Resources

Here is a list of books to share with your children to help develop their sense of self:

Focus & Self- Control (need these skills in order to help achieve their goals)

- [The Little Red Hen Makes a Pizza](http://www.fbmarketplace.org/little-red-hen-makes-a-pizza.html) by Philomen Sturges

- [The Art Lesson](http://www.fbmarketplace.org/art-lesson.html) by Tomie dePaola

Perspective taking (teaching children basic social skills of developing an understanding of how others think and feel)

- [Freedom Summer](http://www.fbmarketplace.org/freedom-summer-1.html) by Deborah Wiles

- [Actual Size](http://www.fbmarketplace.org/actual-size.html) by Steve Jenkins

Communicating

- Martin’s Big Words by Doreen Rappaport and Bryan Collier

- The Storyteller’s Candle by Lucia Gonzalez

Critical Thinking (useful in teaching children how to guide our own beliefs, decisions and actions)

-Nate the Great by Marjorie Weinman Sharmat

- Why Can’t I Be the Leader by Bailey & Pam Griacom

Taking On Challenges (instead of avoiding them)

- Knuffle Bunny by Mo Willems

- Horton Hears a Who by Dr. Seuss

Self-esteem

- I Like Myself! by Karen Beaumont

- Spaghetti in a Hot Dog Bun by Maria Dismondy

- SPOON by Amy Krouse

(Reference: *Mind In The Making*. (n.d.). Retrieved from <http://www.fbmarketplace.org/mitm>)