

Summer Reading List

For the summer break, the *Second Step* team curated these titles from [Second Step Suite](#) book lists, spanning a wide range of needs. The list has something for everyone, whether it's families reading together about life issues, students reading for education and empowerment, teachers reinforcing and informing their role, or parents looking for support in their roles as caregivers and mentors.

FICTION RESOURCES

Early Learning

Cook, Julia. *My Mouth Is a Volcano*. Told from a child's perspective, this entertaining book helps children understand the importance of respecting others by listening and waiting for their turn to speak.

Crary, Elizabeth. *I Want to Play*. Danny wants to join the other kids in their play. In this interactive story, the reader helps Danny decide what to do.

Llewellyn, Claire. *Watch Out! Around Town*. Part of the Watch Out! series, this book offers kids advice about staying in their parents' sight and avoiding getting lost when in large, busy places like stores and theaters. Kids are also instructed to observe safety rules in playgrounds, and to take extra care when they encounter adults they do not know.

Meiners, Cheri J. *Be Careful and Stay Safe*. This book uses bright illustrations of familiar scenes and easily understood narration to reinforce many common safety rules and reminds children that adults are there to keep them safe.

Schenk de Regniers, *Beatrice*. *May I Bring a Friend?* A young boy receives an invitation each week from the King and Queen to join them for tea. He is so happy to be invited that he wants to share his happiness with others and always asks if he can bring a friend. The King and Queen always say yes, providing an excellent example of how to be inclusive.

Kindergarten–Grade 5

Becker, Shelly. *Mine! Mine! Mine!* Claire and Gail play together but Gail doesn't want to share! Claire is not having fun, and neither is Gail. Gail's mother then models how sharing and kindness is more fun than getting your own way.

Boelts, Maribeth. *Those Shoes*. Jeremy really wants expensive shoes that all the kids are wearing, however his family can't afford them. Jeremy will do almost anything to own a pair—including squeeze into a pair on sale that are a size too small. Soon Jeremy discovers the “uncomfortable” consequences of this solution, and begins to appreciate what he already has.

Dowell, Frances O'Roark. *The Secret Language of Girls*. Eleven-year-old Kate's friend Marilyn starts treating her like an enemy, and Kate doesn't understand why.

Lowery, Linda. *Laurie Tells*. In this beautifully illustrated book, Laurie tries to talk to her mom about being sexually abused, but her mom doesn't believe her. Children follow Laurie as she decides who else she can tell.

Oram, Hiawyn. *Angry Arthur*. When his mother won't let him stay up, Arthur becomes so angry that he creates a thunderstorm, hurricane, and universe quake, which begin to quiet down as Arthur's temper does.

Middle School

Adoff, Jaime. *Names Will Never Hurt Me*. This novel takes you inside the minds of four teenagers one year after a shooting at their high school. These students are all different, but none is without the problems teenagers face, including rejection, labeling, bullying, violence, and trying to belong.

Choyce, Lesley. *The End of the World as We Know It*. Carson hates the world and everything in it, including himself. While attending a private school for kids who have flunked out everywhere else, Carson meets Christine, a teenage girl living in a trailer by herself, struggling to get by. As Carson starts to care for Christine, he starts to feel optimism begin to creep into his life.

Gephart, Donna. *Lily and Dunkin*. Lily was assigned male at birth, but she's a girl—and it's hard being a girl in the eighth grade when you look like a boy. Dunkin is a new student who has just moved to the area and is dealing with bipolar disorder. When Dunkin and Lily meet, they find their struggles connect them.

Howe, James. *Misfits*. Bobby Goodspeed and his “gang” of middle school “misfits” provide an insightful look into the way preteens stereotype each other and call each other names.

Koss, Amy Goldman. *The Girls*. Through the eyes of six middle school girls, readers learn about the realities of cliques, social status, and peer pressure that middle school girls experience.

Sachar, Louis. *Holes*. After being unjustly convicted of a crime, Stanley Yelnats is sent to a boys' detention center where wayward boys are taught to build character by digging holes all day. Stanley suspects the warden is looking for something and resolves to uncover the truth. As this humorous mystery unfolds, it also explores issues of racism, bullying, and friendship.

(Nonfiction) Yousafzai, Malala. *I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban*. In her memoir, Malala Yousafzai shares her remarkable story and inspires others to be the voice of change. When the Taliban took control of the Swat Valley in Pakistan, they restricted the education of girls, but Malala fought for her right to learn. When Malala was just 15 years old, members of the Taliban shot her. Miraculously, she survived, and she continues to advocate for the rights of all girls to receive an education.

NONFICTION RESOURCES

Teachers

Brock, Annie. *The Growth Mindset Coach: A Teacher's Month-by-Month Handbook for Empowering Students to Achieve*. Created specifically for educators, this handbook includes lessons and research-based activities for helping students understand that their intelligence is not fixed, but can grow.

Cozolino, Louis. *The Social Neuroscience of Education: Optimizing Attachment and Learning in the Classroom*. This book explains the science behind the importance of social connection in education. It also provides practical tips for maximizing learning in the classroom and stimulating brain development.

Rechtschaffen, Daniel. *The Way of Mindful Education: Cultivating Well-Being in Teachers and Students*. Complete with lesson plans, exercises, and science-based explanations of mindfulness practices, this book helps cultivate attention and well-being in both students and teachers.

Tough, Paul. *How Children Succeed: Grit, Curiosity, and the Hidden Power of Character*. Through the use of real-life stories from researchers and educators, Paul Tough explores how character skills, like perseverance and self-control, help children succeed.

Parents/Families

Berger, Jonah. *Invisible Influence: The Hidden Forces That Shape Behavior*. This book explores how other people's actions and behaviors affect our behavior. Understanding this social influence can help us make good decisions and have more control over our own behavior.

Goodbody, Slim. *Slim Goodbody's Good Health Guides: Avoiding Injuries*. Falls, burns, and playing sports are some of the most common sources of injury among older elementary-age children. In *Avoiding Injuries*, Slim Goodbody combines entertaining descriptions with photos and illustrations to explain why injuries happen, how to avoid injuries, and what children can do to help heal from them. This book offers practical information that will help children keep themselves safe in a fun, engaging way.

Greenland, S.K. *The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate*. Using age-appropriate techniques for mindful awareness, parents can teach children learn to manage their stress with these well-established methods.

Sobel, Jeffrey. *Everybody Wins: 393 Non-Competitive Games for Young Children*. This book offers parents a large selection of indoor and outdoor non-competitive children's games that focus on cooperation, enjoyment, and creativity.