

Heart-Mind Reading List

Chapter Books & Graphic Novels for Tweens and Teens

Heart-Mind Well-Being



As children get older and read more on their own, providing them with thoughtful books to read is one way to help them learn about themselves and others.

These books can teach social and emotional skills, while also offering readers engaging stories to whisk them away to new worlds.

Each list has a coloured heart with it to indicate the Head-Mind Well-Being quality present in the story.



Secure and Calm describes the ability to take part in daily activities and approach new situations without being overwhelmed with worries, sadness, or anxiety. To be secure and calm also means being able to cope with stress and pressure, and to bounce back from difficulties.



Being **Compassionate and Kind** is closely related to empathy. While empathy refers more generally to the ability to take the perspective of and to feel the emotions of another person, compassion goes one step further. Compassion includes the desire to take actions that will alleviate another person's distress.



Getting Along with Others is the ability to form positive and healthy relationships with peers and adults. Children with better abilities to regulate their emotions and behaviours have more friends and experience more positive playtime with their peers.



Solving Problems Peacefully is about creating an atmosphere where violence and aggression are not likely. To resolve conflict means using empathy, problem-solving skills, understanding other points of view and coming up with ways to make things right in a fair way. Peace is more than the absence of conflict and violence. It is recognizing and acting on the worth of self, others, and the interconnectedness of humans.



Being **Alert and Engaged** is the ability to manage and direct one's own feelings, thoughts, and emotions. In general, it is the ability to be "present" and to exercise self-control.



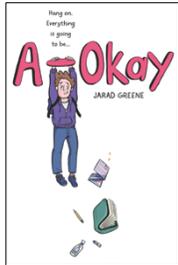
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Heart-Mind Reading List

Secure and Calm

Graphic Novels



A-Okay (2021) by Jarad Greene

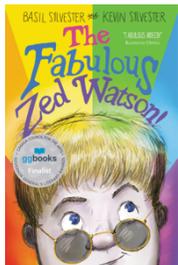
Starting a new school year can be challenging. When Jay starts Grade 8 there is a lot going on for him related to his emotions, and his relationships with friends. With everything going on, Jay needs to learn to trust that everything will be ‘a-okay.’



Just Roll with It (2021) by Veronica Agarwal and Lee Durfey-Lavoie

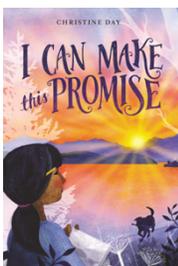
Maggie always makes sure she has her twenty-sided dice with her to help her make tough decisions. She has a lot to cope with, in addition to her anxiety and OCD. However, with the help of her twenty-sided dice she learns how to trust herself and roll with whatever comes her way.

Chapter Books



The Fabulous Zed Watson! (2021) by Basil Sylvester and Kevin Sylvester

What happens when you go on an adventure with your neighbour and bossy sister? Zed Watson is about to find out. There are a lot of challenges, but nothing they can't overcome! This is a tale featuring a non-binary tween who encounters strangers, enjoys dance-offs, and eats lots of ice cream on a fantastic treasure hunt.



I Can Make This Promise (2020) by Christine Day

Edie is on the search for her own identity when she stumbles upon a hidden box of letters. The letters bring more questions than answers, and Edie doesn't know what to do. But she realizes that only by asking those questions, can she begin to get some answers.



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Heart-Mind Reading List

Compassionate and Kind

Graphic Novels



White Bird: A Wonder Story (2022) by R.J. Palacio

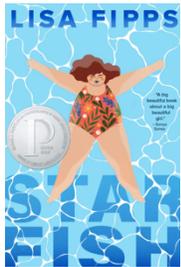
R.J. Palacio brings us back in time to World War II in this powerful graphic novel about the human spirit. We meet Julian's grandmother, who was hidden by a family during the holocaust as a young Jewish girl. This story illustrates how kindness is always important, especially in difficult times.



This Was Our Pact (2019) by Ryan Andrews

Ben and his classmates have made a pact to get to the bottom of a local urban legend. When Ben is left alone with a classmate, whom he isn't interested in getting to know, the magic starts. Sometimes challenging and unusual situations can teach us unexpected things.

Chapter Books



Starfish (2021) by Lisa Fipps

Ellie gets bullied about her weight not only by other kids but also by her mom. She decides she won't take it anymore and after finding her safe space in the pool, she feels the support she needs to be herself. It's important to be compassionate and kind to others, but it's even more important to be compassionate and kind to ourselves.



If We Were Giants (2020) by Dave Matthews, Clete Barrett Smith, and Antonio Javier Caparo

When Kirra leaves her community in search of her own story, things take a dark turn. She tries to keep her past a secret, but eventually she needs to face the demons inside her to help those who care about her. This is a fantastical story that shows the importance of family and community.



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Heart-Mind Reading List

Gets Along with Others

Graphic Novels



Stargazing (2019) by Jen Wang

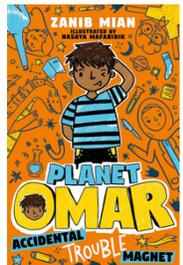
In Stargazing, we meet Moon and Christine and join them on their journey from unlikely friends to the best of friends. When things turn serious will they have the strength to pull through? The support we receive from friends who are different from us can help us in so many situations!



The Cardboard Kingdom (2018) by Chad Sell

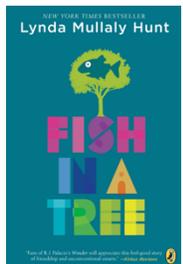
The only thing more fun than imagination is sharing those fun times with others. In this graphic novel we meet a group of 16 kids who spend their summer fighting robots, monsters, knights, and more! The characters must get along with others to learn more about themselves.

Chapter Books



Planet Omar: Accidental Trouble Magnet (2019) by Zanib Mian

Omar is just starting to make new friends when he encounters a bully. The bully does everything he can to make Omar upset, but Omar has the support of his family and even his own imagination to lift him up.



Fish in a Tree (2017) by Lynda Mullaly Hunt

Meet Ally, who is very smart but can't read. She is full of personality and tends to act out instead of being honest with herself. Ally needs to learn to trust others and be kinder to herself, so that her confidence will grow.



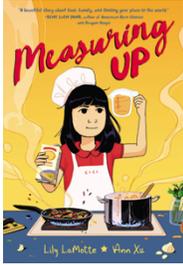
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Heart-Mind Reading List

Solves Problems Peacefully

Graphic Novels



Measuring Up (2020) by Lily LaMotte and Ann Xu

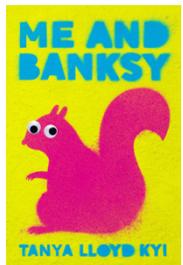
Moving is always full of twists and turns, and especially when moving to a new country. In this graphic novel we follow Cici as she tries to fit in at school and as she celebrates her grandmother's birthday, bringing us on her journey of new friendships and self-discovery.



Allergic (2021) by Megan Wagner Lloyd and Michelle Mee Nutter

What happens when the plan you have to solve all of your problems doesn't end up working out? Come along with Maggie as she tries to navigate her family life, friends, and allergies while finding the perfect pet.

Chapter Books



Me and Banksy (2021) by Tanya Lloyd Kyi

Someone is hacking the cameras at Dominica's private school. The hacker is sharing videos of students doing embarrassing things like picking their noses! Dominica and her friends work together to find the hacker, and question if cameras should be allowed in the classroom.



Coyote Tales (2017) by Thomas King and Byron Eggenschwiler

Award-winning author Thomas King brings us two coyote tales in this entertaining book. Through King's wonderful storytelling we learn lessons from a time when animals and human beings talked to each other, demonstrating that taking time to think and reflect can show that there are many ways to solve problems.



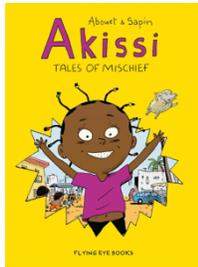
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Heart-Mind Reading List

Alert and Engaged

Graphic Novels



Akissi: Tales of Mischief (2018) by Marguerite Aboutet and Mathieu Sapin

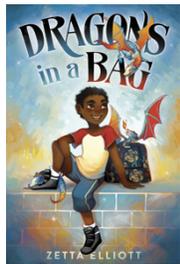
In the first of a series, we are introduced to Akissi and her knack for finding mischief. Akissi is an adventurer who has run-ins with cats, monkeys, and her own brother! Akissi follows her heart and is fearless in doing so.



The Magic Fish (2020) by Trung Le Nguyen

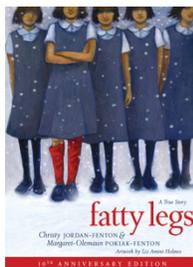
Tien was raised in America and knows who he is. However, his parents were raised in Vietnam and Tien worries the cultural differences in their upbringings mean they will never accept him. Tien uses fairy tales to try and communicate both simple and complex things with his parents.

Chapter Books



Dragons in a Bag (2018) by Zetta Elliott and Geneva B

Jaxon thought he was being sent to spend time with his grandmother, not a witch! Yet before he knows, he is transporting baby dragons to a magical world and trying not to break any rules. What happens when he *does* eventually break the rules?



Fatty Legs (2020) by Margaret-Olemaun Pokiak-Fenton

Fatty Legs is the powerful story of Margaret, an Inuit girl going through residential school and standing up against the powers that be along the way. Margaret refuses to back down because she knows she is worth more than how she is being treated. This story is a sobering reminder of the residential schools and the impact they have left behind.



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