

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.

Maxwell's Mountain (2007)

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.

I Like Being Me: Poems for Children about Feeling Special, Appreciating Others, and Getting Along (2007)

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.