



Mental Health Books for Children Aged 3 to 6

About the Teacher: Camilla Ting

Camilla has been a teacher since 2001 and has taught at Thunderbird Ƨxwəxwəʔəs Elementary School in East Vancouver since 2004. Born and raised in Vancouver, she grew up going to A R Lord Elementary and Templeton Secondary. She later attended UBC, where she received a Bachelor of Science, a Bachelor of Education and a Diploma in Education supporting English Language Learners. She is an avid reader and feels privileged to be able to share books with her students each day.

Camilla's love for books extends into her personal life. She has two daughters who are 10 and 14 years old. They share her love for Harry Potter, Rick Riordan, John Flanagan and other books that transport them to exciting worlds.

Camilla's favourite children's authors include Mo Willems, Julia Donaldson, Todd Parr, Robert Munsch, David Shannon, Jan Brett, Kat Zhang, Eric Litwin and James Dean.



Camilla's Book List

Mental health is crucial for healthy growth and development in young children. Books can help children explore their feelings, reflect, learn and grow. This sets a strong foundation for resilience and coping throughout life. Camilla has kindly shared a list of her favourite books promoting mental wellbeing in young children. We hope you enjoy reading these with your child.





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Mental Health Books

- *Knuffle Bunny* by Mo Willems (transitional objects)
- *Knuffle Bunny Too* by Mo Willems
- *Knuffle Bunny Free* by Mo Willems (transitional objects and growing up)
- *I Love You, Blue Kangaroo* by Emma Chichester Clark (transitional objects)
- *Ravi's Roar* by Tom Percival (anger)
- *Perfectly Norman* by Tom Percival (being yourself)
- *Meesha Makes Friends* by Tom Percival (loneliness and friendship)
- *Ruby Finds a Worry* by Tom Percival (anxiety)
- *A Little Scribble Spot* and other books in the series (feelings) by Diane Alber
- *Jeremiah Learns to Read* by Jo Ellen Bogart (growth mindset)
- *Braver than Brave* by Janet Sumner Johnson (courage and readiness)
- *We Don't Eat Our Classmates* by Ryan T. Higgins (skills for making friends)
- *Frank the Cat* by Angela Kelman (being yourself)
- *What Do You Do With a Chance* by Kobi Yamada (courage, growth mindset)
- *What Do You Do With a Problem?* by Kobi Yamada (problem solving)
- *Be Who You Are* by Todd Parr (being yourself)
- *Dark Cloud* by Anna Lazowski (anxiety and sadness)

