

# Books to Practice Empathy

*For Kids, Teens, & Grown Ups*



## Books to Foster Empathy in Children and Adults

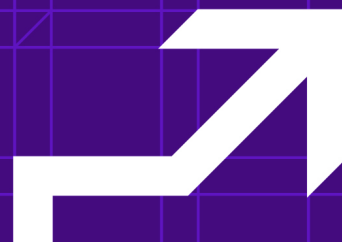
Each of us exists with our own spaces, limited in experience by our location in time and space. Reading is a universal, long-standing practice that we all can take to step outside our limitations and better understand the perspectives, feelings, and experiences of others. For children and adults alike, books can serve as a source of visceral, emotional discovery about people and places that would otherwise remain distant and abstract. Stories – real or fictional, simple or complex – are powerful exercises in empathy.

We've gathered a few of our favorite books to foster empathy in children and adults. This list barely scratches the surface of possibilities to add to your library or reading list, so we encourage you to continue to explore and take recommendations from peers as you work to open doors to new perspectives for your students.

*Note:* The grade ranges listed below are only guidelines, and of course may vary greatly between individual students, classes, schools, and districts based on reading and learning differences or parent preferences. Teachers and parents know their learners best, and some of these books include sensitive subject matter that may not be suitable for every reader. Every teacher and parent should use their own discretion and guidelines to assign or recommend reading to learners.

## Happy Reading!

# Empathy Reading List



## Picture Books: PreK and Early Elementary

Title	Author
Be Kind	Pat Zietlow Miller
I Am Enough	Grace Byers
I Am Human: A book of Empathy	Susan Verde
Maybe	Kobi Yamada
Not So Different	Cyana Riley
Outside In	Deborah Underwood
The Day You Begin	Jacqueline Woodson
The Invisible Boy	Trudy Ludwig
The Kindness Book	Todd Parr
The Last Stop on Market Street	Matt de la Peña
You Hold Me Up	Monique Gray Smith

## Chapter Books, Graphic Novels, and Verse: Elementary, Middle, and High School

Title	Author
As Brave As You	Jason Reynolds
Brown Girl Dreaming	Jaqueline Woodson
Charlotte's Web	E.B. White
Chike and the River	Chinua Achebe
El Deafo	Cece Bell
Esperanza Rising	Pam Muñoz Ryan
Front Desk	Kelly Yang
Inside Out and Back Again	Thanhha Lai
Insignificant Events in the Life of a Cactus	Dusti Bowling
Other Words for Home	Jasmine Warga
Out of My Mind	Sharon Draper
Rules	Cynthia Lord
Soul Lanterns	Shaw Kuski
Sylvia and Aki	Winifred Conking
The Boy on the Wooden Box	Leon Leyson
The Hundred Dresses	Eleanor Estes
The One and Only Ivan	Katherine Applegate
The Red Pencil	Andrea Davis Pinkney
The Stars Beneath Our Feet	David Barclay Moore
Wonder	R.J. Palacio

# Empathy Reading List



## Contemporary Novels and Literary Classics: High School

Title	Author
A Step Toward Falling	Cammie McGovern
Black Like Me	John Howard Griffin
I Am Not Your Perfect Mexican Daughter	Erika L. Sánchez
I Know Why the Caged Bird Sings	Maya Angelou
Little Women	Louisa May Alcott
New Kid	Jerry Craft
Night	Elie Weisel
Of Mice and Men	John Steinbeck
Other Words for Home	Jasmine Warga
See No Color	Shannon Gibney
Swing	Kwame Alexander
The Boy in the Striped Pajamas	John Boyne
The Hate U Give	Angie Thomas
The House in the Cerulean Sea	T.J. Klune
The Perks of Being a Wallflower	Stephen Chbosky
They Called Us Enemy	George Takei
To Kill a Mockingbird	Harper Collins

## Good Reads for Teachers and Parents

Title	Author
Humility is the New Smart	Edward Hess
How to Raise Kind Kids: And Get Respect, Gratitude, and a Happier Family in the Bargain	Thomas Lickona
I Wish My Teacher Knew: How One Question Can Change Everything for Our Kids	Kyle Schwartz
Mindsight	Daniel J. Siegel
Teaching with Empathy	Lisa Westman
Tech with Heart: Leveraging Technology to Empower Student Voice, Ease Anxiety, & Create Compassionate Classrooms	Stacey Roshan
The Innocent Classroom	Alexs Pate
The War for Kindness: Building Empathy in a Fractured World	Jamil Zaki