



Mental Health Books For Children Aged 2-6

About the Teacher: Julie Gelson



As a Kindergarten teacher at Queen Alexandra Elementary School since 2013 and the mother of two daughters, Julie has seen the importance of early literacy firsthand in both her professional and personal life. She completed her Bachelor of Arts in English Literature at the University of British Columbia, followed by a Bachelor of Education (Primary), and a Diploma in Education with a focus on Language and Literacy. Her own love of reading started early and led her to her role as an educator. Julie's goal is to inspire a love of reading in her students that will follow them throughout their lives. She believes reading can open our hearts and our minds. She is honoured to have been part of The Reading Bear Society initiative for the last ten years and is excited to continue this partnership for many years to come.

About the List

Mental health is an important component of a child's wellbeing and development. Exploring different concepts around mental health can influence a child's emotional, social, and cognitive growth, while laying the foundation for resilience and coping skills. Below is a list of books that you can read with your child!

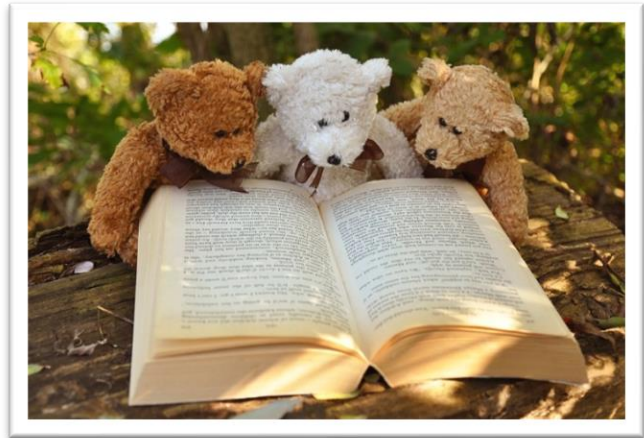




Mental Health Books For Children Aged 2-6

Mental Health Books

- *The Rabbit Listened* by Cori Doerrfeld
- *When Sophie Gets Angry – Really, Really Angry* by Molly Bang
- *When Sophie’s Feelings Are Really, Really Hurt* by Molly Bang
- *How Full is Your Bucket? For Kids* by Tom Rath and Mary Reckmeyer
- *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids* by Carol McCloud
- *When Sadness is at Your Door* by Eva Eland
- *When Happiness Begins* by Eva Eland
- *The Colour Monster* by Anna Llenas
- *You Matter* by Christian Robinson
- *Puppy in My Head: A Book About Mindfulness* by Elise Gravel
- *I’m Sad* by Michael Ian Black
- *I’m Worried* by Michael Ian Black
- *Big Feelings* by Alexandra Penfold
- *The Don’t Worry Book* by Todd Parr
- *The Goodbye Book* by Todd Parr



Infographic developed by Sanya Grover (UBC MD Class of 2025)



Although the RBS strives to provide complete and accurate information, we make no warranties, expressed or implied, as to the accuracy of the information in our materials and assume no liability or responsibility for any errors or omissions in our materials.