

THE ZONES OF REGULATION BOOK NOOK


TWEENS
&
TEENS
Age 11+

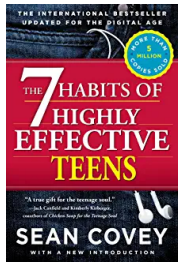


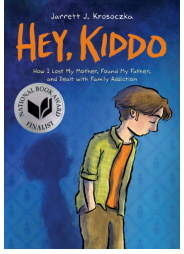

Hi Zones Community! One of our most common questions is about book recommendations to introduce/reinforce concepts from *The Zones of Regulation* curriculum. The books on this list have been recommended by both our staff and our Zones community specifically for digging into SEL concepts with middle or high school students (age 11-18). While these books or stories don't necessarily hone in on one specific Zone, concept, or strategy, they delve into a variety of emotions and challenges of varying complexity, and explore coping tools or strategies they need to use in response. This list intentionally features diverse authors and characters including racial and cultural diversity, neurodiversity, disability, gender diversity, and LGBTQ+ representation.


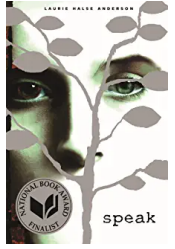
Disclaimer: PLEASE pre-read these texts before reading with your students to verify that the content is appropriate for the maturity level of your unique learners. Some books on this list reference mature content such as sexuality, racial discrimination, drugs/alcohol and violence which could be triggering and/or too mature for some learners.

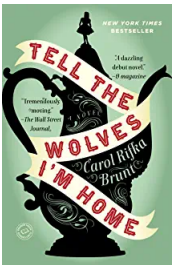
*If you are PRINTING this list, you may want to download as a PDF first for better margins.

Have a great recommendation? Fill out our survey, and we'll add it to the list: [Zones Book Survey](#)

	Title, Author	Cover	Recommended by- description
1	"Flying Lessons & Other Stories" edited by Ellen Oh		<i>Recommended by Zones of Regulation Staff</i> This short story collection features stories from a diverse group of authors. Each story features a young adult who is facing a challenge or problem, and finding tools or strategies to cope. Many stories explore the theme of facing personal or societal adversity, including racism, grief, peer pressure, being "different", addiction, difficult relationships with parents, etc.
2	"Look Both Ways" by Jason Reynolds		Recommended by Nadine Hennings (Upper Elementary Teacher, Minneapolis MN) <i>"Look Both Ways</i> by Jason Reynolds is an upper grade chapter book that focuses on a different character, and each character's experiences as they walk home from school. The book allows you to look at the same situation from different points of view, and we see how each character deals with life's big and little difficulties. <i>I love this book for teaching self regulation strategies by using the different scenarios in each chapter and the characters actions and reactions. From small problems like a skateboard being broken to really big problems related to losing family members, being sick and getting bullied, the book is a window into the lives of 2020s youth, their struggles, and triumphs."</i>

3	<p>“The 7 Habits of Highly Effective Teens” by Sean Covey</p>		<p>Recommended by Elizabeth Sautter, Zones Collaborative Trainer and founder of Make Social Learning Stick. <i>“The 7 Habits of Highly Effective Teens, has been to millions of teens, a handbook to self-esteem and success. Now updated for the digital age, this classic book applies the timeless principles of 7 Habits to the tough issues and life-changing decisions teens face. Covey provides a simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and appreciate their parents, as well as tackle the new challenges of our time, like cyberbullying and social media.”</i></p>
4	<p>“Wonder” by R. J. Palacio</p>		<p>Recommended by Elizabeth Sautter, Zones Collaborative Trainer and founder of Make Social Learning Stick. <i>“Wonder is a story about August (aka “Auggie”) Pullman who was kept out of school until the 5th grade due to a facial difference. The story is about his experiences, emotions and relationships with his classmates as he enters back into mainstream school and wants to be treated like an ordinary kid. This #1 New York Times bestseller and included on the Texas Bluebonnet Award master list, tells the story from Auggie’s point of view and the viewpoint of the other characters in the book, including his sister, her boyfriend and others. This book is engaging and evokes thoughts and conversations around perspective taking, empathy, compassion, acceptance and emotional regulation.”</i></p>
5	<p>“March” graphic novel series by John Lewis, Andrew Ayden, Nate Powell</p>		<p>Recommended by Zones of Regulation Staff This graphic novel series (3 books) documents the life and work of civil rights leader John Lewis. A notable connection to SEL skills is how the activists within the non-violent movement deliberately trained to master regulation skills in order to be more effective in their activism. Can connect with strategies such as size of the problem, inner coach, etc.</p>
6	<p>“Hey, Kiddo” graphic novel by Jarrett Krosoczka</p>		<p>Recommended by Zones of Regulation Staff This graphic novel autobiography features a young man who is dealing with his mother’s drug addiction and an absent father, while using his talent for art as a way to both express and cope with his emotional experience and trauma. Please note that there is mature language used in this book.</p>
7	<p>“Guts” graphic novel by Raina Telgemeier</p>		<p>Recommended by Zones of Regulation Staff This graphic novel features a tween girl who is dealing with anxiety and panic attacks, finding the words to express her feelings, and navigating this all in her social context. It details the physical manifestation of her anxiety through stomach aches and her work in therapy to find the tools and strategies to manage these feelings. It also attempts to break down the stigma of getting help for mental health needs at this age.</p>

8	"El Deafo" graphic novel by Cece Bell		Recommended by Zones of Regulation Staff <i>This graphic novel autobiography features a main character who is hard of hearing and shows her emotional journey as she navigates her diagnosis, assistive technology, and the social impacts of her disability. She ultimately finds that her disability is one of her greatest gifts. May be best suited to upper elementary/lower middle school age group.</i>
9	"How It Went Down" by Kekla Magoon		Recommended by Cherie Bennethum (Middle School English Teacher, St. Paul MN) <i>"Teenager Tariq Johnson dies from two gunshots. Jack Franklin, the shooter, is white. The community explodes, and everyone has their own recollections of the event and conclusions. This book is told from the viewpoints of multiple characters and explores the complexities of race while emphasizing the importance of being able to understand multiple perspectives."</i>
10	"Gracefully Grayson" by Ami Polonsky		Recommended by Cherie Bennethum (Middle School English Teacher, St. Paul MN) <i>"Grayson lives with his aunt, uncle, and cousin after his parents dies tragically. Grayson finds acceptance in the theater department as he tries out for and gets the female lead in the school play Throughout the novel, Grayson accepts that his outside does not match how he feels inside. The book follows Grayson coming into her own as a transgender girl, and her relationships with the people in her life. The novel explores transgender issues, gender norms, family and relationships, grief and loss, acceptance, and developing identity."</i>
11	"I Am Malala" by Malala Yousafzai		Recommended by Cherie Bennethum (Middle School English Teacher, St. Paul MN) <i>"Educational has always been an important focus in Malala's life growing up in Pakistan, but when a new government bans girls' access to school, Malala speaks out. Malala's life is threatened as she fights against tyranny. This autobiography exposes women's rights, access to education, misogyny, resistance, and resilience through the story of this young girl."</i>
12	"Speak" by Laurie Halse Anderson		Recommended by Cherie Bennethum (Middle School English Teacher, St. Paul MN) <i>"Speak follows Melinda, a high school student, who calls the police after being sexually assaulted at an end of the summer party, which results in the party being busted. Her classmates do not know about the rape, so they think she is a snitch and torment her because of it. Melinda uses art to to come to terms with what happened to her and to find her voice to speak. This novel explores dealing with trauma, finding one's voice, healing after sexual assault, male toxicity, and bullying."</i>

13	<p>“Tell the Wolves I’m Home” by Carol Rifka Brunt</p>		<p>Recommended by Cherie Bennethum (Middle School English Teacher, St. Paul MN) <i>“Fourteen year old June must learn to live with the loss of her beloved uncle who dies from AIDS during the crisis in the 1980s. June develops a relationship with her uncle's partner, who had been kept secret from June by her mother. The book explores grief, homophobia, acceptance, family and relationships, art, and the AIDS crisis.”</i></p>
14	<p>“Like No Other” by Una LaMarche</p>		<p>Recommended by Cherie Bennethum (Middle School English Teacher, St. Paul MN) <i>“Devorah, a Hasidic Jewish teenage girl, and Jaxon, and African-American teenage boy, are stuck together for hours in an elevator at a hospital in Brooklyn. Even though they are from very different backgrounds, cultures, and traditions, they develop a strong relationship that forces them to question their beliefs. The book explores culture and identity, tradition, religion, friendship, acceptance, and prejudice.”</i></p>

Don't forget to share your recommendation! Fill out our survey, and we'll add it to the list: [Zones Book Survey](https://www.zonesofregulation.com/survey)