

## October – Body Size Diversity

These books feature a wide range of large bodies that are often not shown in literature or other media. The books listed are for kindergarten to grade 12 students. Below that list, there are books for educators to use to learn more about the fat stigmatization and the effects of discrimination on those who have fat/plus/bigger bodies. Some of these books look at being fat and other books are just characters who happen to be big and living their lives.



### Books for Students:

**Beautiful** by Stacy McAnulty (K-3)

**I Like Me** by Nancy Carlson (K-3)

**The Belly Book** by Fran Manushkin (K-2)

**Abigail and the Whale** by Davide Cali (K-4)

**Lovely** by Jess Hong (K-3)

**The Truth about Grandparents** by Elina Ellis (K-3)

**Ernest the Moose who Doesn't Fit** by Catherine Rayner (K-2)

**Brontorinia** by James Howe (K-4)

**Diana Dances** by Luciano Lozano (K-3)

**Don't Feed the Bear** by Kathleen Doherty (K-3)

**Julian is a Mermaid** by Jessica Love (K-4)

**The Five of Us** by Blake Quentin (K-4)

**Bodies are Cool** by Tyler Feder (K-3)

**It's Okay to be Different** by Todd Parr (K-2)

**I Love my Body Because** by Shelly Anand and Nomi Ellenson (K-3)

**Beautifully Me** by Nabela Noor (K-4)

**Princesses vs Dinosaurs** by Linda Bailey (K-3)

**I Really Want to Win** by Simon Philip and Lucia Gaggiotti (K-3)

**Fry Bread: A Native American Family Story** by Kevin Noble Maillard (K-4)

**The Bare Naked Book** by Kathy Stinson (K-4)

**Our Little Kitchen** by Jillian Tamaki (K-3)

**The Oboe Goes Boom Boom Boom** by Colleen AF Venable (K-3)

**Little Witch Hazel** by Phoebe Wahl (K-4)

**Backyard Fairies** by Phoebe Wahl (K-3)

**I Can be Anything** by Shinsuke Yoshitake (K-2)

**Flora and the Flamingo** (wordless picture book) by Molly Idle (K-4)

**A Mermaid Girl** by Sana Rafi (K-3)

**All of Us** by Kathryn Erskine (K-4)

**Her Body Can** by Kate Crenshaw (K-3)

**Some Places More Than Others** by Renee Watson (3-7)

**Garvey's Choice** by Nikki Grimes (3-7)

**Own your period** by Chella Quint (4+) -trans inclusive and gender affirming

**Love Your Body: Your body can do amazing things** by Jessica Sanders (3-7) \*only AFAB bodies represented

**Dactyl Hill Squad** by Daniel Jose Older (2-6)

**Beneath the Sugar Sky** by Seanan McGuire (5+)

**Star Fish** by Lisa Fipp (5-9)

**Eat Your Heart Out** by Kelly deVos (6-10)

**The Self-Love Revolution: Radical Body Positivity for Girls of Color** by Virgie Tovar (6-12)

**The Backups: A Summer of Stardom** by Alex De Campi (6-12)

**Fat Chance, Charlie Vega** by Crystal Maldonado (8-12)

**Here the Whole Time** by Vitor Martins (9-12)

**No Big Deal** by Bethany Rutter (9-12)

**Every body Shines: Sixteen stories about living fabulously fat** edited by Casandra Newbould (9-12)

**Juliet Takes a Breath** by Gabby Rivera (9-12)

**The Other F Word: A Celebration of the Fat and Fierce** edited by Angie Manfredi (high school)

**FAT!SO? Because you don't have to apologize for your size** by Marilyn Wann (adult/high school)

Books for Educators/Adults:

**Lessons from the Fat-O-Sphere** by Kate Harding and Marianne Kirby (adult)

**The Fat Pedagogy Reader: Challenging Weight-Based Oppression Through Critical Education** by Erin Cameron and Constance Russell (adult) – lots of great education essays

**The Fat Studies Reader** (series of essays) (adult)

**Belly of the Beast: The Politics of Anti-Fatness as Anti-Blackness** by Da'Shaun L. Harrison (adult)

**Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight** by Linda Bacon (adult)

**What We Don't Talk About When We Talk About Fat** by Aubrey Gordon (adult)

**Fearing the Black Body: The Racial Origins of Fat Phobia** by Sabrina Strings (adult)

**Happy Fat** by Sofie Hagen (adult)

**Landwhale** by Jess Baker (adult)

**The Body is Not an Apology** by Sonya Renee Taylor (adult)

**Fat: The Owner's Manual** by Ragen Chastain (adult)

**Fat Activism: A Radical Social Movement** by Charlotte Cooper (adult)

**Fattily Ever After: A Black Fat Girl's Guide to Living Life Unapologetically** by Stephanie Yeboah (adult)