Here is a list of books to help students process their emotions and to learn how to cope with everyday challenges. Encourage students to read these books and make sure to spend time talking about the content.

Description: Children's book for ages 4-9
Summary: This book helps children cope with anxiety by introducing a useful scale to give young children an opportunity to explore their own feelings as they react to events in their daily lives. It teaches strategies for self-calming strategies.

Description: Children's book for ages 3-8
Summary: The object of this book is to help kids understand the concept of such emotions as joy, disappointment, boredom and anger, and to express their feelings with words.

Description: Children's book for ages: 4 - 8 Years.
Summary: *My Mouth Is A Volcano* takes an empathetic approach to the habit of interrupting and teaches children techniques to capture their thoughts and words for expression at an appropriate time. It helps to teach children the value of respecting others by listening and waiting for their turn to speak.

**Cook, J., & De, W. K. (2011).** *I just don’t like the sound of NO!: My story about accepting ‘no’ for an answer and disagreeing ... the right way!* Boys Town, NE: Boys Town Press.
Description: Children's book for ages 4 - 8 Years.
Summary: The aim of this book is to help children learn how to accept an unpleasant answer, and how to appropriately ask for the reasons behind the decision. It offers helpful tips and strategies for parents and educators.

Description: Children's book for elementary age children.
Summary: This book teaches children about the different kinds of teasing, such as laughing at someone (or bullying) or with someone (playful teasing). It also provides an opportunity for conversation about your own child’s behaviors towards others as well as how others have treated him/her.

Description: Children's book for grades 2-5
Summary: A fun to read book about anxiety that offers creative strategies to children that will help to control worry.

Description: Children's book for ages 8 to 12.
Summary: This book introduces children to famous, inspirational figures who excel in the fields of science, art, math, literature, philosophy and comedy who found it difficult to fit in.

Description: Children’s book for ages 8 and up.
Summary: This book teaches children that being different can make you special. It fosters tolerance and acceptance while celebrating differences.

Description: Children’s book for ages 6 and up.
Summary: The reader will learn about sensory processing disorders (SPD) and learn strategies to help calm the nervous system of a child who experiences a sensory processing challenges.

Description: Children’s book for elementary age children.
Summary: This book helps children understand basic basic emotions, happy, sad, mad, etc., through cleverly illustrated pictures and fun activities, in environments and situations that are familiar to children.

Description: Children’s book for children of all ages.
Summary: This book addresses the issue of separation anxiety and loneliness in a very simple approach that children can easily identify with and remember.

Description: Children’s book for children of all ages.
Summary: This book celebrates the talents, abilities, and unique perspectives that children with ASD possess, in an A to Z format.

Description: Children’s book for pre-school and primary age children.
Summary: This book helps children learn to recognize feelings of anger, express them, and build skills for coping with anger. It provides helpful and appropriate strategies to cool down and deal with feelings of anger.

Description: Children’s book for elementary age children.
Summary: This book teaches children about diversity and that it’s okay to be different. It helps to teach self-acceptance and tolerance of others who are different from oneself.

Description: Children’s book for pre-school to primary age children.
Summary: This beautifully illustrated book teaches children how to help others through acts of kindness. It uses the metaphor of a bucket and dipper to teach children that the way we relate to others has a profound effect on every aspect of our lives.

Description: Children’s book for elementary age children.
Summary: This book comes with a DVD, manual and coloring book to teach children that we all have different minds. It would be a great resource for the classroom to teach typical children compassion and acceptance of children who have Autism.

Description: Children’s book for ages 4-12.
Summary: This great illustrated book teaches children about various sensory sensitivities, and helps children to understand how learning strategies as part of a “sensory diet” can help them at home and in the classroom.

**Description:** Children's book for ages 6 and up.

**Summary:** This book is a great educational resource that teaches children about empathy and compassion for people different from themselves. It includes activities such as journaling, designed to help the child develop a greater understanding for the challenges that someone who has autism might face.


**Description:** Children's book for elementary age children.

**Summary:** A great book that educates children about the differences and similarities that they have with a child who has autism. It teaches children they can make a significant difference in the life of a child with autism by offering compassion, understanding and friendship.


**Description:** Children's book targeted for children with Autism; grades 3-5.

**Summary:** This book helps children with language and communication difficulties to make a connection between facial expressions and feelings through colorful illustrations, poetry, and activities.


**Description:** Children's book for ages 7 and up.

**Summary:** This book helps children to better understand the challenges that children with Sensory Processing Disorder (SPD) and the accommodations that can be made in the classroom to help them deal with all 7 senses.


**Description:** Children's book for ages 5 - 7 years.

**Summary:** This colorfully illustrated book teaches children about the positive qualities, along with the challenges of having Asperger Syndrome and how others can learn to help a child with ASD instead of expecting them to change.


**Description:** Children's book for elementary age children.

**Summary:** This book offers Sensory Solutions to Build Success in the classroom for children who have sensory modulation difficulties. It also introduces strategies to help them to focus in the classroom. Additional resources are provided at the end of the book, including definitions of sensory processing and sensory modulation disorder, suggested discussion questions, and lists of related books and websites.


**Description:** Children's book for 5-10.

**Summary:** This colorful book helps children to understand and accept the differences that students with sensory modulation difficulties, including many on the autism spectrum, have from themselves. It's a great resource for occupational therapists, teachers, and parents to share with children. It provides resources, such as definitions of sensory processing and sensory modulation disorder, suggested discussion questions, and a list books and helpful websites.


**Description:** Children's book for ages 6 - 9 years.

**Summary:** This book teaches children that everyone has bad days and that things are not as bad as they may seem.

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