Books to Help Grow Self-Esteem

*Happy to Be Me! A Kid Book about Self-Esteem* (2001)
by Christine Adams and Robert J. Butch, illustrated by R. W. Alley

This is a great book to directly teach children about the concept of self-esteem.

*The Feel Good Book* (2009)
by Todd Parr

This book discusses many things that can make people feel good like giving hugs, watching grandma and grandpa dance, and making sounds like a monkey. It is also a great discussion starter for things that make your students feel good!

*I Want Your Moo: A Story for Children about Self-Esteem* (Revised edition 2009)
by Marcella Bakur and Jill Neimark, illustrated by Joann Adinolfi

The tale of a turkey who hates her gobble--this book teaches children to focus on their own individual strengths and not compare themselves to others.

*Have you Filled a Bucket Today?* (2007)
by Carol McCloud, illustrated by David Messing

Using the metaphor of filling a bucket, this book shows children the value of helping and being kind to others. When children are able to form positive relationships, their self-esteem grows.

by Shari Becker, illustrated by Nicole E. Wong

Students will cheer on Maxwell during his quest to climb a mountain. At the same time, they will learn the importance of a can-do attitude.

by Judy Lalli, M.S., photography by Douglas L. Mason-Fry

This book is perfect for short self-esteem boosters. The simple poems are sure to become a favorite of students.

*Ella Sets the Stage* (2006)
by Carmela D'amico and Steve D'amico

Ella the elephant has a problem—her school is having a talent show, and she has no talent to share. In the end, her ability to be a good friend is what shines through. This is an excellent book to teach children that each person has strengths and weaknesses.