




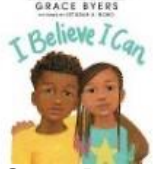

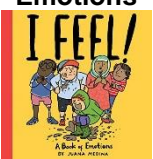


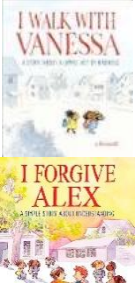
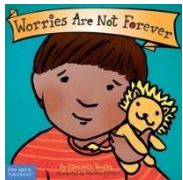



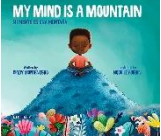


## 2023 BCBSRI and RORRI Behavioral Health Books

Title/Author	Description	Themes	Age
<b>You are the Light</b>  Aaron Becker	<p>Open this beautiful book to find a graphic yellow sun surrounded by a halo of bright die-cut circles. Now hold the page up to the light and enjoy the transformation as the colors in those circles glow. In an elegant, sparsely narrated ode to the phenomenon of light, Aaron Becker follows as light reflects off the earth to warm our faces, draws up the sea to make the rain, feeds all the things that grow, and helps to create all the brilliant wonders of the world, including ourselves.</p>	Sensory Exploration	0-5
<b>The Big Umbrella</b>  Amy June Bates	<p>By the door there is an umbrella. It is big. It is so big that when it starts to rain there is room for <i>everyone</i> underneath. It doesn't matter if you are tall. Or plaid. Or hairy. It doesn't matter how many legs you have.</p> <p>Don't worry that there won't be enough room under the umbrella. Because there will always be room.</p>	Kindness Tolerance Inclusion <b>Spanish Edition</b>	3+
<b>Sometimes All I Need is Me</b>  Juliana Perdomo	<p>Meet a young girl who loves her cozy home. It smells like cinnamon tea and feels like warm pajamas. But even when she's away from home, and everything is different, she finds a way to become her own home, where she feels calm. At night, when it's too dark and her feet are cold, her room can be a little scary. But she creates her own light when she closes her eyes and thinks of the sun. This book reassures children that sometimes, everything we need—courage, joy, peace, and love—is already inside us.</p>	Resiliency Mindfulness Self-care	3+
<b>Big Problems, Little Problems</b>  Ben Feller	<p>A story of how a dad teaches his son to solve the daily challenges of life – and, in turn, the surprising ways in which a child can teach a grown-up to remember what is important, too.</p> <p>Written with lessons that apply to any family with young children, the book is distinctively told from a father's perspective, and built on how a son and dad listen to and learn from each other. This is a tale of how to conquer frustration no matter what the problem.</p>	Perspective taking Frustration Patience Parent-child connection	4+

<p><b>The Boy with the Big, Big Feelings</b></p>  <p>Britney Winn Lee</p>	<p>The Boy with the Big, Big Feelings tells the story of one little boy with some big, big emotions -- and how he learns to see them for the gifts they are.</p> <p>This book is relatable for any child -- especially for a child experiencing anxiety, extreme emotions, a child identified as a Highly Sensitive Person, or a child on the autism spectrum. The boy tries to cope by stuffing down his feelings, but with a little help and artistic inspiration, the boy realizes his feelings are something to be celebrated.</p>	<p>Anxiety</p> <p>Emotional Regulation</p> <p>Friendship</p>	<p>3+</p>
<p><b>I Believe I Can</b></p>  <p>Grace Byers</p>	<p><i>A follow-up from I Am Enough, I Believe I Can</i> celebrates every child's limitless potential.</p> <p><i>I Believe I Can</i> is an affirmation for children of every background to love and believe in themselves, from actress and activist Grace Byers.</p> <p><i>My presence matters in this world. I know I can do anything, if only I believe I can.</i></p>	<p>Self-confidence</p> <p>Self-love</p>	<p>2+</p>
<p><b>The Rabbit Listened</b></p>  <p>Cori Doerrfeld</p>	<p>When something terrible happens, Taylor doesn't know where to turn. All the animals are sure they have the answer. The chicken wants to talk it out, but Taylor doesn't feel like chatting. The bear thinks Taylor should get angry, but that's not quite right either. One by one the animals try to tell Taylor how to process this loss, and one by one they fail.</p> <p>Then the rabbit arrives. All the rabbit does is listen, which is just what Taylor needs.</p>	<p>Empathy</p> <p>Kindness</p> <p>Grief</p> <p>Spanish Edition</p>	<p>2+</p>
<p><b>I Feel!: A Book of Emotions</b></p>  <p>Juana Median</p>	<p>Do you feel happy? Sad? Calm? Shy? Brave? Proud?</p> <p>This book provides a way for young readers and the adults in their lives to talk about their feelings and build emotional literacy together. With bold, playful illustrations and simple text, this picture book focuses on helping young readers build emotional literacy, affirming their emotions, and improving communication skills.</p>	<p>Emotional Literacy</p> <p>Communication Initiation</p>	<p>0-5</p>
<p><b>The Day You Begin</b></p>  <p>Jacqueline Woodson</p>	<p>A book about finding courage to connect, even when you feel scared and alone.</p> <p><i>There will be times when you walk into a room and no one there is quite like you.</i></p> <p>There are many reasons to feel different. Maybe it's how you look or talk, or where you're from; maybe it's what you eat, or something just as random. It's not easy to take those first steps into a place where nobody really knows you yet, but somehow you do it.</p>	<p>Courage</p> <p>Acceptance</p> <p>Self-love</p> <p>Spanish Edition</p>	<p>4+</p>

<p><b>Saturday</b></p>  <p>Oge Mora</p>	<p>A mother and daughter look forward to their special Saturday routine together every single week. But this Saturday, one thing after another goes wrong - ruining story time, salon time, picnic time, and the puppet show they'd been looking forward to going to all week. Mom is nearing a meltdown...until her loving daughter reminds her that being together is the most important thing of all.</p>	<p>Parent-child Connection</p> <p>Managing emotions and expectations</p>	<p>3+</p>
<p><b>I Walk with Vanessa I Forgive Alex</b></p>  <p>Kerascoet</p>	<p><i>I Walk with Vanessa</i> 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. By choosing only pictures to tell their story, the creators underscore the idea that someone can be an ally without having to say a word.</p> <p>Alex's enthusiasm and energy can sometimes be a challenge for his classmates. He loves to play ball on the playground with his friends, but when his rambunctious behavior inadvertently upsets one of the other students, he finds himself at odds with the whole class. Alex learns quickly that the right thing to do is say he's sorry, leaving it up to his friend to find the compassion and empathy to accept it.</p>	<p>Kindness Friendship Community</p> <p>Compassion Empathy Taking Responsibility Forgiveness</p> <p>Wordless</p>	<p>3+</p>
<p><b>Worries are not Forever</b></p>  <p>Elizabeth Verdick</p>	<p>With warmth and empathy, this board book helps little ones understand what it means to worry and that "Everybody worries, even grown-ups. But worries are not forever. You can help your worries go away." Through colorful illustrations and simple ideas, toddlers learn to talk to someone, get a hug, keep hands and bodies busy, think good thoughts, and more. Also includes tips for parents and caregivers.</p>	<p>Anxiety</p> <p>Emotional Regulation</p> <p>Mindfulness</p> <p>Bilingual Spanish</p>	<p>2-4</p>
<p><b>Reach Cuddle</b></p>  <p>Elizabeth Verdick</p>	<p>With soothing black-and-white photographs of babies and gentle, rhythmic language, this book depicts the many loving connections that come from touch.</p>	<p>Connection</p> <p>Bilingual Spanish</p>	<p>0-2</p>
<p><b>Stop and Smell the Cookies</b></p>  <p>Gibson Frazier</p>	<p>A book about a rambunctious boy who learns to manage his big feelings. Sometimes Dash gets so excited that his chest feels warm and fuzzy, his toes dance, and his fingertips tickle the air. When that starts, he can't seem to control what he does next, and often, trouble follows. Luckily, with a little help, Dash finds a way to slow himself down when big feelings threaten to take over.</p>	<p>Emotional Regulation</p> <p>Impulse Control</p> <p>Mindfulness</p>	<p>4+</p>

<p><b>How are You Feeling?</b></p> 	<p>The How Are You Feeling? Board Book by The Indigo Bunting introduces emotional literacy, self-awareness and empathy to toddlers in an engaging and interactive way. Lift the large flaps throughout the book to reveal a variety of emotions and use the mirror on the last page to check out your own facial expressions!</p>	<p>Emotional literacy</p> <p>Self-recognition</p>	<p>1-5</p>
<p><b>My Mind is a Mountain</b></p>  <p>Cindy Montenegro</p>	<p>Introduces children to the metaphor that the mind is a mountain and how it can powerfully handle all emotions from the lowest of the lows to the highest of the highs – and everything in between.</p>	<p>Emotional Regulation</p> <p>Bilingual Spanish</p>	<p>4+</p>