THE LITTLE PEBBLE BOOKS - CLINICAL BOOK GUIDE

Match the book to what your client is carrying

Each book stands alone. Start with the one that fits today.

Identity & belonging	Anxiety & safety	Big emotions	Self-worth & purpose
Family & placement	Friendship & connection	Hope & perseverance	Regulation tools

TP

The Pebble

Self-worth, courage, purpose - and the ripple we all make

Best first book for any child, especially those who have been told they do not matter. Introduces Pebble Breathing and the ripple metaphor.

Self-worth • Purpose • Regulation

Ladybug hidden on every page spread - builds focus, engagement, and connection. Children ask to read it again and again.

TMW

The Moon Who Wanted to Stay

Purpose, identity, reassurance - for children questioning why they exist or where they belong

Particularly meaningful in adoption and foster care contexts. Addresses questions about purpose and belonging through gentle metaphor.

Identity • Purpose • Adoption & foster care

WTL

Where the Little Otter Belongs

Belonging, family, love - for disrupted family structures and placement uncertainty

For children navigating adoption, foster care, kinship placement, or any disruption in their sense of family and home.

Belonging • Adoption & foster care • Kinship

TLZ

The Little Zebra Who Had No Stripes

Identity, uniqueness, belonging - for children who feel visibly or invisibly different

For children with neurodevelopmental differences, visible disabilities, or who struggle to find where they fit.

Identity • Neurodivergence • Disability

SIH

Safe Inside Her Shell

Anxiety, emotional safety, gentle pacing - for children who withdraw, freeze, or need safety first

Particularly useful when a child needs time, safety, and connection before talking. The story can open the door without requiring immediate self-disclosure.

Anxiety • Felt safety • Withdrawal • Rapport building

Ladybug hidden on every land scene - a gentle invitation to look carefully and stay present without needing to speak.

Story-based support resource for professional and educational use. Use professional judgment when choosing a story or tool; these books are not a substitute for diagnosis or treatment.
Available at amazon.com | thelittlepebblebooks.com

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LLB

Little Lion, Big Roar

Big emotions, voice, regulation - for children whose feelings come out explosively

For children who struggle to find language for anger, frustration, or fear. Includes the Fly Like a Birdie calm-down technique.

Anger • Frustration • Dysregulation

Built-in tool: Fly Like a Birdie - a movement-based breathing practice at the back of the book.

OTS

Oliver the Smallest Bear

Quiet strength, kindness, purpose - for children who feel invisible or too small to matter

For children who feel overlooked or like they cannot make a difference. Builds a sense of agency and quiet self-worth.

Self-worth • Purpose • Visibility

Ladybug hidden on every page spread - the same ritual of careful attention and connection as The Pebble.

CBF

Crabby's Big Feelings

Self-regulation, emotional literacy, Ocean Breathing - for naming and managing what children feel

A strong story-based tool for emotional identification and regulation work. Includes Ocean Breathing, a slow wave-based calming practice.

Emotional literacy • Self-regulation • Ocean Breathing

Built-in tool: Ocean Breathing - slow, rhythmic, wave-based breathing at the back of the book.

SC

Simply Caby

Self-acceptance, contentment, calm - for children who keep comparing themselves to others

For children who need reassurance that they are enough just as they are and permission to slow down, stop measuring themselves against others, and notice their own worth.

Self-acceptance • Calm • Contentment • Self-love

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TLF

The Little Fox Who Matters

Belonging, love, purpose - for children wondering whether they matter or make a difference

For children who need reminders that they are loved and important, and that small acts and a caring heart can matter more than they realize.

Belonging • Love • Hope • Purpose

HTC

How the Cat Got Its Purr

Comfort, connection, calm - for children who want closeness but may not know how to begin

For children who carry worry or tension and may need a gentle story about friendship, trust, connection, and finding their own way to reach toward others.

Friendship • Connection • Calm • Belonging

JAT

Juliana and the Dream in Her Pocket

Dreams, confidence, perseverance - for children carrying a dream that feels bigger than they are

For children who wonder whether they are capable, need encouragement to keep going, or need reassurance that dreams are built one step at a time.

Dreams • Confidence • Perseverance • Hope

TZL

The Ziggity-Zaggity Little Whale

Neurodiversity, disability acceptance, belonging - for children who move through the world differently

For children who have a physical disability, are neurodivergent, or feel pressure to do things the way everyone else does. Reassures them that different does not mean wrong.

Neurodiversity • Disability acceptance • Self-acceptance • Belonging

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TLP

The Little Panda on the Hill

Love, hope, reassurance - for children missing someone or waiting for reconnection

For children who feel left behind, worry about someone they love, or need a gentle reminder that love can remain present through waiting, distance, and change.

Love • Hope • Reassurance • Belonging • Healing

TGW

The Girl Who Thought She Caused the Rain

Guilt, fear, reassurance - for children carrying responsibility that is not theirs to carry

For children who feel guilty or responsible for things beyond their control, struggle with worry, or need help letting go of blame and fear.

Anxiety • Guilt • Understanding • Letting go • Self-forgiveness

TLP

The Little Porcupine Who Wanted a Hug

Trust, friendship, healing - for children learning that protection and connection can both be true

For children who want closeness but may protect themselves from it. A gentle story about trust, courage, friendship, and letting safe care in.

Trust • Friendship • Healing • Courage • Letting love in

TNB

That's No Bee!

Identity, belonging, being yourself - for children figuring out where they fit

For children discovering that they do not have to be exactly like everyone around them to belong. There is room to enjoy different things, ask questions, and be exactly who they are.

Belonging • Identity • Being yourself • Acceptance

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