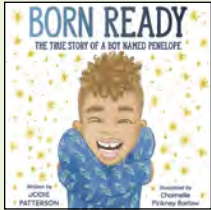
**The Young Champion's Mind**  
Jim Afremow, PhD  
HC: 978-1-63565-056-3  
EL: 978-1-63565-051-8



# Gender Identity and Sexual Orientation

Share stories about LGBTQIA+ youth to embrace and advocate for all of the identities in your classroom.

## Grades K-3



**Born Ready**  
Jodie Patterson  
Illustrated by Charnelle Pinkney Barlow  
HC: 978-0-593-12363-8  
EL: 978-0-593-12364-5  
GLB: 978-0-593-12365-2



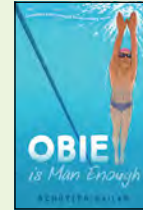
**Pink, Blue, and You!**  
Elise Gravel and Mykaell Blais  
HC: 978-0-593-17863-8  
GLB: 978-0-593-17864-5  
EL: 978-0-593-17865-2



**Lily and Dunkin'**  
Donna Gephart  
HC: 978-0-553-53674-4  
PB: 978-0-553-53677-5  
EL: 978-0-553-53676-8



**The List of Things That Will Not Change**  
Rebecca Stead  
HC: 978-1-101-93809-6  
GLB: 978-1-101-93810-2  
EL: 978-1-101-93811-9



**Obie Is Man Enough**  
Schuyler Bailar  
HC: 978-0-593-37946-2  
GLB: 978-0-593-37947-9  
EL: 978-0-593-37948-6



**This Is Our Rainbow**  
Katherine Locke and Nicole Melleby  
HC: 978-0-593-30394-8  
GLB: 978-0-593-30395-5  
EL: 978-0-593-30396-2

## Grades 7-12



**Being Jazz**  
Jazz Jennings  
PB: 978-0-399-55467-4  
EL: 978-0-399-55466-7



**Date Me, Bryson Keller**  
Kevin van Whye  
PB: 978-0-593-12606-6  
HC: 978-0-593-12603-5  
EL: 978-0-593-12605-9



**Full Disclosure**  
Camryn Garrett  
HC: 978-1-9848-2995-5  
PB: 978-1-9848-2998-6  
EL: 978-1-9848-2997-9



**The Full Spectrum**  
David Levithan and Billy Merrell  
PB: 978-0-375-83290-1



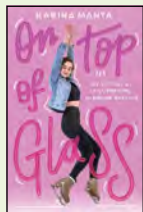
**Let's Talk About It**  
Erika Moen and Matthew Nolan  
HC: 978-0-593-12531-1  
PB: 978-1-9848-9314-7  
EL: 978-1-9848-9316-1



**The Magic Fish**  
Trung Le Nguyen  
HC: 978-0-593-12529-8  
GLB: 978-1-9848-5160-4  
PB: 978-1-9848-5159-8  
EL: 978-1-9848-5161-1



**Odd One Out**  
Nic Stone  
PB: 978-1-101-93956-7  
HC: 978-1-101-93953-6  
EL: 978-1-101-93955-0



**On Top of Glass**  
Karina Manta  
HC: 978-0-593-30846-2  
EL: 978-0-593-30848-6



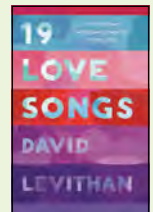
**Pet**  
Akwaeke Emezi  
HC: 978-0-525-64707-2  
PB: 978-0-593-17544-6  
EL: 978-0-525-64709-6



**Two Boys Kissing**  
David Levithan  
PB: 978-0-307-93191-7  
EL: 978-0-307-97564-5



**Wilder Girls**  
Rory Power  
PB: 978-0-525-64561-0  
HC: 978-0-525-64558-0  
EL: 978-0-525-64560-3



**19 Love Songs**  
David Levithan  
HC: 978-1-9848-4863-5  
PB: 978-1-9848-4866-6  
EL: 978-1-9848-4865-9