

# Books that promotes higher self- esteem

FUN & CREATIVE

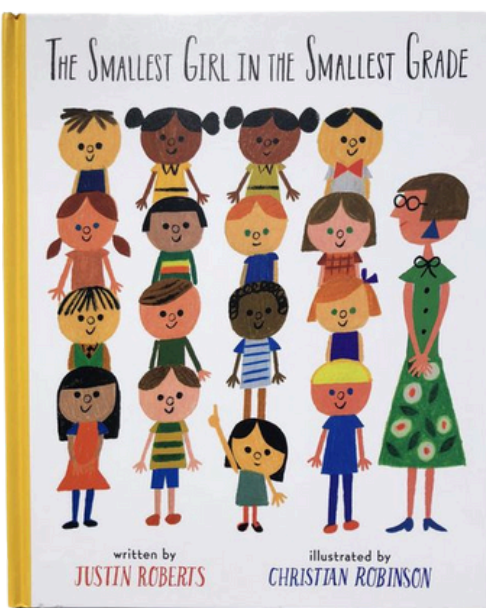
# BOOKS FOR AGES 3-6

## **Tomorrow I'll Be Brave by Jessica Hische**



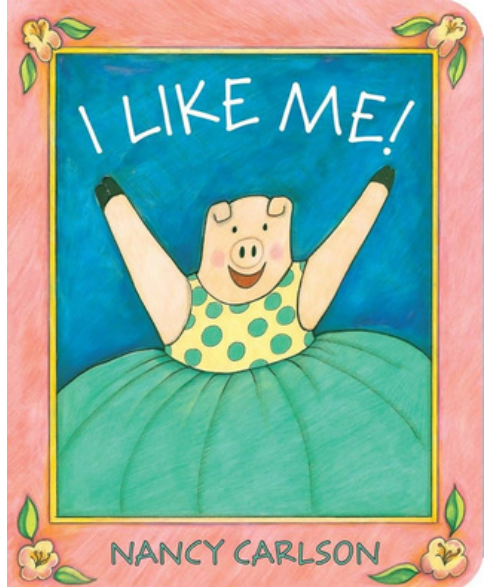
The book encourages young readers to embrace new challenges, do their best, and be brave, with the understanding that it's okay if they don't achieve everything they set out to do in a single day. The central message is one of resilience and self-compassion, reminding kids that tomorrow is another opportunity to try again.

## **The Smallest Girl in the Smallest Grade by Justin Roberts**



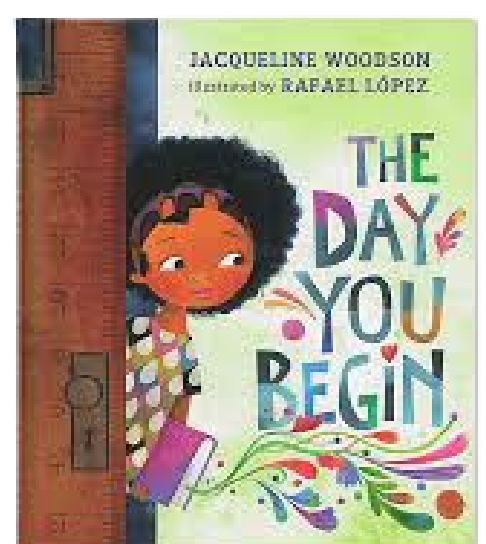
Hardly anyone noticed young Sally McCabe, the smallest girl in the smallest grade. But when Sally sees bullying on the playground, she decides to make herself heard. This story teaches children the value of standing up for others and shows how even the smallest person can make a big difference.

## **I Like Me by Nancy Carlson**



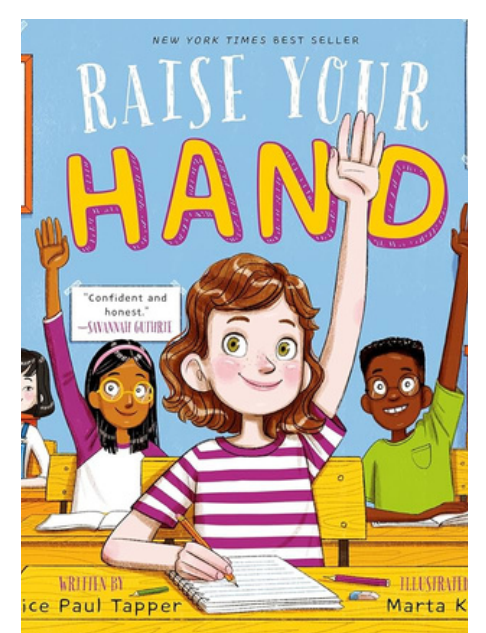
Peppy pig is a character who is full of good feelings about herself. This simple story helps young children understand the importance of feeling proud of who they are.

## **The Day You Begin by Jacqueline Woodson**



Explore Jacqueline Woodson's poignant words and Rafael López's vibrant illustrations, celebrating the courage to embrace uniqueness. This book shows children that although we may all be different, we are similar too.

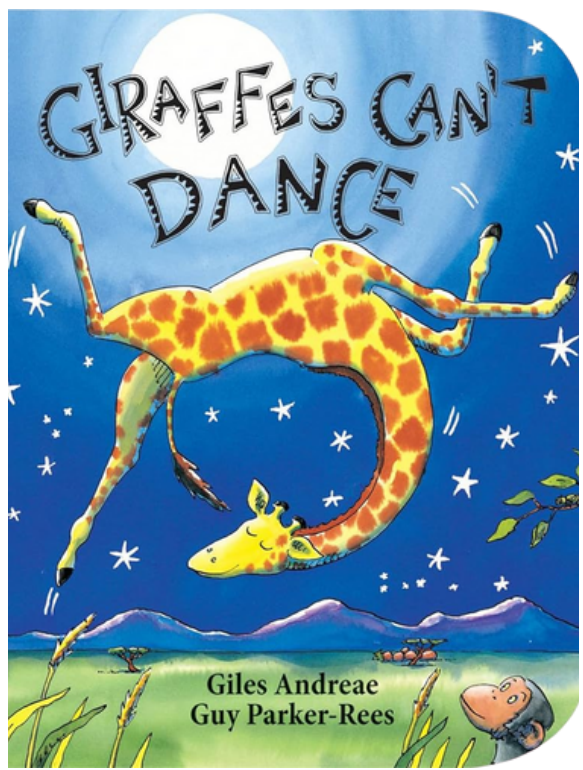
## **Raise Your Hand by Alice Paul Tapper**



Join Alice Tapper, an 11-year-old Girl Scout, on a journey of empowerment! This picture book showcases her courage to challenge gender norms and inspires confidence in girls everywhere. With delightful illustrations, Alice's story encourages kids to raise their hands and use their voices.

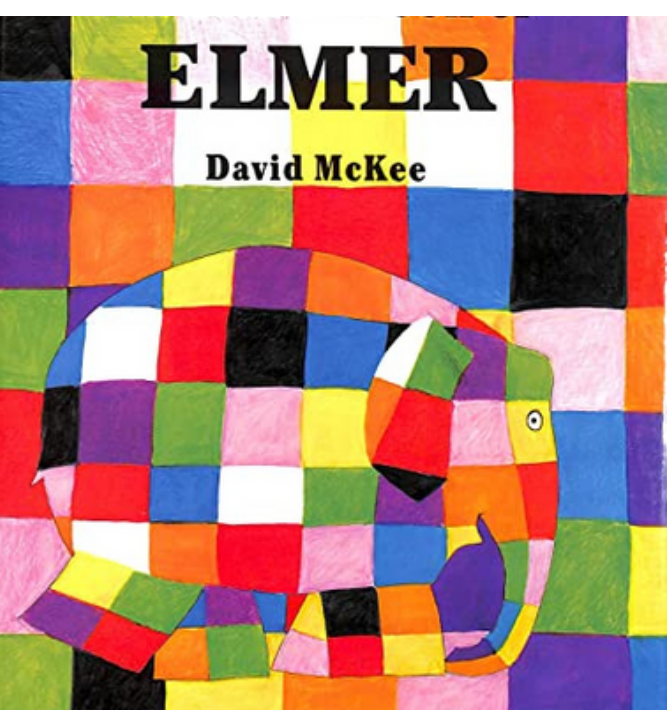


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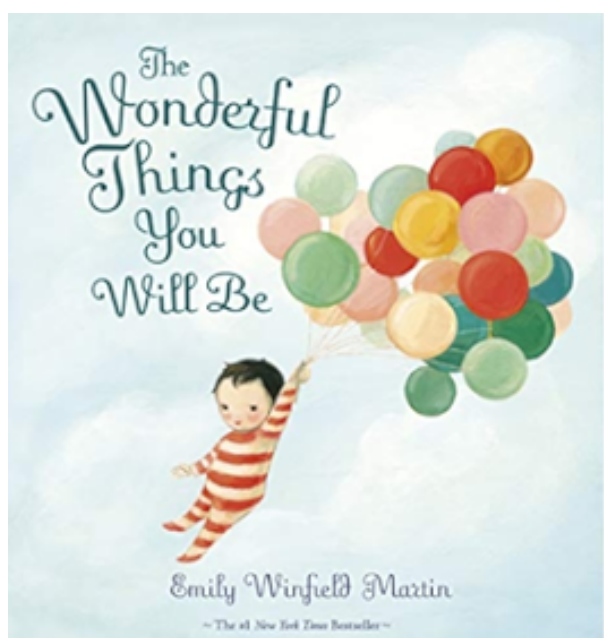
## **Giraffes Can't Dance by Giles Andreae**

Gerald the giraffe wants to dance but feels clumsy. With a little encouragement, he learns that anyone can dance if they find their own music. This book teaches kids about self-confidence and embracing their uniqueness.



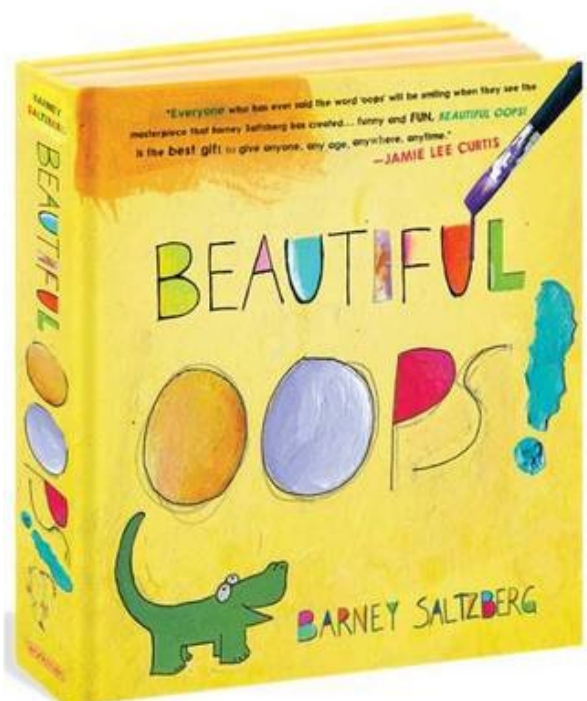
## **Elmer by David McKee**

Elmer the patchwork elephant is different from the other elephants. His story of celebrating individuality and self-acceptance is perfect for young children.



## **The Wonderful Things You Will Be by Emily Winfield Martin**

This story celebrates the dreams, acceptance, and love that parents have for their children. It's a heartfelt reminder to kids that they are wonderful just the way they are.

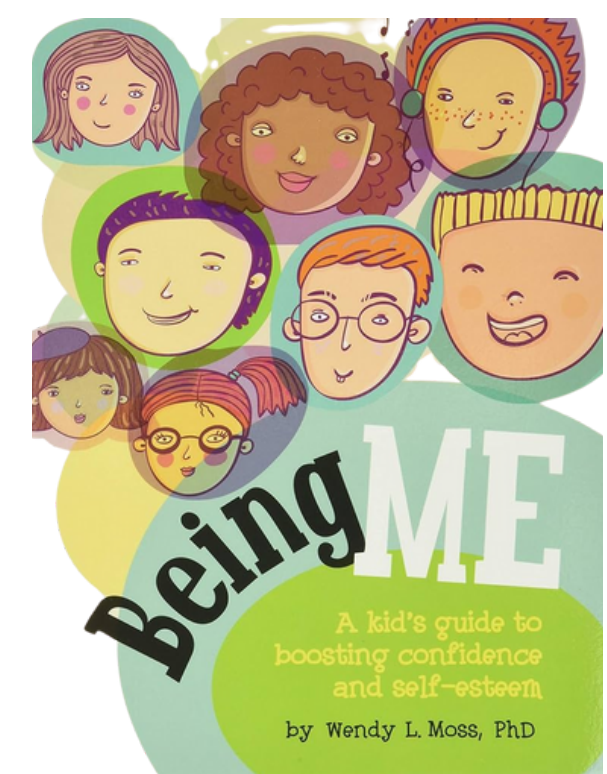


## **Beautiful Oops! by Barney Saltzberg**

A creative book that teaches kids how mistakes can be turned into something beautiful, encouraging them to see the positive side of errors and to be confident in their creativity.

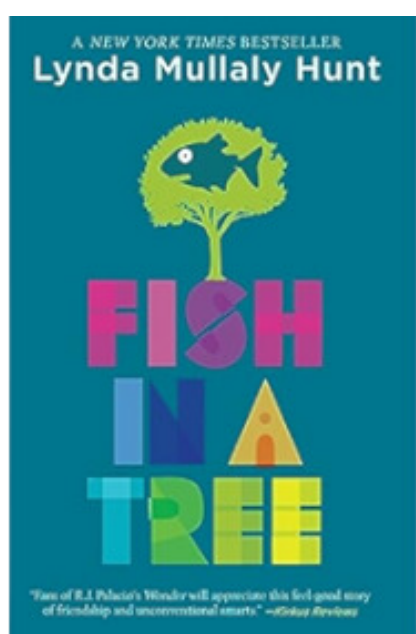


# BOOKS FOR AGES 7-13



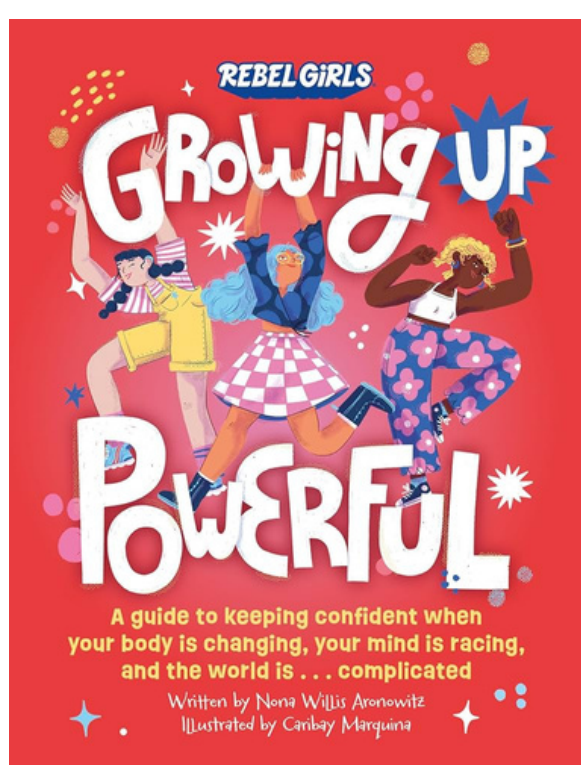
## **Being Me: A Kid's Guide to Boosting Confidence and Self-Esteem by Wendy L. Moss, PhD**

"Being Me" equips children with tools to discover their strengths, excel in school, and build self-assurance in all aspects of life. Filled with relatable examples, inspiring stories, and practical advice, this guide empowers kids to embrace happiness, security, and confidence within themselves and with others.



## **Fish in a Tree by Lynda Mullaly Hunt**

"Fish in a Tree" tells a captivating story of overcoming self-doubt and embracing individuality. As Ally navigates dyslexia, she learns to ask for help and discovers her true potential. This emotionally charged novel reminds children that labels don't define them and that self-acceptance leads to endless possibilities.



## **Rebel Girls: Growing Up Powerful by Nona Willis Aronowitz**

"Growing Up Powerful" helps girls grow into their most confident selves. Packed with expert advice, relatable Q&As, and engaging quizzes, this book fosters unshakable confidence in tween and teen girls.



## **Stargirl by Jerry Spinelli**

"Stargirl" is a captivating tale of individuality and the journey to self-acceptance. Through Stargirl's story, readers learn the importance of embracing their uniqueness, even in adversity. This emotional narrative inspires readers to celebrate their true selves and find the courage to stand out in a world that urges conformity.