



# Growth Mindset

## Recommended Book List

### Infant–Preschool

***No Biggy!: A Story About Overcoming Everyday Obstacles-*** Elycia Rubin

Getting frustrated is a part of life! And whether Kiki is working on squeezing toothpaste right onto her toothbrush, getting the zipper to slide all the way up her jacket, or spreading cream cheese on a bagel, she learns to take a deep breath, say "No biggy!" and try again. After all, things don't always go exactly as expected on the first try! (Ages 0-3)

***Everyone Can Learn to Ride a Bicycle-*** Chris Raschka

In this simple yet emotionally rich "guide," a father takes his daughter through all the steps in the process—from choosing the perfect bicycle to that triumphant first successful ride. Using very few words and lots of expressive pictures, here is a picture book that not only shows kids how to learn to ride, but captures what it feels like to fall . . . get up . . . fall again . . . and finally "by luck, grace, and determination" ride a bicycle! (Preschool)

***The Little Engine That Could-*** Watty Piper

The Little Engine That Could is a classic tale of the little engine that, despite her size, triumphantly pulls a train full of wonderful things to the children waiting on the other side of a mountain. (Ages 0-5)

***Giraffes Can't Dance-*** Giles Andreae

Gerald would love to join in with the other animals at the Jungle Dance, but everyone knows that giraffes can't dance ...or can they? (Ages 0-3)

### Early Elementary

***The Most Magnificent Thing-*** Ashley Spires

The girl has a wonderful idea. "She is going to make the most MAGNIFICENT thing! She knows just how it will look. She knows just how it will work. All she has to do is make it, and she makes things all the time. Easy-peasy!" But making her magnificent thing is anything but easy, and the girl tries and fails, repeatedly. Eventually, the girl gets really, really mad. She is so mad, in fact, that she quits. But after her dog convinces her to take a walk, she comes back to her project with renewed enthusiasm and manages to get it just right. (Ages 3-8)

***The Thing Lou Couldn't Do-*** Ashley Spires

This delightful picture book perfectly depicts what children go through when confronted with something difficult. With humor and endearing artwork, Spires sensitively portrays Lou procrastinating, making excuses, imagining alternatives and denying she cares. Ultimately, Lou faces her fear, and although she fails, the effort empowers her, encouraging a growth mindset. All the while, Lou's friends model compassionate friendship by offering to teach her how to climb and then moving the game. (Ages 3-8)

***Train your Dragon To Do Hard Things-*** Steve Herman

Having a pet dragon is so much fun. He can sit, roll over, and play...He can candle a birthday cake, light a campfire, or so many other cool things...But what if your dragon is always afraid of doing Hard Things? What if he gives up easily on anything that's hard? What if he ALWAYS says Yes to everything just because it's easy to do so?What if he's afraid to stand up for his friend just because it's easier to stay quiet? What if he can't persevere through anything that's difficult?What should you do? You train him to do Hard Things! (Ages 4-8)





## Early Elementary Continued

### **The Magical Yet-** Angela DiTerlizzi

*The Magical Yet* is the perfect tool for parents and educators to turn a negative into a positive when helping children cope with the inevitable difficult learning moments we all face. Whether a child or an adult, this encouraging and uplifting book reminds us that we all have things we haven't learned...yet! (Ages 4-8)

### **Jabari Tries-** Gaia Cornwall

Jabari is making a flying machine in his backyard! "It'll be easy. I don't need any help," he declares. But it doesn't work! Jabari is frustrated. Good thing Dad is there for a pep talk and his little sister, Nika, is there to assist, fairy wings and all. With the endearing father-child dynamic of *Jabari Jumps* and engaging mixed-media illustrations, Gaia Cornwall's tale shows that through perseverance and flexibility, an inventive thought can become a brilliant reality. (Ages 4-8)

### **I Can Handle It-** Laurie Wright

Kids learn well through repetition, and simple easy to 'get' kid-language. Your child will incorporate the idea of 'I Can Handle It' almost immediately after reading this book, even in our current uncertain times. (Ages 4-8)

## Upper Elementary/Middle School

### **I Can Do Hard Things: Mindful Affirmations for Kids-** Gabi Garcia

What kids tell themselves matters! It becomes their inner voice. It can help them connect with their power within. Help your child tap into their inner strength and resilience when challenges arise. *I Can Do Hard Things* introduces children to the practice of using mindful affirmations for support and encouragement when they need it. (Ages 5-10)

### **Mistakes Are How I Learn-** Kiara Wilson

This story will help your child know that he/she is not alone when facing defeat. Tamara shares what she does when confronted with challenges. Developed to engage children, Wilson's stories will empower children with the affirmations to overcome obstacles. (Ages 5-10)

### **Your Fantastic, Elastic Brain-** JoAnn Deak Ph.D.

Did you know you can stretch and grow your own brain? Or that making mistakes is one of the best ways your brain learns? Awarded as one of the best growth mindset books for kids, *Your Fantastic Elastic Brain: Stretch It, Shape It* teaches all the ways that the brain can develop with exercise, just like the rest of our bodies. Educator and psychologist Dr. JoAnn Deak offers a fun and engaging introduction to the anatomy and functions of the brain that will empower each young reader to S-T-R-E-T-C-H and grow their fantastic, elastic brain! (Ages 5-10)

## For Parents and Caregivers

### **Mindsets for Parents: Strategies to Encourage Growth Mindset in Kids-** Mary Cay Ricci

All parents want their children to be successful in school, sports, and extracurricular activities. But it's not just about giving your kids praise or setting them on the right direction. Research shows that success is often dependent on mindset. Hard work, perseverance, and effort are all hallmarks of a growth mindset. That's where *Mindsets for Parents: Strategies to Encourage Growth Mindsets in Kids* comes in. Designed to provide parents with a roadmap for developing a growth mindset home environment, this book's conversational style and real-world examples make the popular mindsets topic approachable and engaging.

### **The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child-** Daniel J. Siegel and Tina Payne Bryson

When facing contentious issues such as screen time, food choices, and bedtime, children often act out or shut down, responding with reactivity instead of receptivity. This is what New York Times bestselling authors Daniel J. Siegel and Tina Payne Bryson call a No Brain response. But our kids can be taught to approach life with openness and curiosity. When kids work from a Yes Brain, they're more willing to take chances and explore. They're more curious and imaginative. They're better at relationships and handling adversity. In *The Yes Brain*, the authors give parents skills, scripts, and activities to bring kids of all ages into the beneficial "yes" state.