



WELL Resource List



Books to support Safe Spaces training and practice

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 supports the goals of the Safe Spaces program.

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 for children

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.

Ballerinas don't wear glasses **by Ainslie Manson and Dean Griffiths**

Ben shows great maturity and love for his little sister when he helps her deal with her anxiety about her pigtails and glasses and figures out how to make her very large costume fit.

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.

Cleversticks **by Bernard Ashley**

Ling Sung feels he can't do the things some of the other children in his daycare can do. He decides he does not like daycare until he discovers that he can do something extra special which no-one else can do.

Every buddy counts **by Stuart J. Murphy**

A sleepy child cheers herself up by counting her buddies.

From far away **by Robert Munsch**

This book is based on a series of letters received from Saoussan Askar who was born in Beirut, Lebanon and immigrated to Canada when she was 7 years old. The story was co-written by Ms. Askar and Robert Munsch and details her challenges as a newcomer in a strange and sometimes scary place.



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Glad monster, sad monster: a book about feelings **by Ed Emberley and Anne Miranda**

This book shows monsters experiencing various emotions and gives examples of the things that make them feel that way. Each emotion is represented as a mask which can be detached, used, and then stored in a pocket at the back of the book.

The great big book of feelings **by Mary Hoffman**

This book explores all kinds of feelings from joy to curiosity to jealousy and anger. It includes clear examples of various emotions and ideas for how to show feelings, or to make oneself feel better when overcome with a particular feeling.

Have you filled a bucket today? A guide to daily happiness for kids **by Carol McCloud**

This book attempts to show children how very easy and rewarding it is to express kindness, appreciation and love on a daily basis.

Hey, little ant **by Phillip Hoose and Hannah Hoose**

What would you do if the ant you were about to step on looked up and started talking? Would you stop and listen? What if your friends saw you hesitate? That's what happens in this funny, thought-provoking book. Originally a song by a father-daughter team, this conversation between two creatures, large and small, is bound to inspire important discussions.

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 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.

How to lose all your friends **by Nancy Carlson**

A humorous offer of advice on the kinds of things to do if you don't want to have any friends.

It's not fair! **by Amy Krouse Rosenthal**

Life doesn't always go as we'd like and this book shows that everyone, including pigs, planets and square pegs sometimes think that life's not fair.



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It's okay to be different **by Todd Parr**

This book aims to enhance self-esteem and self-confidence and advises us to embrace our individuality and accept others as they are.

The little red hen makes a pizza **by Philemon Sturges**

A retelling of the classic tale wherein an industrious hen makes food with no help from her lazy friends.

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.

Lots of feelings **by Shelley Rotner**

A photographic concept book that emphasizes the feelings that people have in common.

The name jar **by Yangsook Choi**

When Unhei moves from Korea to the US her classmates have difficulty pronouncing her name. Will Unhei decide to choose a new name?

Not fair, won't share **by Sue Graves**

On Monday morning Miss Clover unveils the new Space Station in the classroom! Miss Clover tells the children they must share and take turns but sharing proves very difficult and hurt feelings and anger soon follow. Will the children be able to calm down and work it out?

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.

The skin you live in **by Michael Tyler**

It's great to be YOU in your wonderful skin, no matter which hue, you are still you. You're the feelings that start from deep in your heart and you're more than you seem.

Who took the cookies from the cookie jar? **By Bonnie Lass & Philemon Sturges**

This adaptation of the well-loved song features animals from the American southwest, including a skunk who asks the question, "Who took the cookies from the cookie jar?" Who left the trail of cookie crumbs to show the way?



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Wilfrid Gordon McDonald Partridge **by Mem Fox**

Wilfrid is a small boy who has a big name - and that's why he likes Miss Nancy Alison Delacourt Cooper, because she has a long name too. When Wilfrid finds that Miss Nancy has lost her memory he determines to discover what memories are so he can return it to her. A warm and delightful book about inter- generational friendship.

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 uninvites some children from the party, Willow finds the strength to speak up.

Cool down and work through anger **by Cheri J. Meiners**

This book is designed to help children understand angry feelings and gives suggestions for coping with angry feelings.

The juice box bully: empowering kids to stand up for others **by Bob Sornson and Maria Dismondy**

Have you ever seen a bully in action and been unable to do anything about it? Pete learned all about bullying at his last school. Now it's up to the kids at his new school to teach Pete they will not be bystanders to bullying and to help him learn how to resolve conflicts peacefully.



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Books for adults

The bully, the bullied, and the bystander: from pre-school to high school. How parents and teachers can help break the cycle of violence **by Barbara Coloroso**

Drawing on decades of work with troubled youth and her wide experience in the areas of conflict resolution and reconciliatory justice, Coloroso offers a guide to the subject of bullying.

Class meetings: young children solving problems together **by Emily Vance**

This book provides guidance on how to plan and carry out class meetings with children. Class meetings can give children the confidence to speak up and the respect for others that leads to cooperation and peaceful problem solving

The compassionate classroom : relationship based teaching and learning **by Sura Hart and Victoria Kindle Hodson**

A practical guide for creating emotionally safe learning environments.

Don't pick on me: help for kids to stand up to & deal with bullies

by Susan Eikov Green

This book includes 10 minute activities intended to build self-confidence and help children learn to stand up to bullying behaviour.

No kidding about bullying [book + CD]: 125 ready-to-use activities to help kids manage anger, resolve conflicts, build empathy, and get along: grades 3 to 6 **by Naomi Drew**

Seen and heard: children's rights in early childhood education

by Ellen Lynn Hall and Jennifer Kofkin Rudkin

Using examples from a Reggio-inspired school for children from 6 weeks to 6 years, the authors emphasize the importance of children's rights and our responsibility as adults to hear their voices.

SET for life: An early childhood teacher's guide to supporting strong emotional foundations and successful social relationships **by Michelle M Forrester**

Supports early childhood educators to build positive relationships between children.

Socially strong, emotionally secure: 50 activities to promote resilience in young children **by Nefertiti Bruce and Karen B. Cairone**

This book is a guide to promoting emotional resilience through supportive, caring practices, home and school partnerships, experiences, routines, play, and through the learning environment.