

18 GREAT BOOKS TO START THE SCHOOL YEAR

 TO BUILD YOUR CHILD'S CONFIDENCE IN THEIR ABILITIES



BYE-BYE TIME by Elizabeth Verdick

Simple enough for toddlers, this book offers comforting rituals for saying goodbye and concrete coping strategies for after adults leave.

WHEN I MISS YOU by Cornelia Maude Spelman

Being separated from a parent can be tough, but we all miss someone sometimes! A little guinea pig thinks of ways she can help herself or ask others to help her feel better until grown-ups return.



LOLA GOES TO SCHOOL by Anna McQuinn

Spunky Lola and her stuffed sidekick embark on an adventure - the first day of school. Lola prepares for the big day by going through the routines and rhythms of preschool and kindergarten.

I AM SMART, I AM BLESSED, I CAN DO ANYTHING by Alissa Holder

Ayaan worries about not knowing answers at school or making mistakes. Children can join in repeating the uplifting phrase that reminds Ayaan that he is smart, blessed, and capable of anything.



IT'S OKAY TO MAKE MISTAKES by Todd Parr

This cheerful classic encourages children to be brave, take chances, and try new things; mistakes are normal and nothing to fear or feel ashamed of.



TO HELP YOUR CHILD OVERCOME CHALLENGES AND MANAGE STRONG EMOTIONS

BREATHE LIKE A BEAR by Kira Willey

This beautifully illustrated collection of breathing exercises and movements designed to teach children techniques for managing their bodies, breath, and emotions



THE POUT-POUT FISH GOES TO SCHOOL by Deborah Diesen

On his first day of school, Mr. Fish is worried about all the things he doesn't know. But in his new classroom, he learns: he is smart, he belongs, and he can do it!

THE PIGEON HAS TO GO TO SCHOOL by Mo Willems

Outspoken Pigeon protests having to go to school. He then realizes school might actually be fun, and that learning new things is worth it.



GIBBERISH by Young Yo

A young boy moves to a new country where the unfamiliar language sounds like nonsense, making his first day of school hard. With the kindness of a classmate, he gains a newfound confidence.

THE KISSING HAND by Audrey Penn

Chester, a young raccoon, is nervous about starting school. His mother comforts him by kissing his hand, reminding him that her love is always with him, even when they're apart.



All books are available through the Ocean State Library System



THE CRAYONS GO BACK TO SCHOOL by Drew Daywalt

The crayons are ready to go back to school and each one has a subject they are looking forward to the most.

MAE'S FIRST DAY OF SCHOOL by Kate Berube

Mae decides she's NOT GOING to school. But then she meets Rosie and Ms. Pearl. Can her new friends help her conquer her fears?



SHY ROBIN AND THE FIRST DAY OF SCHOOL by Jaime Kim

A little hipp finds that looking out for a new friend can turn shyness into bravery.



TO HELP YOUR CHILD EMBRACE THEIR UNIQUENESS AND FOSTER CURIOSITY AND ACCEPTANCE OF NEW PEOPLE

ALL ARE WELCOME by Alexandra Penfold

Join a group of diverse classmates on their first day at a school where everyone is safe, welcomed, and accepted.



PETE THE CAT ROCKING IN MY SCHOOL SHOES by Eric Litwin

Pete never stops moving and grooving and singing his song. He discovers the library, the lunchroom, the playground, and lots of other cool places at school.

CHRYSANTHEMUM by Kevin Henkes

Chrysanthemum loves her name, but her classmates make fun of it. A teacher's acceptance helps her feel proud of her name once again and reminds her friends to be kind and respect differences.



ISABEL AND HER COLORES GO TO SCHOOL by Alexandra Alessandri

Isabel, who loves to draw and speaks only Spanish, is anxious as she starts her first day at an English-speaking school, but connects with her classmates at coloring time through her art.

THE DAY YOU BEGIN by Jacqueline Woodson

There are many reasons we might feel different or out of place. It's not easy taking those first steps when nobody really knows us. Yet, if we do, we can create connection, understanding, and belonging.



THE
GREATEST
EIGHT

HELP YOUR CHILD MASTER THE GREATEST EIGHT™ FOR A LIFETIME OF MENTAL WELL-BEING

Whether starting school for the first time or returning, a new school year can be scary for young children and their parents/caregivers. Reading with your child can help develop the 8 core skills while also easing the school transition.

8 CORE SKILLS



Communication



Coping and
Resilience



Understanding
Feelings



Problem
Solving



Self-perceived
Competence



Conflict
Resolution



Balancing
Emotions



Diversity
Awareness
and Respect



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