

Heart to Heart Talk Booklist

created by Gina Simm

These books can be used to teach the principles of non-violent communication such as empathy, universal needs, problem solving, self-responsibility and many more.

All the Colors We Are by Katie Kissinger - observations vs. judgments

Atlas of People A First Discovery Book - observations vs. judgements

The Colors of Us by Karen Katz- judging our observations

Big Al by Andrew Yoshi - empathy

The Big Orange Splot by Daniel Pinkwater - then need for creativity

Communication by Alike - what's effective?

Cookies Bite-Size Life Lessons by Amy Krouse Rosenthal - respect, regret and much more

David's Drawings by Cathryn Falwell- everyone's needs matter, working together and alone

Each Kindness by Jacqueline Woodson - regret and the ripple effect of kindness

Everyone Matters by Pat Thomas - mattering matters

Families Are Different by Nina Pellegrini - noticing our feelings helps us find our needs

Feelings by Alike - feelings

Fill a Bucket A Guide to Daily Happiness for the Young Child by Carol McCloud, Katherine Martin and David Messing - empathy

Fox Makes Friends by Adam Relf - friendship

The Golden Rule by Ilene Cooper - respect

Grump Groan Growl by Chris Raschka - feelings (embracing anger)

Happy Pig Day by Mo Willems - the need to belong

Have You Filled a Bucket Today? by Carol McCloud - empathy

Hey Little Ant by Phillip and Hannah Hoose - everyone's needs matter

The Honest to Goodness Truth by Patricia McKissack - regret

Horton Hears a Who! by Dr. Seuss - try your best, everyone's needs matter equally

How Full is Your Bucket? For Kids by Tom Rath & Mary Reckmeyer - self empathy and empathy for other

I Like Myself by Karen Beaumont - self acceptance

The Island of the Skog by Steven Kellogg - under anger is sadness or fear

Kindness is Cooler Mrs Ruler by Margery Cuyler - acts of kindness

Loving by Ann Morris - giving care

My Father's Hands by Joanne Ryder - connection, feeling known

The Name Jar by Yangsook Choi - being seen for who we are

No, David by David Shannon - everyone's needs matter

One Smart Cookie Bite-size Lessons for the School Years and Beyond by Amy Krouse Rosenthal - try your best (perseverance) and more

Peacefulness by Lucia Raatma - safety

Penny and Her Marble by Kevin Henkes - expressing regret

People by Peter Spier - observation vs. judgement

The Peace Book by Todd Parr - peace=happiness

Piggy Book by Anthony Browne - responsibility

The Quilt maker's Gift by Jeff Brumbeau - empathy for everyone

The Robot and the Bluebird by David Lucas - showing care

Same, Same but Different by Jenny Sue Kostecki-Shaw - observations

The Secret of Saying Thanks by Douglas Wood and Greg Shed -gratitude/appreciation

Share and Take Turns by Cheri J. Meiners - problem solving

Sofia and the Heartmender by Marie Olofsdotter - empathy

Somebody Loves You Mr. Hatch by Eileen Spinelli - we all need friends

Sorry! by Trudy Ludwig - expressing regret

Stand in My Shoes by Bob Sornson - empathy

The Teddy Bear by David McPhail - gratitude/appreciation

Thank You, Brother Bear by Hans Baumann -gratitude/appreciation

The Way I Feel by Janan Cain - feelings come and go

The Way I Feel Books by Cornelia Spelman - feelings

Whoever You Are by Mem Fox - observation with curiosity

We Are All Alike... We Are all Different by the Cheltenham Elementary School Kindergarteners - observation

When Sophie Gets Angry- Really, Really Angry by Molly Bang - being safe with anger, taking a break, self-empathy

Yes We Can! by Sam McBratney - respect

Yoko by Rosemary Wells - universal needs

The Zebra Said SHHH by M. R. Nelson - making requests