

Mental Health and Well-Being: Exploring Bullying and Teasing Through the Reading of Picture Books (Primary)

Note:

The interest levels listed in this bibliography are those given by the publishers. Each teacher, however, needs to decide the age suitability for their own students.

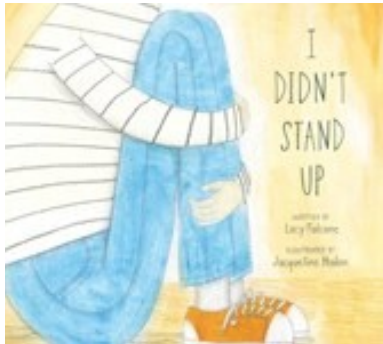
The summaries are from the publishers as well and have been included to give you a quick overview of the main themes of each title. In this way you can quickly select the titles that suit the particular social and emotional needs of your students. Some of the titles fit the theme loosely and others more tightly. The titles also range from "light-hearted" to more serious in tone.

Your school counsellor is an excellent source for suggestions on how to support students when teaching more sensitive subjects.

Joan Pearce, December 2020

Mental Health: Bullying/Teasing (Pri.)

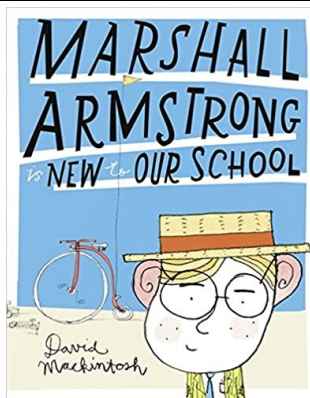
Compiled by Joan Pearce
Picture Book Format



I Didn't Stand UP

by Lucy Falcone, c2019 (IL: K-3, RL: 0.7)

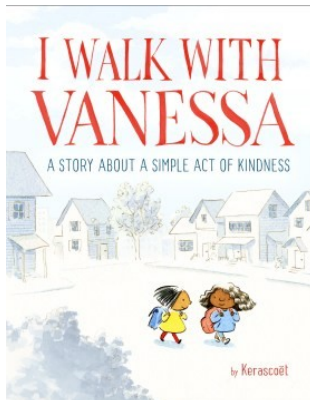
"First they went after Jalal. But I'm not black—So I didn't stand up for him. Then they went after Mariana. I was born in this country—So I didn't stand up for her. A picture book inspired by the iconic poem "First they came for Socialists" written by Martin Niemoller in opposition to the oppressive Nazi regime, 'I Didn't Stand Up' looks at common circumstances of oppression that children encounter through the eyes of the bystander—until he or she becomes the victim" - Pub.



Marshall Armstrong is New to Our School

by David Mackintosh, c2012 (IL: K-3)

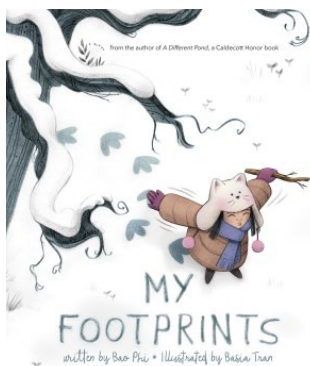
"Marshall Armstrong is new to our school. He looks different to me. His laces are straight, not criss-crossed like mine, And his eyes are always looking at the blackboard. Marshall Armstrong doesn't fit into our school. Not one bit.....but it doesn't take long for Marshall to prove that you don't have to follow the crowd to be the most popular kid in the playground." - Amazon.ca



I Walk With Vanessa: A Story About a Simple Act of Kindness

by Kerascoët, c2018 (IL: K-3)

"...tells the story of an elementary school girl named Vanessa who is bullied and a fellow student who witnesses the act and is at first unsure of how to help. *I Walk with Vanessa* explores the feelings of helplessness and anger that arise in the wake of seeing a classmate treated badly, and shows how a single act of kindness can lead to an entire community joining in to help. With themes of acceptance, kindness, and strength in numbers." - Pub.



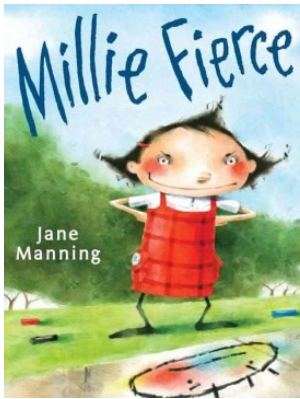
My Footprints

by Bao Phi, c2019 (IL: K-3, RL: 2.3)

"Every child feels different in some way, but Thuy feels "double different." She is Vietnamese American and she has two moms. Thuy walks home one winter afternoon, angry and lonely after a bully's taunts. Then a bird catches her attention and sets Thuy on an imaginary exploration. What if she could fly away like a bird? What if she could sprint like a deer, or roar like a bear? Mimicking the footprints of each creature in the snow, she makes her way home to the arms of her moms. Together..." - Pub.

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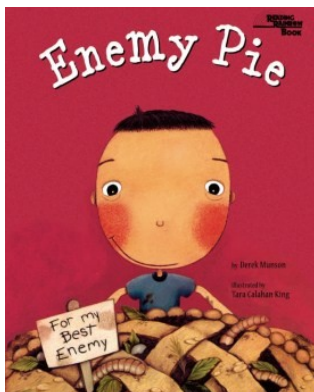
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Millie Fierce

by Jane Manning, c2012 (IL: K-3, RL: 2.7)

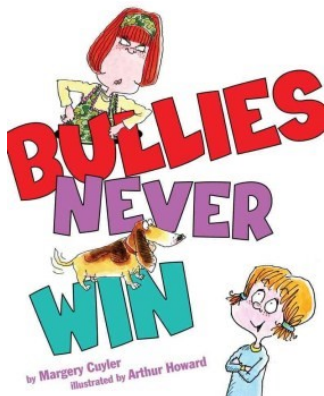
"Millie is quiet. Millie is sweet. Millie is mild. But the kids at school don't listen to her. And she never gets a piece of birthday cake with a flower on it. And some girls from her class walk right on top of her chalk drawing and smudge it. And they don't even say they're sorry! So that's when Millie decides she wants to be fierce!" - Pub.



Enemy Pie

by Derek Munson, c2000 (IL: K-3, RL: 3.2)

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



Bullies never Win

by Margery Cuyler, c2009 (IL: K-3, RL: 2.4)

"When the class bully, Brenda Bailey, makes fun of Jessica's skinny legs and her boyish lunch box, Jessica doesn't know what to do. She doesn't want to be a tattletale, but she also wants the bullying to stop. Can Jessica find the courage to stand up for herself?" - Pub.



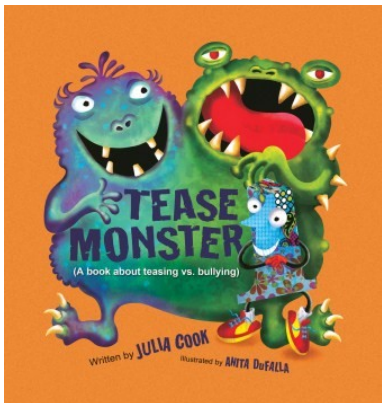
Say Something!

by Peter H. Reynolds, c2019 (IL: K-3, RL: 2.5)

"If you have a brilliant idea... say something! If you see an injustice... say something. In this empowering new picture book, beloved author Peter H. Reynolds explores the many ways that a single voice can make a difference. Each of us, each and every day, have the chance to **say something**: with our actions, our words, and our voices. Perfect for kid activists everywhere, this timely story reminds readers of the undeniable importance and power of their voice." - Pub.

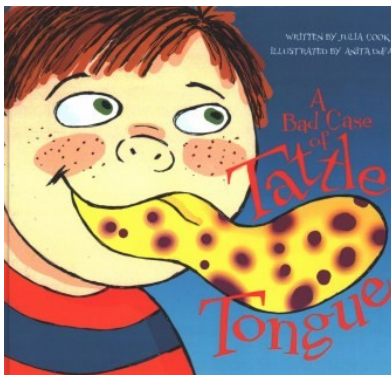
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Tease Monster: A Book About Teasing vs. Bullying by Julia Cook, c2013 (IL: K-3, RL: 3.0)

"When "One of a Kind" is laughed at by Purple One and called a name by Green One, is the Tease Monster to blame? This tale teaches readers the difference between friendly teasing and mean teasing, and why some teasing can have a negative bite if it's meant to be hurtful and cause embarrassment." - Pub.



A Bad Case of Tattle Tongue by Julia Cook, c2006 (IL: K-3, RL: 2.9)

"Josh, a chronic tattler, is warned by his mother that he is going to develop a case of tattle tongue, but the lesson really hits home when the Tattle Prince pays him a visit and lays down some rules about tattling." - Pub.



The Recess Queen

by Alexis O'Neill, c2002 (IL: K-3, RL: 3.1)

"Mean Jean was Recess Queen and nobody said any different. Nobody swung until Mean Jean swung. Nobody kicked until Mean Jean kicked. Nobody bounced until Mean Jean bounced. If kids ever crossed her, she'd push 'em and smooch 'em lollapaloosh 'em, hammer 'em, slammer 'em kitz and kajammer 'em. Until a new kid came to school! With her irrepressible spirit, the new girl dethrones the reigning recess bully by becoming her friend in this infectious playground romp." - Pub.



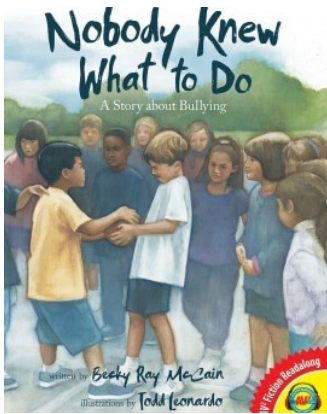
The Truest Heart: A Story to Share About Overcoming Bullying

by Jayne Saboro, c2018 (IL: K-3, RL: 1.7)

"When a bully has hurt Ze at school, a caring teacher stepped in to help Ze recognize the gift of her truest heart. This story offers an invitation...see how you can help a child by guiding them to appreciate their own special qualities...The ones that make them strong and help them heal and grow." - Pub.

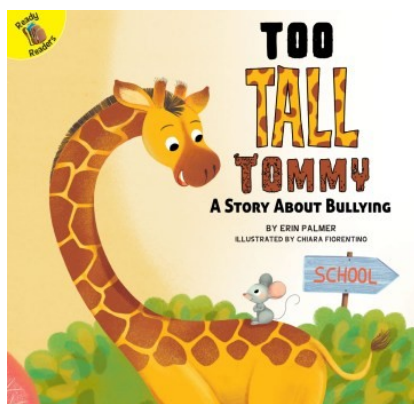
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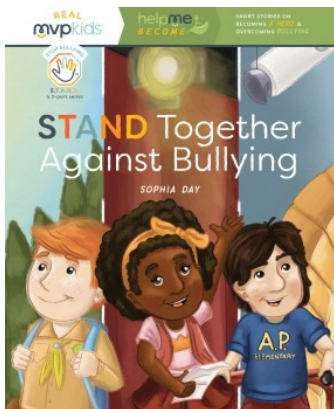
Nobody Knew What to Do: A Story About Bullying
by Beck R. McCain, c2019 (IL: K-3, RL: 2.7)

"When bullies pick on a boy at school, a classmate is afraid, but decides that he must do something. Includes note regarding bullying prevention." - Pub.



Too Tall Tommy: A Story About Bullying
by Erin Palmer, c2018 (IL: K-3, RL: 0.9)

"Tommy is new at school, and Leela, the class bully, picks on him right away. 'Too-tall Tommy!' she teases. When Leela finds herself stuck in a scary situation, Tommy has a choice to make. Will he help her?" - Back cover



Stand Together Against Bullying (Help Me Become)
by Sophia Day, c2018 (IL: K-3, RL: 2.2)

"Lucas, Faith and Leo become heroes when they gather their friends to stand together against bullying." - Back cover

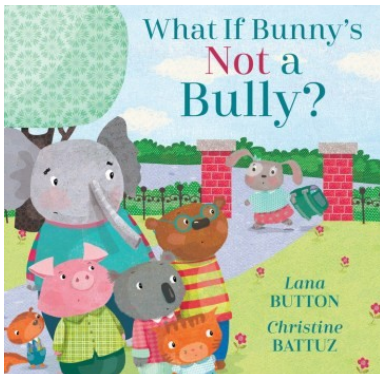


The Smallest Girl in the Smallest Grade
by Justin Roberts, c2014 (IL: K-3, RL: 3.5)

"Sally McCabe is a very little girl, and nobody notices her, although she notices everything that goes on around her—but when she speaks out about the unkindness she sees, people start to pay attention." - Follett

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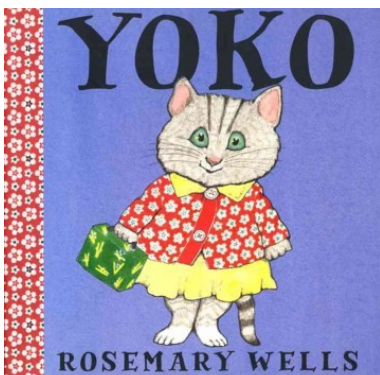
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What if Bunny's not a Bully

by Lana Button, c2020 (IL:K-3, RL: 1.8)

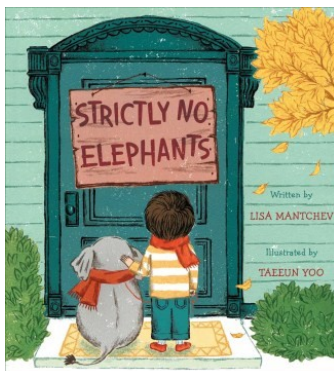
"Bunny's just a bully. It's always been that way. But is Bunny really a bully? Kitty wants to find out more about the real Bunny. She's been branded a bully by her classmates, but Kitty is wise enough to see beyond the label and look at Bunny for who she truly is: a girl who's sorry for mistakes she may have made in the past and who desperately wants a second chance" - Follett



Yoko

by Rosemary Wells, c1998 (IL:K-3, RL: 2.9)

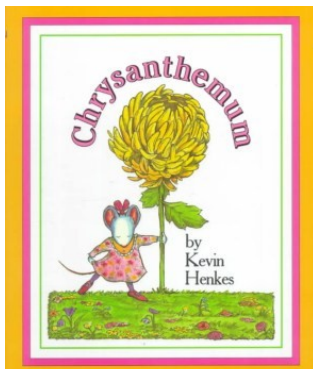
"When Yoko brings sushi to school for lunch, her classmates make fun of what she eats—until one of them tries it for himself." - Follett



Strictly No Elephants

by Lisa Mantchev, c2015 (IL:K-3, RL: 2.6)

"Today is Pet Club day. There will be cats and dogs and fish, but strictly no elephants are allowed. The Pet Club doesn't understand that pets come in all shapes and sizes, just like friends. Now it is time for a boy and his tiny pet elephant to show them what it means to be a true friend." - Pub.



Chrysanthemum

by Kevin Henkes, c1991 (IL: K-3, RL: 3.3)

"Chrysanthemum loves her name until she starts going to school and the other children begin to make fun of it." - Follett

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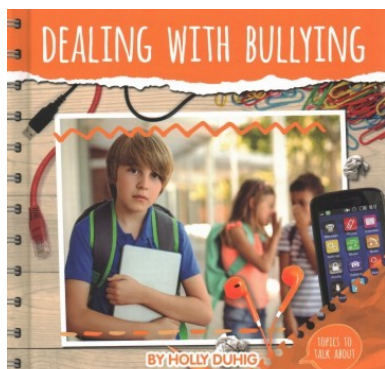
Non-fiction



Bullies (Series: Let's Talk About It)

by Catie McAneney, c2015 (IL: K-3, RL: 4.2)

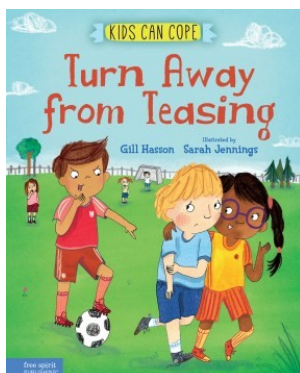
"Bullying and school violence are two of the greatest issues in the forefront of today's society. This book will guide readers through understanding how and why bullying happens, as well as how to cope when they witness bullying. "Tell Me More" sections supplement the text with helpful tips to overcome the situation and deal with feelings of poor self-esteem. Readers will learn how to speak up about bullying, and how to be defenders of the bullied." - Pub.



Bullying (Series: A Focus On...)

by Holly Duhig, c2019 (IL: K-3, RL: 1.6)

"What does it feel like to be bullied? If you're being bullied, who can you talk to, and what can you do to make the situation better? Using a relatable, scrapbook-style format, this volume helps readers answer these and other common questions about dealing with bullying. The accessible text sheds light on the dangers of bullying and how these social issues affect everyone involved." - Pub.



Turn Away from Teasing

by Gill Hasson, c2020 (IL:K-3, RL: 4.3)

"Teasing can be embarrassing or upsetting. Kids need supportive advice for dealing with teasing - or for knowing when they should stop teasing someone else. This book shares practical tools with kids to help them turn away from teasing. Additional activities are included at the back of the book." - Pub.

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