



# Mental Health Books for Children Aged 3 to 6

## About the Teacher: Colleen Sturrock

Colleen Sturrock currently teaches Kindergarten at Donna Gabriel Robins in Langley. She has taught for the past 25 years in inner city schools in both Vancouver and Langley. She has spent most of her career teaching Kindergarten in the Downtown Eastside at Lord Strathcona Elementary. Colleen received a Prime Minister's Teaching Achievement Award in 2015 and has published work in UBC's Educational Insights.

She is passionate about advocating for early intervention, equity and access for all learners. She favours a Reggio Inspired approach to teaching the emergent curriculum with a focus on playful inquiry, documentation and the classroom environment. Colleen was part of the Canadian Study Tour in Reggio Emilia, Italy in March 2023. Reading and Storytime are an important part of Colleen's classroom. She loves helping others discover new worlds and understand our own world through literature.



## Colleen'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. Below you will find a list of Colleen's favourite books that promote mental wellbeing in young children. We hope you enjoy reading these with your child.





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## Mental Health Books

- *I'm Just a Kid - A Social Emotional Book on Self-Regulation* - By Chandele Morris
- *The Colour Monster* - By Anna Llenas
- *Puppy in My Head: A Book About Mindfulness* - By Elise Gravel
- *The Invisible Boy* - By Trudy Ludwig
- *Pass it On* - By Sophy Henn
- *The Invisible String* - By Patrice Karst
- *Ruby Finds a Worry* - By Tom Percival
- *Be Kind* - By Pat Zietlow
- *The Grateful Book* - By Angela Kohler
- *Don't Hug Doug* - By Carrie Finison
- *In My Heart: A Book About Feelings* - By Jo Witek
- *What's My Superpower?* - By Aviaq Johnston
- *The Most Magnificent Thing* - By Ashley Spires
- *Big Feelings* - By Alexandra Penfold
- *When We Are Kind* - By Monique Gray Smith
- *My Heart Fills with Happiness* - By Monique Gray Smith
- *The Way I Feel* - By Janan Cain
- *The Bad Seed* - By Jory John
- *The Good Egg* - By Jory John
- *The Big Cheese* - By Jory John

