BOOKS TO READ WITH CHILDREN ABOUT SELF ESTEEM

I'm Gonna Like Me: Letting Off a Little Self-Esteem
Jamie Lee Curtis, Laura Cornell (Illustrator)

With fun rhyming verses and fresh lively artwork, best-selling team Jamie Lee Curtis and Laura Cornell's book is about how it's important to like yourself every day. Through alternating points of view, a boy's and a girl's, *I'm Gonna Like Me* shows kids that whether they get an answer wrong in school or are picked last for the team, what's most important is liking yourself because you are you.

I Want Your Moo: A Story for Children about Self-Esteem
Marcella Bakur Weiner, Jairo Barragan, Jill Neimark

One of the greatest gifts we can give our children is a sense of self–worth. Children who lack this feeling often express it as "not liking" a part of themselves. *I Want Your Moo* is a beautifully written and illustrated tale about self–esteem that features Toodles, a turkey who despises the sound of her "gobble gobble." Children will identify with Toodles, her struggle for self–acceptance, and eventual victory over self–doubt when she "saves the day" by using the very voice she so dislikes. Each reading will help to reinforce a child's feeling that all of his or her attributes are a valuable part of a unique and good self.

Don't Feed the Monster on Tuesdays!: The Children's Self-Esteem Book
Adolph Moser, Nancy R. Thatch (Editor), David Melton (Illustrator)

Discusses how to develop and maintain healthy self-esteem and a positive attitude.

Stick up for Yourself!: Every Kid's Guide to Personal Power and Positive Self-Esteem
Gershen Kaufman, Pamela Espeland, Lev Raphael

Discusses problems facing young people such as making choices, learning about and liking yourself, and solving problems.

I Like Myself!
Karen Beaumont, David Catrow (Illustrator), David Catrow (Illustrator)

High on energy and imagination, this ode to self-esteem encourages kids to appreciate everything about themselves--inside and out. Messy hair? Beaver breath? So what! Here's a little girl who knows what really matters. At once silly and serious, Karen Beaumont's joyous rhyming text and David Catrow's wild illustrations unite in a book that is sassy, soulful--and straight from the heart.

Stand Tall, Molly Lou Melon
Patty Lovell, David Catrow (Illustrator), David Catrow (Illustrator)

Even when the class bully at her new school makes fun of her, Molly remembers what her grandmother told her and she feels good about herself.

Incredible You!: 10 Ways to Let Your Greatness Shine Through
Wayne W. Dyer, Kristina Tracy, Melanie Siegel (Illustrator)

Internationally renowned author and speaker in the field of self-development, Dr. Wayne W. Dyer has written a book just for kids. Beautifully illustrated, Incredible You uses simple, uplifting rhymes to give kids their own tools for creating happiness.
I Knew You Could!: A Book for All the Stops in Your Life
Craig Dorfman, Cristina Ong (Illustrator), Cristina Ong (Illustrator), Watty Piper

Celebrate life's journeys with The Little Engine That Could! Selling over 60,000 copies in the first two months on sale, I Knew You Could! provides familiar comfort in changing times and serves as a wonderful gift that will be treasured for years to come. With inspiring and enlightening words of wisdom, this sweetly nostalgic book is perfect for graduates of all ages as they make the transition from one phase of life to the next. From “I think I can” to “I knew I could,” The Little Engine That Could helps us remember that anything is possible if you put your mind to it!

Marsupial Sue
John Lithgow, Jack E. Davis (Illustrator), Jack E. Davis (Illustrator)

Young Sue really doesn't like being a kangaroo, so she goes off to find something better. First she tries climbing the trees like a koala, but that doesn't work. Then she wades into the sea like a platypus, but that's no good either. Finally, Sue joins up with some bouncy, jouncy wallabies...and discovers that being a kangaroo isn't so bad, after all.

Loser
Jerry Spinelli, Eileen Spinelli (Editor), Joanna Cotler (Editor)

Even though his classmates from first grade on have considered him strange and a loser, Donald Zinkoff's optimism and exuberance and the support of his loving family do not allow him to feel that way about himself.

The Mixed-Up Chameleon
Eric Carle, Eric Carle (Illustrator)

A bored chameleon wishes it could be more like all the other animals it sees, but soon decides it would rather just be itself. Cutouts along the edges of the pages display various animals and colors.

Dork in Disguise
Carol Gorman, Carol Guise

Starting middle school in a new town, brainy Jerry Flack changes his image from "dork" to "cool kid," only to discover that he'd rather be himself.

I, Amber Brown
Paula Danziger, Tony Ross (Illustrator)

Because her divorced parents share joint custody of her, nine-year-old Amber suffers from lack of self-esteem and feels that she is a piece of jointly-owned property.

Happy to Be Me
Chris Adams, Robert J. Butch

One of the constant problems that plague children is low self-esteem. Our culture is filled with images and experiences that can adversely affect the way children see themselves, and they can subsequently carry around this low self-image long into adulthood. This book is written to give children tools for seeing themselves in a healthy, holistic way. With the colorful Abbey Elves as guides, children can immerse themselves in texts and images that celebrate who they are in good ways.