

Recommended Reading

Picture Books for the Sensory Sensitive Child

Children who have difficulty processing information through their senses might be easily overwhelmed or have trouble making friends or controlling emotions. This booklist features characters who might share those struggles or books that have suggested coping strategies that might be helpful for you and your child.

***Beautiful Oops* by Barney Saltzberg**

A tear in a paper can become an alligator, or a spill on your canvas can tell a new story in your creation. Creative mistakes can be happy accidents and don't need to be feared.

***It's Okay to Make Mistakes* by Todd Parr**

Embrace accidents! Making mistakes leads to better self-understanding and growth. We become stronger, better people when we make a mistake, and that's a good thing.

***The Don't Worry Book* by Todd Parr**

A simple book about how we sometimes feel scared or confused, but things always get better, and we can remember good things to help us cope.

***Lily the Unicorn* by Dallas Clayton**

Lily is boisterous and loves being surrounded by friends, but when she meets Roger, who is very different from Lily, the two accept one another and connect through their differences.

***The Invisible String* by Patrice Karst**

Even though children are separated from their loved ones during the day at school, there is an invisible, unbreakable string that exists between them, always.

***The Invisible Boy* by Patrice Barton**

Brian is quiet and shy, and often left-out by his classmates, but through simple acts of kindness he makes a friend when a new student joins his school.

***How Do Dinosaurs Say I'm Mad* by Mark Teague**

Everyone gets angry, but how do young dinosaurs learn to calm down, take a break, and do better next time?

***Waiting Is Not Easy!* by Mo Willems**

Through simple text great for beginning readers, piggy and elephant discuss how being patient and waiting for something we really want is one of the hardest things to do.

***I Can Handle It!* by Laurie Wright**

Through positive psychology and self-talk, a little boy gains confidence that he can face overwhelming emotions.

***The Color Monster* by Anna Llenas**

Monster wakes up confused, feeling too many of his emotions all at once! He gets help and sorts out each feeling through color, understanding his individual emotions and how to express them. Great for ages 5+!

***Nope. Never. Not for Me!* by Samantha Cotterill**

Perfect for those picky eaters who are not comfortable trying new things, the story unfolds with Mom being creative with how we try new things by suggesting touching, smelling and tasting the new food. Will she end up liking broccoli?

***My Ocean is Blue* by Darren Lebeuf**

A little girl uses sparse, descriptive language and keen observations to explain what she feels, smells, and touches during a day at the beach.

***This Beach is Loud* by Samantha Cotterill**

A little boy on the autism spectrum travels to the beach with his dad and practices different coping methods to overcome scratchy sand, busy beachgoers and loud sounds, and ultimately has a great day playing with dad.

***It was Supposed to be Sunny* by Samantha Cotterill**

A girl's birthday party doesn't go according to plan when it starts raining and her cake gets ruined, and she learns to deal with change by taking breaks, adjusting the schedule, and through positive affirmations and support from mom.

***Isaac and his Amazing Asperger Superpower!* by Melanie Walsh**

The author says this is the book her son never had after his ASD diagnosis, explaining to friends and family how his brain works a little differently, but how there are some amazing advantages to having a brain with Aspergers, as well.

***Listening to My Body* by Gabi Garcia**

Help your child build on their capacity to engage more mindfully, self-regulate and deepen their sense of well-being. Enjoy the “Let’s Practice Listening to your Body” activities with your child. This is a longer story and great for kids five and older.

***Breathing Makes it Better* by Christopher Willard**

This story guides even the youngest reader through mindfulness visualizations and breathing exercises to help kids find coping strategies when their emotions overwhelm.

***Little Unicorn is Angry* by Aurélie Chien Chow Chine**

Little Unicorn's rainbow-colored mane is magic--it shifts to a single color when he's feeling a particularly strong emotion, and in this story his anger makes his mane turn bright red. This series gives caregivers and children language to talk through those overpowering emotions.

***Breathe With Me* by Mariam Gates**

When you’re mad or sad and don’t know what to do to feel better, this book can teach your preschooler some basic breathing exercises. Sit up and let your spine grow tall. Take a deep breath in, counting silently 1 . . . 2 . . . 3.

***Meesha Makes Friends* by Tom Percival**

Meesha has a hard time making friends. She is a very creative girl and finds it easier to craft her own make-believe friends than try to make real friends. She often doesn’t know what to do or what to say. This is a wonderful story for helping children learn how to express and understand their relationships and emotions.

***Stretch* by Doreen Cronin**

Stretch and move your body along with this story, and use your imagination, too! This book encourages self-regulation through movement and rhythm.

***You Are a Lion and other fun Yoga Poses* by Taeun Yoo**

Help kids focus and channel their energy into simple, fun yoga poses and pretend to be animals in this charming introduction to yoga and focused poses.



Interactive, Immersive Picture & Board Books

These books are more than a story — they're an experience! Touch, unfold, tap, shake and physically interact with these books to help engage your child in a whole new way.

***Press Here* by Herve Tullet**

Talk about colors and shapes, and control the story as you tap, tilt and shake your way through this interactive book.

***Black? White! Day? Night!* by Laura Seeger**

Things are not always as they seem! Unfold the pages and discover something that looks to be under is really over, something that looks big might actually be small, and other interesting opposite words in action.

***Tap the Magic Tree* by Christie Matheson**

See the blossoms grow and the seasons change in this interactive book where your touches and taps help move the story along. This author has other great interactive books, as well.

***See, Touch, Feel: A First Sensory Book* by Roger Priddy**

A very first sensory play book, this story encourages children to feel bumpy and smooth, look in the mirror, and trace and trail their fingers across the pages.

***Touch and Trace ABC* by Harriet Evans**

A tactile introduction to letters, trace your fingers over the grooves and begin to learn how to write your alphabet!

***There's a dragon in your book* by Tom Fletcher**

Look at the cute dragon egg but whatever you do don't turn the page or it will hatch! Oh no, what have you done!?

***The very hungry caterpillars snowy hide and seek* by Eric Carle**

Trace your fingers along the story as you turn the pages and lift the flaps in this unique, touch-and-feel board book.

***Where are you Tiger* by Rachael Hare**

The board books in this series feature various tactile surfaces using recyclable materials like corrugated cardboard.

***Ella Sarah Gets Dressed* by Chodos-Irvine**

Ella Sarah has a flamboyant style and despite what her parents think, she needs to express herself with her wild, silly outfits.

***This is a Ball* by Beck Stanton**

Your child will love disagreeing with the narrator in this story who clearly doesn't know what the pictures on each page are all about!

***Hide and Seek* by Anthony Browne**

A dog goes missing in the deep woods one day and two children must find him. Look closely and you'll see much more going on in the background illustrations of this story.

***Fish Eyes* by Lois Ehlert**

A classic counting book with colorful shapes and cutouts makes this a new visual experience on every page.

***Go Away Big Green Monster* by Ed Emerley**

Make new parts of silly green monster's face appear and disappear as you turn the pages in this interactive story.

***We're Going on a Bear Hunt* by Michael Rosen**

Act out the story with repeated motions as you swim through rivers, shiver in a snowstorm, and squish through the mud.

***It's a Tiger* by David LaRochelle**

Oh no, it's a tiger! Escape the tiger in this story by climbing up ladders, running and jumping, and acting out the different parts of this exciting story.

***Sitting in my Box* by Dee Lillegard**

Clear, simple illustrations and a lot of imagination tell the story of a little boy whose cardboard box gets overrun with animals who want to hear a story one day.