



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Resource Books to Supplement ABC Program

The books on this list are meant to be resources for the ABC Program. If a topic of conversation needs to be explored further or if an additional topic has surfaced in the course of discussion during ABC, you can use this list as a resource for additional books. This list can also be a reference for parents, educators, day-care providers, etc. looking for books to start the conversation around asset categories or topics. **Please preview the books to make sure that they will be appropriate for your audience.**

### ASSET BUILDING

ADDING ASSETS FOR KIDS 8-12 by Pamela Espeland and Elizabeth Verdi

(Free lesson plans can be downloaded also at [www.freespirit.com](http://www.freespirit.com))

*Doing and Being Your Best*

*Helping Out and Staying Safe*

*Knowing and Doing What's Right*

*Loving To Learn*

*Making Choices and Making Friends*

*People Who Care About You*

*Proud to Be You*

*Smart Ways to Spend Your Time*

### PRE-KINDER/KINDERGARTEN

Learning To Get Along Series by Cheri J. Meiners

*When I Feel Afraid*

*Know and Follow Rules*

*Respect and Take Care of Things*

*Share and Take Turns*

### UPPER GRADES/MIDDLE SCHOOL

*Old Turtle and the Broken Truth* by Douglas Wood

*Shredderman Secret Identity* by Wendelin Van Draanen

*Terrible Things* (Holocaust) by Eve Bunting

*The Three Questions* by John J. Muth

*The Tower* by Richard Paul Evans

### SUPPORT

#### BULLYING

*The Ant Bully* by John Nickle. When Lucas is bullied by the neighborhood bully Sid, he learns about the consequences of his actions when dealing with his anger and frustration towards Sid.

*Ally Oops* by Janice Levy. After Mr. Jax learns that his son J.J. is bullying overweight Patrick, Mr. Jax has a powerful conversation with J.J. who comes to understand the effects of bullying.

*Bullies and Gangs* by Julie Johnson. Discusses the different types of bullying, why it happens and possible solutions to bullying situations.

*Bullies are a Pain in the Brain* by Trevor Romain. This book gives ideas about how a child can cope with bullies and how one can prevent bullies from hurting others.

*Bully* by Judith Caseley. Mickey and Jack are both friends who run into problems with bullying and must learn how to resolve them to keep their friendship alive.

*Bully on the Bus* by Carl W. Bosch. This book is perfect for allowing children be the decision makers in how to best deal with a bully.

*How to Handle Bullies, Teasers and Other Meanies: A Book That Takes the Nuisance Out of Name Calling and Other Nonsense* by Kate Cohen-Posey. Children are able to learn how to deal with bullying by using witty-comebacks.

*Don't Squeal Unless it's a Big Deal! A Tale of Tattletales* by Jeannie Ransom Franz. This book teaches children the rules of tattling.

*Dorie Witt's Guide to Surviving Bullies* by Brigitte Berman. A young girl who is transitioning into junior and high school realizes that trusting in herself and in caring adults is better than ignoring the bullying and taunting she experiences.

*King of the Playground* by Phyllis Reynolds Naylor. When Kevin faces problems with Sam the proclaimed "King of the Playground", Kevin seeks help from his father who together learn how to resolve the problem.

*Shrinking Violet* by Cari Best. Violet who is terrified of performing and is taunted constantly by her classmate learns a very important lesson and gains an opportunity to save the day.

*Terrible Things-(No such thing as an innocent bystander)* by Eve Bunting. Using the Holocaust as an allegory, children learn to stand up against injustice even when no one else will.

*The Tale of Sir Dragon: Dealing with Bullies for Kids (And Dragons)* by Jean E. Pendziwol, and Martine Gourbault. A young girl with her dragon friend must teach another dragon that all kids and dragons have the right to play.

*The Two Bullies* by Junko Morimoto. Two big bullies intimidate each other so much that instead of fighting each other they learn to respect one another.

*The Revealers* by Doug Wilhelm–Middle School. Follow the life of three middle-school students who are bullied and find a way to voice their stories and ultimately their problems.

*Trouble Talk* by Trudy Ludwig. Young readers will learn what "trouble talk" is and how to best avoid it by making the right friends.

### CARING ADULTS

*Mr. George Baker* by Amy Hest. Mr. George and Harry embark on a journey of friendship despite their differences.

*Can You Do This, Old Badger?* by Eve Bunting. Though Old Badger is old and unable to do certain things, there is still plenty he can teach Little Badger.

### FAMILY SUPPORT

*Alligator Baby* by Robert Munsch. A young girl helps her family find their newborn baby at the zoo.

*Koala Lou* by Mem Fox. Koala Lou learns the important lesson that a mother's love is everlasting and unconditional.

*Stella Queen of the Snow* by Marie-Louise Gay. A story about how older sister Stella mentors her younger brother in a fun and loving way.

### LOSS/DEATH

*Badgers Parting Gifts* by Susan Varley. Badgers' friends find comfort in memories Badger left behind and sharing to each other something they learned with Badger before he died.

*I Miss You* by Pat Thomas. This book talks about how death is part of a natural process and some of the events that follow.

*Liplap's Wish* by Jonathan London & Sylvia Long. A young rabbit learns that though his grandmother may not be present to share with him new experiences, she will remain forever in his heart.

*The Wall* by Eve Bunting. A young boy alongside his father goes to "the wall" in search of his grandfather's name.

*What on Earth Do You Do When Someone Dies?* by Trevor Romain. Trevor writes about what death means and how to cope and answers questions all children ask when confronting the death of a beloved.

### **EMPOWERMENT**

#### YOUTH AS RESOURCES

*Click, Clack, Moo Cows that Type* by Doreen Cronin. The cows of Farmer Brown begin to make demands and lead a strike after finding a typewriter that gives them the power to voice their needs and gives them the ability to negotiate compromises.

*The Wednesday Surprise* by Eve Bunting. A young girl and grandmother who spend each Wednesday together have a huge surprise for the young girl's dad.

### **BOUNDARIES AND EXPECTATIONS**

*But I Want To!* by J. Rowe. A young boy who is tired of hearing his mother say "no!" decides to send her off to the moon but later realizes that he still needs her by his side.

*Growing Up is Hard* by Dr. Laura Schlessinger. After Sammy's teachers, mom and friend begin to have higher expectations, Sammy becomes frustrated with growing up but soon realizes that growing up isn't so bad.

*Officer Buckle and Gloria* by Peggy Rathmann. Many events occur after Officer Buckle becomes angered when he realizes that the town of Napville only listens to his safety tips when he brings the new police dog alongs.

### **CONSTRUCTIVE USE OF TIME**

*Finklehopper Frog* by Irene Livingston. Finklehopper Frog becomes excited as everyone in his town begins to do exercise but quickly becomes ridiculed for the way he jogs.

*The Remarkable Farkle McBride* by C.F. Payne. Farkle begins to realize that the best music is that of an orchestra and not just of one instrument.

### CREATIVE ACTIVITIES

*Julie's Black Belt* by Oliver Chin. Julie, who is eager to be like her idol Brandy Wu, learns valuable lessons about hard work and the effort it takes to accomplish a great feat.

### **COMMITMENT TO LEARNING**

#### BONDING TO SCHOOL

*First Day* by Joan Rankin. Children will learn that being away from home isn't so bad and that going to school has its benefits.

*I Love School!* by Philemon Sturges. A classroom full of children has so much fun at school that they love their teacher.

*What Did You Do Today?: The First Day of School* by Toby Forward. On the first day of school, a young boy and mother learn to cope with being apart.

#### READING FOR PLEASURE

*Read All About It* by Laura Bush and Jenna Bush. Tyrone Brown, who loves math and science, hates reading, but that all changes with one story.

*WOLF!* by Becky Bloom. Wolf finds that his old ways of attacking others no longer work and resorts to teaching himself to read and forming new friendships with others.

### **POSITIVE VALUES**

#### CARING

*Alexander and the Wind-up Mouse* by Leo Lionni. When Alexander finds a friend in Willy, Alexander must make a difficult decision to save Willy and their friendship.

*Corduroy* by Dan Freeman. Young readers will learn that it is okay to be different and that acceptance is another form of love.

*Oliver Button is a Sissy* by Tomie dePaola. Oliver Button is a boy who loves to dance but is teased by his fellow peers yet an important lesson awaits them all at the end of the Talent Show.

*One Smile* by Cindy McKinley. Maybe it takes only one smile to begin to change the world.

*Ordinary Mary's Extraordinary Deed* by Emily Pearson. Ordinary Mary begins to change her world with one ordinary act of kindness.

*Something about Hensley's* by Patricia Polacco. The importance of a neighbor caring for his community members is discussed in this book.

## DETERMINATION

*The Remarkable Farkle McBride* by John Lithgow. Farkle begins to realize that the best music is that of an orchestra and not just of one instrument.

*Winners Never Quit* by Mia Hamm. Little Mia who loves to play soccer learns that there is something more important than winning.

## EQUALITY AND SOCIAL JUSTICE

*I Can Make a Difference: A Treasury to Inspire our Children* by Marian Wright Edelman. Young children will learn that their lives can be a means of improving the lives of others.

*The Other Side* by Jacqueline Woodson. Annie and Clover develop a wonderful friendship despite the racial barrier that exists between the two.

## HONESTY

*Molly's Lies* by Kay Choroa. Molly quits telling lies and making up stories after an encounter with a friend on her first day of school.

*My Big Lie* by Bill Cosby. Little Bill comes to realize that being honest is the best policy.

## FAIRNESS

*Thank You, Jackie Robinson* by Barbara Cohen. Sam and Davy share a special bond which they form around their love for Brooklyn Dodgers and Jackie Robinson.

## RESPECT

*Hey, Little Ant* by Phillip M. & Hannah Hoose. An ant teaches a little boy that everything and everyone has a reason for being which should be respected.

## RESPONSIBILITY

*A Bargain for Frances* by Russell Hoban. Frances and Thelma are good friends but one of them isn't so nice to the other but that will soon change.

*Katy and the Big Snow* by Virginia Lee Burton. Katy saves the day by proving her toughness and fulfilling her duty of clearing all the snow and helping everyone get where they need to be.

## RESTRAINT

*Mr. Sugar Comes to Town* by Harriet Rohmer. Two children who become enchanted with Mr. Sugar and all the yummy treats he has to offer realize that too much sugar can be bad.

## **SOCIAL COMPETENCE**

### CLIQUES

*Cliques, Phonies, & Other Baloney* by Trevor Romain. Romain shares in a simplistic way what cliques are all about and how to deal with them.

*The English Roses* by Madonna (*Las Rosas Inglesas*). Four eleven-year-olds known as the English Roses change their mind about Binah, an outsider, after actually getting to know her.

## FEELINGS

*Grandpa Bear's Fantastic Scarf* by Gillian Heal. Little bear learns that to appreciate the good one must appreciate the bad.

*I Feel Like Nobody When, I Feel Like Somebody When* by Stephanie Hauer. Stephanie Hauer explores the feelings of several students when they are asked to answer two powerful questions that take center stage in this book.

*Michael Rosen's Sad Book* by Michael Rosen and Quentin Blake. This will allow for a discussion about a different form of sadness that can occur in life.

*See How I Feel* by Julie Aigner-Clark. Van Goat and his friends will introduce to children new emotions and ways to identify them and express them as well.

*Today I Feel Silly and Other Moods that Make My Day* by Jamie Lee Curtis. Follow a young girl who goes through more than just one emotion in one day.

## FRIENDSHIP

Preschool

- *Feet Are Not For Kicking* by Elizabeth Verdick. Teaches your toddler the ways in which feet can and cannot be used.
- *Hands Are Not For Hitting* by Dr. Martine Agassi. Toddlers can do many things with their hands as explained in this book except hitting.
- *Teeth Are Not For Biting* by Elizabeth Verdick. Many other things are illustrated that can be done if babies feel the urge to bite.
- *Words Are Not For Hurting* by Elizabeth Verdick. Children will learn to think before they speak and to choose wisely what they say.

*Being Friends* by Karen Beaumont. Two young girls realize that being friends doesn't mean liking the same things.

*Best Friends for Francis* by Russell Hoban. Frances teaches his next door neighbor Albert about friendship.

*Can You Do this Old Badger* (Intergenerational) by Eve Bunting. Though Old Badger is old and unable to do certain things, there is still plenty he can teach Little Badger.

*Dear Ichiro* by Jean Davies Okimoto. A young boy learns that it is possible for enemies to become friends again.

*Friends of a Feather* by Bill Cosby. Slipper, Feathers and Hog learn what true friendship means.

*How to Lose All Your Friends* by Nancy Carlson. This is a reverse etiquette book that teaches children

how to be a good friend.

*Little Bill: The Meanest Thing to Say* by Bill Cosby. Little Bill faces a tough situation and must learn how to deal with it with the help of his father.

*Owen and Mzee The True Story of a Remarkable Friendship* told by Isabella and Craig Hatkoff, and Dr. Paula Kahumbu. This story recounts the friendship of an orphaned hippopotamus, and Mzee, an old tortoise.

*Play with Me* by Marie Hall Ets. A young girl learns that in order to establish a friendship with others respect and being patient are key.

*The Goat Lady* by Jane Bregoli. A tale of a friendship forms between a family and the Goat Lady despite the differences that exist.

*The Golden Rule* by Ilene Cooper. A grandson and grandfather discuss the importance of the Golden Rule.

*The Liberation of Gabriel King* by K.L. Going. Frita and Gab learn to value their friendship and stick up for each other in the most difficult situations.

#### PEACEFUL CONFLICT RESOLUTIONS

*A Little Peace* by National Geographic. One will learn how everyone can work to achieve peace.

*The Sandwich Swap* by Queen Rania of Jordan Al Abdullah and Kelly DiPucchio. Salma and Lily rekindle their friendship after becoming enemies for the sake of bringing order to their school.

*Sorry* by Trudy Ludwig. Charlie learns that his insincere apologies must come to an end.

#### TOLERANCE/ACCEPTING DIFFERENCES

*Bein' with You This Way* by W. Nikola-Lisa & Michael Bryant. Young readers will learn that though people are different, people can still enjoy each other's company.

*Birds of a Different Feather* by Matthew Beasley. Diversity is discussed in this book through the story of Mama bird, baby bird and their neighboring birds.

*Frederick* by Leo Lionni. Frederick lives in a small community of mice and when they are all faced with famine, Frederick inspires them to continue living with his beautiful words and poetry.

*I'm Like You, You're Like Me* by Cindy Gainer. Differences and similarities between different people are illustrated.

*Look at Me! A Book About Differences* by Allia Zobel-Nolan. A group of animals and insects talk about their differences.

*Odd Velvet* by Mary E. Whitcomb. The kids at Velvet's school find her odd and different but with time realize that she is a unique person with many talents.

*Scribbleville* by Peter Holwitz. In Scribbleville, everyone is a scribble except one who is finally accepted for being unique by another scribble.

*Skin Again* by Bell Hooks. Children will learn that what counts the most isn't the color of our skin but

what is within us all.

*Swimmy* by Leo Lionni. Swimmy is a little fish who shows his friends how to overcome danger together.

*The Brand New Kid* by Katie Couric. A new kid who has a different name is an outcast at his school until Ellie decides to be welcoming and form a friendship with him.

*The Crayon Box that Talked* by Shane DeRolf. A bunch of crayons learn to appreciate each other's difference and come to understand they all need each other to create a beautiful picture.

*The Dot* by Peter H. Reynolds. Vashti who believes she can't draw changes her mind when she is given the opportunity to express her creativity.

*The Skin You Live In* by Michael Tyler. This book takes a look at diversity by focusing on skin.

*Spoon* by Amy Krouse Rosenthal. This is a story that tells of Spoon's jealousy of Fork, Knife and Chopsticks and how he resolves it alongside his mother and father.

*The Strange Egg* by Mary Newell DePalma. A bird and a monkey form a friendship and work together when they find a strange egg and one of them doesn't know what to do.

*You're Different and That's Super* by Carson Kressley. When Trumpet begins to grow a horn, his friends no longer accept him until Trumpet proves that being different is super.

### SPECIAL NEEDS

*A Lesson My Cat Taught Me* by Saul Weber. A young girl after rescuing a blind cat and befriending a girl in a wheelchair learns that having a disability doesn't mean being handicapped.

*All Children Have Different Eyes* by Edie Ann Glaser and Dr. Maria Burgio. A book about different children and the different problems with their vision they might have and how they cope with them.

*Emma's Rug* (Autism) by Allen Say. Emma has a talent for drawing and believes that her inspiration comes from a certain treasured object but everything changes after she wins the citywide art competition.

*My Chair* (Physical Handicap) by Betsy James. Every child in the neighborhood decides to bring their chair and use their imagination as they wait to greet a new neighbor.

### **POSTIVE IDENTITY**

#### COURAGE

*Courage* by Bernard Waber. Courage is displayed in this book by many different people and the challenges they must overcome.

*Louder, Lili* by Gennifer Choldenko. Lili has always been quiet in school but when she meets Cassidy many things begin to change.

#### HOMELESS

*December* by Eve Bunting. A young boy and his mother help another homeless person and learn about the gift of giving.

## LIFE LESSONS

*Zen Shorts* by Jon Muth. A couple of kids learn life-long lessons from their neighbor the Panda.

## PERSONAL POWER

*Blue Ribbon Day* by Katie Couric. Young readers will learn that everyone has a moment to shine and a talent to master.

*The Paper Bag Princess* by Robert Munsch. Princess Elizabeth is about to get married to Prince Ronald when a fiery dragon “prince-naps” him and so Princess Elizabeth must go on adventure to find her Prince but more importantly find her true self.

## POSITIVE CULTURAL IDENTITY

*Hannah is my Name* by Belle Yang. Hannah is a newly arrived immigrant who patiently awaits her green card while she gets used to her new name Hannah and learns new customs.

*I Hate English!* by Ellen Levine. Mei Mei who has recently moved to NYC from Hong Kong faces the difficulties of learning English and the fear of losing her Chinese culture.

*The Name Jar* by Yangsook Choi. When Unhei moves from Korea to the United States, she faces the difficult choice of keeping her beautiful Korean name or choosing an American name.

*The Ugly Vegetables* by Grace Lin. A Chinese girl and her mother take part in the community garden but instead of planting flowers they decide to plant “ugly” vegetables.

*Three Cheers for Catherine the Great!* by Cari Best and Giselle Potter. Sarah is on the quest to find a perfect gift to give to her Russian grandmother.

*Oliver Button is a Sissy* by Tomie dePaola. Oliver Button is a boy who loves to dance but is teased by his fellow peers yet an important lesson awaits them all at the end of the Talent Show.

## SELF-ESTEEM

*Am I a Color Too?* by Heidi Cole. Nancy Vogl, Gerald Purnell. A young boy wonders why people are labeled with a color and asks himself if he too is a color.

*Andy (That's My Name)* by Tomie dePaola. Andy learns that though he is little, he has an important role to play.

*The Story of Ferdinand* by Munro Leaf. Ferdinand, a young bull, is chosen to go participate in the bullfights of Madrid by mistake.

*I'm Gonna Like Me* by Jamie Lee Curtis. Young readers will follow a little boy and girl throughout the day as they build their self-esteem.

*I Like Being Me* by Judy Lalli. 26 poems that will boost a child's self-esteem.

*I Like Myself* by Karen Beaumont. A young girl expresses confidence and joy in being who she is.

*Stick Up For Yourself! Every Kid's Guide to Personal Power and Positive Self-Esteem* by Gershen Kaufman, Lev Raphael, & Pamela Espeland. This self-help guide will allow young readers to

learn how to build a positive self-image, have high self-esteem and learn skills to overcome common issues.

*The Lovables in the Kingdom of Self-Esteem* by Diane Loomans. A book filled with the message that promotes positive self-image.

*The Magically Mysterious Adventures of Noelle the Bulldog* by Gloria Estefan. Noelle, a beautiful bulldog, is adopted by a young girl but when she arrives home she feels like she doesn't belong.

*Unstoppable Me!: 10 Ways to Soar Through Life* by Dr. Wayne W. Dyer. This book teaches children to value taking risks and how to become unstoppable as they achieve their dreams.

*Zero* by Kathryn Otoshi. Zero along with her friends learns how valuable she is.