



## Children's Books to Support Resilience

### Building a Positive Outlook

#### Looking for Positives

Dennis Wyeth, S., **Something Beautiful** (1998)

*Despite the conditions of despair so evident in her neighbourhood, a young girl actively searches for "something beautiful" and finds plenty of positives in the hearts and actions of the community people. (For children 5 yrs.+)*

Henkes, K., **A Good Day** (2007)

*Frustration, disappointment and fear can make the day look pretty bad. But noticing the positive things can make the day feel good! (For children 2 yrs.+)*

Osborne, M., **One Gorgeous Baby** (2001)

*Mom and baby count the things that give them joy throughout the day. (For children birth to 2 yrs.)*

Rice, L., **Because Brian Hugged His Mother** (1999)

*Showing appreciation and kindness goes a long way to making the world a better place. (For children 4 yrs.+)*

Tankard, J., **Grumpy Bird** (2007)

*A young bird wakes up on the wrong side of the bed, but his mood changes when he experiences the positivity of his friends. (For children 2 yrs.+)*

Whamond, D., **Rosie's Glasses** (2018)

*Rosie discovers a pair of glasses and suddenly the grey day becomes colorful. Are they magic? Or does changing the way you look at something change the way you experience it? (For children 4 yrs.+)*

#### Being Grateful

Antony, S., **Thank you, Mr. Panda** (2017)

*We can be thankful even if a gift isn't perfect or what we expect. It's the thought that counts! (For children 2 yrs.+)*

Menchin, S., **Taking a Bath with the Dog** (2013)

*A young girl improves her mood by focusing on the things in life she enjoys. (For children 3 yrs. +)*

McGhee, A., **So Many Days** (2010)

*A poetic look at the surprises, adversities and gifts everyday life offers. (For children 4 yrs.+)*

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More RIRO "Children's Booklists" to support resilience at  
[www.reachinginreachingout.com/resources-booksKids.htm](http://www.reachinginreachingout.com/resources-booksKids.htm)