



Children's Books on Bullying, Kindness & Mental Health

Ages 2–4 - Gentle, simple stories that introduce feelings, friendship, and kindness.

- Be Kind — Pat Zietlow Miller

A sweet introduction to what kindness looks like in everyday life.

- The Feelings Book — Todd Parr

Bright, simple, and perfect for naming emotions

- Llama Llama and the Bully Goat — Anna Dewdney

A friendly, accessible story about standing up to unkind behaviour.

- How Do You Feel? — Anthony Browne

Simple visuals that help little ones identify emotions.

- Hands Are Not for Hitting — Martine Agassi

A classic for teaching gentle hands and emotional expression.

Ages 4–6 - Stories that help kids understand empathy, boundaries, and early social dynamics.

- Chrysanthemum — Kevin Henkes

A beautiful story about teasing, confidence, and celebrating who you are.

- The Invisible Boy — Trudy Ludwig

A gentle story about inclusion and noticing those who feel left out.

- Have You Filled a Bucket Today? — Carol McCloud

A kid-friendly way to teach kindness and emotional impact.

- A Little Spot of Kindness — Diane Alber

Simple visuals that help kids understand kind choices.

- I Walk with Vanessa — Kerascoët

A wordless picture book about standing up for others.

Ages 6–8 - Books that explore friendship challenges, bullying, and emotional resilience.

- Stand Tall, Molly Lou Melon — Patty Lovell

A confidence-boosting story about embracing your uniqueness.

- Enemy Pie — Derek Munson

A fun, meaningful story about misunderstandings and friendship.

- The Recess Queen — Alexis O’Neill

A playful look at playground dynamics and assertiveness.

- What If Everybody Did That? — Ellen Javernick

Helps kids understand the impact of their actions.

- The Rabbit Listened — Cori Doerrfeld

A gentle story about emotional support and being present.

Ages 8–10 - Stories that go deeper into empathy, identity, and navigating complex social situations.

- Wonder (Picture Book Version: We're All Wonders) — R.J. Palacio
A powerful story about kindness, difference, and compassion.
 - Each Kindness — Jacqueline Woodson
A moving story about missed opportunities for kindness.
 - Confessions of a Former Bully — Trudy Ludwig
A unique perspective that helps kids understand the impact of bullying.
 - The Hundred Dresses — Eleanor Estes
A classic story about exclusion, empathy, and courage.
 - A Kids Book About Anxiety — Ross Szabo
Clear, honest language about big feelings and mental health.
-

Books That Support Mental Health for All Ages

- In My Heart: A Book of Feelings — Jo Witek
A beautiful exploration of emotional expression.
- The Color Monster — Anna Llenas
A visual, kid-friendly way to sort and understand feelings.
- When Sadness Is at Your Door — Eva Eland
A gentle, validating story about sadness and emotional acceptance.
- A Kids Book About Empathy — Daron K. Roberts
Simple, powerful language for older kids.
- Listening to My Body — Gabi Garcia
A wonderful introduction to body awareness and emotional regulation.