

**Middle School
Social- Emotional Book List**

Dealing with Loss/ Loneliness

Book Title	Author	Grade Level:	Synopsis
<i>Missing May</i>	Cynthia Rylant	5-8	Ever since May, Summer's aunt and good-as-a-mother for the past six years, died in the garden among her pole beans and carrots, life for Summer and her Uncle Ob has been as bleak as winter. Ob doesn't want to create his beautiful whirligigs anymore, and he and Summer have slipped into a sadness that they can't shake off. They need May in whatever form they can have her -- a message, a whisper, a sign that will tell them what to do next. When that sign comes, Summer will discover that she and Ob can keep missing May but still go on with their lives.
<i>Bridge to Terabithia</i>	Katherine Paterson	5-8	The life of a ten-year-old boy in rural Virginia expands when he becomes friends with a newcomer who subsequently meets an untimely death trying to reach their hideaway, Terabithia, during a storm.

Happiness

Book Title	Author	Grade Level:	Synopsis

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Anger/Frustration

Book Title	Author	Grade Level:	Synopsis
<i>How to Take the Grrrr Out of Anger</i>	Elizabeth Verdict	5-8	Kids need help learning how to deal with anger. This book speaks directly to them with strategies they can start using immediately. Blending solid information and sound advice with humor and lively illustrations, it guides kids to understand that anger is normal and they can learn to express it in healthy ways. This revised edition addresses children's exposure to increased societal violence and includes discussion and examples of anger related to texting and social media.
<i>Chillax!: How Ernie Learns to Chill Out, Relax and Take Charge of His Anger</i>	Marcella Marino Craver	5-8	Includes bibliographical references (page 63). A graphic novel story about Ernie, a typical kid with an average life but a terrible temper, illustrates how young people can learn to control their tempers with the help of school counselors and the support of their families.

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Acceptance

Book Title	Author	Grade Level:	Synopsis
<i>From You to Me</i>	K.A. Holtt	5-8	Amelia Peabody lives in a small town where nothing changes. And that's just fine by her. After losing her big sister, Clara, a few years ago, Amelia can't handle any more change. But when she starts eighth grade, she accidentally receives a letter that Clara had written to herself. In it, there's a list of things she'd wanted to do before the end of middle school and never finished, like get on the softball team and throw an awesome birthday party on the lake. Amelia wonders if it's a sign from Clara. Maybe if she completed the list, her heart would stop hurting so much, and she could go back to being her old self. But as she makes her way through, Amelia finds that there's no going back, only forward. And she realizes she'll have to put her own spin on Clara's list to grow and change in the ways she needs to.
<i>The Thing About Luck</i>	Cynthia Kadohata	5-8	<p>Summer knows that <i>kouun</i> means "good luck" in Japanese, and this year her family has none of it. Just when she thinks nothing else can possibly go wrong, an emergency whisks her parents away to Japan--right before harvest season. Summer and her little brother are left in the care of their grandparents Obaachan and Jiichan who come out of retirement in order to harvest wheat and help pay the bills, The thing about Obaachan and Jiichan is that they are old-fashioned and demanding, and between helping Obaachan cook for the workers, covering for her when her back pain worsens, and worrying about her lonely little brother, Summer just barely has time to notice the attentions of their boss's cute son. But notice she does, and what begins as a welcome distraction from the hard work soon turns into a mess of its own.</p> <p>Having thoroughly disappointed her grandmother, Summer figures the bad luck <i>must</i> be finished--but then it gets worse. And when that happens, Summer has to figure out how to change it herself, even if it means further displeasing Obaachan. Because it might be the only way to save her family.</p>
<i>Other Words from Home</i>	Jasmine Warga	6-8	"Jude never thought she'd be leaving her beloved older brother and father behind, all the way across the ocean in Syria. But when things in her hometown start becoming volatile, Jude and her mother are sent to live in Cincinnati with relatives. At first, everything in America seems too fast and too loud. The American movies that Jude has always loved haven't quite prepared her for starting school in the US --and her new label of 'Middle Eastern,' an identity she's never known before. But this life also brings unexpected surprises--there are new friends, a whole new family, and a school musical that Jude just might try out for. Maybe America, too, is a place where Jude can be seen as she really is"--Provided by publisher

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Self-Acceptance

Book Title	Author	Grade Level:	Synopsis
<i>Wonder</i>	R.J Palacio	Grade 6	Wonder -- Julian chapter : a wonder story. Ten-year-old Auggie Pullman, who was born with extreme facial abnormalities and was not expected to survive, goes from being home-schooled to entering fifth grade at a private middle school in Manhattan, which entails enduring the taunts and fear of his classmates as he struggles to be seen as just another student.
<i>Fish in a Tree</i>		5-8	Fans of R.J. Palacio's <i>Wonder</i> will appreciate this feel-good story of friendship and unconventional smarts.--Kirkus Reviews Ally has been smart enough to fool a lot of smart people. Every time she lands in a new school, she is able to hide her inability to read by creating clever yet disruptive distractions. She is afraid to ask for help; after all, how can you cure dumb? However, her newest teacher Mr. Daniels sees the bright, creative kid underneath the trouble maker. With his help, Ally learns not to be so hard on herself and that dyslexia is nothing to be ashamed of. As her confidence grows, Ally feels free to be herself and the world starts opening up with possibilities. She discovers that there's a lot more to her-and to everyone-than a label, and that great minds don't always think alike.
<i>Squint</i>	Chad Morris	5-8	Flint Minett has keratoconus, an eye disease, but desperately wants to win a comic book art contest so that he and his new friend McKell Panganiban will be better accepted at middle school.

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Bullying

Book Title	Author	Grade Level:	Synopsis
<i>To This Day: For the Bullied and Beautiful</i>	Shane L. Koyczan	5-8	An authentic rallying cry for anyone who has been affected by bullying. In February 2013, Shane Koyczan's passionate anti-bullying poem "To This Day" electrified the world. An animated video of the lyric narrative went viral, racking up over 12 million hits to date and inspiring an international movement against bullying in schools. Shane later performed the piece to sustained applause on the stage of the 2013 annual TED Conference. Now this extraordinary work has been adapted into an equally moving and visually arresting book. Thirty international artists, as diverse as they are talented, have been inspired to create exceptional art to accompany "To This Day." Each page is a vibrant collage of images, colors and words that will resonate powerfully with anyone who has experienced bullying themselves, whether as a victim, observer, or participant. Born of Shane's own experiences of being bullied as a child, To This Day expresses the profound and lasting effect of bullying on an individual, while affirming the strength and inner resources that allow people to move beyond the experience.
<i>Backlash</i>	Sarah Darer Littman		Lara just got told off on Facebook. She thought that Christian liked her, that he was finally going to ask her to his school's homecoming dance. It's been a long time since Lara's felt this bad, this depressed. She's worked really hard since starting high school to be happy and make new friends. Bree used to be BBFs with overweight, depressed Lara in middle school, but constantly listening to Lara's problems got to be too much. Bree's secretly glad that Christian's pointed out Lara's flaws to the world. Lara's not nearly as great as everyone thinks. After weeks of talking online, Lara thought she knew Christian, so what's with this sudden change? And where does he get off saying horrible things on her wall? Even worse - are they true? But no one realized just how far Christian's harsh comments would push Lara. Not even Bree. As online life collides with real life, the truth starts to come together and the backlash is even more devastating than anyone could have imagined.
<i>Stargirl</i>	Jerry Spinelli	5-8	At first the students at Arizona's Mica High School are captivated by Stargirl Caraway's unusual, carefree behavior; however, she is soon shunned for everything that makes her unique in this story that pits individuality against conformity.

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Perseverance

Book Title	Author	Grade Level:	Synopsis
<i>Ghost</i>	Jason Reynolds	5-8	<p>Running. That's all Ghost has ever known. But Ghost has been running for the wrong reasons--it all started with running away from his father, who, when Ghost was a very little boy, chased him and his mother through their apartment, then down the street, with a loaded gun, aiming to kill. Since then, Ghost has been the one causing problems--and running away from them--until he meets Coach, an ex-Olympic Medalist who sees something in Ghost: crazy natural talent. If Ghost can stay on track, literally and figuratively, he could be the best sprinter in the city. Can Ghost harness his raw talent for speed, or will his past finally catch up to him?</p>
<i>Ugly</i>	Robert Hoge	6	<p>A funny, moving, and true story of an ordinary boy with an extraordinary face that's perfect for fans of Wonder--now available in the U.S.</p> <p>When Robert Hoge was born, he had a tumor the size of a tennis ball in the middle of his face and short, twisted legs. Surgeons removed the tumor and made him a new nose from one of his toes. Amazingly, he survived--with a face that would never be the same.</p> <p>Strangers stared at him. Kids called him names, and adults could be cruel, too. Everybody seemed to agree that he was "ugly." But Robert refused to let his face define him. He played pranks, got into trouble, had adventures with his big family, and finally found a sport that was perfect for him to play. And Robert came face to face with the biggest decision of his life, he followed his heart.</p> <p>This poignant memoir about overcoming bullying and thriving with disabilities shows that what makes us "ugly" also makes us who we are. It features a reflective foil cover and black-and-white illustrations throughout.</p>

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Self-Esteem

Book Title	Author	Grade Level:	Synopsis
<i>The Skin I'm In</i>	Sharon Flake	5-8	Thirteen-year-old Maleeka Madison, insecure about her very dark skin, rejects the support of a new teacher, Miss Saunders, whose skin looks blotched because of a rare medical condition--but soon Maleeka begins to see that Miss Saunders could be a role model, and that she must learn to love herself and accept love from others.
<i>Real Friends</i>	Shannon Hale	3-6	Shannon and Adrienne have been best friends ever since they were little. But one day, Adrienne starts hanging out with Jen, the most popular girl in class and the leader of a circle of friends called The Group. Everyone in The Group wants to be Jen's #1, and some girls would do anything to stay on top . . . even if it means bullying others.

Respect/Responsibility

Book Title	Author	Grade Level:	Synopsis
<i>Operation Frog Effect</i>	Sarah Scheerger	3-6	<p>If one small act can create a ripple across the universe . . . what happens when a whole group of kids join together and act?</p> <p>Told in eight perspectives--including one in graphic novel form--<i>Operation Frog Effect</i> is perfect for fans of Andrew Clements, Rob Buyea, and Sarah Weeks, and for anyone who wants to make a difference.</p>

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Empathy

Book Title	Author	Grade Level:	Synopsis
<i>Does My Head Look Big in This?</i>	Randa Abdel-Fattah	YA	Year Eleven at an exclusive prep school in the suburbs of Melbourne, Australia, would be tough enough, but it is further complicated for Amal when she decides to wear the hijab, the Muslim head scarf, full-time as a badge of her faith--without losing her identity or sense of style.
<i>Feathers</i>	Jacqueline Woodson	5-8	Jacqueline Woodson once again takes readers on a journey into a young girl's heart and reveals the pain and the joy of learning to look beneath the surface.

Courage

Book Title	Author	Grade Level:	Synopsis
<i>Mustaches for Maddie</i>	Chad Morris	5-8	Inspired by the true story. Maddie is a normal twelve-year-old, but when a CT scan reveals she has a brain tumor, it will take all her imagination, courage, and support from her friends and family to meet this new challenge