



## Self-Esteem

### **Picture Books:**

Applet, Kathi. [Incredible Me](#)

A vivacious young girl recounts the many wonderful things about herself, from her head and her feet to her nose and her toes, in a book that celebrates individuality. Ages 3–6 (APP)

Barnes, Laura T. [Ernest and Elston](#)

When Elston decides he doesn't want to be a rooster anymore, Ernest the donkey and the other barnyard animals learn the hard way what can go wrong when someone pretends to be something they are not. Ages 3–7 (BAR)

Bell, Cece. [Bee-Wigged](#)

Jerry, a large bee who longs to have friends, finds that by putting on a wig he can pass for a boy, until one day while he is leading the annual school parade the wind starts blowing very hard.

Ages 4–8 (BEL)

Bright, Paul. [Nobody Laughs at a Lion!](#)

When Pa Lion brags that he is the best and Ma Lion asks what he is best at, Pa sets out to prove what he can do, but the quiet laughter each time he fails makes him more and more angry.

Ages 4–8 (BRI)

Carlson, Nancy. [ABC, I Like Me!](#)

Follow a cheerful pig and his merry companions as they learn to feel good about themselves, and introduce the alphabet with the help of some colorful illustrations adorned with large letter blocks.

Ages 4–6 (CAR)

Carlson, Nancy. [Think Big!](#)

Vinney is frustrated about being one of the smallest children at school, but when he takes his mother's advice and thinks big for a day, he discovers that there are advantages to being small.

Ages 4–7 (CAR)

Curtis, Jamie Lee. [I'm Gonna Like Me: Letting off a Little Self-Esteem](#)

this book celebrates the importance of liking one's self, despite mistakes and not-so-good moments along the way, through bold illustrations and rhythmic text. Ages 4–8 (CUR)

Diggs, Taye. [Chocolate Me!](#)

A celebration of how sweet and delicious everyone is, even if they look different from others.

Ages 4–8 (DIG)

Dodson, Emma. [Badly Drawn Dog](#)

Badly Drawn Dog was tired of his scribbly, smudgy look, so he asked a new artist to redraw him better; but his new appearance began to cause him a series of problems. Maybe a change in appearance isn't the answer to his dreams after all. Ages 4–7 (DOD)



Gordon, David. [The Ugly Truckling](#)

Raised amongst trucks, a little plane does her best to fit in with her four-wheeled friends until she finally discovers her own unique talents that make her proud of who she really is.

Ages 3-7 (GOR)

Harper, Charise Mericle. [Cupcake: A Journey to Special](#)

When no one picks him from a plate that includes his fancy siblings, Plain Vanilla Cupcake feels dull, but when he meets Candle, who shares his feelings, the two hatch a plan to become the best duo on a plate. Ages 4-6 (HAR)

Hartt-Sussman, Heather. [Noni Says No](#)

Noni finds herself doing things she does not want to because of her inability to tell her best friend no, and when she finally finds her voice the outcome is unexpected. Ages 4-8 (HAR)

Jabar, Cynthia. [Wow! It Sure is Good to be You!](#)

A young girl learns that she is loved and appreciated for being a very special person.

Ages 4-8 (JAB)

Livingston, Irene. [Finklehopper Frog Cheers](#)

When Finklehopper Frog and Ruby Rabbit go to a picnic, their friendship helps them weather some challenges and disappointments. Ages 3-7 (LIV)

McBratney, Sam. [You're All My Favorites](#)

Three much-loved baby bears begin to wonder if their parents have a favorite.

Ages 3-7 (MCB)

Mills, Claudia. [Ziggy's Blue-Ribbon Day](#)

Ziggy does not do well on the school track and field day events, but he feels much better after his classmates recognize his drawing talent. Ages 4-7 (MIL)

Monnier, Miriam. [Just Right](#)

When a girl becomes confused and grumpy because she is either too big or too little to do most things, her mother offers reassurance that she is just right. Ages 3-6 (MON)

Parr, Todd. [It's Okay to be Different](#)

This book will inspire kids to celebrate their individuality through acceptance of others and self-confidence. Ages 3-7 (PAR)

Reynolds, Cynthia Furlong. [Grammie's Secret Cupboard](#)

A young girl discovers her true talent when her grandmother looks deep into her eyes, then opens a hidden cupboard and selects a special plaything just for her. Ages 4-8 (REY)

Richardson, John. [Grunt](#)

Teased by his older siblings about his appearance and tiny squeal, a little piggy finds acceptance with an equally odd-looking companion who teaches him to celebrate his differences and recognize that others will appreciate his uniqueness, too. Ages 4-7 (RIC)



Richmond, Marianne. [Hooray for You! A Celebration of "You-Ness"](#)

Rhyming verses describe many of the reasons for celebrating one's unique qualities. Ages 3-7 (RIC)

Smith, Jada Pinkett. [Girls Hold up This World](#)

Relates how girls are unique individuals, possessing self-esteem and discipline, and able to work with other girls to make the world a better place. Ages 5-8 (SMI)

Snow, Todd. [You Are Important](#)

Describes all of the things that make a child important, from the simple acts of smiling and growing to being a member of a family. Ages 2-5 (JBB Y) (This is in the board book section)

Spelman, Cornelia. [When I Feel Good About Myself](#)

A young guinea pig explains that self-confidence comes from learning new things without being afraid of making mistakes and to remember that everyone has different qualities that make them lovable. Ages 3-7 (SPE)

Tafari, Nancy. [You Are Special, Little One](#)

A variety of baby animals ask the question, "How am I special?" and receive loving answers from their mothers and fathers. Ages 3-6 (TAF)

## **Fiction**

Weeks, Sarah. [Oggie Cooder](#)

Fourth-grader Oggie Cooder goes from being shunned to being everyone's best friend when his ability to chew slices of cheese into the shapes of states wins him a slot on a popular television talent show, but he soon learns the perils of being a celebrity. Ages 7-10 (J WEE)

## **Picture Book for Older Readers:**

Esham, Barbara. [Last to Finish: A Story about the Smartest Boy in Math Class](#)

Max Leonard is convinced that he will never succeed with memorizing his multiplication tables; and his brain "freezes" during timed tests. But to everyone's surprise, Max has been completing algebra problem sets in his spare time! Max, his parents and teachers are amazed by his math "potential". Ages 6-10 (J PicOR ESH)

Esham, Barbara. [Stacey Coolidge's Fancy-Smancy Cursive Handwriting](#)

Carolyn has been practicing cursive handwriting, but is frustrated by her lack of success when her teacher finds a way to convince her that creative writing and cursive handwriting are two unrelated skills. Ages 5-10 (J PicOR ESH)

Shannon, David. [A Bad Case of Stripes](#)

In order to ensure her popularity, Camilla Cream always does what is expected, until the day arrives when she no longer recognizes herself. Ages 5-10 (J PicOR SHA)

## **Non-Fiction:**

Adoff, Jaime. [Small Fry](#)

A collection of poems exploring the challenges of being smaller than other children, as well as the simple every day adventures of a boy growing up. Ages 5-8 (J 811 ADO)



Fox, Annie. [Be Confident in Who You Are](#)

Six middle school students handle bullying, peer pressure, and their self-images, in a book that discusses promoting positive thinking and building confidence. Ages 10–13 (J 155.5 FOX)

Harlan, Judith. [Girl Talk: Staying Strong, Feeling Good, Sticking Together](#)

Offers hints, clues, and suggestions which can empower girls to shape the world into the image of their own best hopes. Ages 9–12 (J 158.25 HAR)

McCloud, Carol. [Growing Up With a Bucket Full of Happiness: Three Rules for a Happier Life](#)

Uses the metaphor of a bucket filled with good feelings to show how easy and rewarding it is to express kindness, appreciation, and love on a daily basis. Ages 4–10 (J 152.4 MCC)

Moser, Adolph. [Don't Feed the Monster on Tuesdays!](#)

Discusses how to develop and maintain healthy self-esteem and a positive attitude. Ages 6–9 (J 158.1 MOS)

Moss, Wendy. [Being me: A Kid's Guide to Boosting Confidence and Self-Esteem](#)

Offers ways to explore your strengths and feel more confident in school, with your friends, and when facing life's other challenges. Ages 9–13 (J155.418 MOS)

Rimm, Sylvia B. [See Jane Win for Girls: A Smart Girl's Guide to Success](#)

Presents tips, quizzes, activities, and words of wisdom from successful women for girls trying to make positive changes and choices in all areas of their lives and develop confidence, inner strength, and the desire to learn. Ages 10–14 (J 305.235 RIM)

## **Parent's Collection**

Lansky, Vicki. [101 Ways to Make Your Child Feel Special](#)

Suggests ways parents can build self-confidence and self-respect in children, including asking children's opinions, planning special trips, and offering encouraging words.  
(J Parents Coll 649.1 LAN)

Ludwig, Trudy. [Better Than You](#)

Tyler's friend Jake continually boasts about his abilities, making Tyler feel bad about himself until his Uncle Kevin and new neighbor Niko help him see that Jake is the one with the problem.  
Ages 4–8 (J Parents Coll 303.32 LUD)



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