

Mental Health and Well-Being: Exploring Worries and Low Mood Through the Reading of Novels (Intermediate)

Note:

The interest and reading levels listed in this bibliography are those given by the publishers. If the reviewing journals gave a different interest level(s) for a title then this was indicated after the publisher's interest level. I find the interest levels given by the reviewing journals to be more accurate.

The summaries, which are also from the publishers, are to give you a quick overview of each title. Note that some of the titles fit the theme loosely and others more tightly. The titles also range from "light-hearted" to more serious in nature.

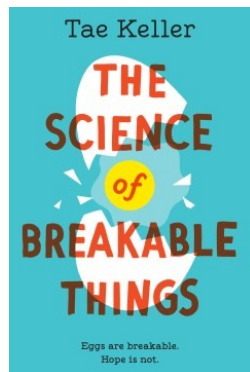
If a student needs the support of a digital copy, talk with your Learning Support Teacher, as ARC-BC is able to "rush" order digital titles they don't currently have in their collection. A very small number of the titles may also be available in an audiobook format, accessible through searching in Destiny. Your Teacher-Librarian can help you check for this.

If the LRC has 10+ copies of a title this was listed beside the title to provide you with the further flexibility of bringing in some titles to be used in a lit circle format.

Joan Pearce, December 2020

Mental Health and Well-Being: Exploring Worries and Low Mood (Intermediate)

Compiled by Joan Pearce
Novels



The Science of Breakable Things

by Tae Keller, c2018 (IL: 3-6, 4-7; RL: 5.6)

"How do you grow a miracle? For the record, this is not the question Mr. Neely is looking for when he says everyone in class must answer an important question using the scientific method. But Natalie's botanist mother is suffering from depression, so this is The Question that's important to Natalie. When Mr. Neely suggests that she enter an egg drop competition, Natalie has hope..." - Pub.



Hurricane Season

by Nicole Melleby, c2019 (IL: 5-8, 5-7; RL: 5.3)

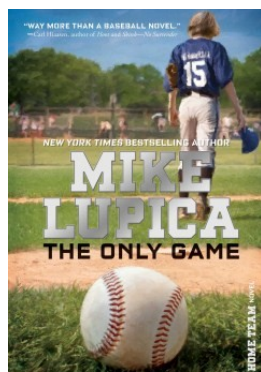
"Eleven-year-old Fig enrolls in an art class to better understand her father, a composer and pianist whose mental illness she tries to conceal from classmates, neighbors, and social services." - Follett



Nest

by Esther Ehrlich, c2016 (IL: 3-6, 4-6; RL: 4.8)

"On Cape Cod in 1972, eleven-year-old Naomi, known as Chirp for her love of birds, gets help from neighbor Joey as she struggles to cope with her mother's multiple sclerosis and its effect on her father and sister." - Follett



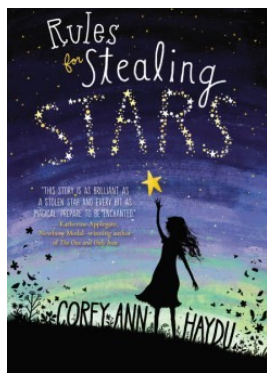
The Only Game *LRC has 12

by Mike Lupica, c2015 (IL: 3-6, 4-6; RL: 5.5)

"Sixth grade is supposed to be the year that Jack Callahan leads his team to a record-shattering season and the Little League World Series, but after the death of his brother he loses interest in baseball and only Cassie, star of the girls' softball team, seems to understand." - Follett

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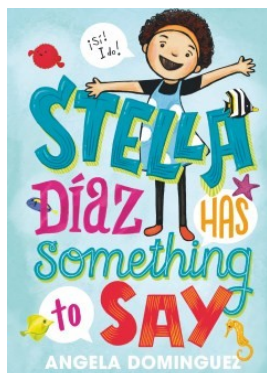
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Novels



Rules for Stealing the Stars

by Corey Ann Haydu, c2017 (IL: 5-8, 4-7; RL: 4.9)

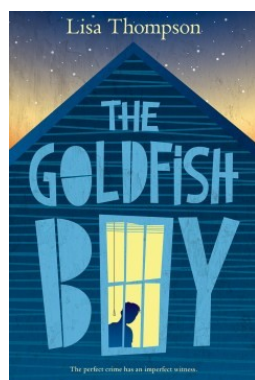
"Four sisters rely on each other--and a bit of mysterious magic--to cope with their mother's illness."
- Follett



Stella Diaz Has Something to Say

by Angela Dominguez, c2018 (IL: 3-6, 3-5; RL: 4.2)

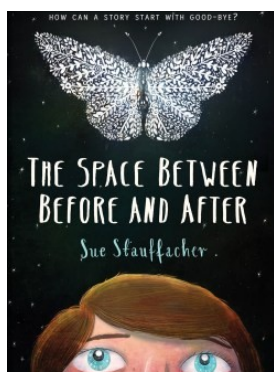
"Stella Diaz loves marine animals, especially her betta fish, Pancho. But Stella Diaz is not a betta fish. Betta fish like to be alone, while Stella loves spending time with her mom and brother and her best friend Jenny. Trouble is, Jenny is in another class this year, and Stella feels very lonely. When a new boy arrives in Stella's class, she really wants to be his friend, but sometimes Stella accidentally speaks Spanish instead of English and pronounces words wrong, which makes her turn roja. Plus, she has to speak in front of her whole class for a big presentation at school!" - Follett



The Goldfish Boy

by Lisa Thompson, c2017 (IL: 3-6, 4-7; RL: 5.0)

"Emotionally crippled by his obsessive-compulsive disorder, teenager Matthew Corbin rarely leaves his room on a cul-de-sac in London, and he passes the day observing and writing down his neighbors doings from his window--but when a toddler staying next door disappears Matt is the key to solving a mystery and possibly saving a child's life . . . if he can manage to expose himself, and his secret guilt to the outside world." - Follett



The Space Between Before and After

by Sue Stauffacher, c2019 (IL:3-6, 4-7; RL: 5.2)

"One morning 10-year-old Thomas's mother tells him about a dream she had about taking a trip by herself--which is odd because lately his mother has been too depressed to even leave the house. But when Thomas gets home from school, she's gone. The police search everywhere, and although they find her car, they can't find her. Thomas's neighbor helps him cope with his anxiety by having him think up a fantasy about where she might have gone... Thomas begins to realize that even if his mother never comes back, he can still hold a place for her in his heart and mind." - Pub.

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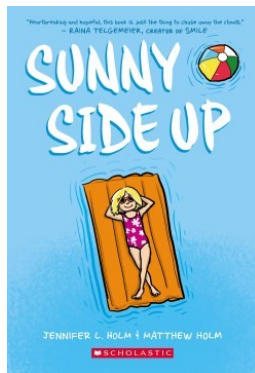
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Novels



Some Kind of Happiness

by Andrew Claire Legrand c2016 (IL: 5-8, 4-7; RL: 4.0)

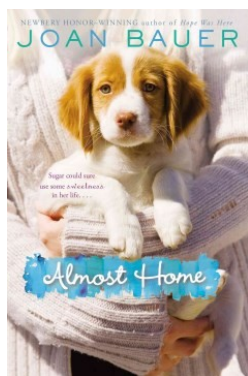
"Finley Hart is sent to her grandparents' house for the summer, but her anxiety and overwhelmingly sad days continue until she escapes into her writings which soon turn mysteriously real and she realizes she must save this magical world in order to save herself." - Follett



Sunny Side Up

by Jennifer L. Holm, c2015 (IL: 3-6, 4-6; RL: 2.8)

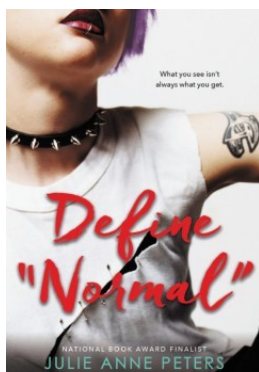
"After her older brother starts acting strangely, Sunny Lewin is shipped off to Florida to spend the summer with her grandfather. She makes a friend her age and tries to enjoy her stay but, other than Buzz, everyone is really old. Besides, Sunny just knows her parents sent her away because she somehow made her brother the way he is. She just wants things to go back to how they were before." - Follett



Almost Home

by Joan Bauer, c2013, (IL:5-8, RL: 3.7)

"When twelve-year-old Sugar's grandfather dies and her gambling father takes off yet again, Sugar and her mother lose their home in Missouri. They head to Chicago for a fresh start, only to discover that fresh starts aren't so easy to come by for the homeless. Nevertheless, Sugar's mother has taught her to be grateful no matter what, so Sugar does her best..." - Pub.



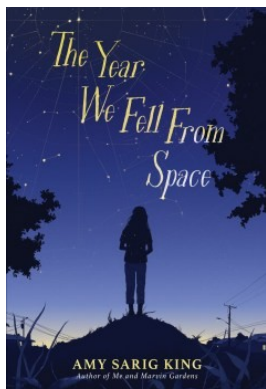
Define Normal *LRC has 24

by Julie-Anne Peters, c2000 (IL: 5-8, 6-8, 7-10; RL: 5.3)

"When she agrees to meet with Jasmine as a peer counselor at their middle school, Antonia never dreams that this girl with the black lipstick and pierced eyebrow will end up helping her deal with the serious problems she faces at home and become a good friend." - Follett

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The Year We Fell From Space

by Amy Sarig King, c2019 (IL: 3-6, 5-7; RL: 4.4)

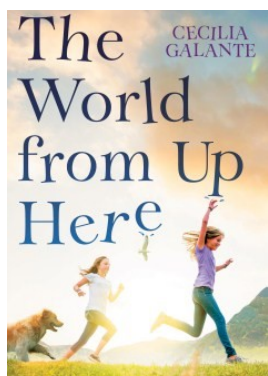
"Middle schooler Liberty likes to make her own maps of the stars, in fact she is obsessed with them, especially since her family is falling apart; her parents are getting divorced, her nine-year-old sister will barely leave the house and carries a stuffed tiger at all times, her father is suffering from depression, but will not talk about it, and the brothers down the street, once friends, have turned into bullies--so when a tiny meteorite literally falls in her lap it is like a sign, but a sign of what?" - Follett



A Song Only I Can Hear

by Barry Jonsberg, c2020 (IL: 5-8, 6-9)

"Rob Fitzgerald is determined to impress Destry Camberwick, the perfect new girl who he's devastatingly in love with. But that's a difficult task for a painfully shy wallflower who's prone to panic attacks and would rather hang out with his granddad all day. That is, until he starts getting mysterious text messages from an unknown number with challenges designed to encourage him to venture outside his comfort zone. Is Rob Fitzgerald on the road to getting the girl? Or will fear keep him out of the spotlight forever?" - Publisher



The World From Up Here

by Cecilia Galante, c2016 (IL: 3-6, 4-7, 5-8; RL: 4.5)

"Wren Baker is an anxious twelve-year-old, so when her mother goes into a hospital for depression, and she and her younger brother, who has Asperger's syndrome, go to live with her aunt and her cousin, Silver, who have just recently moved to Pennsylvania, her stress level soars--especially since Silver is a fearless child who conceives a plan to climb Creeper Mountain and interview "Witch Weatherly" for the class history project." - Follett



Someone Else's Shoes

by Ellen Wittlinger, c2018 (IL: 5-8, RL: 5.7)

"Twelve-year-old Izzy's life just seems to get more and more complicated: she is upset by her father's new marriage, and a new baby on the way; she is expected to look out for her ten-year-old cousin, Oliver, who has moved in with her family since his mother committed suicide, because his father is depressed and having trouble coping; and now Ben, the rebellious sixteen-year-old son of Izzy's mother's boyfriend, is also living with them--but when Oliver's father disappears, the three children put aside their differences and set out to find him." -Follett

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Five Things About Ava Andrews

by Margaret Dilloway, c2020 (IL:3-6, 4-7;)

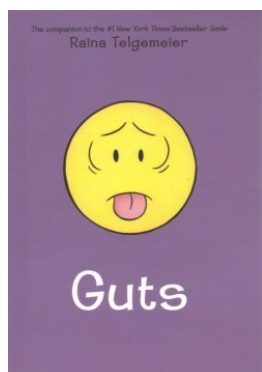
"Eleven-year-old Ava Andrews has a Technicolor interior with a gray shell. On the inside, she bubbles with ideas and plans. On the outside, everyone except her best friend, Zelia, thinks she doesn't talk or, worse, is stuck-up. What nobody knows is that Ava has invisible disabilities: anxiety and a heart condition. Ava hopes middle school will be a fresh start, but when Zelia moves across the country and Ava's Nana Linda pushes her to speak up about social issues, she withdraws further. So Ava is shocked when her writing abilities impress her classmates and they invite her to join..." - Follett



Crenshaw *LRC has 12

by Katherine Applegate, c2018 (IL: 3-6, 4-6; RL: 3.7)

"Jackson and his family have fallen on hard times. There's no more money for rent. And not much for food, either. His parents, his little sister, and their dog may have to live in their minivan. Again. Crenshaw is a cat. He's large, he's outspoken, and he's imaginary. He has come back into Jackson's life to help him. But is an imaginary friend enough to save this family from losing everything?" - Follett

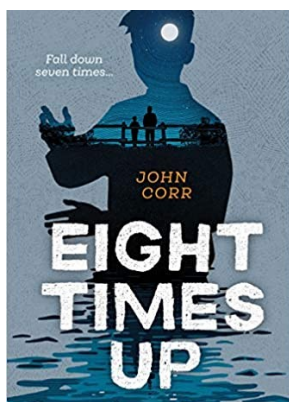


Guts *LRC ordered 12

by Raina Telgemeier, c2019 (IL: 3-6, RL: 3.1)

"In graphic novel form, Raina Telgemeier relates her struggles with stress and anxiety as a child."

"Raina wakes up one night with a terrible upset stomach. Her mom has one, too, so it's probably just a bug. Raina eventually returns to school, where she's dealing with the usual highs and lows: friends, not-friends, and classmates who think the school year is just one long gross-out session. It soon becomes clear that Raina's tummy trouble isn't going away... and it coincides with her worries about food, school, and changing friendships. What's going on?" - Follett



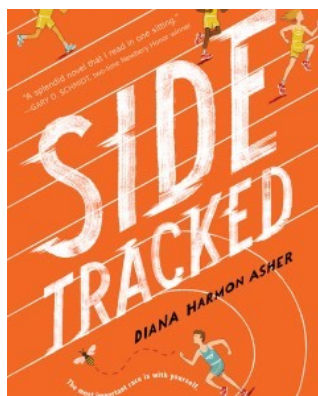
Eight Times Up by John Corr, c2019 (IL: 3-6, 4-7; RL: 3.4)

"Ever since his mom left, Riley has been a mess. He feels nervous all the time. His heart pounds, his neck is tight, and he can't seem to turn off his brain. His dad signs him up for aikido, hoping it will help.

In the dojo, Riley meets boys who are much rougher than he is and a girl who is tougher than all the rest of them put together. For Wafaa, aikido is not her first choice. She was disqualified from competing in judo for wearing a hijab. From the first time she steps on the mat, it's clear she is far more skilled than anyone expected." - Amazon.ca

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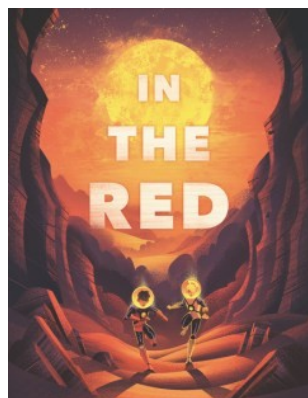
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Sidetracked

by Diana Harmon, c2017 (IL: 3-6, 4-7; RL:4.4)

"Seventh-grader Joseph Friedman is friendless and puny, with ADD to boot. He spends most of his time avoiding the class bully and hiding out in the Resource Room. But the Resource Room teacher encourages (i.e., practically forces) him to join the school cross country team, and he meets Heather, a new student who's tough and athletic and refuses to be pushed around by anybody." - Pub.



In the Red *LRC ordered 12

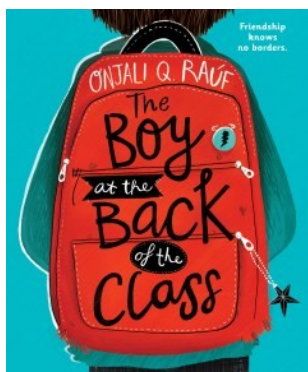
by Christopher Swiedler, c2020 (IL: 3-6, 5-7, 6 up; RL: 5.3)

"Michael Prasad knows he shouldn't go out on the Mars surface alone. It's dangerous. His parents have forbidden it. And the anxiety he feels almost every time he puts on a spacesuit makes it nearly impossible for him to leave the safety of the colony. But when his best friend, Lilith, suggests they sneak out one night, he can't resist the chance to prove everyone - including himself - wrong. As the two ride along the Mars surface in a stolen rover, miles from the colony, a massive solar flare hits..." - OCLC



No Fixed Address by Susin Nielsen, c2019 (IL: 5-8) *48

"Twelve-and-three-quarter-year-old Felix Knutsson has a knack for trivia. His favorite game show is Who What Where When; he even named his gerbil after the host. Felix's mom, Astrid, is loving but can't seem to hold on to a job. So when they get evicted from their latest shabby apartment, they have to move into a van. Astrid swears him to secrecy; he can't tell anyone about their living arrangement, not even Dylan and Winnie, his best friends at his new school. If he does, she warns him, he'll be taken away from her and put in foster care. As their circumstances go from bad to worse, Felix gets a chance to audition for a junior edition of Who What Where When, and he's determined to earn a spot on the show. Winning the cash prize could make everything okay again ." - Pub.



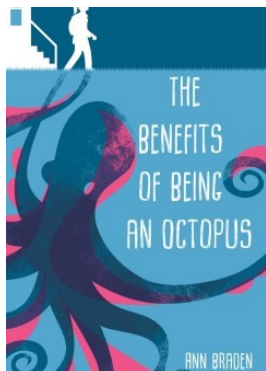
The Boy at the Back of the Class *LRC has 24

by Onjali Q. Rauf, c2019 (IL: 3-6, 4-6; RL: 5.4)

"There used to be an empty chair at the back of Mrs. Khan's classroom, but on the third Tuesday of the school year a new kid fills it: nine-year-old Ahmet, a Syrian refugee. The whole class is curious about this new boy--he doesn't seem to smile, and he doesn't talk much. But after learning that Ahmet fled a Very Real War and was separated from his family along the way, a determined group of his classmates bands together to concoct the Greatest Idea in the World--a magnificent plan to reunite Ahmet with his loved ones." - Pub.

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Novels



The Benefits of Being an Octopus

by Ann Braden (IL: 3-6, RL: 4.9)

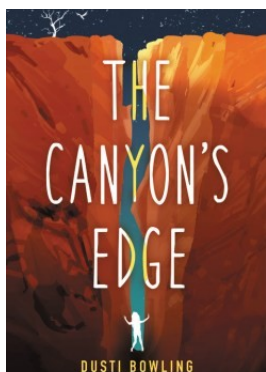
"Seventh-grader Zoey Albro focuses on caring for three younger siblings and avoiding rich classmates at school until her fascination with octopuses gets her on the debate team and she begins to speak out." - *Follett*



The Remarkable Journey of Coyote Sunrise *LRC 12

by Dan Gemeinhart, c2019 (IL: 3-6, 4-7; RL: 4.7)

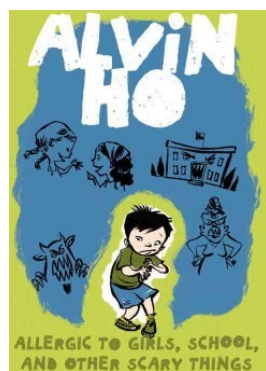
"Five years. That's how long Coyote and her dad, Rodeo, have lived on the road in an old school bus, crisscrossing the nation. It's also how long ago Coyote lost her mom and two sisters in a car crash. Coyote hasn't been home in all that time. But when she learns that the park in her old neighborhood is being demolished-the very same park where she, her mom, and her sisters buried a treasured memory box- she devises an elaborate plan to get her dad to drive 3,600 miles back to Washington State...without him realizing it..." - *back of book*



The Canyon's Edge

by Dusti Bowling, c2020 (IL: 3-6, 4-7; RL: 4.8)

"One year after a random shooting changed their family forever, Nora and her father are exploring a slot canyon deep in the Arizona desert, hoping it will help them find peace...But when they reach the bottom of the canyon, the unthinkable happens: A flash flood rips across their path, sweeping away Nora's father and all of their supplies...Nora is going to save herself and her father, she must conquer her fears, defeat the Beast, and find the courage to live her new life." - *Follett*



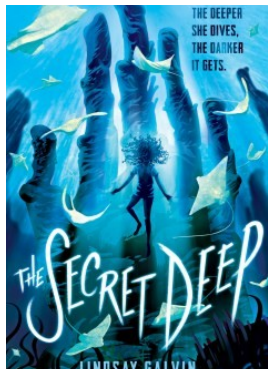
The Benefits of Being an Octopus

by Ann Braden, c2008 (IL: 3-6, 2-4; RL: 3.8)

"A young boy in Concord, Massachusetts, who loves superheroes and comes from a long line of brave Chinese farmer-warriors, wants to make friends, but first he must overcome his fear of everything." - *Follett*

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The Secret Deep

by Lindsay Galvin, c2020 (IL: 5-8, 4-7; RL: 6.2)

"Awakening stranded on a tropical island with no memory of what happened, Aster investigates a secret underwater world to find her missing sister, while Sam connects their disappearance to suspicious events in his own life." - Follett



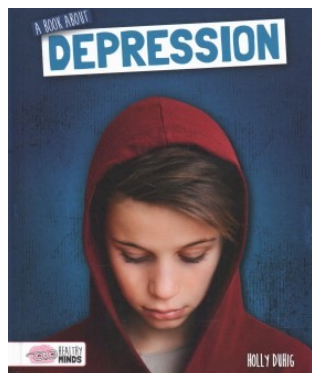
Thanks a Lot, Universe

by Chad Lucas, c2021 (IL: 5-8, RL: 4.8)

"Brian has always been anxious, whether at home, or in class, or on the basketball court . . . but after he and his brother are placed in foster care, Brian starts having panic attacks . . . Ezra wants to help, but he worries if he's too nice to Brian, his friends will realize that he has a crush on him . . . But when Brian and his brother run away, Ezra has no choice but to take the leap and reach out. Both boys have to decide if they're willing to risk sharing parts of themselves they'd rather hide." - Follett

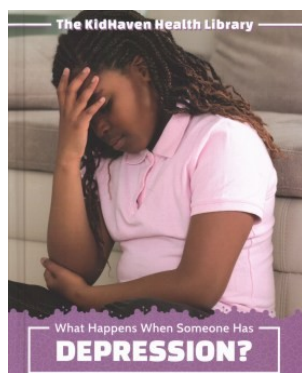
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Non-fiction



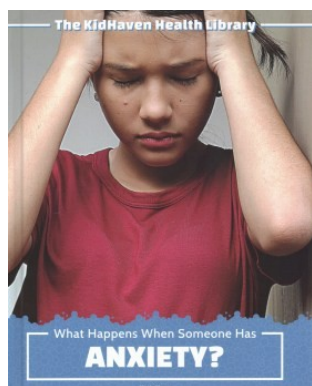
A Book About Depression (Series: Healthy Minds) by Holly Duhig, c2020 (IL: 3-6, RL: 5.4)

"As one of the most common mental disorders, it is important that everyone understands depression. It is a complex subject, but with the help of an accessible narrative, fact boxes, and diagrams, this supportive volume presents it in a very manageable way. ...This book makes an excellent guide, whether the reader is dealing with depression themselves, knows someone who is, or is just looking to learn more about it." -Pub.



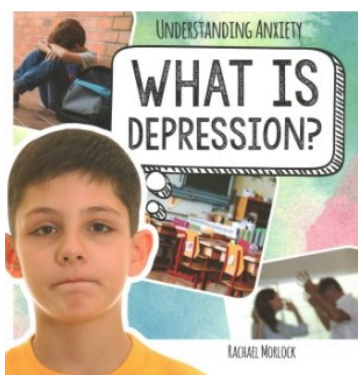
What Happens When Someone Has Depression? (Series: The KidHaven Health Library) by Katie Kawa, c2020 (IL: 3-6, RL: 5.6)

"Depression affects many people, and it can be confusing and sometimes scary for a young person to see a family member or friend suffering from it, or to find themselves struggling with symptoms of depression. However, knowing the facts about this mental illness can empower them to provide support for others and to take charge of their own health." - Pub.



What Happens When Someone Has Anxiety (Series: The Kidhaven Health Library) by Katie Kawa, c2020 (IL: 3-6, RL: 6.5)

"Anxiety disorders are a serious mental health concern for millions of people, including children. Readers who know a friend or family member who struggles with anxiety or who deal with anxiety in their own life can find suggestions for support and . . . facts in this age-appropriate overview of anxiety disorders" - Pub.

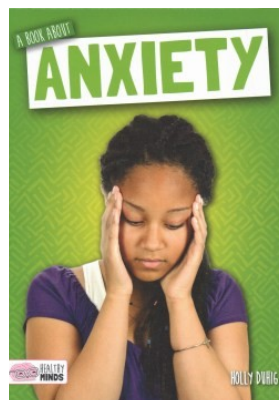


Series: Understanding Anxiety by Powerkids Press, c2021 (IL: 3-6)

"Anxiety disorders can affect anyone at any age. However, when children have anxiety disorders, it isn't always easy for them to describe how they're feeling. This set summarizes different anxiety disorders, such as phobias and panic attacks, in a way that's easy for younger readers to understand. This set is also an excellent resource to show readers how to be empathetic and be a good friend to someone with anxiety or depression." - Follett
What Is a Panic Attack? / What Is Social Anxiety? / What Is Depression? / What Is Anxiety? /What Are Phobias?

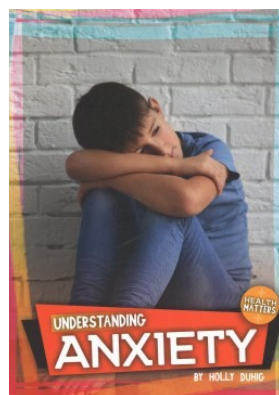
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A Book About Anxiety (Series: Healthy Minds) by Holly Duhig, c2020 (IL: 3-6, RL: 4.4)

"Anxiety can affect people of all ages, both children and adults. It can be a difficult thing to deal with and understand. This helpful guide offers a wealth of information about the topic. Readers will learn about signs and symptoms of anxiety, read personal accounts from those who have experienced it, and find out about treatments." - Pub.



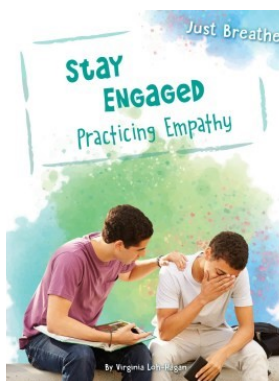
Understanding Anxiety (Series: Health Matters) by Holly Duhig, c2019 (IL: 3-6, RL: 6.5)

"Anxiety is a very common problem that can affect our daily lives and well-being. It is a mental health concern that can affect both children and adults. The good news is that anxiety is highly treatable. Readers of this informative book will learn about anxiety disorders, how anxiety affects the body, and how it can be treated.." - Pub.



12 Tips for Managing Stress and Anxiety by Maddie Spalding, 2017 (IL: 3-6, RL: 6.9)

"Offers readers 12 tips for managing stress and anxiety, including practicing time management, staying active, and keeping a journal. Full-color spreads give readers essential facts about each tip, its benefits, and how the reader can get started today." - Pub.

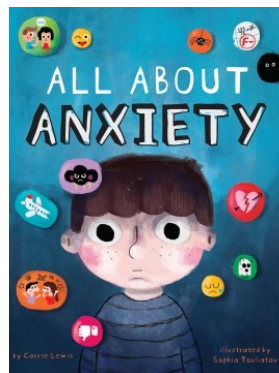


Stay Engaged (Series: Just Breathe) by Virginia Loh-Hagan, c2020 (IL: 5-8, 4-7; RL: 6.2)

"Books in the Just Breathe series provide readers with tools on how to practice mindfulness throughout their day. In Stay Engaged: Practicing Empathy, students will learn about empathizing with other people and their different experiences and perspectives. Readers are provided with helpful exercises, tips, and activities to better manage their thoughts and feelings." - Pub.

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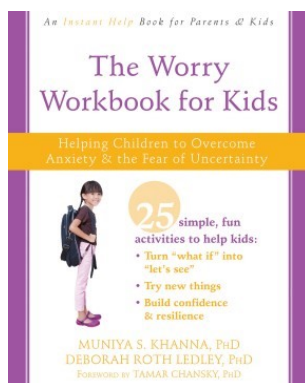
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All About Anxiety

by Carrie Lewis, c2020 (IL: 3-6)

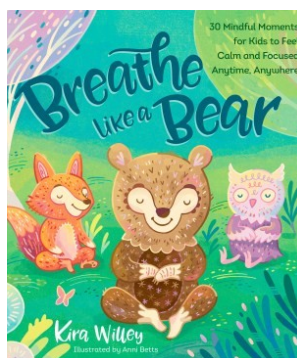
"Anxiety. It's an emotion that rears its head almost every day, from the normal worries and concerns that most of us experience, to outright fear when something scary happens, to the anxiety disorders that many kids live with daily. But what causes anxiety? And what can we do about it? All About Anxiety tackles these questions from every possible angle. Readers will learn what's going on in their brain and central nervous system when they feel anxious.." - Pub.



The Worry Workbook for Kids: Helping Children to Overcome Anxiety & the Fear of Uncertainty

by Muniya Khanna, PHD, and Deborah Ledley, PHD, c2018 (IL: AD)

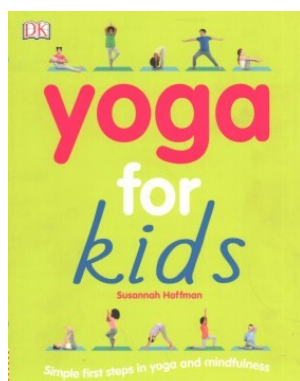
"In *The Worry Workbook for Kids*, two respected psychologists offer fun, action-based activities grounded in cognitive behavioral therapy (CBT) to help your child move past fears of uncertainty, set and accomplish goals, and most importantly enjoy being a kid." - Follett



Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere

by Kira Willey, c2017 (IL: K-3, RL: 3.2)

"The exercises here will help you feel calm and peaceful, make it easier to pay attention, or give you some energy when you need it. You can get the grumpies out, be a cloud, stretch like a kitty cat, or even invent something brand new in your mind." - Pub.



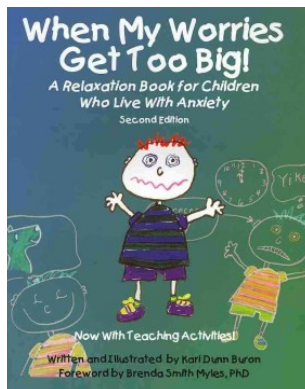
Yoga for Kids: Simple First Steps in Yoga and Mindfulness

by Susannah Hoffman, c2018 (IL: K-3, RL: 2.2)

"This book is packed with yoga activities for kids and mindful games. Kids can stretch into tree pose, bend into butterfly pose, learn how to make a mindfulness jar, and find out why and how we should stretch through a series of fun yoga poses and sequences." - Pub.

Mental Health and Well-Being: Exploring Worries and Low Mood (Intermediate)

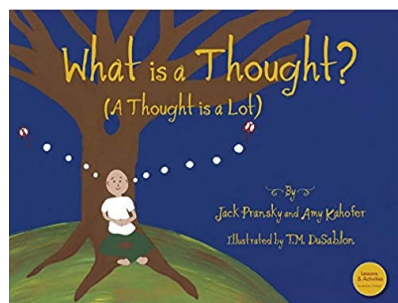
Compiled by Joan Pearce
EASE Picture Books Gr. 4-7



When My Worries Get Too Big: A Relaxation Book for Children Who Live With Anxiety

by Kari Dunn Buron, c2013 (IL: AD)

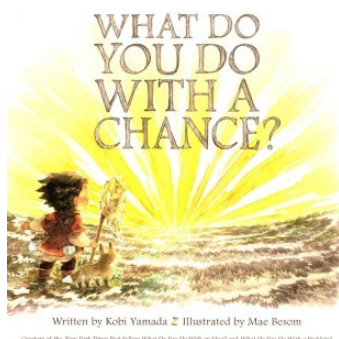
"Worry and anxiety are on an upswing. In fact, anxiety is the most frequent of all mental disorders in children. High levels of stress and big emotions related to social situations, sensory issues, or general frustration are common in children who live with anxiety. This illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies." - Pub.



What is a Thought?

by Jack Pransky, c2011

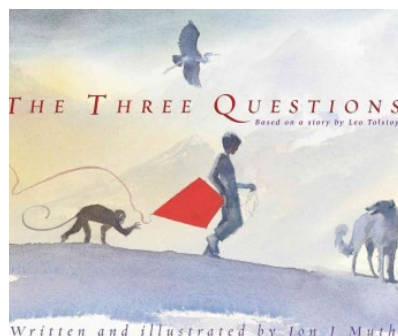
"This poetic and engaging book introduces children (K - 5th grade) to the amazing, creative power within us all: thought. It is not a book about changing thoughts or changing behaviors, but rather a story to help children (and adults!) see how their own thinking creates their lives, moment to moment, day to day. Noted prevention specialist Jack Pransky tell a simple yet profound message: that our thinking creates our feelings and behavior, and when our minds are calm we have access to natural wisdom and healthy feelings." - from Think Social Pub.



What Do You Do With a Chance?

by Kobi Yamada, c2017 (IL: K-3, RL: 2.0)

"What do you do with a chance? Especially one that seems too big or too wild or just out of reach? Do you hold back? Do you act like you don't care? Do you let it slip away? This is the story of some remarkable chances and the child who doesn't know quite what to do with them. But the more chances come around, the more the child's fascination grows. And then, one day, a little courage makes all the difference in the world." - Follett



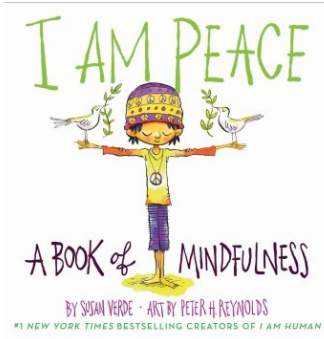
The Three Questions

by Jon Muth, c2002 (IL: K-3, RL: 2.6)

"Based on a story by Leo Tolstoy. Nikolai asks his animal friends to help him answer three important questions: "When is the best time to do things?" "Who is the most important?" and "What is the right thing to do?" - Follett

Mental Health and Well-Being: Exploring Worries and Low Mood (Intermediate)

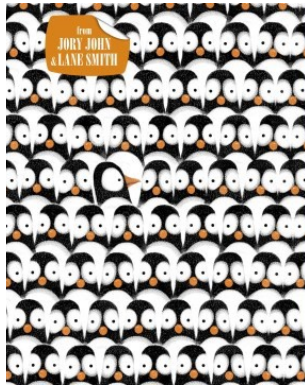
Compiled by Joan Pearce
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I Am Peace: A Book of Mindfulness

by Susan Verde, c2017 (IL: K-3, RL: 2.2)

"When the world feels chaotic, find peace within through an accessible mindfulness practice from the bestselling picture-book dream team that brought us *I Am Yoga*. Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present." - Pub.



Penguin Problems

by Jory John, c2016 (IL: K-3, RL: 2.0)

"A penguin whines about the uncontrollable problems in his life." - Follett

"Have you ever thought: *I have so many problems and nobody even cares?* Well, penguins have problems too! Discover them in this hilarious collaboration from Jory John (*All my friends are dead.* and *Quit Calling Me a Monster!*) and Lane Smith." - Pub.