

FIRST LEVEL BOOKLIST



These books provide opportunities to talk about the themes of interest to RSHP learning, but they are also just good books to read and enjoy. The books can be used with a class or group, reading to pairs or individual children. Of course, they can be read at school and at home.

Stories for boys who dare to be different

Ben Brooks

ISBN 978-1-78747-198-6

True tales of amazing boys (who became famous and not so famous men) who changed the world.

Goodnight stories for rebel girls

Elena Favilli and Francesca Cavallo

ISBN 978-0-141-98600-5

The stories of heroic women from around the world

Have you filled a bucket today?

Carol McLeod

ISBN 099609993X

This heart-warming book encourages positive behaviour by using the concrete concept of an 'invisible bucket' that holds your good thoughts and feelings. When you do something kind, you fill someone's bucket; when you do something mean, you dip into someone's bucket and remove some good thoughts and feelings. This book focuses on how our social interactions positively or negatively affect others and encourages everyone to be kind.

Growing up with a bucketful of Happiness: Three rules for a Happier Life

Carol McLeod

ISBN 1933916575

The sequel to Have You Filled a Bucket Today? Features easy-to-read chapters, colourful illustrations, and daily questions to help readers become better bucket fillers and give them the tools to live a life filled with happiness.

Meh a story about depression

Deborah Malcolm

ISBN 163411003X

Sadness is an emotion that everyone feels at some time or another. But sometimes you might feel a sadness so long and so deep and dark that it seems impossible to find happiness. That kind of sadness is called depression. Meh is a wordless picture book about one boy's journey through depression. Discussion questions at the back of the book are intended for parents or teachers to discuss depression with children. For children 8+

Charlotte's Web

EB White

ISBN 0141354828

This is the story of a little girl named Fern who loved a little pig named Wilbur and of Wilbur's dear friend, Charlotte A. Cavatica, a beautiful large grey spider. With the unlikely help of Templeton the rat, and a wonderfully clever plan of her own, Charlotte saves the life of Wilbur, who by this time has grown up to be quite a pig. A book about friendship and loyalty.

Things that Surprise You

Jennifer Maschari

ISBN 0062438921

A beautifully layered story about navigating the often shifting bonds of family and friendship, and learning how to put the pieces back together when things fall apart.

The Seeds of Friendship

Michael Foreman

ISBN 1406356506

Adam feels alone in his strange, new city. He misses the colours and friendships of his faraway home. But when a teacher at school gives him a few seeds, she plants an idea in him – an idea that could transform his grey world for ever.

Lift the flap Questions and Answers about my Body

Katie Daynes

ISBN 9781409562108

For younger children learning at this Level, this Lift-the-Flap book contains the answers to the many questions that curious children have about their bodies, including 'How do I smell?' 'What makes me burp?' 'Why do I need to wash my hands?' 'Why is blood red?' and many more.

Colin and Lee, Carrot and Pea

Morag Hood

ISBN 1509808949

For younger children learning at this Level, the perfect way to help celebrate individuality, friendship... and vegetables!

A Tale of two daddies

Vanita Oelschlager

ISBN 0981971466

"A Tale of Two Daddies" is a playground conversation between two children. The boy says he heard that the girl has two dads. The girl says that is right--she has Daddy and Poppa. True to a child's curiosity, practical questions follow: "Which dad helps when your team needs a coach? / Which dad cooks you eggs and toast?" For younger children learning at this Level.

Miles is the boss of his body

Samantha Kurtzman- Counter and Abbie Schiller

ISBN 0989407136

On his 6th birthday, Miles' excitement is dimmed when he finds himself being pinched, hugged too tight, picked up and tickled by his well-intentioned family and decides he's had enough! When Miles decrees that he is the "Boss of his body," his whole family expresses support and respect for his personal boundaries.

My many coloured days

Dr Seuss

ISBN 0099266598

'You'd be surprised how many ways I change on different coloured days. Maybe on some days you feel sort of brown, like a bear; you feel slow and low, low down. But then comes a yellow day and wheeeeeeeee! you feel like a busy, buzzy bee'. Dr Seuss takes the reader on a journey through many different moods.

The boy who built a wall around himself

Ali Redford

ISBN 1849056838

Boy built a wall to keep himself safe. Behind it he felt strong and more protected. Then Someone Kind came along. This gentle full-colour picture book uses a simple metaphor to explain how children who have had painful or traumatic experiences can build barriers between themselves and other people. It will help children explore their feelings and encourage communication.

The Invisible Boy

Trudy Ludwig

ISBN 9781582464503

Meet Brian, the invisible boy. Nobody ever seems to notice him or think to include him in their group, game, or birthday party . . . until, that is, a new kid comes to class. When Justin, the new boy, arrives, Brian is the first to make him feel welcome. And when Brian and Justin team up to work on a class project together, Brian finds a way to shine. This gentle story shows how small acts of kindness can help children feel included and allow them to flourish.

What Did I look Like When I Was a Baby?

Jeanne Willis and Tony Ross

ISBN 184270 2106

Michael asks his mum; the baboon asks his mum and all other animals ask their mums. The answer in each case is amusing and satisfyingly simple. This book explores family traits and genes in a funny and accessible style. Amusing with lovely visual jokes.

How did I Begin?

Mick Manning and Brita Granstrom

ISBN 07496 56611

A warm, friendly introduction to the facts of life for younger children that follows the story of a new life from the moment of conception to the birth of a baby. We are guided through

each stage with simple illustrations, inviting lots of discussion and providing answers to all those questions.

Before you were born by Jennifer Davis

ISBN 0761112006

For younger children, this joyous, innovative book about pregnancy tells the parallel story of mother and baby from hearing the thumpity-thump of baby's heartbeat to that unforgettable first meeting.

It's My Body

Lory Freeman

ISBN 0943990 033

A book to teach younger children how to resist uncomfortable touch.

Your body belongs to you

Cornelia Spelman

ISBN 978-0-8075-9473-5

In simple reassuring language the author explains that children can decline a friendly hug or kiss, even from someone they love, and still be friends. The text and illustrations remind children that their feelings count. Positive and assertive approach.

My Body Belongs to Me from My Head to My Toes

Dagmar Geisler

ISBN 9781626363458

Provides younger children with confidence about accepting and rejecting physical contact from others, helping to give children a voice in uncomfortable situations.

Some Secrets Should Never Be Kept

Jayneen Sanders and Craig Smith

ISBN 0987186019

An illustrated children's picture book that sensitively broaches the subject of keeping children safe from inappropriate touch. A tool to broach the subject of safe and unsafe touch in a non-threatening and age-appropriate way.

I love you just the way you are

Tammi Salzano

ISBN 9781848958753

For younger children at this Level, a mum and son go about their daily routine with familiar activities such as dressing up, reading, painting and bath time.

It's okay to be different

Todd Parr

ISBN 0316043478

For younger children, delivers the important messages of acceptance, understanding and confidence in an accessible, child-friendly format featuring Todd Parr's trademark bold, bright colours and silly scenes.

The Family Book

Todd Parr

ISBN 0316070408

For younger children at this Level, the book celebrates the love we feel for our families and all the different varieties they come in. Whether you have two moms or two dads, a big family or a small family, a clean family or a messy one, Todd Parr assures readers that no matter what kind of family you have, every family is special in its own unique way.

Who's in a Family

Robert Skutch

ISBN 1883672139

Family is important, but who's in a family? It's the people who love you the most! This picture book has no preconceptions about what makes a family a family. There's even equal time given to some of children's favourite animal families.

We belong together: a book about adoption and families

Todd Parr

ISBN 0-316-01668-3

For younger children, there are lots of different ways to make a family. It just takes love.

Do you sing twinkle? A story about remarriage and new family

Sandra Levins

ISBN 1433805391

For younger children. Living apart from a parent can be a hard adjustment for a child. If that parent remarries and has stepchildren, things can get confusing. Told from a young boy's point of view, this book addresses many feelings and questions that children may have while adjusting to remarriage and a blended family after their parents' divorce.

King and King

Linda de Haan

ISBN 1582460612

Once there lived a lovelorn prince whose mother decreed that he must marry by the end of the summer. So began the search to find the prince's perfect match and lo and behold.....his name was Lee. You are cordially invited to join the merriest, most unexpected wedding of the year. A contemporary tale about finding true love and living happily ever after.

No Means No!

Jayneen Sanders and Cherie Zamazing

ISBN 1925089223

'No Means No!' is a children's picture book about an empowered little girl who has a very strong and clear voice in all issues, especially those relating to her body and personal boundaries. Teaching personal boundaries, consent.

ABC of Body Safety and Consent

Jayneen Sanders and Cherie Zamazing
ISBN 1925089592

The 26 'key' letters and accompanying words will help children to learn and consolidate age-appropriate, crucial and life-changing body safety and consent skills.

I'm a Girl!

Yasmeen Ismail ISBN 1408857006

The girl in this book likes to win, she likes to be spontaneous, fast and strong, and because she also likes to dress in t-shirt and shorts, she is forever getting mistaken for a boy. And when she meets a boy who likes wearing princess dresses and playing dolls, they both quickly discover that they share interests that are wide and varied. *I am a Girl!* is a celebration of being who we are and not being pigeon-holed or restricted by gender stereotypes.

Oliver who was small but mighty

Mara Bergman and Nick Maland
ISBN 0340930551

Oliver is small but he wishes he were tall and mighty - especially when he is confronted by a school of whales, a bunch of pirates and a sea monster. This story is about overcoming your fears.

I don't care! Learning about respect

Brian Moses
ISBN 0750221364

Are you careful with a friend's bike - do you treat it with respect or would you return it battered and broken? Do you take notice of rules or do you just ignore them? Full of everyday situations like these, this book will help answer the question - how considerate are you?

My brother Charlie

Holly Robinson Peete
ISBN 0545094666

"Charlie has autism. His brain works in a special way. It's harder for him to make friends. Or show his true feelings. Or stay safe." But as his big sister tells us, for everything that Charlie can't do well, there are plenty more things that he's good at. He knows the names of all the American presidents. He knows stuff about airplanes. And he can even play the piano better than anyone he knows.

Bullies, Bigmouths and So-called Friends

Jenny Alexander
ISBN 9780340911846

Recommended for children aged 9+ Most books about bullying tell children how to act without addressing how they feel. This book helps deal with people who are making you miserable, giving sensible, practical advice.

Not All Princesses Dress in Pink

Jane Yolen

ISBN 9781416980186

Not all princesses dress in pink. Some play in bright red socks that stink, blue team jerseys that don't quite fit, accessorized with a baseball mitt, and a sparkly crown!

I Am Malala (Young Readers Edition)

By Malala Yousafzai

ISBN 0316311197

Written by Malala in collaboration with critically acclaimed author, Patricia McCormick, this children's edition tells the remarkable story of a girl who knew from a young age that she wanted to change the world - and did.

Wonder

R.J. Palacio

ISBN 0552565970

A boy with facial deformity is bullied – but this is overcome with the support of family and friends. Everyone learns differences can be celebrated.

Pilar's Worries

Victoria M. Sanchez

ISBN 0807565466

Pilar loves ballet but auditioning makes her feel scared. She learns coping techniques.

I said No! A kid-to-kid guide to keeping private parts private

ASIN: B00L6YO4SS

Zach and Kimberly King

A book to help children understand boundaries, using 'red flag/green flag' terminology.

How big are your worries little bear?

Jayneen Sanders

ISBN 1925089215

Anxious about school, soccer practice and monsters under his bed, baby bear worries despite his family telling him not to.

Giraffes can't dance

Giles Andreae

ISBN 1841215651

A joyful read about an outsider who finds acceptance on his own terms.... there's also a simple moral about tolerance and daring to be different.

Frog is frog

Max Velthuys

ISBN 1783441410

Frog is not content to be just a plain green frog, he wants to do the things his friends can do. He tries to fly like Duck, to bake cakes like Pig and to read like Hare. But all his attempts are doomed to failure, and Frog is disconsolate, until Hare points out that his friends love him just the way he is.

F is for Feminism: An Alphabet Book of Empowerment

Carolyn Suzuki

ISBN 0241387892

This bright and bold dictionary of twenty-six thought-provoking words from A-Z is perfect for equipping girls, boys and everyone with the words they need to empower themselves!

Lucy's blue day (book and activity pack)

Lucy is a very special little girl with magical hair. It changes colour with her emotions. If she is feeling happy, it is purple. If she is jealous, it will turn green. This charming story is the tale of when Lucy wakes up and her hair is blue, and she doesn't understand why. Available from:

<https://www.lucysblueday.com/>

Last stop on Market Street

Matt de la Pena

ISBN 0141374187

Through energy and encouragement, CJ's nana helps him see the beauty and fun in their routine. This beautifully illustrated, emotive picture book explores urban life with honesty, interest and gratitude.

You, Me and Empathy: Teaching children about empathy, feelings, kindness, compassion, tolerance and recognising bullying behaviours

Jayneen Sanders

ISBN 1925089088

This charming story uses verse, beautiful illustrations and a little person called Quinn to model the meaning of empathy.

Most People

Michael Leannah

ISBN 0884485544

Most People is an antidote to the scary words and images kids hear and see every day, the myriad interactions of daily existence, most of them well intended.

Come with me

Holly M. McGhee

ISBN 9781524739058

When the news reports are flooded with tales of hatred and fear, a girl asks her papa what she can do to make the world a better place. "Come with me," he says...

Otis and the Scarecrow

Loren Long

ISBN 0399163964

On the farm where Otis the tractor lives, the farmer has introduced someone new—a scarecrow to shoo away the pesky crows. Everyone leaves him alone. Then one day...

Save me a seat

Sarah Weeks

ISBN 0545846617

Joe and Ravi might be from very different places but they're both stuck in the same place.. school. Joe and Ravi don't think they have anything in common, but soon enough they have a common enemy and a common mission.

I am enough

Grace Byers

ISBN 0062667122

This is a lyrical ode to loving who you are, respecting others, and being kind to one another.

Enemy Pie

Derek Munson

ISBN 081182778X

It was the perfect summer. That is, until Jeremy Ross moved into the house down the street and became neighbourhood enemy number one. Luckily Dad had a sure-fire way to get rid of enemies: Enemy Pie. But part of the secret recipe is spending an entire day playing with the enemy!

The monster who lost his mean

Tiffany Strelitz Haber

ISBN 0805093753

What happens when a monster can't be mean anymore? Is he still a monster at all? It's not what you're called but who you are that counts.

My Big Shouting Day

Rebecca Patterson

ISBN 1780080069

Everyone has a bad day now and then – none more so than Bella. Thank fully Mum can offer cuddles and as tory at bedtime.

Happy

Katie Hickey and Nicola Edwards

ISBN 1848578881

A soothing book of mindfulness to share with children, not just when emotions are running high. Encourages children to breathe themselves to happiness, untangling worries and calming emotions.

Silly Billy

Anthony Browne

ISBN 1406305766

Billy is a worrier. But things change for the better when grandma introduces him to some friendly-faced worry dolls.

No longer alone

Joseph Coelho and Robyn Wilson-Owen

ISBN 140529129X

A poignant story about family, loss and hope. A book about managing grief.

A Book of Feelings

Amanda McCardie and Salvatore Rubbino

ISBN 1406365912

A picture book that helps us discover that everyone has feelings and that some are easier to make sense of than others.

Mama's Milk

Michael Elsohn Ross

ISBN: 1582461813

Celebrating the warm and loving bond between mammal mamas and their babies, this lushly illustrated, lyrical book shows little ones doing what comes naturally: nursing. A perfect choice for cuddling up with a breast-feeding child or the older sibling who wonders how the new baby gets fed.

Babies Nurse

Phoebe Fox

ISBN 978-1-930775-72-5

This book showcases different baby mammals all sharing one common trait, they are all nursing from their mothers. In rhyming English text, readers are introduced to 13 different nursing mammals.

Respect: Consent, Boundaries and Being in Charge of YOU

Rachel Brian

ISBN 152636221X

Humorous and insightful introduction to consent from the co-creator of the viral "Tea Consent" video, an empowering guide for children aged 6+