

WELL Resource List



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heartmindonline.org

Books to support Heart/Mind Well-being

The following picture books were purchased with a grant from CKNW Orphans' Fund in the spring of 2015. Each book was selected based on how well it illustrated one or more of the five domains of the Heart/Mind Well-Being: getting along with others, being alert and engaged, feeling secure and calm, solving problems peacefully, and being compassionate and kind. We suggest you go to heartmindonline.org for more information on Heart/Mind Well-being.

While the following list organizes the titles by the five domains, each title could easily fit into one or more areas of the Heart/Mind Index. These titles are also a natural fit with the rest of our curriculum collection which features resources supporting anti-bias education, multiculturalism and diversity. Early Childhood Educators and others who support parents and children in their work are welcome to borrow from our special collection—we look forward to meeting you at the WELL.

Books about getting along with others:

***Being fair* by Cassie Mayer**

This book gives a definition of fair behaviour and examples of how to act fairly. It presents everyday situations that are fair or unfair with simple text and illustrations, and provides an opportunity to discuss these concepts.

***Chester's way* by Kevin Henkes**

Chester and William have their own way of doing things, and they do everything together. When Lily moves in next door the boys adjust to a new way of looking at the world.

***Enemy pie* by Derek Munson**

Hoping that the special pie his father bakes will help him get rid of his enemy, a boy finds that instead it helps him make a new friend.

***Friends to the end for kids: the true value of friendship* by Bradley Trevor Greive**

A combination of humorous photos of animals and text which reinforce the values of friendship: love, loyalty, and fun.

***Friendship is like a seesaw* by Shona Innes**

This book explores friends at their best—as well as friendships that are 'out of balance', and gives suggestions for re-balancing relationships.



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How to be a friend: a guide to making friends and keeping them

by Laurie Krasny Brown and Marc Brown.

This book provides advice on how to show someone you'd like to be their friend, how to handle bosses and bullies, the best ways to be a friend, ways NOT to be a friend, and ways to settle an argument with a friend.

If you plant a seed **written and illustrated by Kadir Nelson**

This beautifully illustrated book follows two animal friends as they plant a vegetable garden and learn that seeds of compassion and generosity grow as well as carrots, while the seeds of selfishness grow a heap of trouble.

"I have a little problem," said the bear **by Heinz Janisch**

Bear has a problem, and everyone he meets has the solution. The trouble is, they're all in such a hurry to help that they have no time to listen and find out what Bear's problem is.

I'm the best **by Lucy Cousins**

Dog's non-stop bragging is starting to make his friends sad so they devise a way to remind him of what it means to be a best friend.

Magic little words **by Angele Delaunois**

This book distills the big ideas behind some common courtesy words such as "Welcome: I open my heart and home to you."

Mr. Happy & Miss Grimm **by Antonie Schneider**

Miss Grimm is not pleased by her new neighbour's cheery behaviour, but Mr. Happy knows that with kindness and patience anything can grow—even friendship.

My mouth is a volcano! **by Julia Cook**

All of Louis' thoughts are very important to him and when he has something to say it erupts and interrupts others. When others begin to interrupt Louis he learns to respectfully wait his turn.

Ninja Cowboy Bear presents the way of the Ninja **by David Bruins**

Ninja decides his friends are too boring and strikes out on his own to find adventure, only to remember that the greatest thrills are the ones shared with friends.

Noni says no **by Heather Hartt-Sussman**

Noni learns that she can stand up for herself and still be a good friend.



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Please, Mr. Panda **by Steve Antony**

Panda has brought doughnuts for the group but no one seems to know how to ask for them politely.

You are friendly **by Todd Snow**

This book describes ways to be friendly such as sharing, being gentle, and asking others to join in the play.

Books about being alert and engaged:

All in a day **by Cynthia Rylant**

This book invites children of all ages to appreciate one day as a perfect piece of time in which to live fully.

Blue on blue **by Dianne White**

Rhyming text and beautiful illustrations depict the swell and quieting of a storm.

How to **by Julie Morstad**

This imaginative 'how-to' book explores whimsical ways of doing a host of things including, 'how to wonder', 'how to feel the breeze', and 'how to be brave'.

I am really, really concentrating **by Lauren Child**

Based on the original Charlie and Lola stories, this book follows Lola as she prepares for the school field day. Lola comes in last in the egg and spoon race, but wins a prize for concentrating intently and keeping her egg on her spoon.

Mattland **by Hazel Hutchins and Gail Herbert**

A young boy transforms a muddy field into an imaginary world with the help of his friends.

Mindful Monkey, happy Panda **by Lauren Alderfer**

Monkey asks Panda what he does to seem so happy and peaceful all the time. Panda replies that he brings his attention to whatever he is doing at a given time--whether eating, walking, or resting.

No ordinary apple: a story about eating mindfully **by Sara Marlowe**

A young boy's caregiver offers an apple as a snack, guiding him to experience it in a new way that makes it "the most apple apple ever."



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Books to support heart/mind wellbeing

What does it mean to be present? **By Rana DiOrio**

This refreshing, vibrant picture book engages all of the senses to demonstrate the myriad ways a child can seize the moment. The story sparks meaningful discussions about the important gift of appreciation, and advises children and adults alike to live more fully and richly.

Books about feeling secure and calm:

All of me: a book of thanks **by Molly Bang**

A toddler is thankful for his hands, feet, etc. and all the things he can do.

And two boys booed **by Judith Viorst**

A boy becomes increasingly more anxious about performing in the school talent show, but manages his emotions and performs anyway.

The best part of me: children talk about their bodies in pictures and words **by Wendy Ewald**

Photographs and original poems by fifteen children illustrate how they each perceive their own bodies and themselves.

Girls dance, boys fiddle **by Carole Lindstrom**

Friends and family do not initially understand why young Metisse insists on playing her fiddle for Grandmother's birthday since 'everyone' knows girls are supposed to dance and leave the fiddling to the boys. With the support of her grandfather, Metisse embraces the rhythm of her tradition and culture while playing the fiddle.

Happiness is... **by Marcus Pfister**

From a winter snowflake melting on one's tongue to blowing the seeds from a dandelion, this book celebrates happy moments shared by two friends across the seasons.

The happy owls **by Celestino Piatti**

All the other birds wonder why the owls are so happy so they send the peacock to ask them. But they are unable to understand the answer to their question—how could anyone be happy simply to see the rain and sunshine?

The house that's your home **by Sally Lloyd-Jones**

A traditional look at all the things that make one's home special, including the family that lives there.



Books to support Heart/Mind Wellbeing

Home **by Carson Ellis**

Home might be a house in the country or an apartment in the city. This book celebrates the possibilities of home.

How to **by Julie Morstad**

With sparse text and whimsical illustrations this book explores imaginative ways of completing a host of activities from 'how to wonder' and 'how to feel the breeze' to 'how to be brave'. Ultimately, the book suggests that we can choose to be on a path to self-fulfillment and happiness.

I am who I am **by Bruno Hachler**

This book for toddlers talks about differences and similarities among people.

Jenneli's dance **by Elizabeth Denny**

Jenneli loves to dance the Metis Red River Jig with her grandmother but she is both horrified and excited when Grandma Luce enters her in a dance competition.

Morris Micklewhite and the tangerine dress **by Christine Baldacchio**

Morris loves the way the tangerine dress at school swishes and crinkles when he wears it. The other children don't understand at first, but eventually they accept his choice.

My name is Yoon **by Helen Recorvits**

Disliking her name as written in English, Korean-born Yoon, or 'shining wisdom', refers to herself as 'cat', 'bird', and 'cupcake', as a way to feel more comfortable in her new school and community.

My princess boy **by Cheryl Kilodavis**

One little boy loves to dress in pink and wear a tiara and his family loves him exactly the way he is.

On Monday when it rained **by Cherryl Katchenmeister**

Photos and simple text which capture the remembered feelings on a small boy.

Outside your window: a first book of nature **by Nicola Davies**

Poetry and images highlight the world of nature outside the door, whether in the city or country.

Pete the cat: I love my white shoes **by Eric Litwin**

Pete the cat just keeps on smiling no matter what he steps in.



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The stars will still shine **by Cynthia Rylant**

Shining stars, flowers that bloom, love...this book celebrates the constants of our beautiful world.

Suki's kimono **by Chieri Uegaki**

Suki's favourite thing is her blue cotton kimono. A gift from her obachan, it holds special memories of her grandmother. And she intends to wear it on the first day of school—no matter what anyone says.

Those shoes **by Maribeth Boelts**

A young boy realizes that the things he has—warm boots, a loving grandmother, and a good friend, are worth more than the things he wants.

Willow's whispers **by Lana Button**

Willow's voice, as soft and shy as a secret, goes unheard at school. After a night of wishing for a bigger voice Willow comes up with an idea: a magic microphone!

Yoko **by Rosemary Wells**

Yoko is proud of the sushi her mother has painstakingly prepared for her lunch until her classmates tease her about it.

Books about solving problems peacefully:

A little peace **by Barbara Kerley**

It doesn't take much to spread a little peace—a smile, an outstretched hand. Beautiful photos show diverse people spreading peace.

Anything is possible **by Giulia Belloni**

Two traditional enemies, a sheep and a wolf, collaborate to build a flying machine. With perseverance and ingenuity they prove that even the most improbable dreams can be made real.

The can man **by Laura E. Williams**

A young boy learns to think beyond his own wants and make a difference in one man's life.

The garden of happiness **by Erika Tamar**

An empty lot filled with garbage is transformed into a symbol of hope and positivity for one neighbourhood in New York City.



Books to support Heart/Mind Wellbeing

The hundred dresses **by Eleanor Estes**

An impoverished girl is bullied throughout the year by her classmates but finds a way to leave them with the gift of forgiveness.

I like who I am **by Tara White**

Celina is a young Mohawk girl who is bullied because she doesn't look like her classmates. She chooses to dance no matter what her classmates think.

Immi's gift **by Karin Littlewood**

A small Inuit girl's world is made brighter by gifts from across the sea which inspires her to send a gift of her own.

It's my turn **by Heather Maisner**

When friends come over to play in Ben and Amy's garden tent it takes a while before they can learn to share and cooperate.

The most magnificent thing **by Ashley Spires**

One day a little girl has an idea: with the help of her assistant she will make the most magnificent thing! Of course making the magnificent thing is much harder than she thought.

Mimi's village and how basic health care transformed it **by Katie Smith Milway**

When Mimi's little sister becomes ill after drinking dirty water, the family must travel to a nearby village to access health care. This situation sets Mimi's family and their entire village on a path to better health through simple health care measures.

My friend and I **by Lisa Jahn-Clough**

When a little boy moves in next door a lonely child learns how to share and handle the challenges of friendship.

One well: the story of water on earth **by Rochelle Strauss**

All life on Earth is dependent on our common 'well' which is threatened by a growing population and increased demands.

One world, one day **by Barbara Kerley**

Beautiful photos of children going through their day, and all their similarities and differences.



Books to support Heart/Mind Wellbeing

Peace is an offering **by Annette LeBox**

Follows neighborhood kids as they find love in everyday things such as sunlight shining through leaves and cookies shared with friends.

Sheila Rae's peppermint stick **by Kevin Henkes**

When Sheila Rae's little sister Louise asks for a lick of her peppermint stick, Sheila Rae teases her and says, "You can have a lick if you can guess how many stripes there are." Louise is frustrated but eventually the two work out a compromise that satisfies everyone.

The smallest girl in the smallest grade **by Justin Roberts**

Hardly anyone notices young Sally McCabe, the smallest girl in the smallest grade, yet she notices everything from the twentyseven keys on the janitor's key-ring to the bullying going on in the playground. One day Sally has had enough and decides to make herself heard.

Swimmy **by Leo Lionni**

A little fish survives being swallowed by a tuna then devises a plan to camouflage himself and his new companions.

Talk and work it out **by Cheri J. Meiners**

A young child talks about the process of peaceful conflict resolution in clear, simple words with supporting illustrations.

Ten thank-you letters **by Daniel Kirk**

This funny friendship story shows how different personalities can manage to fit together perfectly. Pig just wants to take his time to write a thank you letter but Rabbit gets so caught up in the project that he uses all the paper and stamps. Fortunately, Rabbit's final thank you letter reminds Pig how lucky he is to have Rabbit as his friend.

What do you do with an idea? **By Kobi Yamada**

A young boy has an idea and wonders what to do with it. Eventually he realizes his idea has grown and is now part of the universe.

Willow finds a way **by Lana Button**

All the girls want to go to Kristabelle's fantastic birthday party so they go along with all of her demands on the playground. When Willow's bossy classmate un-invites some children from the party, Willow finds the strength to speak up.



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Books about being compassionate and kind:

10,000 dresses **by Marcus Ewert**

Bailey longs to wear the beautiful dresses of her dreams but is ridiculed by her unsympathetic family who reject her true perception of herself. Then Bailey meets Laurel, an older girl who is inspired by Bailey's imagination and courage.

Accept and value each person **by Cheri J. Meiners**

With simple text and illustrations, this book introduces diversity and related concepts: respecting differences, finding similarities, being inclusive, and appreciating people the way they are.

Alfie and the big boys **by Shirley Hughes**

Alfie is in awe of the rough and tumble grade school boys next door, but he begins to understand that even big boys need help sometimes.

Boo Hoo Bird **by Jeremy Tankard**

This book for toddlers asks the question, "What makes your boo-boos feel better?" A little bird's friends assess his injury and provide the best care they can to make his boo-boos better.

The farmer and the clown **by Marla Frazee**

A textless picture book about a farmer who rescues a baby clown who has 'bounced' off a circus train. The farmer cares for the child, and then reunites the baby clown with his family. This is a story about doing the kind thing, the right thing, no matter how unprepared you may feel. Despite their differences, the farmer opens his home to the little clown until he can be reunited with his family.

How full is your bucket? For kids **by Tom Rath and Mary Reckmeyer**

In this story, filling one's bucket is a metaphor for encouraging kind and considerate behaviour and for teaching the benefits of positive relationships. Felix notices that every interaction he has with others either fills or empties his bucket, and that everything he does and says fills or empties the buckets of those around him.

How to heal a broken wing **by Bob Graham**

When Will finds a bird with a broken wing he takes it home and cares for it, hoping in time it will be able to fly again. Stunning pictures with sparse but powerful text.



Books to support Heart/Mind Wellbeing

The invisible boy **by Trudy Ludwig**

Brian has always felt invisible in school, but when a new student arrives, everything changes.

The little bit scary people **by Emily Jenkins**

A girl describes how sometimes people seem a little bit scary but suggests that when you know them a little better -- how they treat their pets, that they love to sing, etc.-- they are very much like you and those you love.

Mole's sunrise **by Jeanne Willis**

Mole thinks he will never be able to see the sunrise because he is blind. When his friends 'show' it to him he is astonished: it is even more beautiful than he ever imagined.

Ordinary Mary's extraordinary deed **by Emily Pearson**

Ordinary Mary was so very ordinary you'd never guess she could change the world, but her caring act sets off a chain reaction of kindness that multiplies around the world.