

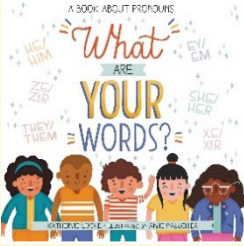
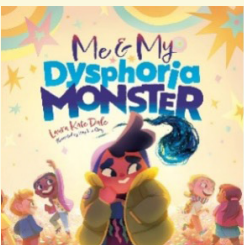
Gender Inclusive Early Learning Bibliotherapy Guide

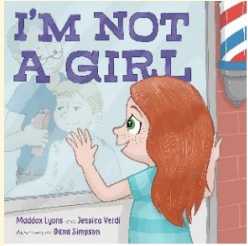
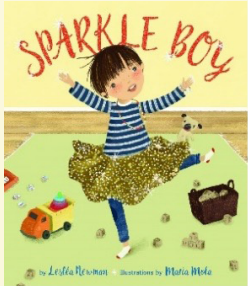
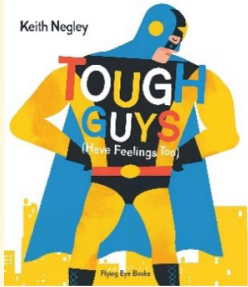
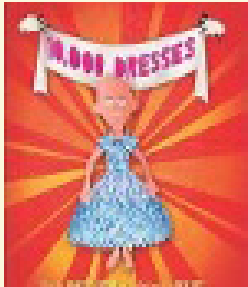
This bibliotherapy guide was adapted from Golden, Warner, Groom-Pike, Magnet & Driscoll's (2025) Bibliotherapy guide used during their research project 'How Can We Make Early Learning Inclusive?: Using GBA+ to apply intersectional feminist approaches to early learning'.

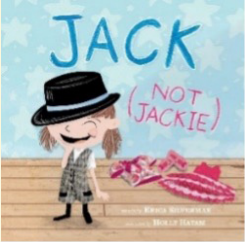
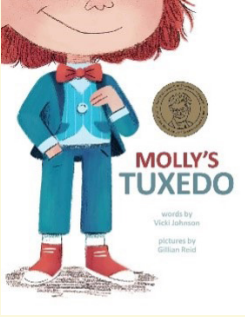
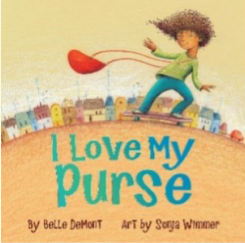
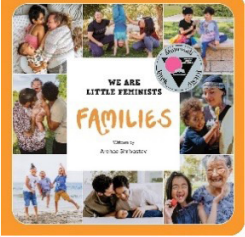
Gender Identity

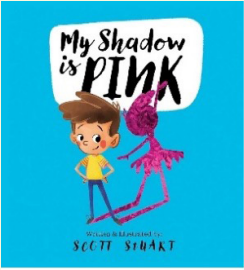
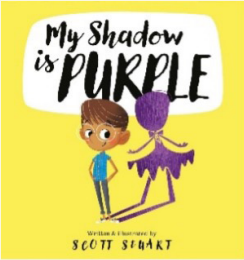
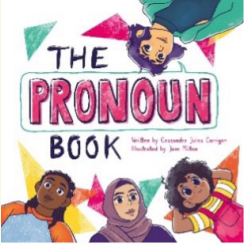
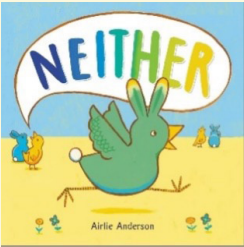
General Thought-provoking questions for Gender and Identity

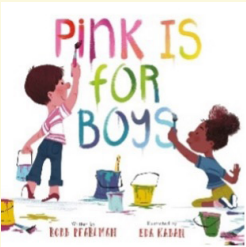
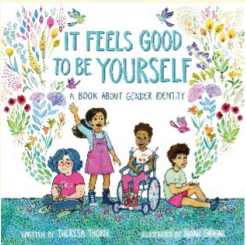
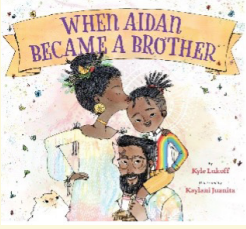
- How does it feel when you wear clothes you really like?
- What are ways you can show who you are on the inside?
- What are ways we can ask people what their pronouns are?
- How would you feel if someone kept calling a name you did not like?

Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p><i>What Are Your Words?</i></p> <p>Written by Katherine Locke</p> <p>Illustrated by Anne Passchier</p> 	<p>This book helps to teach kids that knowing someone's pronouns is not obvious and that we need to ask respectfully what someone's pronouns are. It also teaches about the impact of misgendering a person and how this can cause pain. The book follows Ari who learns from others about the pronouns they use.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • An introduction to gender-inclusive pronouns • Ask children which pronouns they use/ members of their family use • Reassure children that it is okay to not know their pronouns and/or it is okay for someone's pronouns to change
<p><i>Me and My Dysphoria Monster</i></p> <p>Written by Laura Kate Dale</p> <p>Illustrated by Hui Qing Ang</p> 	<p>This is a book that focuses on anxiety and how structural discrimination and not being allowed to be yourself contributes to anxiety and body dysmorphia. The book follows Nisha, who has a monster who follows her everywhere. With the support of Jack, she learns how to shrink her dysphoria monster.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • An introduction to dysphoria • Teaches respect • Shows the effects of not being able to be oneself • Concept of being a support system for others

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<p><i>I'm Not a Girl</i> Written by Maddox Lyons & Jessica Verdi Illustrated by Dana Simpson</p> 	<p>This book talks about what it feels like to be a trans boy. This book skillfully also locates help for the white male protagonist coming from two racialized kids – turning racist assumptions about transphobia in communities of colour on their head. The book follows Hannah who is assumed to be a girl by those around him. This is his journey of how he shows them who he really is.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Beginning the conversation about gender diverse individuals • Building empathy • Normalizes big feelings such as anxiety and happiness
<p><i>Sparkle Boy</i> Written by Lesléa Newman Illustrated by Maria Mola</p> 	<p>Debunks that there are “girl things” and “boy things” and talks about the power of connection to interrupt the hurt of the cycle of the tough guise of masculinity being taught from older boys to younger boys. This book follows Casey who enjoys sparkly things just like his older sister Jessie. Jessie does not accept Casey liking sparkly things until an encounter where Casey is bullied by some older children. The encounter changes Jessie’s perspective.</p>	<p>Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Emphasizes the freedom to be oneself • Effects of bullying • Showcases acceptance and respect for another’s identity
<p><i>Tough Guys</i> Written & Illustrated by Keith Negley</p> 	<p>This book talks about masculinity and emotions. This book shows that everyone has emotions, including sadness. It follows wrestlers, knights, superheroes and dads who all normalize that it is okay to show your emotions.</p>	<p>Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Start conversations about emotions and how we all experience them • Address toxic masculinity
<p><i>1,000 Dresses</i> Written by Marcus Ewert Illustrated by Rex Ray</p> 	<p>This book talks about bullying. It follows Bailey, who constantly thinks about dresses. Her mother protests that she is a boy and should not be thinking about dresses. Until she meets Laurel, who helps Bailey make dresses and fulfill her dreams.</p>	<p>Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Normalizes wearing dresses regardless of gender • Finding support systems

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<p><i>Jack (not Jackie)</i> Written by Erica Silverman Illustrated by Holly Hatam</p> 	<p>This book talks about change, acceptance and gender identity. This book follows Jack and his sister, Susan, as they navigate their relationship through Jack's identity. Susan always imagined playing fairies with Jackie, but accepts Jackie as Jack, a boy with ties and bugs.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Representation for transgender boys • Enforces the message of acceptance and continued learning • Navigating sibling relationships
<p><i>Molly's Tuxedo</i> Written by Vicki Johnson Illustrated by Gillian Reid</p> 	<p>This book talks about play, dress-up, and gender identity. This book follows Molly who navigates wanting to wear a tuxedo to school. Molly is getting ready for picture day, and she finds the perfect outfit that has pockets and no hard-to-reach zippers.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • An invitation to begin conversations about gender • Including activities involving dress-up • Encourages adults to be caring and supportive as children find themselves
<p><i>I Love My Purse</i> Written by Belle DeMont Illustrated by Sonja Wimmer</p> 	<p>This book shares the important message that conforming to societal norms is not always necessary. It is more important to be true to yourself. This book follows Charlie's attachment to a red purse given to him by his grandmother.</p>	<p>Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Talk about gifts from others that they cherish • Open conversations about societal norms • Ask children what it means to be "true to themselves"
<p><i>We are Little Feminists: Families</i> Written by Archa Shrivastav</p> 	<p>This book showcases all the wonderful forms of family, gender, and sexuality. We Are Little Feminists is the identity-affirming board book series developed to raise intersectional feminists.</p>	<p>Infant, Toddler</p>	<ul style="list-style-type: none"> • Talk with children about who is in their family • Introduction to a variety of family structures

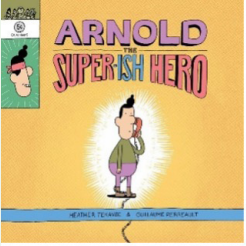
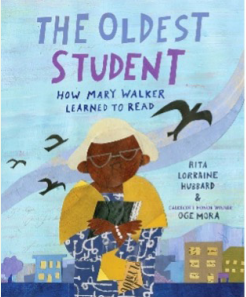
Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p><i>My Shadow is Pink</i> By Scott Stuart</p> 	<p>This book talks about gender identity, self-acceptance, equality, and diversity. This book follows the main character who, through their dad’s support, learns that we all have a “shadow”.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Teaches about love and support systems • Teaches about acceptance • Begin conversations about self-acceptance and ask “what makes you, you”
<p><i>My Shadow is Purple</i> By Scott Stuart</p> 	<p>This book talks about being true to yourself and moving beyond the gender binary. This book emphasizes that our “shadows” do not have to be the same as those around us.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Open conversations that challenge gender stereotypes • Introduces identities beyond the gender binary
<p><i>The Pronoun Book</i> Written by Cassandra Jules Corrigan Illustrated by Jem Milton</p> 	<p>This book talks about pronoun etiquette and educates children on they/them pronouns, trans and non-binary identities, misgendering and neo-pronouns such as xe, zir and hir.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Open conversations about respect for others’ pronouns • Ask children which pronouns they use • Teach children about a variety of pronouns
<p><i>Neither</i> By Airlie Anderson</p> 	<p>This book promotes diversity and lets readers know that our differences unite us. This book introduces the reader to a land where, for centuries, only yellow birds and blue bunnies existed. That is until a green egg appears, Neither.</p>	<p>Toddler, Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Reinforce that it is our differences that unite us • Challenges exclusionary practices and promotes acceptance • Ask children what makes them feel included in their environments

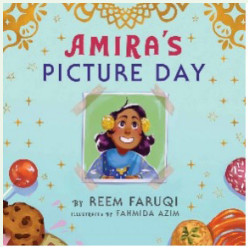
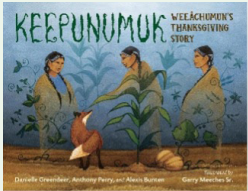
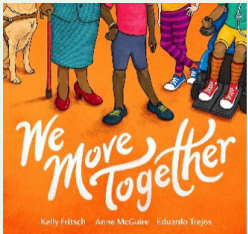
Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p><i>Pink is for Boys</i> Written by Robb Pearlman Illustrated by Eda Kaban</p> 	<p>This book reframes the stereotypical blue/pink gender binary and empowers the readers to express themselves in every colour of the rainbow. This book encourages children to love whatever they love and to challenge gender stereotypes.</p>	<p>Toddler, Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Challenges the gender binary regarding colours • Can also be applied to the gender binary around toys • Frame around a drawing activity and offer all colours of the rainbow
<p><i>It Feels Good to Be Yourself</i> Written by Theresa Thorn Illustrated by Noah Grigni</p> 	<p>This book introduces the concept of gender identity. This book gives a simplistic explanation of gender identity terms.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Introduce terms relating to gender identity • Opens opportunities to ask questions about gender identity • Emphasize the importance of free expression
<p><i>When Aidan Became a Brother</i> Written by Kyle Lukoff Illustrated by Kaylani Juanita</p> 	<p>This book is about the importance of repair – and how it's not as important to get things right or do them perfectly as it is to learn how to repair. This book follows Aidan, who is transgender, as he navigates becoming a big brother.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Emphasize that repair is important and possible in all aspects of life • Ask children how they navigated becoming a sibling, if applicable

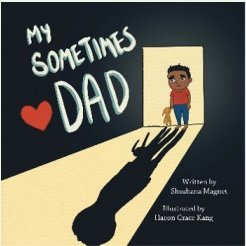
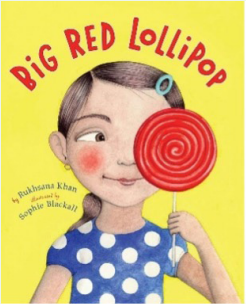
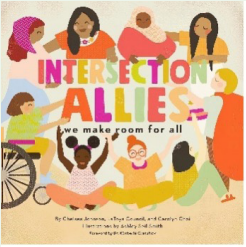
Intersectionality

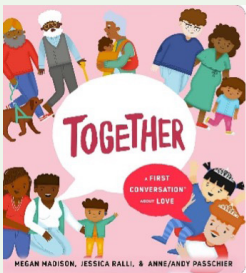
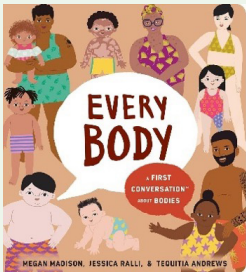
Thought provoking questions around intersectionality

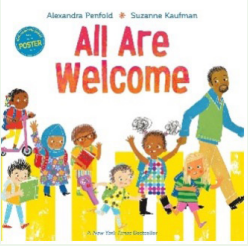
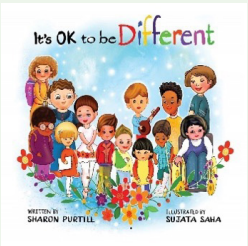
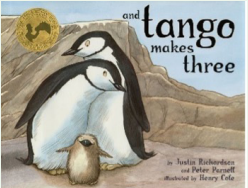
- What do you love about your family? Or What makes your family unique?
- How are you the same or different from your friends?
- Have you ever felt different? How did this make you feel?
- How can we support others in their differences?
- When do you feel most connected? Loved? Safe?

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<p><i>Arnold the Super-ish Hero</i></p> <p>Written by Heather Tekavec</p> <p>Illustrated by Guillaume Perreault</p> 	<p>This book talks about how boys are asked to be tough and strong – even when they don't feel these ways. It gestures towards toxic masculinity and asks how we might teach kindness as a superpower, rather than brute strength. This book follows Arnold who is in the family superhero business but is not a superhero himself.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Ask children which “superpowers” they have • Emphasize the importance of showing kindness to others
<p><i>The Oldest Student</i></p> <p>Written by Rita Lorraine Hubbard</p> <p>Illustrated by Oge Mora</p> 	<p>Teaches about anti- Black racism and the ways that the denial of education is a part of white supremacy. It also teaches the SEL skill of the importance of persistence while unpacking what it means that attending school is a privilege not given to all communities equally. This book follows Mary Walker who overcame many life challenges and learned to read at the age of 116.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Encourage conversations about how we all learn things at different rates as we all have different challenges to overcome • Emphasize the importance of continuous learning

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<p>Amira's Picture Day</p> <p>Written by Reem Faruqi</p> <p>Illustrated by Fahmida Azim</p> 	<p>This book teaches about how anti- Muslim racism and assumptions about what are school holidays that we get time off from school. These school holidays do not often include important Muslim celebrations. It also helps to unpack the way that racism can affect our everyday interactions (including talking with others about what to wear for picture day) without our being aware. This book follows Amira who is excited for Eid, which also happens to land on Picture Day.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Ask children if they have ever had two celebrations on one day they were both excited about • Ask children if there are holidays they celebrate that land on school days • Have conversations about the important celebrations in children's lives
<p>Keepunumuk: Weeâchumun's Thanksgiving Story</p> <p>Written by Danielle Greendeer, Anthony Perry, and Alexis Bunten</p> <p>Illustrated by Garry Meeches Sr.</p> 	<p>This book is about Thanksgiving and the impact of celebrating a settler colonial moment for Indigenous communities. This book is written and illustrated by four indigenous individuals.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Challenges the conceptions of what we hold about western holidays • Teaches the history of Thanksgiving and the impact on Indigenous communities
<p>We Move Together</p> <p>A collaboration between Kelly Fritsch, Anne McGuire, and Eduardo Trejos</p> 	<p>This book talks about disability and community understanding. This book follows several children who discuss everyday barriers they encounter.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Empowers conversations about disability, social justice, accessibility and community building • Asking children whether the early learning environment is accessible to children of all abilities

Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p><i>My Sometimes Dad</i> Written by Shoshana Magnet Illustrated by Haeon Grace Kang</p> 	<p>This book talks about different kinds of families and family separation. This book addresses the feelings associated with an absent parent. It acknowledges the pain associated with the reconfiguration of the family structure. This book also features a dad who is a transgender man.</p>	<p>Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Opens up opportunities for children to hear about families like theirs • Acknowledge the pain associated with the “sometimes” parent
<p><i>Big Red Lollipop</i> Written by Rukhsana Khan Illustrated by Sophie Blackall</p> 	<p>This book is about cultural rituals that are different in some families than others, as well as jealousy and sibling rivalry. This book follows Rubina, who is asked by her mother, Ami, to take her younger sister to a birthday party.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Have conversations about sibling relationships • Ask children about the expectations surrounding birthday parties they have been to
<p><i>Intersection Allies: We Make Room for All</i> Written by Chelsea Johnson, LaToya Council & Carolyn Choi Illustrated by Ashely Seil Smith</p> 	<p>This book is an entry into intersectional feminism for kids. This book encourages children to embrace each other’s differences.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Emphasize the importance of embracing differences • Ask children what makes them unique/if they relate to any of the characters

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<p><i>Being You: A First Conversation About Gender</i></p> <p>Written by Megan Madison & Jessica Ralli</p> <p>Illustrated by Anne/Andy Passchier</p> 	<p>This book is a first step in discussing race, gender, consent, and body positivity with toddlers.</p>	<p>Infant, Toddler</p>	<ul style="list-style-type: none"> • Open opportunities for children to ask questions about gender • Encourage children to express themselves as their true authentic selves
<p><i>Together: A First Conversation About Gender</i></p> <p>Written by Megan Madison & Jessica Ralli</p> <p>Illustrated by Anne/Andy Passchier</p> 	<p>This book is a beginner's exploration of love, relationships, and families.</p>	<p>Infant, Toddler</p>	<ul style="list-style-type: none"> • Emphasize that everyone is loved • Ask children about the types of relationships they have encountered (ie. Their parents, friendships, etc.)
<p><i>Every Body: A First Conversation About Gender</i></p> <p>Written by Megan Madison & Jessica Ralli</p> <p>Illustrated by Anne/Andy Passchier</p> 	<p>This book offers clear, concrete language and beautiful imagery to introduce the concept of BODY LIBERATION.</p>	<p>Infant, Toddler</p>	<ul style="list-style-type: none"> • Ask children what they like about their bodies • Emphasize that every person has attributes that make them unique • Provide opportunities for children to ask questions about their own bodies

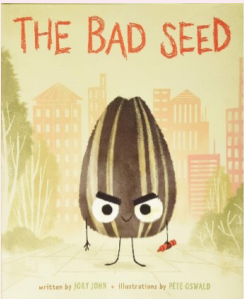

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<p><i>All Are Welcome</i> Written by Alexandra Penfold Illustrated by Suzanne Kaufman</p> 	<p>This book is about a school and community where diversity is celebrated. This book emphasizes a space in which all children are loved and accepted.</p>	<p>Toddler, Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Ask children about ways in which they feel welcome in the early learning program • Ask children about how we can celebrate others • Discuss the importance of listening to diverse voices
<p><i>It's Ok to be different</i> Written by Sharon Purtill Illustrated by Sujata Saha</p> 	<p>This book delivers the message that all children are different, and their individuality should be celebrated, not shunned. This book embraces each child and shows that they don't have to look like each other to be kind to one another.</p>	<p>Toddler, Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Teaches about embracing individuality • Ask children what makes them unique • Ask children to share kind things they have done or seen
<p><i>And Tango makes Three</i> Written by Justin Richardson & Peter Parnell Illustrated by Henry Cole</p> 	<p>This book is about two male penguins who create a family together-this story is about diverse families (same sex parents and adoption). This book follows two penguins, Roy and Silo, from the Central Park Zoo.</p>	<p>Infant, Toddler</p>	<ul style="list-style-type: none"> • Ask children who they love • Ask children what family means to them • Ask children who is a part of their family

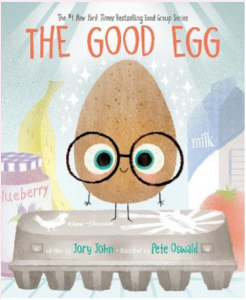
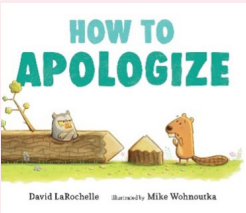
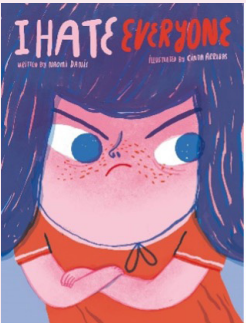
Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p><i>A Family is a Family</i> Written by Sara O’Leary Illustrated by Qin Leng</p> 	<p>This book discusses all the different types of families—families of every shape, size and kind of relation. This book follows one child who fears their family is too complicated to describe until they hear about their classmates’ families.</p>	<p>Toddler, Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Encourage conversations about each child’s family • Challenges the nuclear definition of family
<p><i>Heather Has Two Mommies</i> Written by Leslea Newman Illustrated by Laura Cornell</p> 	<p>This book is about diverse families. This book follows Heather, who has two mommies, and while drawing, she notices that everyone has different families. This book challenges the notion of the nuclear family.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Prompt children to draw their families • Encourage children to talk about their families
<p><i>The Family Book</i> By Todd Parr</p> 	<p>This book celebrates the love we feel for our families and all the different varieties they come in. This book discusses the different types of families, who makes a family and where families live.</p>	<p>Infant, Toddler, Preschool</p>	<ul style="list-style-type: none"> • Ask children about their own families • Summarize the types of families explored in this book


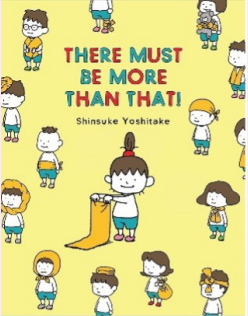
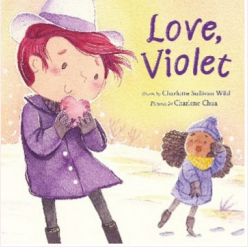
Big feelings

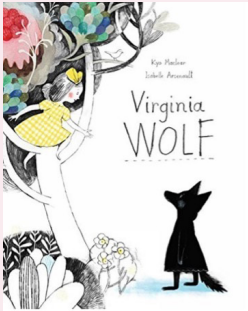
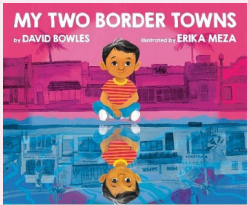
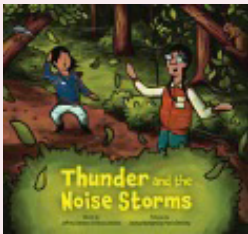
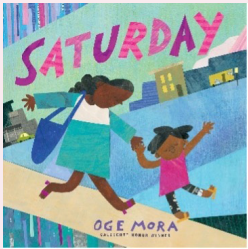
Thought provoking questions around big feelings

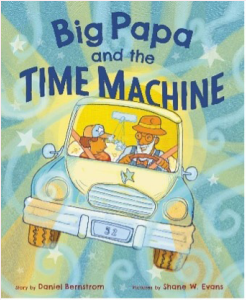
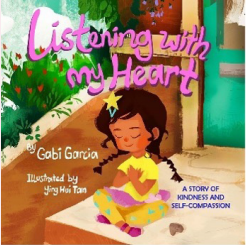
- What helps you feel better when you are upset or feeling big feelings?
- What do you think you should do when you have big feelings, like being mad or sad or angry or frustrated?
- How do you see others deal with their big feelings? Would you deal with your big feelings differently?
- How can you tell if someone's feeling upset?
- How can you help a friend who is upset?

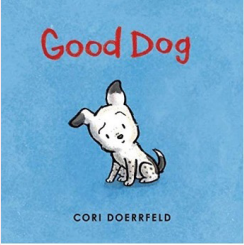
Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p><i>The Bad Seed</i> Written by Jory John Illustrated by Pete Oswald</p> 	<p>This book discusses how we are all a mix of feelings and behaviours. This book follows a seed as they navigate various feelings such as happiness and mischievousness.</p>	<p>Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Emphasize that we display multiple behaviours and emotions • Ask children what emotions they know the name of and have experienced • Reminder that we can make poor decisions/ mistakes and it does not make us bad or unlivable
<p><i>The Cool Bean</i> Written by Jory John Illustrated by Pete Oswald</p> 	<p>This book discusses popularity and kindness. The bean learns from the cool beans that it is cool to be kind.</p>	<p>Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Discuss the value of kindness • Highlight the importance of empathy and self acceptance

Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p><i>The Good Egg</i> Written by Jory John Illustrated by Pete Oswald</p> 	<p>This book is about anxiety, control, and perfectionism. The good egg feels like they have to be perfect, and this expectation weighs on them.</p>	<p>Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Reiterate that we don't have to be perfect • Ask children what they do to reduce anxiety • Emphasize taking care of ourselves—and that we must listen to our bodies (we can only do so much)
<p><i>How to Apologize</i> Written by David LaRochelle Illustrated by Mike Wohnoutka</p> 	<p>Both a practical guide for how and why we say sorry, and also is good for neurodiverse children at explaining how to say sorry skillfully. This book also teaches the important skill of how to come together and repair when we mess up – which everyone does.</p>	<p>Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Ask children if they have experienced times where they had to apologize • Reiterate the importance of repair
<p><i>I Hate Everyone</i> Written by Naomi Danis Illustrated by Cinta Arribas</p> 	<p>This book is about making space for anger and strong feelings. The story revolves around the concept of a birthday party.</p>	<p>Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Normalize strong feelings • Model coping mechanisms when experiencing strong feelings

Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p>Mr. Flux Written by Kyo Maclear Illustrated by Matte Stephens</p> 	<p>This book is about a little boy who struggles with change and an artist who helps him to learn to embrace it. Mr. Flux helps the boy learn that modeling embracing change can change a community.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Ask children ways that they have dealt with change • Use around transitions
<p>There Must Be More Than That! Written & Illustrated by Shinsuke Yoshitake</p> 	<p>This book is about anxiety about the future and how to manage our need to worry and imagining alternative endings.</p>	<p>Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Ask children how they manage their worries • Reiterate coping mechanisms
<p>Love, Violet Written by Charlotte Sullivan Wild Illustrated by Charlene Chua</p> 	<p>A beautiful book about the intensity and vulnerability that comes with making a new friend and/or wanting to be someone's friend. This book follows Violet who meets a girl Mira who she creates a connection with and makes a special valentine for her.</p>	<p>Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Center around an activity to write or draw messages for others • Ask children the ways they communicate how they feel towards others

Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p>Virginia Wolf Written by Kyo Maclear Illustrated by Isabelle Arsenault</p> 	<p>A book about sadness and depression. This book follows Virginia and her sister Vanessa as they navigate emotions and use painting as an outlet.</p>	<p>Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Prompt children to draw their own version of Bloomsberry • Ask children to describe their places of imagination that help them get through big feelings
<p>My Two Border Towns Written by David Bowles Illustrated by Erika Meza</p> 	<p>This book deals with the complicated feelings that children might have faced if they experienced the unfair separation of families across national boundaries. This book follows the main character as they travel to see family between the US and Mexico borders.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Ask children if they have ever travelled to see family • Talk about how families may be separated by borders not by choice
<p>Thunder and the Noise Storms Written by Jeffrey Ansloos and Shezza Ansloos Illustrated by Mangeshig Pawis Steckley</p> 	<p>This book is about an Indigenous child who uses meditation and grounding exercises that he draws from the wise older adults around him. This book might feature a neurodiverse child or a child who just hates noise – it is left deliberately unclear. This book emphasizes the healing power of the world around us through the experiences of Thunder.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Emphasize the importance of nature on well-being • Use mediation techniques and grounding exercises
<p>Saturday Written & Illustrated by Oge Mora</p> 	<p>This book is about a single mother spending special time with her daughter – and learning how to regulate even when things don't go as planned. This book is a reminder that even when things don't go as planned, time together is most important of all.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Encourage children to talk about times things do not go as planned • Ask children which emotions the characters may feel when things do not go as planned

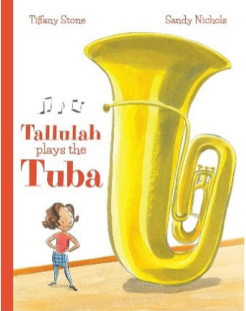

Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p><i>Why Do We Cry?</i> Written by Fran Pintadera Illustrated by Ana Sender</p> 	<p>This book talks about the importance and reset of crying and melting down for all of us. Mario asked his mother why we cry, and she explains why we cry, including because we feel like it.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Reiterate that it is okay to cry and that crying can be very healthy • Remind children that everyone cries—all genders, all ages, all over the world—we all cry
<p><i>Big Papa and the Time Machine</i> Written by Daniel Bernstrom Illustrated by Shane W. Evans</p> 	<p>This book discusses racism and parental abandonment and teaches the SEL lesson of the importance of facing our fears. Big Papa uses a time machine to go back to all the times he has been brave.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Ask children about times they have been brave • Ask children ways in which they can face their own fears • Acknowledge that we all have fears we can overcome
<p><i>Listening With My Heart</i> Written by Gabi Garcia Illustrated by Ying Hui Tan</p> 	<p>This book talks about kindness and self-compassion. This book follows Esperanza who finds a heart-shaped rock and uses it as a reminder to spread kindness.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Prompt children to brainstorm ways in which they show kindness to others and themselves • Ask children if they have objects that help them feel grounded, like the heart-shaped rock

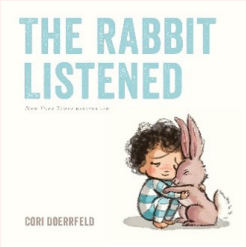
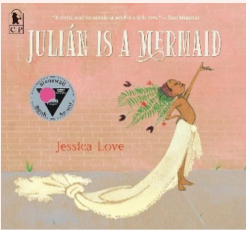
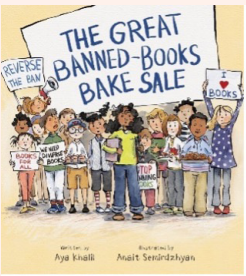

Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p>Good Dog Written & Illustrated by Cori Doerrfeld</p> 	<p>This book follows a dog in need of a friend and a forever home. This book discusses about homelessness, poverty, loss, devotion, friendship, adoption and finding your person/ forever home.</p>	<p>Toddler, Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Encourage children to share stories about their pets or animals they have encountered • Ask children to talk about losing something they cared about—how did it make them feel? Did they find what they lost / was it returned? • Discuss special connections they have with people / animals
<p>My Heart Fills With Happiness Written by Monique Gray Smith Illustrated by Julie Flett</p> 	<p>It talks about the everyday moments of joy. This book includes Indigenous children and adults.</p>	<p>Infant, Toddler</p>	<ul style="list-style-type: none"> • Ask children what makes them happy • Discuss how our bodies and hearts have different reactions when experiencing big feelings such as happiness
<p>I am One Written by Susan Verde Illustrated by Peter H. Reynolds</p> 	<p>This book talks about activism and the power of one's actions. This book emphasizes that one can make a difference.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Ask children about how they can make a difference in their communities • Talk about actions of activism that your centre already partakes in

Creative expression and persistence

Thought Provoking questions Creative expression and persistence

- How does getting creative make you feel?
- What does creativity mean to you?
- What do you do when an activity starts to seem hard or frustrate you?
- How does it make you feel when you try something new?

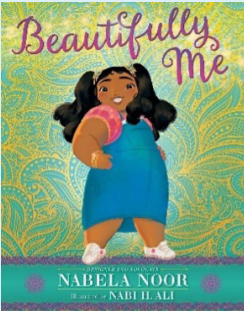
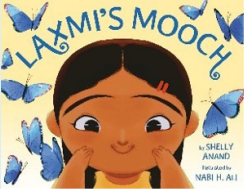
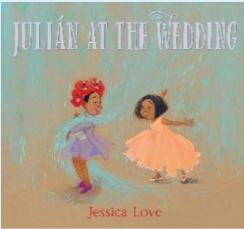
Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p><i>Tallulah Plays the Tuba</i></p> <p>Written by Tiffany Stone</p> <p>Illustrated by Sandy Nichols</p> 	<p>This book teaches about the importance of persistence and its role in resilience. This book follows Tallulah, who dreams of playing the tuba, an instrument much larger than she is.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Emphasize the importance of persistence and trying again when things get tough • Ask children about times when they had to try something again when it didn't work the first time
<p><i>In Between</i></p> <p>Written by April Pulley Sayre</p> <p>Photographs by April Pulley Sayre and Jeff Sayre</p> 	<p>This book teaches the skill of persistence while also complicating the notion that we have ever “arrived” or learned all we need to know. This book follows a series of animals as they navigate the “in between”; no longer a tadpole but not yet a frog.</p>	<p>Toddler, Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Ask children if they have had any of the experiences the animals have • Ask children about their “in-between” stages • Discuss with children new experiences they foresee happening

Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p><i>The Rabbit Listened</i> Written & Illustrated by Cori Doerrfeld</p> 	<p>This book teaches the skills of how to listen. This book follows Taylor as she navigates a situation and yearns for someone to listen to.</p>	<p>Toddler, Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Ask children why they think they can benefit from listening to others • Emphasize that rather than guessing emotions or offering advice when not asked, we can listen to each other
<p><i>Julián Is a Mermaid</i> Written & Illustrated by Jessica Love</p> 	<p>This book is about understanding shame and empathy. This book follows Julián who sees three women on the subway who resemble mermaids. Julián wants to experience the magic just like them.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Empowers children to feel accepted with their own identities • Normalize using imagination and dressing up however they wish
<p><i>The Great Banned-Books Bake Sale</i> Written by Aya Khalil Illustrated by Anait Semirdzhyan</p> 	<p>This book is about the positive possibilities of coming together to fight oppression and how children can draw strength and comfort from participating in social movements to fight injustice (in this case banned books). It follows Kanzi, who along with her friends, raises funds for diverse books so other children have literature that represents children like them.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Emphasizes the need for diverse literature • Ask children if there are books that remind them of themselves • Ask children if they have come together to fight for something they believe in
<p><i>Except When They Don't</i> Written by Laura Gehl Illustrated by Joshua Heinsz</p> 	<p>This book encourages kids to practice self-acceptance and embrace all kinds of play. This book challenges the stereotypes of what children are supposed to play with and their interests.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Ask children to discuss if toys or activities have to be “boy” or “girl—and why?” • Ask children which types of play they like to engage in • Encourage play in all activities and avoid stereotypes • Ask children how they can stop the stereotypes in the ELC

Self-Love and Identity

Thought Provoking Questions

- What do you love about yourself?
- What are some ways we can take care of ourselves?
- What makes you feel proud of yourself?
- How do you feel you are unique?

Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p><i>Beautifully Me</i> Written by Nabela Noor Illustrated by Nabi H. Ali</p> 	<p>This book deals with fat-shaming and self-love. It features a Muslim family talking in loving ways about the mixed feelings we have about our bodies, given problematic racist and sexist messaging. This book follows Zubi, who hears messaging about body image, but learns to love herself and challenges these messages.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Ask children what they love about themselves • Teaches about respect, inclusion, and challenging messages about one's body • Reframing the way we talk about ourselves in front of children
<p><i>Laxmi's Mooch</i> Written by Shelly Anand Illustrated by Nabi H. Ali</p> 	<p>This book touches on beauty standards, shame, embarrassment, and embracing ourselves. This book follows Laxmi, who never really paid much attention to the hair on her upper lip until they were compared to the whiskers of a cat during play.</p>	<p>Toddler, Preschool, Kindergarten</p>	<ul style="list-style-type: none"> • Teaches that body hair is normal • Empowers confidence in children • Ask children what they love about themselves
<p><i>Julián At the Wedding</i> Written & Illustrated by Jessica Love</p> 	<p>This book talks about accepting each other as we are and accepting that we have different types of families. This book follows Julián and Marisol, who attend a wedding and navigate friendship together.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Ask the children who makes them feel accepted and supported • Many points of the book are open to interpretation, so ask children what they think the message is

Book Title and Author	Description	Average age / Audience	Potential Talking Points / When to Use
<p><i>Don't Touch My Hair</i> Written & Illustrated by Sharee Miller</p> 	<p>This book talks about respecting bodily autonomy. This book follows Aria and how she navigates people wanting to touch her hair without asking.</p>	<p>Preschool, Kindergarten, School Age</p>	<ul style="list-style-type: none"> • Use as an opportunity to discuss boundaries • Emphasizes asking for permission
<p><i>Be Who You Are</i> By Todd Parr</p> 	<p>This book embraces individuality and encourages children to be proud of who they are and where they are from.</p>	<p>Toddler, Preschool</p>	<ul style="list-style-type: none"> • Reminder that everyone has unique traits • Celebrate individuality • Ask children what makes them unique
<p><i>It's Ok to be Different</i> By Todd Parr</p> 	<p>This book encourages children to embrace their individuality and celebrate diversity— highlighting different types of families, personalities, appearances, abilities, talents and more.</p>	<p>Toddler, Preschool</p>	<ul style="list-style-type: none"> • Ask children what makes them different • Reiterate that individuality should be embraced