



Books about Kindness and Helping Others

In addition to *Kindness Is Cooler, Mrs. Ruler* by Margery Cuyler and *The Kindness Quilt* by Nancy Elizabeth Wallace – the books featured at the kindness-themed story time during the Volunteer Center’s Heart of Helping Family Fun Fair – this list contains a selection of books about kindness and helping others, as well as additional resources to help you find more books to share with your family!

Recommended Ages: 2 – 7

- *A Sick Day for Amos McGee* by Philip C. Stead and Erin E. Stead
- *The Berenstain Bears Think of Those in Need* by Jan and Stan Berenstain
- *The Mitten String* by Jennifer Rosner
- *One Love* by Cedella Marley
- *The Spiffiest Giant in Town* by Julia Donaldson

Recommended Ages: 4 – 9

- *The Giving Book: Open the Door to a Lifetime of Giving* by Ellen Sabin
- *Ordinary Mary’s Extraordinary Deed* by Emily Pearson and Fumi Kosaka
- *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids* by Carol McCloud
- *Maddi’s Fridge* by Lois Brandt
- *Those Shoes* by Maribeth Boelts

Recommended Ages: 8 - 13

- *31 Ways to Change the World* by We Are What We Do
- *Kids Who Are Changing the World* by Anne Jankéliowitch
- *The Kid’s Guide to Service Projects: Over 500 Service Ideas for Young People Who Want to Make A Difference* by Barbara A. Lewis
- *Real Kids, Real Stories, Real Change: Courageous Actions Around the World* by Garth Sundem
- *Wonder* by R. J. Palacio

[The list continues on the other side]

Kindness Projects

Help your kids make kindness hearts and/or a kindness quilt like the ones in *Kindness Is Cooler, Mrs. Ruler* by Margery Cuyler and *The Kindness Quilt* by Nancy Elizabeth Wallace when you practice acts of kindness together!

Recommended Ages: 12 and up

- *A Kid’s Guide to Giving* by Freddi Zeiler
- *Be A Changemaker: How to Start Something That Matters* by Laurie Ann Thompson
- *What Do You Stand For? For Teens: A Guide to Building Character* by Barbara A. Lewis
- *Words Wound: Delete Cyberbullying and Make Kindness Go Viral* by Justin W. Patchin and Sameer Hinduja

For Parents

- *UnSelfie: Why Empathetic Kids Succeed In Our All-About-Me World* by Dr. Michele Borba
- *Create a Culture of Kindness in Middle School: 48 Character-Building Lessons to Foster Respect and Prevent Bullying* by Naomi Drew M.A. and Christa Tinari M.A.
- *Grit: The Power of Passion and Perseverance* by Angela Duckworth
- *The Blessing Of A Skinned Knee: Using Timeless Teachings to Raise Self-Reliant Children* by Wendy Mogel, Ph.D.
- *Twelve Steps to a Compassionate Life* by Karen Armstrong

Additional Resources

- *Parenting Resources, including How to Foster Empathy and Compassion in Our Youth*
www.southbayfamiliesconnected.org
- *13 Children’s Books That Encourage Kindness Toward Others*
www.buzzfeed.com/emeynardie/13-childrens-books-that-encourage-kindness-toward-26paw
- *Top Children’s Books About Kindness*
community.today.com/parentingteam/post/top-childrens-books-about-kindness
- *Cool to Be Kind: Children’s Books That Champion Kindness*
www.readbrightly.com/childrens-books-about-kindness/
- *10 Children’s Books About Giving*
www.growyourgiving.org/giving-blog/10-childrens-books-about-giving
- *12 Books That Will Teach Your Kids Kindness*
www.doyouyoga.com/12-books-that-will-teach-your-kids-kindness-60758/
- *Making an Impact: 30 Mighty Girl Books About Charity and Community Service*
www.amightygirl.com/blog?p=10983

The Volunteer Center South Bay-Harbor-Long Beach – www.volcenter.org

The Volunteer Center South Bay-Harbor-Long Beach recognizes the valuable role volunteers play in our society and has been “at the heart of helping” for more than 50 years. We recruit and refer volunteers to more than 400 nonprofit organizations in our service area, as well as for our own signature programs, Operation Teddy Bear and Food For Kids. Potential volunteers can contact us to obtain information and connect with just the right service experience, fulfilling our mission of “mobilizing people and resources to deliver creative solutions to community needs.”

South Bay Families Connected – www.southbayfamiliesconnected.org

South Bay Families Connected (SBFC) is a not-for-profit whose mission is to improve the social and emotional wellness of our area youth by supporting parents in their efforts to help their kids reach their full potential and live healthy, fulfilling lives. SBFF has partnered with over 75 K-12 South Bay schools and dozens of health care providers and organizations, all of whom share the same goal of helping youth thrive and stay on a healthy path to maturity... we’re all in this together.