

# Mental Health and Well-Being: Exploring Physical Diversity 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.

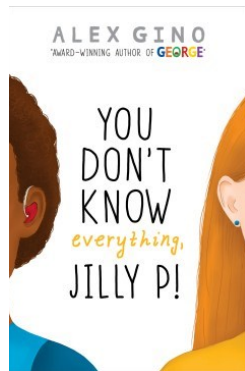
If the LRC has 10+ copies of a title this was listed beside the title to provide you with the further flexibility of bringing in some titles to be used in a lit circle format.

*Joan Pearce, April 2024*

# Physical Diversity

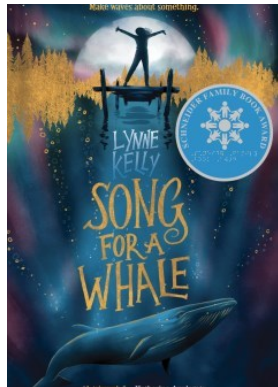
## Novels

Compiled by Joan Pearce



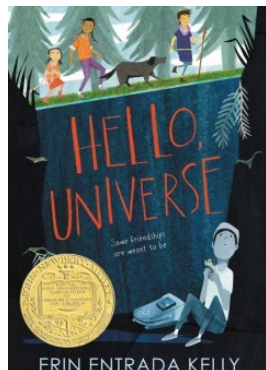
**You Don't Know Everything, Jilly P!**  
by Alex Gino, c2018 (IL: 3-6, 4-7; RL: 4.3)

"...when Jilly's sister, Emma, is born deaf, she realizes...the world is going to treat Jilly, who is white and hearing, differently from Emma...A big fantasy reader, Jilly makes a connection online with another fantasy fan, Derek, who is a Deaf, Black ASL user...Jilly is starting to learn all the things she doesn't know—and by doing that, she's also working to discover how to support her family and her friends." - Pub.



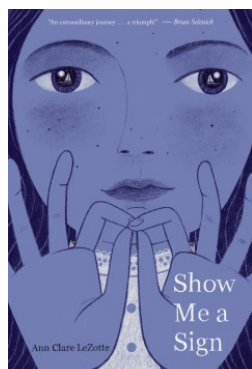
**Song For a Whale**  
by Lynne Kelly, c2019 (IL: 3-6, 4-6; RL: 5.3)

"...twelve-year-old Iris is a tech genius. But she's the only deaf person in her school, so people often treat her like she's not very smart...When she learns about Blue 55, a real whale who is unable to speak to other whales, Iris understands how he must feel. Then she has an idea: she should invent a way to 'sing' to him! But he's three thousand miles away. How will she play her song for him?" - Pub.



**Hello, Universe**  
by Erin Entrada Kelly, c2017 (IL: 3-6, 4-7; RL: 4.7)

"The lives of four misfits are intertwined when a bully's prank lands shy Virgil at the bottom of a well and Valencia, Kaori, and Gen band together in an epic quest to find and rescue him." - Follett



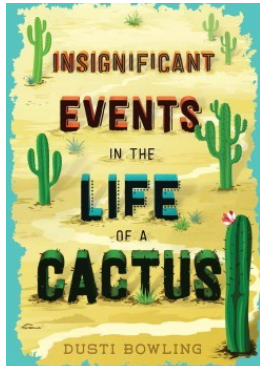
**Show Me a Sign**  
by Anne Clare LeZotte, c2020 (IL: 3-6, 4-8; RL: 4.6)

"It is 1805 and Mary Lambert has always felt safe among the deaf community...where practically everyone communicates in a shared sign language, but recent events have shattered her life; her brother George has died, land disputes between English settlers and the Wampanoag people are becoming increasingly bitter, and a "scientist" determined to discover the origins of the islands' widespread deafness has decided she makes the perfect "live specimen" - and kidnapped her." - Follett

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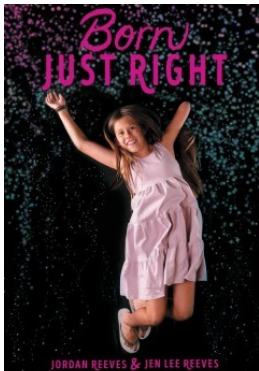
**Insignificant Events in the Life of a Cactus**  
(Life of a Cactus, Book 1) \*LRC has 12 copies  
by Dusti Bowling, c2018 (IL: 5-8; RL: 4.6)

"Aven Green loves to tell people that she lost her arms in an alligator wrestling match...but the truth is she was born without them...life takes an unexpected turn when she bonds with Connor, a classmate who also feels isolated because of his own disability, and they discover a room at Stagecoach Pass that holds bigger secrets than Aven ever could have imagined." - Follett



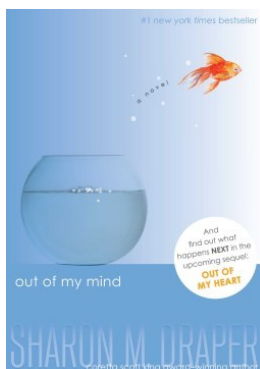
**The Theory of Hummingbirds**  
by Michelle Kadarusman, c2020 (IL: 3-6; 5-8; RL: 3.9)

"Sixth-grader Alba is strengthening her left leg after a final surgery to correct her congenital clubfoot. Her friendship with intellectual classmate Levi is threatened when he scoffs at Alba's plans to run in an upcoming cross-country race, and she responds by scorning his theory that the school librarian has discovered a wormhole in her office." - Pub.



**Born Just Right**  
by Jordan Reeves, c2019 (IL: 5-8, 4-8; RL: 5.8)

"Jordan Reeves tells her story about growing up in an able-bodied world and family, where she was treated like all of her siblings and classmates—and where she never felt limited. Whether it was changing people's minds about her capabilities, trying all kinds of sports, or mentoring other kids, Jordan has channeled any negativity into a positive, and is determined to create more innovations for people just like her." - Pub.



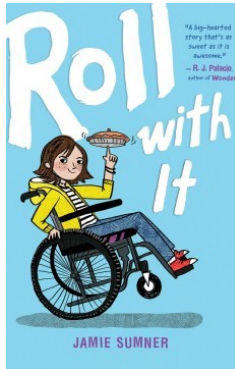
**Out of My Mind** \*LRC has 15 copies  
by Sharon M. Draper, c2010 (IL: 5-8, 4-7; RL: 4.3)

"Considered by many to be mentally challenged, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time." - Follett

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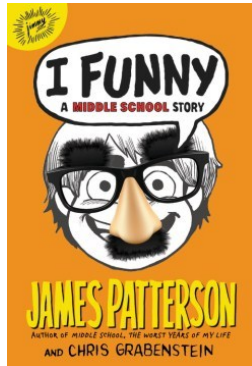
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### Roll With It

by Jamie Sumner, c2019 (IL: 5-8; RL: 5.4)

"Ellie's a girl who tells it like it is. That surprises some people, who see a kid in a wheelchair and think she's going to be all sunshine and cuddles. The thing is, Ellie has big dreams: She might be eating Stouffer's for dinner, but one day she's going to be a professional baker...But when Ellie and her mom move so they can help take care of her ailing grandpa, Ellie has to start all over again in a new town at a new school." - Pub.

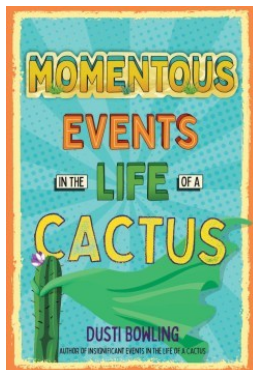


### I Funny: A Middle School Story

by James Patterson, c2013 (IL: 3-6, 4-7; RL: 3.9)

*I Funny, Bk. 1*

"Jamie Grimm is a middle schooler on a mission: he wants to become the world's greatest stand-up comedian...He's new in town and stuck living with his aunt, uncle, and their evil son Stevie, a bully who doesn't let Jamie's wheelchair stop him from messing with Jamie as much as possible. But Jamie doesn't let his situation get him down." - Follett



### Momentous Events in the Life of a Cactus

by Dusti Bowling, c2020 (IL: 5-8; RL: 3.8)

*Sequel to: Insignificant Events in the Life of a Cactus*

"Just as Aven starts to feel comfortable in Stagecoach Pass, with her friends and schoolmates accustomed to her lack of "armage," everything changes once again. She's about to begin high school . . . with 3,000 new kids to stare at her. And no matter how much Aven tries to play it cool, nothing prepares her for the reality. In a year filled with confusion, humiliation, and just maybe love, can Aven manage to stay true to herself?" - Pub.



### Wonder \*LRC has 30+ copies

by P. J. Palacio, c2012 (IL: 3-6, 4-7, 5-8, RL: 4.8)

"Ten-year-old Auggie Pullman, who was born with extreme facial abnormalities and was not expected to survive, goes from being home-schooled to entering fifth grade at a private middle school in Manhattan, which entails enduring the taunts and fear of his classmates as he struggles to be seen as just another student." - Follett



# Physical Diversity

## Novels

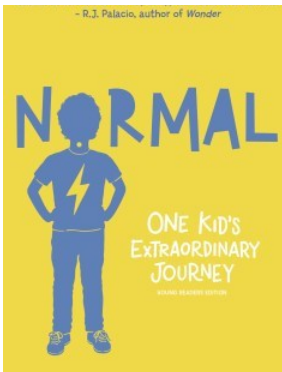
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### Dog Driven

by Terry Lynn Johnson, c2019 (IL: 5-8; RL: 5.0)

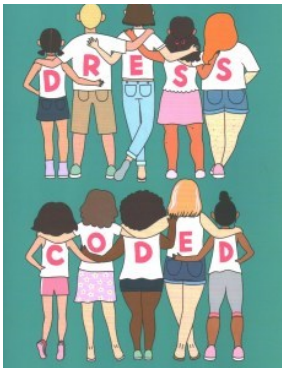
"McKenna, fourteen, is losing her vision to Stargardt's disease, but that will not stop her from competing in a rigorous new sled dog race through the Canadian wilderness." -Follett



### Normal: One Kid's Extraordinary Journey

by Magdalena Newman, c2020 (IL: 5-8, RL: 6.3)

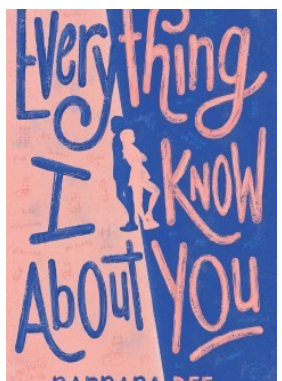
"Nathaniel Newman and his mother, Magda, tell the story of his growing up with Treacher Collins Syndrome, the same craniofacial syndrome as the boy from 'Wonder,' from facing sixty-seven surgeries before the age of fifteen, to making friends, moving across the country, and persevering through hardships. How they tackle extraordinary circumstances with love and resilience is a true..." - Follett



### Dress Coded

by Carrie Firestone, c2020 (IL: 5-8, 6-8, RL: 5.0)

"An eighth grader starts a podcast to protest the unfair dress code enforcement at her middle school and sparks a rebellion. Molly Frost is FED UP... Because Olivia was yelled at for wearing a tank top. Because Liza got dress coded and Molly didn't, even though they were wearing the exact same outfit. Because when Jessica was pulled over by the principal and missed a math quiz, her teacher gave her an F. Because it's impossible to find shorts that are..." - Pub.



### Everything I Know About You

by Barbara Dee, c2018 (IL: 5-8, 4-7, RL: 4.5)

"Misfit Tally is forced to room with queen bee Ava on the seventh grade field trip to Washington, DC, and discovers several surprising things about her roommate--including the possibility of an eating disorder." - Pub.

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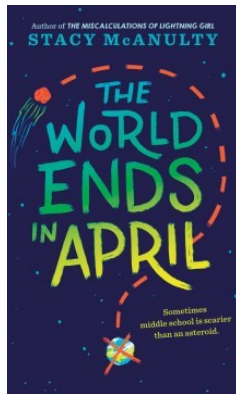


### The Good Thieves

by Katherine Rundell, c2019 (IL: 3-6, RL: 5.1)

\*Picture Book

"A story in which friends who have different abilities, work together to build a community garden." - Follett



### The World Ends in April

by Stacey McAnulty, c2019 (IL: 3-6, 3-4; RL: 4.2)

"When seventh-grader Eleanor reads an article online claiming that an asteroid will hit Earth in April, she starts an underground school club to prepare kids for the end of the world as we know it." - Pub.



### Clan

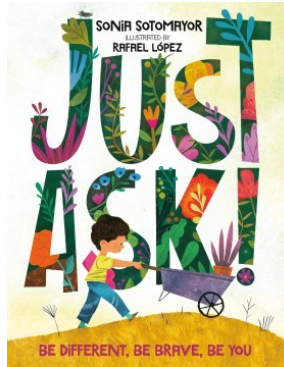
by Sigmund Brower, c2020 (IL: 3-6, 4+; RL: 5.5)\

"Clan follows the journey of Atlatl and the saber tooth cub he rescued from a dire wolf attack. When Atlatl brings Cub back to his Clan, it begins a series of events that end with Atlatl being banished—the worst possible punishment for any Clan member...But before the Clan can leave him behind, disaster strikes, and Atlatl has to rely on his wits, his ingenuity and his bravery to face the biggest foe yet and try to save what remains of his Clan" - Pub.

# Physical Diversity

## Picture Book Format

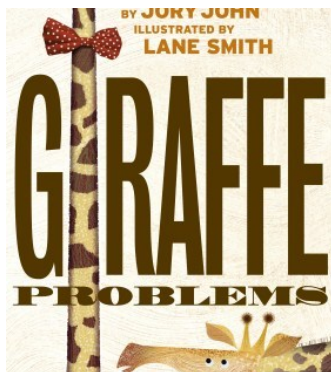
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### Just Ask

by Sonia Sotomayor, c2019 (IL: K-3, RL: 2.9)

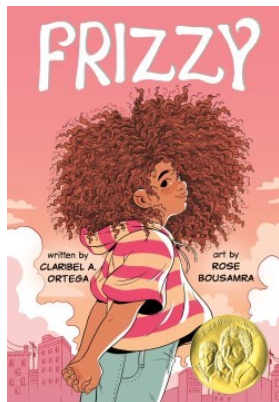
"A story in which friends who have different abilities, work together to build a community garden." - Follett



### Giraffe Problems

by Jory John, c2018 (IL: K-3, RL: 1.3)

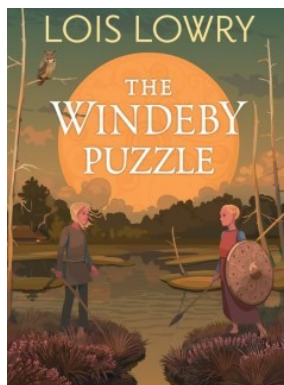
"Edward the giraffe can't understand why his neck is as long and bendy and, well, ridiculous as it is. No other animal has a neck this absurd. He's tried disguising it, dressing it up, strategically hiding it behind bushes--honestly, anything you can think of, he's tried. Just when Edward has exhausted his neck-hiding options and is about to throw in the towel, a turtle swoops in (well, ambles in, very slowly) and helps him understand that his neck has a purpose, and looks excellent in a bow tie." - Pub.



### Frizzy

by Claribel A. Ortega, c2022 (IL: 4-8, RL: 3.0)

"Tired of going to the salon to have her curls straightened every weekend, Marlene slowly learns to embrace her natural curly hair with the help of her best friend and favorite aunt." - Follett \*Graphic novel



### The Windeby Puzzle

by Lois Lowry, c2023 (IL: Gr 5+, RL: 6.0)

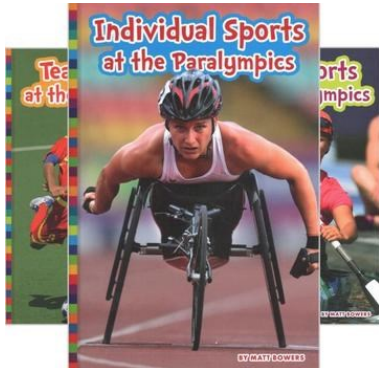
"Newbery Medalist and New York Times bestselling author Lois Lowry transports readers to an Iron Age world through the suspenseful dual narrative of a boy and girl both battling to survive. In an utterly one-of-a-kind blend of fiction and history, a master storyteller explores the mystery and life of the 2,000-year-old Windeby bog body." - Pub.



# Physical Diversity

## Non-fiction

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### Series: Paralympic Sports

by Matt Bower, c2020 (IL: K-3, RL: 2.5-3.6)

#### **Titles:**

*Individual Sports at the Paralympics*  
*Team Sports at the Paralympics*  
*Wheelchair Sports at the Paralympics*  
*Water Sports at the Paralympics*



### Series: No Barriers

by 12 Story Library, c2020 (IL: 3-6, RL: 4.3-6.0)

#### **Titles:**

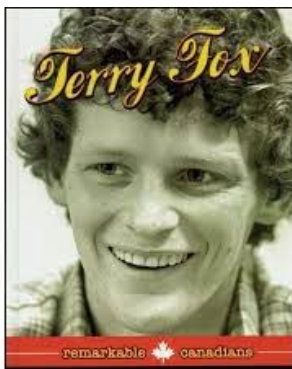
*12 Adventurers with Disabilities*  
*12 Artists with Disabilities*  
*12 Athletes with Disabilities*  
*12 Business Leaders with Disabilities*  
*12 Scientists with Disabilities*  
*12 Journalists and Media Personalities with Disabilities*



### A Sporting Chance: How Ludwig Guttman Created the Paralympic Games

by Lori Alexander, c2020 (IL: 3-6)

"Telling the inspiring human story behind the creation of the Paralympics, this chapter book biography artfully combines archival photos, full-color illustrations, and a riveting narrative to honor the life of Ludwig Guttman, whose work profoundly changed so many lives." - Pub.



### Ferry Fox

by Bryan Pezzi (IL: K-3)

*Series: My Life*

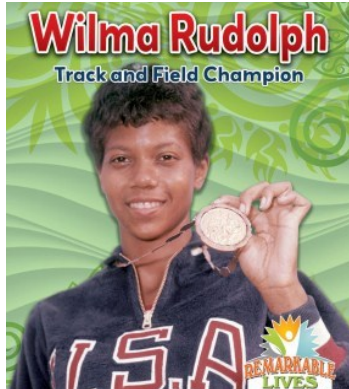
"Terry Fox has become a symbol of determination and goodwill. After being diagnosed with cancer, Terry ran across Canada to fund cancer research. In his honour, people take part in the Terry Fox Run." - Pub.



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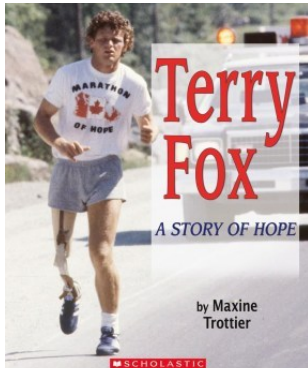


### Wilma Rudolph: Track and Field Champion

by Adrianna Morganelli, c2017 (IL: 3-6, RL: 7.4)

**Series:** Remarkable Lives Revealed

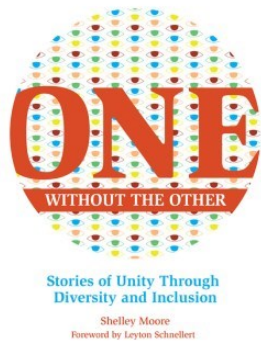
"When doctors told her parents that she may never walk again, no one could have imagined that Wilma Rudolph would grow up to become the world's fastest woman. This awe-inspiring book shows how, with grace, perseverance, and dedication, young Wilma used her inner strength to overcome physical disabilities caused by polio to win three gold medals for the USA in track and field at the 1960 Olympics." - Pub.



### Terry Fox: A Story of Hope

by Maxine Trottier, c2010 (IL: 3-6, RL: 5.7)

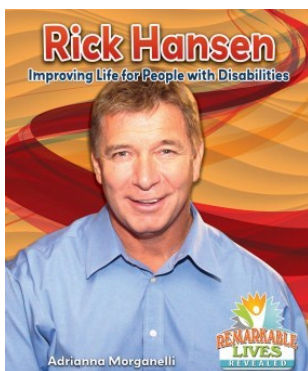
"Photographs and text tell the story of Terry Fox, a young man who lost his leg to cancer in 1976 and who then decided to raise money to find a cure for the disease by running across Canada. Includes information on the Terry Fox Run established in 1981 after Fox's death." - Follett



### One Without the Other: Stories of Unity Through Diversity and Inclusion

by Shelley Moore, c2016 (IL: PD)

"...explores the changing landscape of inclusive education. Presented through real stories from her own classroom experience, this passionate and creative educator tackles such things as inclusion as a philosophy and practice, the difference between integration and inclusion, and how inclusion can work with a variety of students and abilities." - Pub.



### Rick Hansen: Improving Life for People With Disabilities

by Adrianna Morganelli, c2017 (IL: 3-6, RL: 6.6)

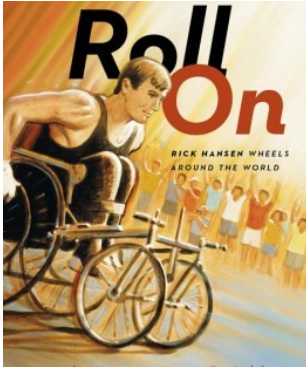
**Series:** Remarkable Lives Revealed

"An important advocate for people with physical disabilities, Canadian Paralympic athlete Rick Hansen circled the world in his wheelchair, proving that, with perseverance and courage, anything is possible! Hansen's Man in Motion tour took him around the world, raising money for research to improve the lives of those who have disabilities." - Pub.

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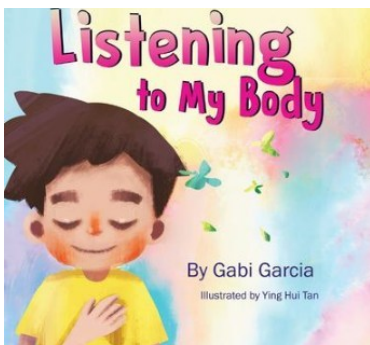
### Roll On: Rick Hansen Wheels Around the World by Ainslie Manson, c2013 (IL: K-3, RL: 3.0)

"As Rick Hansen wheels around the globe on his incredible Man in Motion World Tour, the children he meets are encouraged to dream their own dreams and work to make them come true. Readers also discover little-known facts about the great journey...The lively text and enchanting illustrations combine to bring to life Rick's amazing feat and the impact it has had on children everywhere." - Pub.



### Terry Fox and Me by Mary Beth Leatherdale, c2020 (IL: K-3, RL: 1.6)

"Written from Doug's perspective, this story shows that Terry Fox's legacy goes beyond the physical and individual accomplishments of a disabled athlete and honors the true value of friendship." - Pub.



### Listening to My Body

by Gabi Garcia, c2017 (IL: 3-6, RL: ?)

"A guide to helping kids understand the connection between sensations (what the heck are those?) and feelings so that they can get better at figuring out what they need." ". . . guides children through the practice of naming their feelings and the physical sensations that accompany them. From wiggly and squirmy to rested and still, 'Listening to My Body' helps children develop a sensations vocabulary so that they can express what they are experiencing." - Pub.