



**Meraki**

Institute of Learning

BY TANAGER

# Read for Resilience

Great books to help build resilience  
in youth

Reading is a great way for youth to learn many new things including resilience. By reading about emotions, acts of kindness, journeys of courage, experiences of pain and healing, amazing accomplishments, and many other topics, youth gain new perspectives, increase empathy, feel more confident, and imagine future possibilities.

Research has shown youth become even more engaged in reading when they are able to read books or stories with characters who reflect parts of their own identity. It is important for youth to read about characters who share similar experiences, cultural beliefs, physical attributes, life challenges, interests, hobbies, and hopes and dreams.

Below is a list of books that can help foster resilience in youth. The list provides books for all different ages on a variety of topics and features diverse characters for connecting with youth.

- **A Good Kind of Trouble** By: Lisa Moore Ramée
- **A Little SPOT Series** By: Diane Alber
- **A Long Walk to Water** By: Linda Sue Park
- **A Queer History of the United States for Young People** By: Richie Chevat
- **ABC's of Kindness** By: Samantha Berger
- **Acceptance is My Superpower** By: Alicia Ortego
- **Ada Twist, Scientist** By: Andrea Beaty
- **All Because You Matter** By: Tami Charles
- **Almost American Girl** By: Robin Ha
- **Becoming: Adapted for Young Readers** By: Michelle Obama
- **Black is a Rainbow Color** By: Angela Joy
- **Black Women in Science** By: PhD Kimberly Brown Pellum
- **Breathing is My Superpower** By: Alicia Ortego
- **Brown Girl Dreaming** By: Jacqueline Woodson
- **Change Sings: A Children's Anthem** By: Amanda Gorman
- **Circles of Hope** By: Karen Lynn Williams
- **Class Act** By: Jerry Craft
- **Crown: An Ode to the Fresh Cut** By: Derrick Barnes
- **Dear Boy** By: Paris Rosenthal
- **Dear Girl** By: Amy Krouse Rosenthal
- **Dreamers** By: Yuyi Morales
- **Eyes That Kiss in the Corners** By: Carole Lindstrom
- **Fry Bread: A Native American Family Story** By: Kevin Noble Maillard



- **Ghost Boys** By: Jewell Parker Rhodes
- **Go Show the World: A Celebration of Indigenous Heroes** By: Wab Kinew
- **Hands are Not For Hitting Series** By: Martine Agassi
- **Hidden Figures: The True Story of Four Black Women and the Space Race** By: Margo Lee Shetterly
- **How Many Stars in the Sky** By: Lenny Hort
- **I Am Enough** By: Grace Byers
- **I Am Every Good Thing** By: Derrick Barnes
- **I am Jazz** By: Jessica Herthel, Jazz Jennings
- **I Promise** By: LeBron James
- **Julián is a Mermaid** By: Jessica Love
- **Kids on the March** By: Michael Long
- **Kindness is My Superpower** By: Alicia Ortego
- **Last Stop on Market Street** By: Matt de la Peña
- **Latinitas: Celebrating 40 Big Dreamers** By: Juliet Menéndez
- **Listening to My Body** By: Gabi Garcia
- **Listening with My Heart** By: Gabi Garcia
- **Little Legends: Bold Women in Black History** By: Vashti Harrison
- **Little Legends: Exceptional Men in Black History** By: Vashti Harrison
- **Love is Love: An Important LGBTQ Pride Book for Kids about Gay Parents and Diverse Families** By: Michael Genhart
- **Max's Box** By: Brian Wray
- **Meg, Jo, Beth, and Amy: A Modern Graphic Retelling of Little Women** By: Rey Terciero
- **Moody Cow Meditates** By: Kerry Lee MacLean
- **My Body Sends a Signal** By: Natalia Maguire
- **My Dragon Books** By: Steve Herman
- **New Kid** By: Jerry Craft
- **Ninja Life Hacks Book Series** By: Mary Nhin
- **One Crazy Summer** By: Rita Williams-Garcia
- **Our Class is a Family** By: Shannon Olsen
- **Piggie & Gerald/Pigeon Books** By: Mo Willems
- **Pride: The Story of Harvey Milk and the Rainbow Flag** By: Rob Sanders
- **Puppy Mind** By: Andrew Jordan Nance
- **Right Now, I Am ... Series** By: Daniela Owen
- **Simon B. Rhymin'** By: Dwayne Reed
- **Something Happened in Our Town** By: Marianne Celano
- **Stamped (For Kids)** By: Jason Reynolds
- **Stella by Starlight** By: Sharon M. Draper
- **Stolen Words** By: Melanie Florence
- **Sulwe** By: Lupita Nyong'o
- **Survivors of the Holocaust: A Graphic Novel** By: Kath Shackleton
- **Thank You Mind: Understanding My Big Feelings on Tricky Days** By: Jennifer Cohen Harper



- **Thank You, Omu** By: Oge Mora
- **The 1619 Project: Born on the Water** By: Nikole Hannah-Jones
- **The ABCs of Black History** By: Rio Cortez
- **The Bad Seed** By: Jory John
- **The Boy with Big, Big Feelings** By: Britney Winn Lee
- **The Color Monster Series** By: Anna Llenas
- **The Cool Bean** By: Jory John
- **The Crayon Box that Talked** By: Shane Derolf
- **The Day You Begin** By: Jacqueline Woodson
- **The Good Egg** By: Jory John
- **The Hill We Climb** By: Amanda Gorman
- **The Invisible String** By: Patrice Karst
- **The Magical Reality of Nadia** By: Bassem Youssef
- **The Other Side** By: Jacqueline Woodson
- **The Parker Inheritance** By: Varian Johnson
- **The Proudest Blue** By: Ibtihaj Muhammad
- **The Seeds of America Trilogy** By: Laurie Alse Anderson
- **The Story of Barack Obama** By: Tonya Leslie
- **The Story of Frida Kahlo** By: Susan B. Katz
- **The Story of John Lewis** By: Tonya Leslie
- **The Story of Malala Yousafzai** By: Joan Marie Galat
- **The Story of Michelle Obama** By: Christine Platt
- **The Story of Ruth Bader Ginsberg** By: Susan B. Katz
- **The Story of Simone Biles** By: Rachelle Burk
- **The Undefeated** By: Kwame Alexander
- **Trying** By: Kobi Yamada
- **Uncle Jed's Barbershop** By: Margaree King Mitchell
- **We are Grateful: Otsaliheliga** By: Traci Sorell
- **We're Better Together** By: Eileen Spindli
- **What Do You Do with a Chance?** By: Kobi Yamada
- **What Do You Do with a Problem?** By: Kobi Yamada
- **What Is Beautiful** By: Abbie Smith Sprünger
- **When Stars are Scattered** By: Victoria Jamieson
- **You, Me and Empathy** By: Jayneen Sanders
- **Your Name is a Song** By: Jamilah Thompkins-Bigelow
- **You've Got Dragons** By: Kathryn Cave
- **Zoo Zen: A Yoga Story for Kids** By: Kristen Fischer

