

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Emotional Literacy

Material Title: **2, 4, 6, 8 This is How We Regulate!; 75 Play Therapy Activities to Increase Mindfulness in Children**
 Author: Tracy Turner-Bumberry *Books* 2018 192

Learning verbal mindfulness strategies can be difficult for children and adolescents, let alone when kids have autism, anxiety, ADHD or other emotional regulation issues. That's why play therapist and counselor, Tracy Turner-Bumberry, LPC, RPT-S, CAS, has created 75 simple, playful and on-point interventions that combines mindfulness, expressive arts and play to help kids achieve greater self-regulation, focus more and stress less.

Material Title: **Alex and the Scary Things; A Story to Help Children Who Have Experienced Something Scary**
 Author: Melissa Moses *Children's Books* 02/21/2015

Alex is an alligator who has experienced 'scary' things. In this charmingly illustrated story, he talks about how this affects him and how he copes.

By reading about the different parts of Alex that come out because of the scary things he has experienced, such as The Destroyer when he is angry, Spacey when he dissociates, and Puddles when he is sad, children will learn to recognise when they experience these emotions themselves and find solutions for overcoming them. Alex talks about the different coping strategies he uses to get back to being himself, such as breathing techniques, a counting game, painting, and finding a safe space he can go to, encouraging children to think about when they can do to help themselves handle difficult feelings.

An essential resource for professionals working with children who have experienced trauma, including social workers, counsellors, therapists, and child psychologists, as well as for parents and foster carers. Suitable for children aged approximately 4 to 8 years.

Material Title: **Alexander and the terrible, horrible, no good, very bad day* (Children's Materials)**
 Author: Judith Viorst *Children's Books* 1987 32

The perennially popular tale of Alexander's worst day is a storybook that belongs on every child's bookshelf.

Alexander knew it was going to be a terrible day when he woke up with gum in his hair.

And it got worse...

His best friend deserted him. There was no dessert in his lunch bag. And, on top of all that, there were lima beans for dinner and kissing on TV!

This handsome new edition of Judith Viorst's classic picture book is sure to charm readers of all ages.

Material Title: **Alphabreaths: The ABCs of Mindful Breathing**
 Author: Christopher Willard PsyD and Daniel Rechtschaffen *Children's Books* 2019 32

In Alphabreaths, children will learn their ABCs and the basics of mindfulness through playful breathing exercises. Breaths like Mountain Breath and Redwood Breath will connect them with nature, while breaths like Heart Breath and Wish Breath will help them remember to fill their heart with gratitude and send good wishes to others.

Simple, playful, and with delightful illustrations, Alphabreaths is the perfect introduction to mindfulness and breath awareness.

Material Title: **Ayuda Para Niños!: Entendiendo Tus Sentimientos Sobre Tu Papá o Mamá En La Carcel o La Prisión**
 Author: Carole Gesme *Libros para niños*

Este cuaderno de trabajo habla sobre algunos de los problemas que los niños tienen que enfrentar cuando, so separados de alguno de sus padres (u otro miembro de la familia) por encarcelamiento. Muchos niños manifiestan enojo, otros se entristecen, deprimen, asustan o avergüenzan. El propósito de este cuaderno es ayudarlos a identificar sus sentimientos y darles información de como lidiar con esos sentimientos. Es importante que ustedes entiendan que sus hijos, o niños a su cargo, pueden estar experimentando una gran variedad de sentimientos.

This workbook discusses some of the issues children face when they are separated from one of their parents (or another family member) by incarceration. Many children express anger, others become sad, depressed, frightened or embarrassed. The purpose of this workbook is to help the reader identify their feelings and give information on how to deal with those feelings. It is important for parents to understand that your children, or children in your care, may be experiencing a wide variety of feelings.

Emotional Literacy

Material Title: **B is for Breathe; The ABCs of Coping with Fussy and Frustrating Feelings**
Author: Melissa Munro Boyd *Children's Books* 2019 32

From the letter A to the letter Z, B is for Breathe celebrates the many ways children can express their feelings and develop coping skills at an early age. Fun, cute, and exciting illustrations, this colorful book teaches kids simple ways to cope with fussy and frustrating emotions. This book will inspire kids to discuss their feelings, show positive behaviors, and practice calm down strategies.

Material Title: **Buddhism for Mothers of Young Children; Becoming a Mindful Parent**
Author: Sarah Napthali *Books* 2008 256

A combination of personal narrative and stories gathered from mothers, this guide shows how spiritual and mindful parenting can help all mothers—Buddhists and non-Buddhists—be more open, attentive, and content. By guiding mothers on a spiritual path, this evocation also helps them cultivate wisdom, open-heartedness, and a better understanding of themselves and their children. The Buddhist teachings and principles help answer questions that all mothers face, especially those with young children: Who are my children? Who am I? How can I do my best by my children and myself? What to do about all that housework? and Is this all? Written in a clear and engaging style, this warm and simple meditation facilitates parenting with awareness, purpose, and love.

Material Title: **Can I Tell You About Self-Harm?; A Guide for Friends, Family, and Professionals**
Author: Pooky Knightsmith *Children's Books* 01/18/2018 72

Meet Asher - a teenager who self-harms to manage their feelings when it all feels like too much.

The latest in the best-selling Can I Tell You About... series describes what self-harm is, along with the wide range of behaviours that qualify, why teens do it, and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars, this concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm. By initiating the conversation around self-harm, this guide will offer alternative avenues for children and young adults to pursue when dealing with big feelings, such as professional counselling, distraction, and friends and family.

This easy-to-read guide is suitable for readers 7+, along with their parents, teachers, and friends. All author royalties from the book will go towards the Charlie Waller Memorial Trust.

Material Title: **Charley Chatty and the Wiggly Worry Worm**
Author: Sarah Naish *Children's Books* 10/21/2016 32

Charley Chatty likes to talk. Charley talks so much that her mouth gets dry but there's just so much to say!

"Why is the pavement brown?"

"I have got two shoes. Everyone has two shoes."

"I can hear the radio. Who is on the radio? Why is there a button on the radio?"

Sometimes, Charley's imagination takes over and she tells stories about things that didn't really happen. She doesn't mean to but she likes how it makes her feel important and the wiggly worry worm inside her belly goes away.

Written by a mum who understands, and her daughter (who also liked to tell tales), this is a story for children functioning at age 3-10.

Material Title: **Child With Special Needs, The; Encouraging Intellectual and Emotional Growth**
Author: Stanley Greenspan *Books* 1998 479 pages

This comprehensive approach to developmental challenges including autism, PDD, language and speech problems, Down syndrome, cerebral palsy, ADD, and other related disorders helps parents and professionals "get beyond the label" and understand each child's unique profile.

Emotional Literacy

Material Title: **Cleo the Crocodile Activity Book for Children Who Are Afraid to Get Close: A Therapeutic Story With Creative Activities About Trust, Anger, and Relationships for Children Aged 5-10**
Author: Karen Treisman *Children's Books* 2019 160

Amongst the beauty of the Okavango delta in Botswana, Cleo the Crocodile loved having fun with all of his animal friends. That is, until one day Hogan the Hippo, who was supposed to look after Cleo, started to act mean and hurt him. Cleo has to leave the swamp to find a safe new home - he's scared and puts his prickles up for protection, so all the other animals are afraid of him. How can Cleo find a new safe home? How can he make new friends when he doesn't know who he can trust?

This activity book developed by expert child psychologist Dr Karen Treisman combines a colourfully illustrated therapeutic story about Cleo the Crocodile to help start and enrich conversations, which is followed by a wealth of creative activities and photocopiable worksheets for children to explore issues relating to attachment, relationships, rejection, anger, trust and much more.

The activities are accompanied by extensive advice and practical strategies for parents, carers, and professionals on how to help children aged 5-10 to start to name their tricky feelings. It will help children to understand their own prickles, to trust others and begin to invest in relationships so they can let others close again.

Material Title: **Creating Compassionate Kids: Essential Conversations to Have with Young Children**
Author: Shauna Tominey *Books* 2019 256

If you had to choose one word to describe the world you want children to grow up in, what would it be?

Safe? Understanding? Resilient? Compassionate?

As parents and caregivers of young children, we know what we want for our children, but not always how to get there. Many children today are stressed by academic demands, anxious about relationships at school, confused by messages they hear in the media, and overwhelmed by challenges at home. Young children look to the adults in their lives for everything. Sometimes we're prepared... sometimes we're not.

In this book, Shauna Tominey guides parents and caregivers through how to have conversations with young children about a range of topics—from what makes us who we are (e.g., race, gender) to tackling challenges (e.g., peer pressure, divorce, stress) to showing compassion (e.g., making friends, recognizing privilege, being a helper). Talking through these topics in an age-appropriate manner—rather than telling children they are too young to understand—helps children recognize how they feel and how they fit in with the world around them. This book provides sample conversations, discussion prompts, storybook recommendations, and family activities. Dr. Tominey's research-based strategies and practical advice creates dialogues that teach self-esteem, resilience, and empathy: the building blocks for a more compassionate world.

Material Title: **Creative Interventions for Troubled Children & Youth**
Author: Liana Lowenstein *Books* 1999 112

This best-selling collection is filled with creative assessment and treatment techniques for use in individual, group, and family settings. The book begins with a variety of engaging assessment activities providing clinicians with diagnostic tools to assist in treatment planning. The remaining four chapters provide activities to help children and teens identify feeling states, cope with emotional difficulties, strengthen interpersonal skills, and enhance self-esteem. The last section of the book describes the graduation ceremony that can be incorporated as part of the child's termination process. Each activity is described within a framework that recommends age suitability, preferred treatment modality, and appropriate stage of treatment. Materials needed to complete the activity are outlined. Several activities include worksheets that may be reproduced for use with clients. The book includes detailed instructions for all activities and a discussion section that further clarifies application and process. Activities are geared to 4-16 year-olds. Mental health professionals and teachers will find this book invaluable.

Material Title: **Different Dragon, The**
Author: Jennifer Bryan *Children's Books* 2011 32

This bedtime story about bedtime stories shows how a lively, curious boy helps one of his moms create a magical tale. Together they weave a nighttime adventures that lands young Noah and his singing cat Diva deep in dragon territory. Join them as they make an unexpected discovery and help a new friend find his way, who teaches them that being yourself is the most important thing of all.

Material Title: **Don't Feed the Worry Bug**
Author: Andi Green *Children's Books* 2011 76

Meet Wince, The Monster of Worry, and his number one nemesis, the WorryBug! In this engaging follow-up to The Monster Who Couldn't Decide, Andi Green has created a whimsical adventure that brings another emotion to life. Join Wince as he discovers the secret to keeping his worries from getting monstrous. Using unique drawings and clever rhymes, Don't Feed The WorryBug carries an insightful message that readers of all ages will enjoy. Look for the new Don't Feed The WorryBug APP!

Emotional Literacy

Material Title: **Elfa and the Box of Memories**
Author: Michelle Bell *Children's Books* 2008 24

We all have memories of happy times and sad times, and all our memories help us to remember the story of our lives. But what happens when you don't have anybody to share your memories with? In this bright, colourful book, Elfa the elephant revisits some of the important moments of her life.

Material Title: **EMERGE; Practical Tools to Find Calm in the Chaos (CD)**
Author: Robyn Gobbel *CDs* 2019 20 minutes

Since adoptive parents and (and the professionals who support them!!) often cannot remove themselves from stressful situations, they benefit from learning how to shift their nervous system into a state of regulation even in the midst of chaos. By leaning into the latest brain science on regulation and self-compassion, this webinar will help you identify and harness already existing opportunities to practice moments of rest and regulation in order to strengthen your resilience and decrease burn-out.

Webinar participants will be introduced to the concept of self-compassion (based on Kristin Neff's work). Together, we will discuss how self-compassion is crucial for self-care, as well as the barriers to self-compassion. You will have the opportunity to engage in an experiential activity with self-compassion during the webinar (or you can just listen and then practice it later)...an activity designed to be short enough and easy enough (yet powerful enough) that you can continue to do it whenever and wherever! We will also look at the work of Rick Hanson, PhD, author of "Hardwiring Happiness." We will learn how to track the state of our own nervous system and then how to take SIMPLE concrete steps to teach our brain how to spend more time focusing on the good that already exists. Seriously- they are so easy. Their hardest part will be believing that these simple things will actually help.

Material Title: **EMERGE; Practical Tools to Find Calm in the Chaos (DVD)**
Author: Robyn Gobbel *DVDs* 2019 20 minutes

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Material Title: **Emotional 911: For Parents: First Aid for Your Child's Emotional Scrapes and Scars**
Author: Laura Sonderegger *Books* 2018 274

As a parent, issues big and small impact our child. While addressing physical injury is critical, it may be even more crucial to attend to the pain we can't see on the outside. Discover the 3 secrets of Emotional First Aid, used to assess and address a child's everyday emotional scrapes, bumps, and bruises and treat previous trauma scars. Whether responding to a crisis or everyday parenting needs, this book supplies the essential life-saving practices of EMOTIONAL 911.

Material Title: **Feet Are Not For Kicking**
Author: Elizabeth Verdick *Children's Books* 2004 24

"Look at those feet! Aren't they sweet?" Yes—when they're walking, standing, leaping and landing. And when they're kicking balls or leaves. But not when they're kicking people! In simple words and charming full-color illustrations, this book helps little ones learn to use their feet for fun, not in anger or frustration. It also includes tips for parents and caregivers on how to help toddlers be sweet with their feet.

Emotional Literacy

Material Title: **Fighting Invisible Tigers: A Stress Management Guide for Teens**

Author: Earl Hipp

Books

2019

136 pages

Untempered stress among teens is approaching epidemic status. Prolonged and intense anxiety can feel like being stalked by a tiger, never knowing when it will strike. Helping adolescents cope with day-to-day stressors—like school, friendships, family, and social media—can help curb impulsivity and other risky behaviors.

Now in its fourth edition, the revised and updated *Fighting Invisible Tigers* teaches teens proven techniques and stress management skills to face the rigors of growing up. Packed with useful information on how stress affects physical and emotional health, readers will learn:

smart approaches to handle decision-making
easy steps toward greater assertiveness
relaxation and mindfulness exercises to focus their minds
time management skills to avoid feeling pressured
how to avoid online drama
positive self-talk techniques
and more!

Getting rid of stress is impossible, but learning how to control the response to it can help teens develop healthier relationships, make better decisions, and outsmart those tigers.

Material Title: **Find Your Calm: A Mindful Approach to Relieve Anxiety and Grow Your Bravery**

Author: Gabi Garcia

Children's Books

2020

17 pages

"Anxiety can feel big and powerful. It can show up suddenly, without warning."

For many kids, it can be overwhelming.

Anxiety is not just a cognitive experience. When children feel anxious, their bodies respond physically to a perceived threat. They need to feel a sense of safety before being able to figure out what to do next.

Your child can follow along as the young narrator practices what helps her so that the anxiety doesn't take over.

Find Your Calm is a wonderfully accessible book that teaches children how to tap into their sense of safety when anxiety sends a false alarm, so they can find their calm. Includes simple activities for them to practice.

Material Title: **Freeing your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility and Happiness**

Author: Tamar Ellsas Chansky

Books

2008

336

A leading clinical expert in the fields of child cognitive behavior therapy and anxiety disorders, Dr. Tamar Chansky frequently counsels children (and their parents) whose negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness. Now, in the first book that specifically focuses on negative thinking in kids, *Freeing Your Child from Negative Thinking* provides parents, caregivers, and clinicians the same clear, concise, and compassionate guidance that Dr. Chansky employed in her previous guides to relieving children from anxiety and obsessive compulsive symptoms. Here she thoroughly covers the underlying causes of children's negative attitudes, as well as providing multiple strategies for managing negative thoughts, building optimism, and establishing emotional resilience.

Material Title: **Girl on Purpose: How to Help Your Girl Build Self-Confidence and Do All That She's Meant for in the World**

Author: Danielle Fuligni McKay

Books

2018

150

You can build your girl's self-confidence and set her on a path to believing in her ability to be or do anything she wants to in the world...and it's not as hard as you think.

Author Danielle Fuligni McKay draws on her vast experience leading groups that teach girls self confidence and her own personal story as a positive parent to offer parents, mentors, teachers and coaches of adolescent and teenage girls powerful methods for raising confident girls with the ability to manage emotions.

Girl on Purpose covers McKay's entire journey—what caused her low self-confidence as a kid, the a-ha moment that turned it around, and what she does to continue building her daughters' power muscles to this day.

In this book you'll learn: The breakthrough that empowered McKay to choose self-confidence · How to create a confidence framework for your girl · The importance of mindset (yours and hers) · Her technique to successfully manage negative self-talk · How she started owning her emotions and taught her girls to do the same · Why your daughter's circle of friends matters.

Emotional Literacy

Material Title: **Grumpy Monkey* (Children's Materials)**
Author: Suzanne Lang *Children's Books* 2018 32

Jim the chimpanzee is in a terrible mood for no good reason. His friends can't understand it--how can he be in a bad mood when it's SUCH a beautiful day? They encourage him not to hunch, to smile, and to do things that make THEM happy. But Jim can't take all the advice...and has a BIT of a meltdown. Could it be that he just needs a day to feel grumpy?

Suzanne and Max Lang bring hilarity and levity to this very important lesson. This picture book is an excellent case study in the dangers of putting on a happy face and demonstrates to kids that they are allowed to feel their feelings (though they should be careful of hurting others in the process!).

Material Title: **Help! I've Got an Alarm Bell Going Off in My Head!; How Panic, Anxiety, and Stress Affect Your Body**
Author: K.L. Aspden *Children's Books* 11/15/2015 48

Ever wondered what happens inside our bodies when we feel angry, nervous, stressed or anxious? This straightforward, illustrated guide explores just that, explaining what happens to the brain and nervous system when that alarm bell in our heads starts ringing. It describes how our bodies can become very sensitive and set off false alarms, and includes tips and activities to help you reduce feelings of anxiety and keep your nervous system healthy.

Designed for ages 9+, the book aims to teach children who suffer from anxiety, stress or anger about the fight, flight or freeze response in their bodies and what can trigger it, and helps them to understand that it is something that everyone experiences. It also includes ways to manage the stress reaction and reduce feelings of shame. It is an invaluable resource for anyone supporting children who are easily triggered into anxiety or anger, including parents and carers, support workers, teachers, and therapists.

Material Title: **Help! My Feelings Are Too Big! Making Sense of Yourself and the World After a Difficult Start in Life**
Author: K.L. Aspden *Children's Books* 03/21/2019 64

Emotions can be complicated at the best of times. If something goes wrong right at the beginning of someone's life things can often feel painful and confusing.

This book will help explain that there are always good reasons why a person feels the way they do. It will help you learn about emotions like anxiety, how you can live with these emotions, and how safe adults can help you build a calm, strong place inside yourself!

Designed to help build emotional awareness, this book offers friendly support for children aged 9+ who have attachment disorders, anxiety or are overcoming early trauma and is an invaluable tool for anyone supporting children with extreme emotions or attachment issues, including parents and carers, support workers, teachers, and therapists.

Material Title: **Hey awesome; a book for kids about anxiety, courage, and being already awesome**
Author: Karen Young *Children's Books* 2018

If kids with anxiety could see their strengths, they would feel so much bigger than their anxiety. They would feel bigger than everything - as though a tiny, tip-toed stretch could have them touching the top of the world from where they are. This book is a reminder for all kids that everything they need to be brave, strong and brilliant is already in them.

Material Title: **Hey Warrior; A Book for Kids About Anxiety**
Author: Karen Young *Children's Books* 2018 32

A book for kids about anxiety. Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. Anxiety explained, kids empowered.

Material Title: **How Big Are Your Worries Little Bear?: A book to help children manage and overcome anxiety, anxious thoughts, stress, and fearful situations**
Author: Jayneen Sanders *Children's Books* 2017 33

Little Bear is a worrier. He worries about everything! But with Mama Bear's help, he soon learns his worries are not so big after all. Through this engaging and beautifully illustrated story, children will learn that everyday worries and fears can be overcome. It just takes a willingness to share with a helpful listener, and an understanding that making mistakes is how we learn. Also included are Discussion Questions for parents, caregivers and educators, and extra hints to help children manage anxiety.

Emotional Literacy

Material Title: **How To Be A Superhero Called Self-Control!* (Children's Materials)**

Author: Lauren Brukner

Children's Books

2016

112 pages

Meet Self-Control, a superhero who wants to teach young children his super powers of self-control! Anxiety, frustration, anger, and other difficult feelings won't stand a chance against their new-found powers.

Self-Control teaches children with emotional and sensory regulation difficulties aged approximately 4-7 how to calm themselves using self-massage, deep pressure, breathing exercises, and activities such as making an imaginary list and finding their own peaceful place. This illustrated book also features an appendix with photocopiable super power charts, reinforcers, and reminder tools to ensure that parents, teachers, and other professionals can support children in upholding superhero strategies even after the book has been read.

Material Title: **How To Raise A Boy: The Power of Connection to Build Good Men**

Author: Michael C. Reichert

Books

2019

336

Over the past two decades there has been an explosion of new studies that have expanded our knowledge of how boys think and feel. In *How to Raise a Boy*, psychologist Michael Reichert draws on his decades of research to challenge age-old conventions about how boys become men.

Reichert explains how the paradigms about boys needing to be stoic and "man like" can actually cause them to shut down, leading to anger, isolation, and disrespectful or even destructive behaviors. The key to changing the culture lies in how parents, educators, and mentors help boys develop socially and emotionally. Reichert offers readers step-by-step guidance in doing just this by:

- Listening and observing, without judgment, so that boys know they're being heard.
- Helping them develop strong connections with teachers, coaches, and other role models
- Encouraging them to talk about their feelings about the opposite sex and stressing the importance of respecting women
- Letting them know that they don't have to "be a man" or "suck it up," when they are experiencing physical or emotional pain.

Featuring the latest insights from psychology and neuroscience, *How to Raise a Boy* will help those who care for young boys and teenagers build a boyhood that will enable them to grow into confident, accomplished and kind men.

Material Title: **I Am Human: A Book of Emaphy**

Author: Susan Verde

Children's Books

2018

From the picture book dream team behind *I Am Yoga* and *I Am Peace* comes the third book in their wellness series: *I Am Human*. A hopeful meditation on all the great (and challenging) parts of being human, *I Am Human* shows that it's okay to make mistakes while also emphasizing the power of good choices by offering a kind word or smile or by saying "I'm sorry." At its heart, this picture book is a celebration of empathy and compassion that lifts up the flawed fullness of humanity and encourages children to see themselves as part of one big imperfect family—millions strong.

Material Title: **Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children; Designed to Improve Sleep, Manage Stress and Anxiety**

Author: Lori Lite

CDs

2004

60 minutes

Indigo Dreams is a 60 minute CD/audio book designed to entertain your children while introducing them to four research-based relaxation and stress management techniques. Children follow their friends along as they learn to fall asleep peacefully with *The Goodnight Caterpillar*, breathe calmly with *A Boy and a Bear*, build self-esteem with *The Affirmation Web*, and visualize with *A Boy and a Turtle*.

5 tracks:

1. The Affirmation Web
 2. A Boy and a Bear
 3. A Boy and a Turtle
 4. The Goodnight Caterpillar
 5. Indigo Dreams Soundtrack
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Material Title: **It's Raining and I'm Okay; A Calming Story to Help Children Relax When They Go Out and About**

Author: Adele Devine

Children's Books

08/21/2017

40

This rhyming story helps children aged 3-7 face unfamiliar surroundings and experiences and feel less anxious when they are out and about. It offers calming techniques that can help when things don't go to plan, when you get stuck in a crowd, or when you start to feel tired at the end of a long day. Particularly suited to children with special needs and learning differences, including autism, symbols on each page help pre-readers begin to recognise words. With bright illustrations, and accompanying notes, lesson plans and worksheets available to download, this book can be used to help children think about situations they find tricky and better cope with feelings of anxiety.

Emotional Literacy

Material Title: **Jamie Lee Curtis Audio Collection. The**

Author: Jamie Lee Curtis

CDs

2006 60 minutes

New York Times bestselling author Jamie Lee Curtis perfectly captures a little girl's simple, joyous celebration of herself, as she looks back on her childhood from the lofty height of four and a half years.

This spirited view of growing up is perfect to share at home or in a classroom, as kids will respond to the exuberant pleasures of growing freedom and independence.

Tracks:

1. HarperAudio Presents
 2. Tell Me Again About the Night I Was Born
 3. Today I Feel Silly & Other Moods that Make My Day
 4. Where do Balloons Go? An Uplifting Mystery
 5. I'm Gonna Like Me: Letting Off a Little Self-Esteem
 6. It's Hard to Be Five: Learning How to Work My Control Panel
 7. Is There Really a Human Race?
-

Material Title: **Kid Confidence: Help Your Child Make Friends, Build Resilience, and Develop Real Self-Esteem**

Author: Eileen Kennedy-Moore, PhD

Books

2019

240

As parents, it's heartbreaking to hear children say negative things about themselves. But as children grow older and begin thinking about the world in more complex ways, they also become more self-critical. Alarming, studies show that self-esteem, for many children, takes a sharp drop starting around age eight, and this decline continues into the early teen years. So, how can you turn the tide on this upsetting trend and help your child build genuine self-esteem?

With this guide, you'll learn that self-esteem isn't about telling kids they're "special." It's about helping them embrace the freedom that comes with a quiet ego—a way of being in the world that isn't preoccupied with self-judgment, and instead embraces a compassionate view of oneself and others that allows for both present awareness and personal growth. When kids are less focused on evaluating and comparing themselves with others, they are freer to empathize with others, embrace learning, and connect with the values that are bigger than themselves.

Material Title: **Let's Talk About Body Boundaries, Consent & Respect: A Book to Teach Children About Body Ownership, Respectful Relationships, Feelings and Emotions, Choices and Recognizing Bullying Behaviors**

Author: Jayneen Sanders

Children's Books

2017

Teaching young children about body boundaries, both theirs and others, is crucial to a child's growing sense of self, their confidence and how they should expect to be treated by others. A child growing up knowing they have a right to their own personal space, gives that child ownership and choices as to what happens to them and to their body. It is equally important a child understands, from a very young age, they need to respect another person's body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily-understood manner, providing familiar scenarios for children to engage with and discuss. It is important that the reader and the child take the time required to unpack each scenario and explore what they mean both to the character in the book, who may not be respecting someone's body boundary, and to the character who is being disrespected. It is through these vital discussions that children will learn the meaning of body boundaries, consent and respect. Learning these key social skills through such stories as 'Let's Talk About Body Boundaries, Consent and Respect' and role-modelling by significant adults can, importantly, carry forward into a child's teenage years and adult life.

Material Title: **Listen: Five Simple Tools to Meet Your Everyday Parenting Challenges**

Author: Patty Wipfler and Tosha Schore, M.A.

Books

2016

356

Listen introduces parents to five simple, practical skills even the most harried parent can use. These tools will help parents strengthen their connection with their child and help build their child's intelligence, cooperation, and ability to learn as they grow. The book delivers detailed information accompanied by more than one hundred real-life stories from parents who've used this approach to address the root causes of their child's difficult behaviors.

Five surprising things parents will learn:

- You don't have to reward or punish willful children to get them to cooperate.
 - Aggressive kids are frightened kids, and there are simple tools to ease their fear so they don't need to lash out.
 - Your willingness to just listen to crying or tantrums often is enough to heal a child's fears and hurts.
 - Safe play during which your kid becomes the boss can reveal his hidden feelings-- and heal them too.
 - Parents who regularly listen to one another's struggles, without judging or advising, often clear so much toxic emotion that their children benefit greatly.
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Emotional Literacy

Material Title: **Mindful Little Yogis; Self-Regulation Tools to Empower Kids with Special Needs to Breathe and Relax**
Author: Nicola Harvey *Books* 8/21/2018 176

Help children to master emotional self-regulation and improve wellbeing with these activities. Based on traditional yoga breath and mindfulness exercises, each activity is adaptable for a range of abilities and they are also ideal for working with children with autism and other special needs.

The book explains how being conscious of the breath is the key to unlocking calm during busy moments, and shows how this can be taught in a child-friendly way. Including activities such as lion breathing, bubble breathing, and sensory yoga games, children will love to learn self-regulatory techniques they can carry with them for life. Suitable for one-on-one and group work with children aged 4+.

Material Title: **Mindfulness in the Classroom: Strategies for Promoting Concentration, Compassion, and Calm**
Author: Thomas Armstrong *Books* 2019 160

In today's schools, students and teachers feel unprecedented—even alarming—levels of stress. How can we create calmer classrooms in which students concentrate better and feel more positive about themselves and others? Author Thomas Armstrong offers a compelling answer in the form of mindfulness, a secular practice he defines as the intentional focus of one's attention on the present moment in a nonjudgmental way.

In *Mindfulness in the Classroom*, Armstrong

- Explains how mindfulness affects the structure and function of the brain.
- Provides an overview of mindfulness as both a personal practice and a classroom methodology that aligns with such educational models as Social and Emotional Learning (SEL), Positive Behavioral Intervention and Supports (PBIS), and Universal Design for Learning (UDL).
- Shares and explains the extensive research that shows the positive effects of mindfulness practices in the classroom.
- Describes how to adapt mindfulness for different grade levels, integrate it into regular school subjects, and implement it schoolwide.
- Offers guidelines for teaching mindfulness responsibly, without religious overtones.

Dozens of observations from teachers, students, researchers, and practitioners provide striking evidence of the power of mindfulness and offer hope to anyone who wants to make classrooms more productive places of learning.

Material Title: **More Creative Interventions for Troubled Children and Youth**
Author: Liana Lowenstein *Books* 2002 148

This sequel is filled with more creative assessment and treatment techniques for use in individual, group, and family settings. The book begins with a variety of engagement and assessment activities providing clinicians with strategies to build therapeutic rapport and diagnostic tools to assist in treatment planning. The remaining four chapters provide activities to help children and teens identify feeling states, cope with emotional difficulties, manage anger, strengthen interpersonal skills, and enhance self-esteem. There are also techniques to deal with challenging client behavior. Each activity is described within a framework that recommends age suitability, preferred treatment modality, and appropriate stage of treatment. Materials needed to complete the activity are outlined. Several activities include worksheets that may be reproduced for use with clients. The book includes detailed instructions for all activities and a discussion section that further clarifies application and process. Activities are geared to 4-16 year-olds. Mental health professionals and teachers will find this book invaluable.

Material Title: **My Hidden Chimp**
Author: Steve Peters *Children's Books* 2018 175

Learn how TEN habits can help children to understand and manage their emotions and behaviour - the NEW book from the creator of the chimp management mind model and author of the million copy selling *The Chimp Paradox*. *My Hidden Chimp* is an effective and powerful new educational book that offers parents, teachers and carers some ideas and thoughts on how to help children to develop healthy habits for life. The science behind the habits is discussed in a practical way with exercises and activities to help children think the habits through and start putting them into practice. The neuroscience of the mind is simplified for children to understand and then use to their advantage. Professor Steve Peters explains neuroscience in a straightforward and intuitive way - offering up 10 simple habits that we as adults and children should have in our arsenal to deal with everyday life. They include: - Smiling- The importance of talking through your feelings- Learning how to say sorry- Knowing how to ask for help By also explaining the developing 'chimp' brain in children, he shows us how 10 habits can help children to understand and manage their emotions and behaviour. These 10 habits should and can be retained for life. This is an important and another groundbreaking new book from the bestselling author of *The Chimp Paradox* and the creator of the chimp management mind model.

Emotional Literacy

Material Title: **My Secret Bully**

Author: Trudy Ludwig

Children's Books

2004

Here is the all-too-familiar story of Monica. She and Katie have been friends since kindergarten. Monica loves being around her when she's nice. But there are times when Katie can be just plain mean. And Monica doesn't understand why.

Monica is a target of relational aggression, emotional bullying among friends who will use name-calling and manipulation to humiliate and exclude. But with a little help from a supportive adult—her mother—Monica learns to cope and thrive by facing her fears and reclaiming power from her bully.

Including a foreword by the founder of the The Ophelia Project, as well as helpful tips, discussion questions, and additional resources, *My Secret Bully* is a vital resource for children, parents, teachers, and counselors.

Material Title: **Nervous System Know-How: Why Your Nervous System is Your Most Effective Parenting Tool; Featuring Jessica Schaffer (Audio)**

Author: Robyn Gobbel

CDs

1hr 18min

Parenting is a full time vocation that calls out our deepest reserves. Rich with rewards and loaded with challenges, it is anything but a simple journey. One we often are navigating without the help of roadmaps. It is so easy to become overwhelmed and disoriented. In these moments, how can we tap into our innate resilience and learn to ride the waves of overload without feeling like we are failing? How do we learn to work with our bodies and their adaptive stress responses so we do not feel hijacked by them? In short, how do we use our nervous systems to steady the course and parent more effectively?

Join us for this webinar dedicated to exploring the primary role your nervous plays in your parenting. Learn how to work with your body to come into better regulation so that you are a steady presence for your kids. A regulation-informed perspective recognizes that our bodies and specifically our nervous systems, inform our experiences in life. Moving from this awareness, we can learn to track, monitor, and work with the underlying physiology driving our behaviors and experiences, so that we have greater access to the core attributes many of us wish to embody as parents: empathy, awareness and a genuinely engaged presence that allows our kids to settle into a felt-sense of safety and the experience of being fully seen, received and understood.

Material Title: **Nervous System Know-How: Why Your Nervous System is Your Most Effective Parenting Tool; Featuring Jessica Schaffer (DVD)**

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Material Title: **Parenting Traumatized Children with Developmental Differences; Strategies to Help Your Child's Sensory Processing, Language Development, Executive Function, and Challenging Behaviors**

Author: Sara McLean

Books

03/21/2019

176

Children who have encountered trauma early in life can experience real differences in their social and cognitive development. This comprehensive guide introduces what such developmental difference means, how it affects a child, and offers strategies to help support or alleviate problems that commonly arise.

Dr. McLean explains how children with developmental differences understand the world around them and offers easy to use techniques to help children with sensory and emotional regulation difficulties or delays in language, communication or memory development.

This book will provide you with the knowledge and confidence you need to meet your own child's individual needs, and to help them to flourish.

Emotional Literacy

Material Title: **Parenting Your Anxious Child with Mindfulness and Acceptance: A Powerful New Approach to Overcoming Fear, Panic, and Worry Using Acceptance and Commitment Therapy**

Author: Christopher McCurry, PhD *Books* 2009 248

We live in a chaotic and often unpredictable world, so it's only natural for you and your child to have anxieties. But seeing your child cry, cling to you, or even use aggression to avoid his or her own fears and worries may cause you to worry even more, trapping both of you in a cycle of anxiety and fear.

You can interrupt this cycle with the proven-effective mindfulness and acceptance skills taught in this book. Drawn from acceptance and commitment therapy, *Parenting Your Anxious Child with Mindfulness and Acceptance* offers a new way to think about your child's anxiety, as well as a set of techniques used by child psychologists to help children as young as four let go of anxious feelings and focus instead on relationships with friends, learning new things in school, and having fun. You'll learn these techniques, use them when you feel anxious, and teach them to your child. With practice, you both will let go of anxious feelings and your child will find the confidence to enjoy being a kid.

Material Title: **Paula and Her Multi-Coloured Hair**

Author: Carmen Luque Parets *Children's Books* 2014 25 pages

'Paula and her Multi-coloured Hair' is a short story about the four basic human emotions: happiness, sadness, anger and fear.

Through the changes in Paula's hair, we are visually giving name to the emotions we feel. Beginning with asking ourselves questions such as... 'What does it cause us that emotion?', 'What does it make us feel?', and 'What should we do?' We provide answers or solutions for each type of emotion.

In this way, children can learn to identify and manage their emotions in a healthy way.

A book about feelings for children between 3-6: Pre- to Beginning Readers.

Material Title: **Raising an Emotionally Intelligent Child: The Heart of Parenting**

Author: John Mordechai Gottman *Books* *gust 12, 19* 239 pages

Raising an Emotionally Intelligent Child is John Gottman's groundbreaking guide to teaching children to understand and regulate their emotional world.

Intelligence That Comes from the Heart

Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. *Raising an Emotionally Intelligent Child* is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. *Raising an Emotionally Intelligent Child* will equip parents with a five-step "emotion coaching" process that teaches how to:

- Be aware of a child's emotions
- Recognize emotional expression as an opportunity for intimacy and teaching
- Listen empathetically and validate a child's feelings
- Label emotions in words a child can understand
- Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation

Written for parents of children of all ages, *Raising an Emotionally Intelligent Child* will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

Material Title: **Rosie Rudey and the Enormous Chocolate Mountain**

Author: Sarah Naish *Children's Books* 10/21/2016 32

Rosie Rudey loves chocolate. It's her very favourite food, and it helps fill the empty feelings in her tummy. When her stupid siblings annoy her, Rosie wants nothing more than to eat lots and lots of chocolate.

One day, Rosie takes all of her family's chocolate and forms her own enormous chocolate mountain. She thinks it is beautiful and it takes away all her fuzzy feelings. But then suddenly, there's no chocolate left! And now Rosie is going to throw up. Luckily, Mum understands why Rosie acts this way.

Written by a mum who understands, and her daughter, who is adopted, this endearing story will help your whole family to feel a bit better.

Emotional Literacy

Material Title: **Seeds and Trees: A children's book about the power of words**
Author: Brandon Walden *Children's Books* 2018 38

Words are powerful. They can hurt or they can heal.

It's time to tell a special tale that will warm the hearts of readers of all ages. *Seeds and Trees* revels in the power of words. It explores their effects on feelings and emotions. And it does so though the journey of two different seeds.

In *Seeds and Trees*, discover a young prince who gathers seeds both green and dark from those he encounters, and then gifts them forward. He faithfully plants and waters all those seeds daily, but comes to realise that the dark trees harm the green ones. With the help of a kind friend he discovers he can cut down, uproot, and then replace those dark trees with green seeds, creating a beautiful vibrant garden.

Material Title: **Self-Control to the Rescue!; Super Powers to Help Kids Through the Tough Stuff in Everyday Life* (Children's Materials)**
Author: Lauren Brunker *Children's Books* 06/21/2017 112

The self-control super hero is back! This time, they've come prepared with simple strategies to tackle the difficult emotions and challenges of everyday life. From the morning routine to making friends at recess, paying attention in class and getting a good night's sleep, this guide will help children stay on track and save the day!

Focussing on specific times of the day that present particular challenges, the book uses illustrations and simple language to describe breathing exercises, stretching, and visualization techniques to help children aged 4-7 keep calm and in control. Suitable for all children, but especially those with sensory and emotional regulation difficulties, this is an accessible guide with extra tips and resources for parents, educators or therapists.

Material Title: **Shouting at the Rain**
Author: Lynda Mullaly Hunt *Children's Books* 2019 288

Delsie loves tracking the weather--lately, though, it seems the squalls are in her own life. She's always lived with her kindhearted Grammy, but now she's looking at their life with new eyes and wishing she could have a "regular family." Delsie observes other changes in the air, too--the most painful being a friend who's outgrown her. Luckily, she has neighbors with strong shoulders to support her, and Ronan, a new friend who is caring and courageous but also troubled by the losses he's endured. As Ronan and Delsie traipse around Cape Cod on their adventures, they both learn what it means to be angry versus sad, broken versus whole, and abandoned versus loved. And that, together, they can weather any storm.

Material Title: **Social Skills Activities for Kids; 50 Fun Exercises for Making Friends, Talking and Listening, and Understanding Social Rules**
Author: Natasha Daniels *Children's Books* 03/26/2019 152

What are the Dos and Don'ts for making and keeping friends? How can you decode body language clues? What's the best way to keep a conversation going? Just like learning multiplication tables, social skills don't come naturally--every child has to learn them. Luckily, this book makes mastering social skills super fun with 50 awesome activities.

Social Skills Activities for Kids gives children the confidence to successfully navigate social situations at home, school, and the world in between. From keeping the conversation ball moving to learning to compromise to practicing good table manners, these engaging activities help kids develop and use their social skills super powers.

Inside *Social Skills Activities for Kids*, you'll find:

Life Lessons--Kids learn how to handle everyday social situations like communicating with peers and adults, using and interpreting body language, reading social cues, and more.

50 Interactive Activities--Games, fill-in-the-blank exercises, and reflective entries keep kids learning and engaged.

Real Scenarios--Includes up-to-date topics like bullying and using social media.

Get the courage to be your very best self with *Social Skills Activities for Kids*.

Material Title: **Somebody Cares: A Guide for Kids Who Have Experienced Neglect**
Author: Straus Susan Farber *Children's Books* 2016 32

Useful to read with a caring adult, *Somebody Cares* is a book for children who have experienced parental neglect and have been taking care of many things on their own. It helps them understand their feelings, thoughts, and behaviors and prepares them for changes in their families. Most importantly, *Somebody Cares* teaches children that they are not to blame and were brave to do so much on their own. Includes a "Note to Readers" inside for children and an online "Note to Parents and Caregivers" for adults.

Material Title: **Sometimes I Feel Sad**
Author: Tom Alexander *Children's Books* 03/21/2018 32

Feeling sad is, unfortunately, a part of everyone's life, and there's not always an easy fix. This touching book helps explain to children aged 5+ that they're not alone in feeling this way, and is especially useful for children who struggle to express their feelings.

Emotional Literacy

Material Title: **Strength Switch, The: How The New Science of Strength-Based Parenting Can Help Your Child and Your Teen to Flourish**

Author: Lea Waters Books 2017 352

Unlock your children's potential by helping them build their strengths.

This game-changing book shows us the extraordinary results of focusing on our children's strengths rather than always trying to correct their weaknesses. Most parents struggle with this shift because they suffer from a negativity bias, thanks to evolutionary development, giving them "strengths-blindness." By showing us how to throw the "strengths switch," Lea Waters demonstrates how we can not only help our children build resilience, optimism, and achievement but we can also help inoculate them against today's pandemic of depression and anxiety.

As a strengths-based scientist for more than twenty years, ten of them spent focusing on strengths-based parenting, Waters has seen how this approach enhances self-esteem and energy in both children and teenagers. Yet more on the plus side: parents find it a particularly exciting and rewarding way to raise children. With many suggestions for specific ways to interact with your kids, Waters demonstrates how to discover strengths and talents in our children, how to use positive emotions as a resource, how to build strong brains, and even how to deal with problem behaviors and talk about difficult situations and emotions. As revolutionary yet simple as Mindset and Grit, The Strength Switch will show parents how a small shift can yield enormous results.

Material Title: **Super Coach Arty vs. The Shadow; Taking the Fear out of Failure**

Author: Lorraine Thomas Children's Books 07/05/2018 64

School can be a difficult and stressful place for a child, and sometimes they just need a little bit of help to manage it all. That's where Arty comes in. He's an inner coach, here to help each child achieve their very best.

Offering children a creative way of helping to manage their own worries, Arty will help show children that they're not alone in their struggles and that they always have choices, even when stuff happens that they don't like. With practical guidance for parents and teachers on how to use the book and specific coaching activities, it is perfect for children aged 8-12, especially those who have a fear of failure.

Material Title: **Teach Your Dragon Empathy**

Author: Steve Herman Children's Books 2/5/2019 42

Having a pet dragon is very fun!

He can sit, roll over, and play...

He can candle a birthday cake, lit a campfire, or so many other cool things...

But what if your dragon does not care about other people's feelings?

What if he does and says things to others that he will regret?

What should you do?

You teach him empathy!

You show him how to be considerate, to understand how others feel, to put himself in others' shoes, and to get along!

How do you do that?

Get this book and learn how!

Fun, cute, and entertaining with beautiful illustrations, this is a must have book for children, parents and teachers to teach kids empathy, compassion and kindness.

Material Title: **Teaching Proactive Strategies; Learning to Speak Amygdala**

Author: Karyn Purvis DVDs 2015 1hr 17mins

Dr. Karyn Purvis, Rees-Jones Director of the TCU Institute of Child Development, examines relationships and connection-the core of Trust-Based Relational Intervention (TBRI). In this presentation, Dr. Purvis lays out various teaching strategies for mentoring a child's brain to a place of redevelopment, positive change and more regulated behavior by meeting the child's physical, attachment, and sensory needs. What matters most is consistent support from adults who can help children feel safe and connected as they learn self-regulation.

Emotional Literacy

Material Title: **Today I Feel Silly & Other Moods That Make My Day**

Author: Jamie Lee Curtis

Books

2007

Jamie Lee Curtis's zany and touching verse, paired with Laura Cornell's whimsical and original illustrations, helps kids explore, identify, and, even have fun with their ever-changing moods.

Silly, cranky, excited, or sad—everyone has moods that can change each day. And that's okay! Follow the boisterous, bouncing protagonist as she explores her moods and how they change from day to day.

Material Title: **Vmeste luchshe! [So Happy Together!] RUSSIAN**

Author: Iutta Langroiter

Russian Language Ma

2018

(See English Below) Зайчик Джоси поссорился со своими сёстрами: Марта и Мэтти хотят играть с его подружкой Леной без него! Это, конечно, несправедливо и ужасно обидно! Однако когда начинается сильная гроза, Джоси кажется, что его сёстры в опасности, и он спешит к ним на помощь, ведь они - одна семья.Продолжение книги "А дома лучше!"Для дошкольного возраста.

[A warm tale about brothers, sisters, and the importance of family. Brayden Bunny is grumpy. His friend Lena is playing silly games with his sisters, leaving him all alone. Then he hears there is a storm on the way, and he knows his sisters, Minnie and Millie, are frightened of thunder and lightning. Suddenly he's not grumpy anymore. He needs to save his sisters.]

Material Title: **What is a Thought? (A Thought is a Lot)**

Author: Jack Pransky & Amy Kahofer

Children's Books

2011

42

This poetic and engaging book introduces children (K-5th) to the amazing, creative power within us all: thought. It is not a book about changing thoughts or changing behaviors, but rather a story to help children (and adults!) see how their own thinking creates their lives, moment to moment, day to day. Wonderfully illustrated, this children's book not only introduces young readers to the concept of thought but also the amazing power of their own thoughts. Authors Amy Kahofer and noted prevention specialist Jack Pransky tell a simple yet profound message: that our thinking creates our feelings and behavior, and when our minds are calm we have access to natural wisdom and healthy feelings. Includes a downloadable 10 Lesson Plans and Activities that transform a simple children's story into a teaching tool that explores perspective taking, abstract/inferential language, and introduces abstract visual images to its readers. Whether we are parents, teachers, or clinicians, we strive to help our children grow and develop social competencies. Before we can fully support different types of learners and social communicators, it is important to understand where communication originates: from our own creative power of thought!. The book introduces children to the amazing, creative power with-in us all, called thought. It is not a book about changing thoughts or changing behaviors, but rather a story to help children (and adults!) see how their own thinking creates their lives, moment to moment, day to day.

Material Title: **What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity**

Author: Dawn Huebner

Children's Books

2006

88

What to Do When You Grumble Too Much guides children and their parents through the cognitive-behavioral techniques used to treat negative thinking. Lively metaphors and illustrations help kids see life's hurdles in a new way, while drawing and writing activities help them master skills to get over those hurdles. And step-by-step instructions point the way toward becoming happier, more positive kids. This interactive self-help book is the complete resource for educating, motivating, and empowering children to work toward change.

Material Title: **What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety**

Author: Dawn Huebner, Ph.D.

Children's Books

2005

80

Did you know that worries are like tomatoes? No, you can't eat them, but you can make them grow, simply by paying attention to them. If your worries have grown so big that they bother you almost every day, this book is for you. What to Do When You Worry Too Much guides children and parents through the cognitive-behavioral techniques most often used in the treatment of anxiety. Lively metaphors and humorous illustrations make the concepts and strategies easy to understand, while clear how-to steps and prompts to draw and write help children to master new skills related to reducing anxiety. This interactive self-help book is the complete resource for educating, motivating, and empowering kids to overcoming their overgrown worries.

Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change.

Material Title: **William Wobbly and the Mysterious Holey Jumper; A Story about Fear and Coping**

Author: Sarah Naish

Children's Books

2017

32

William Wobbly is having lots of wobbly feelings one morning but his mum is so busy that she doesn't notice.

William Wobbly's worries worsen when he notices small changes at school. "Where's my real teacher?!" he wonders. He hides under his desk and he chews holes into his jumper, but even that doesn't take the wobbly feelings away. Luckily, his mum is here to help him cope when he's afraid.

William Wobbly has many of the behavioural and emotional issues experienced by children who have suffered trauma and have attachment difficulties. This is a story for children aged 3-10 with problematic coping habits.

Emotional Literacy

Material Title: **William Wobbly and the Very Bad Day**

Author: Sarah Naish

Children's Books

10/21/2016

32

William Wobbly is having a very bad day. He didn't want to go to school and when he got there things just got worse. The wobbly feeling got bigger and bigger and BIGGER until...

Something happened to William Wobbly when he was very little which makes it hard for him to understand or control his feelings. Luckily, his new mum is here to help with his wobbly wobbly feelings.

Written by a mum who understands, and her daughter (who used to have a lot of wobbly feelings), this is a story for children functioning at age 3-10 who struggle with sensory overload.