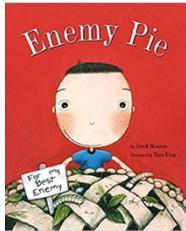


# Book Suggestions for Refreshing Recess Weekly Themes

## Week One – Kickoff

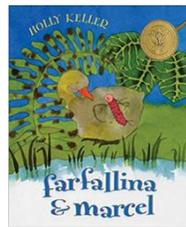
- Any combination of the following books to begin introducing students to the upcoming topics.

## Week Two – Friendship



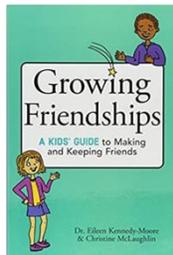
### Enemy Pie by Derek Munson

It was the perfect summer. That is, until Jeremy Ross moved into the house down the street and became neighborhood enemy number one. Luckily Dad had a surefire way to get rid of enemies: Enemy Pie. But part of the secret recipe is spending an entire day playing with the enemy! In this funny yet endearing story one little boy learns an effective recipe for turning a best enemy into a best friend. Enemy Pie serves up a sweet lesson in the difficulties and ultimate rewards of making new friends.



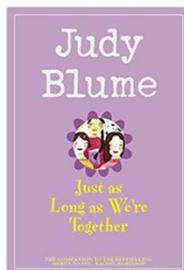
### Farfallina & Marcel by Holly Keller

Once there was a caterpillar named Farfallina, whose best friend was a gosling named Marcel. They did everything together -- until one day, everything started to change. This beautiful and touching story shows that even as life takes different turns, friendship endures.



### Growing Friendships: A Kid's Guide to Making and Keeping Friends by Eileen Kennedy-Moore and Christine McLaughlin

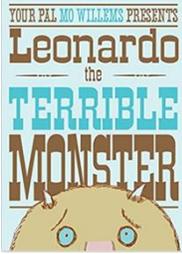
Friendship is complicated for kids. Almost every child struggles socially at some time, in some way. Having an argument with a friend, getting teased, or even trying to find a buddy in a new classroom...although these are typical problems, they can be very painful. And friendships are never about just one thing. With research-based practical solutions and plenty of true-to-life examples—presented in more than 200 lighthearted cartoons—Growing Friendships is a toolkit for both girls and boys as they make sense of the social order around them.



### Just as Long as We're Together by Judy Blume

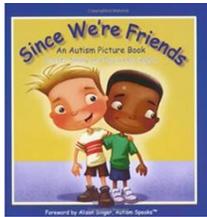
Can you have more than one best friend? Stephanie's best friend is Rachel. Since second grade they've shared everything, good and bad. But now it's the start of seventh grade and Alison has just moved to their neighborhood. Stephanie immediately clicks with her—she's cool and fun and totally humble even though she's the daughter of a famous actress. Stephanie hopes all three of them can be best friends, but the more she pushes Alison on Rachel, the more Rachel seems to drift away. Is it possible to have two best friends? Or is it true that two's company, three's a crowd?





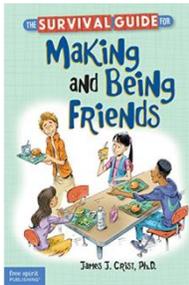
Leonardo the Terrible Monster by Mo Willems

Leonardo is truly a terrible monster-terrible at being a monster that is. No matter how hard he tries, he can't seem to frighten anyone. Determined to succeed, Leonardo sets himself to training and research. Finally, he finds a nervous little boy, and scares the tuna salad out of him! But scaring people isn't quite as satisfying as he thought it would be. Leonardo realizes that he might be a terrible, awful monster-but he could be a really good friend.



Since We're Friends by Celeste Shally, illustrated by David Harrington

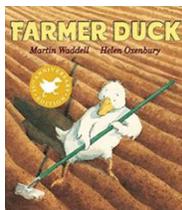
Children with autism struggle to make friends and navigate social situations. However, one child can make a significant difference in the life of a child with autism by offering compassion, understanding and friendship. This book is about two boys. One has autism, the other does not. The story of their relationship provides practical examples of how to make such a friendship work. It will help children see that their peers with autism can make a fun, genuine contribution to friendship.



The Survival Guide for Making and Being Friends by James J. Crist

Whether kids find socializing as natural as smiling or as hard as learning a foreign language, this book can help them improve their social skills so they can better enjoy the benefits of friendship. Practical advice covers everything from breaking the ice to developing friendships to overcoming problems. True-to-life vignettes, “what would you do?” scenarios, voluminous examples, quizzes to test learning, “Try This” assignments for practicing techniques, and advice from real kids make this an accessible life-skills handbook.

### Week Three – Teamwork



Farmer Duck by Martin Waddell

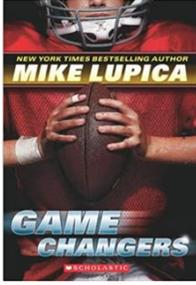
Farmer Duck is no ordinary duck. He cooks and cleans, tends the fields, and cares for the other animals on the farm — all because the farm owner is too lazy to do these things himself. But when Farmer Duck finally collapses from exhaustion, sleepy and weepy and tired, his farmyard friends come to the rescue.



Fly, Fly Again by Katie Jaffe and Jennifer Lawson

After years of tinkering in makeshift laboratories and studying the mechanics of flight with her pet Hawk, Jenny builds a plane--only to crash into the yard of her skateboarding neighbor, Jude, and his pet Cheetah. Working with Jude, Jenny successfully learns how to control and fly her plane. This unique story includes lessons about problem solving, teamwork, and determination as well as family-friendly information about the basics of aeronautical engineering like lift, drift, and more!





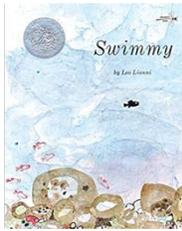
Game Changers: Book 1 by Mike Lupica

Ben McBain is every football team's dream player. He's a jack-of-all-trades guy that can handle almost any position. When the game is on the line, Ben's number is the one being called for the final play. But Ben wants to be the starting quarterback and the one thing standing in his way is the coach's son, Shawn. Ben is torn between being a good teammate and going after his own dream. As Ben finds out, Shawn isn't the easiest person to help. And when Ben gets an unexpected opportunity, the entire game will change for the both of them.



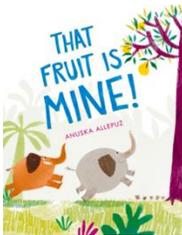
Stone Soup by Jon J. Muth

Three strangers, hungry and tired, pass through a war-torn village. Embittered and suspicious from the war, the people hide their food and close their windows tight. That is, until the clever strangers suggest making a soup from stones. Intrigued by the idea, everyone brings what they have until-- together, they have made a feast fit for a king! In this inspiring story about the strength people possess when they work together, Muth takes a simple, beloved tale and adds his own fresh twist.



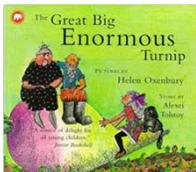
Swimmy by Leo Lionni

Deep in the sea lives a happy school of fish. Their watery world is full of wonders, but there is also danger, and the little fish are afraid to come out of hiding... until Swimmy comes along. Swimmy shows his friends how—with ingenuity and teamwork—they can overcome any danger.



The Fruit is Mine! By Anuska Allepuz

When five fruit-loving elephants spot a scrumptious hard-to-reach fruit high up in a tree, it's a race to see who can claim it first! But after one too many fumbles, the elephants begin to lose their cool, and the highly coveted fruit is whisked away by the teeny-tiniest of all jungle creatures—mice! The elephants soon realize they have a lot to learn from this cooperative little bunch.



The Big Enormous Turnip by Alexei Tolstoy, illustrated by Helen Oxenbury

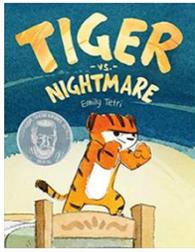
An old man plants a little turnip that grows and grows, until it's so big that it takes everyone including the mouse to pull it.



The Gauntlet by Karuna Riazi

A trio of friends from New York City find themselves trapped inside a mechanical board game that they must dismantle in order to save themselves and generations of other children in this action-packed debut that's a steampunk Jumanji with a Middle Eastern flair. Nothing can prepare you for The Gauntlet... It didn't look dangerous, exactly. When twelve-year-old Farah first laid eyes on the old-fashioned board game, she thought it looked...elegant.

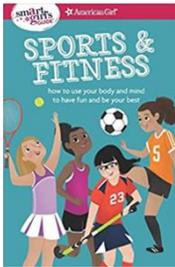




Tiger Vs. Nightmare by Emily Tetri

Tiger is a very lucky kid: she has a monster living under her bed. Every night, Tiger and Monster play games until it's time for lights out. Of course, Monster would never try to scare Tiger—that's not what best friends do. But Monster needs to scare someone...it's a monster, after all. So while Tiger sleeps, Monster scares all of her nightmares away. Thanks to her friend, Tiger has nothing but good dreams. But waiting in the darkness is a nightmare so big and mean that Monster can't fight it alone. Only teamwork and a lot of bravery can chase this nightmare away. In this charming graphic novel for young readers, cartoonist Emily Tetri proves that unlikely best friends can be an unbeatable team, even against the scariest monsters.

**Week Four – Fitness**



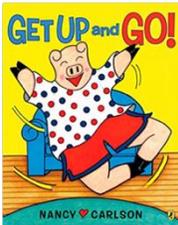
A Smart Girl's Guide: Sports & Fitness: How to Use Your Body and Mind to Play and Feel Your Best by Therese Kauchak Maring

Team sport or solo activity? To compete, to express your creativity, to have fun with friends, or to feel good in your skin? Whatever you play, whatever your reason, whatever your level, this book is for you. You'll find exercises to make you stronger and last longer, confidence-building tips and brainpower drills, team and spirit-building activities, and tons of ideas from girls like you!



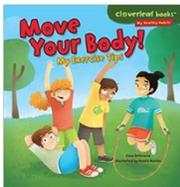
Exercise and Play (Healthy Choices) by Cath Senker

Provides children with information about ways of exercising and keeping themselves fit, and explains why it is important to do so.



Get Up and Go! By Nancy Carlson

We all come in different shapes and sizes, and it doesn't matter if you are tall, short, skinny, or round. Your body is your own, and you need to take care of it. This book is the perfect catalyst to get readers moving. Vibrant, fun-filled illustrations and an encouraging text explain the many great reasons to exercise, from making new friends to going new places, or just because it's good for your body.



Move Your Body!: My Exercise Tips by Gina Bellisario

It's almost Field Day! But Natalie's team isn't ready for the big race. Their muscles get tired easily. Ms. Starr teaches them about aerobic and anaerobic exercise. They learn some stretching exercises too. Now they're full of energy. Can they win the relay?



National Geographic Kids Get Outside Guide: All Things Adventure, Exploration, and Fun by Nancy Honovich, Julie Beer, and Richard Louv

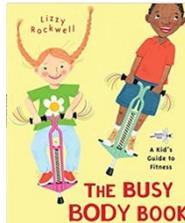
This fun-filled guide inspires kids to get out of the house and explore the great outdoors where they can discover the wonder and amazement of the world around them, whether in their backyard, across the country, or around the world. Activities for every season will be included to keep kids engaged all throughout the year.





Run and Hike, Play and Bike: What is Physical Activity? By Brian P. Cleary, illustrated by Martin Goneau

What is physical activity? Moving your body in a way that uses energy—playing soccer, dancing, throwing a Frisbee, and much more. Brian P. Cleary's goofy verse and Martin Goneau's humorous illustrations give young readers a whole playground of activities and highlight some of the health benefits of exercise.



The Busy Body Book: A Kid's Guide to Fitness by Lizzy Rockwell

Your amazing body can jump, sprint, twist, and twirl. Your body is built to move. Lizzy Rockwell explains how your bones and muscles, heart and lungs, nerves and brain all work together to keep you on the go. Kids walk and skate and tumble through these pages with such exuberance that even sprouting couch potatoes will want to get up and bounce around—and that's the ultimate goal.

## Week Five – Inclusion



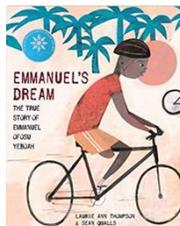
All Are Welcome by Alexandra Penfold

Follow a group of children through a day in their school, where everyone is welcomed with open arms. A school where kids in patkas, hijabs, and yarmulkes play side-by-side with friends in baseball caps. A school where students grow and learn from each other's traditions and the whole community gathers to celebrate the Lunar New Year.



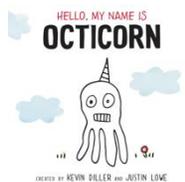
All the Ways to be Smart by Davina Francesca Bell

Smart is not just ticks and crosses, smart is building boats from boxes. Painting patterns, wheeling wagons, being mermaids, riding dragons... *All the Ways to be Smart* is a joyful ode to all the unique and wonderful qualities that make children who they are.



Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah by Laurie Ann Thompson, illustrated by Sean Qualls

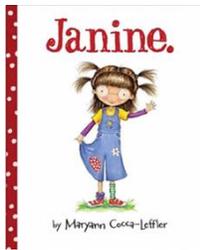
Born in Ghana, West Africa, with one deformed leg, he was dismissed by most people—but not by his mother, who taught him to reach for his dreams. As a boy, Emmanuel hopped to school more than two miles each way, learned to play soccer, left home at age thirteen to provide for his family, and, eventually, became a cyclist. He rode an astonishing four hundred miles across Ghana in 2001, spreading his powerful message: disability is not inability.



Hello, My Name Is Octicorn by Kevin Miller and Justin Lowe

Meet Octicorn, the funny, sweet, and disarming character who is a champion for anyone who has ever felt a little bit different. And isn't that everyone? Octicorn is half octopus, half unicorn, half confused . . . which sometimes makes it hard to fit in. But maybe that's not such a bad thing.





Janine by Maryann Cocca-Leffler

Meet Janine. She is one of a kind! Janine dresses a little different, remembers random facts, reads the dictionary for fun, and has her own style of cheering. Nobody does things the way Janine does things! One girl in Janine's class is throwing a party and all the COOL kids are invited. But Janine is not cool. Some kids think she is strange and want her to change. Will Janine try to be different or just be her spectacular self?



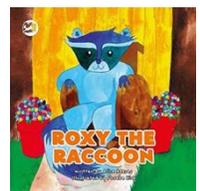
Leah's Voice by Lori De'Monia

Leah's Voice is a story that touches on the difficulties children encounter when they meet a child with autism or special needs. Siblings may find it hard to explain to their friends, or feel disappointed when others aren't understanding. This book tells the story of two sisters facing these challenges. Through her kindness and devotion, one sister teaches by example the importance of including everyone and showing acceptance.



Moon Patrol by Shane Clester

A space exploration adventure and humor picture book series for young and early readers, focusing on themes of inclusion and diversity. Axis travels the galaxy helping the helpless, righting wrongs and solving problems! A race of aliens have altered their DNA to eradicate any diversity or specialty, leaving their world in ruins. Axis helps show them the importance of diversity and the value of having different cultures in a society. Using his magical space age guitar, he adds color and variety to the planet and formally Grey Aliens.



Roxy the Raccoon by Alice Reeves

Roxy the raccoon lives in the forest with three friends who love to do everything together, which sometimes means they have to make small changes to their games. By working together, the friends are able to make the forest an inclusive place for everyone, including those with a disability.



Susan Laughs by Jeanne Willis

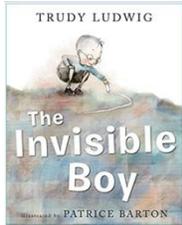
Told in rhyme, this story follows Susan through a series of familiar activities. She swims with her father, works hard in school, plays with her friends -- and even rides a horse. Lively, thoughtfully drawn illustrations reveal a portrait of a busy, happy little girl with whom younger readers will identify. Not until the end of the story is it revealed that Susan uses a wheelchair. Told with insight, and without sentimentality, here is an inspiring look at one spunky little girl whose physical disability is never seen as a handicap.





The Brand New Kid by Katie Couric

Lazlo S. Gasky doesn't look or speak quite like the other kids, and no one is sure what to make of him. But when Ellie realizes how tough it is for Lazlo, she reaches out, and after school one day they share an afternoon of soccer, strudel, and chess. Besides making a new friend, she and Lazlo teach their classmates an important lesson about accepting people who are different.



The Invisible Boy by Trudy Ludwig

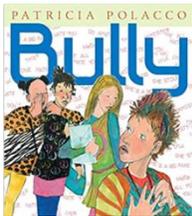
Meet Brian, the invisible boy. Nobody ever seems to notice him or think to include him in their group, game, or birthday party . . . until, that is, a new kid comes to class. And when Brian and Justin team up to work on a class project together, Brian finds a way to shine. This gentle story shows how small acts of kindness can help children feel included and allow them to flourish.



Wonder by R.J. Palacio

August Pullman was born with a facial difference that, up until now, has prevented him from going to a mainstream school. Starting 5th grade, he wants nothing more than to be treated as an ordinary kid—but his new classmates can't get past Auggie's extraordinary face. *Wonder* begins from Auggie's point of view, but soon switches to include his classmates, sister, her boyfriend, and others. These perspectives converge in a portrait of one community's struggle with empathy, compassion, and acceptance.

**Week Six – Bully Prevention**



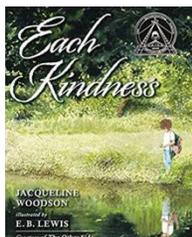
Bully by Patricia Polacco

Lyla finds a great friend in Jamie on her first day of school, but when Lyla makes the cheerleading squad and a clique of popular girls invites her to join them, Jamie is left behind. Lyla knows bullying when she sees it, though, and when she sees the girls viciously teasing classmates on Facebook, including Jamie, she is smart enough to get out. But no one dumps these girls, and now they're out for revenge.



Chrysanthemum by Kevin Henkes

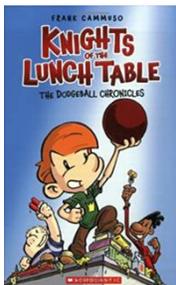
Chrysanthemum is a funny and honest school story about teasing, self-esteem, and acceptance. Chrysanthemum thinks her name is absolutely perfect—until her first day of school. "You're named after a flower!" teases Victoria. "Let's smell her," says Jo. Chrysanthemum wilts. What will it take to make her blossom again?



Each Kindness by Jacqueline Woodson

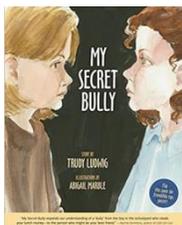
Chloe and her friends won't play with the new girl, Maya. Every time Maya tries to join Chloe and her friends, they reject her. Eventually Maya stops coming to school. When Chloe's teacher gives a lesson about how even small acts of kindness can change the world, Chloe is stung by the lost opportunity for friendship, and thinks about how much better it could have been if she'd shown a little kindness toward Maya.





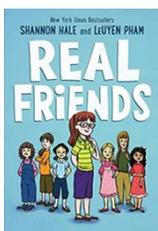
Knights of the Lunch Table: No 1 (Dodgeball Chronicles) by Frank Cammuso

Artie King just wants to ease into life at Camelot Middle School. He's got new lunch buddies, Percy and Wayne, and his science teacher, Mr. Merlyn, is pretty cool. But then there's scary Principal Dagger and big bad Joe and The Horde, a bunch of brawny bullies who rule the school.



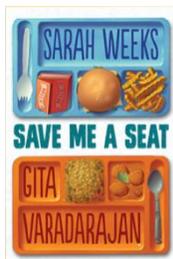
My Secret Bully by Trudy Ludwig

Monica 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, Monica learns to cope and thrive by facing her fears and reclaiming power from her bully.



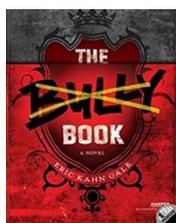
Real Friends by Shannon Hale

Shannon and Adrienne have been best friends ever since they were little. But one day, Adrienne starts hanging out with Jen, the most popular girl in class and the leader of a circle of friends called The Group. Everyone in The Group wants to be Jen's #1, and some girls would do anything to stay on top . . . even if it means bullying others. Now every day is like a roller coaster for Shannon. Will she and Adrienne stay friends? Can she stand up for herself? And is she in The Group—or out?



Save Me a Seat by Sarah Weeks and Gita Varadarajan

Joe and Ravi might be from very different places, but they're both stuck in the same place: school. Joe's lived in the same town all his life, and was doing just fine until his best friends moved away and left him on his own. Ravi's family just moved to America from India, and he's finding it pretty hard to figure out where he fits in. Joe and Ravi don't think they have anything in common – but soon enough they have a common enemy (the biggest bully in their class).



The Bully Book: A Novel by Eric Kahn Gale

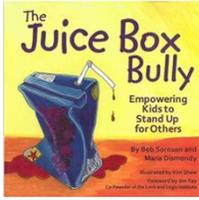
Eric Haskins, the new sixth-grade bully target, is searching for answers. And unlike many of us who experienced something awful growing up, he finds them. Though they may not be what he expected.



The Hundred Dresses by Eleanor Estes

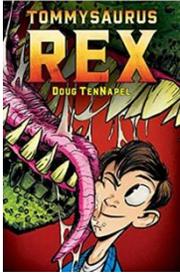
Wanda Petronski, a Polish girl in a Connecticut school is ridiculed by her classmates for wearing the same faded blue dress every day. Wanda claims she has one hundred dresses at home, but everyone knows she doesn't and bullies her mercilessly. The class feels terrible when Wanda is pulled out of the school, but by that time it's too late for apologies. Maddie, one of Wanda's classmates, ultimately decides that she is "never going to stand by and say nothing again."





The Juice Box Bully by Bob Sornson and Maria Dismody

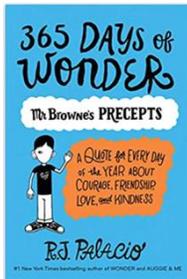
Have you ever seen a bully in action and done nothing about it? The kids at Pete's new school get involved, instead of being bystanders. When Pete begins to behave badly, his classmates teach him about "The Promise". Will Pete decide to shed his bullying habits and make "The Promise"?



Tommysaurus Rex by Doug TenNapel

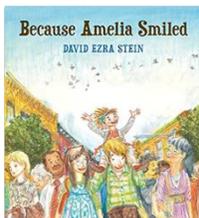
When Ely's beloved dog, Tommy, is hit by a car, he goes to his grandpa's house for the summer to get his mind off things. While exploring a nearby cave one day he discovers a full-grown but friendly Tyrannosaurus Rex. As the news of the dinosaur grows around town, so does the friendship between Ely and his Jurassic pet. But Randy, the mean kid down the street, decides he's going to make life miserable for Ely and his dinosaur-to devastating effect.

**Week Seven – Positive Thinking**



365 Days of Wonder: Mr. Browne's Precepts by R.J. Palacio

This companion book to *Wonder* features conversations between Mr. Browne and Auggie, Julian, Summer, Jack Will, and others, giving readers a special peek at their lives after *Wonder* ends. Mr. Browne's essays and correspondence are rounded out by a precept for each day of the year. His selections celebrate the goodness of human beings, the strength of people's hearts, and the power of people's wills.



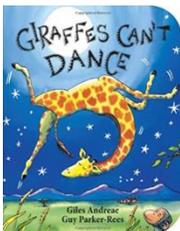
Because Amelia Smiled by David Ezra Stein

Because Amelia smiles as she skips down the street, her neighbor Mrs. Higgins smiles too, and decides to send a care package of cookies to her grandson Lionel in Mexico. The cookies give Lionel an idea, and his idea inspires a student, who in turn inspires a ballet troupe in England! And so the good feelings that started with Amelia's smile make their way around the world. Putting a unique spin on "what goes around comes around,"



Exclamation Mark by Amy Krouse Rosenthal

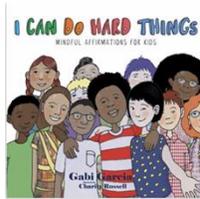
He tried everything to be more like them. It's not easy being seen. Especially when you're NOT like everyone else. Especially when what sets you apart is YOU. Sometimes we squish ourselves to fit in. We shrink. Twist. Bend. Until a friend shows the way to endless possibilities. In this bold and visual book, an emphatic but misplaced exclamation point learns that being different can be very exciting!



Giraffes Can't Dance by Giles Andreae

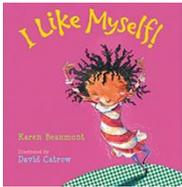
Giraffes Can't Dance is a touching tale of Gerald the giraffe, who wants nothing more than to dance. With crooked knees and thin legs, it's harder for a giraffe than you would think. Gerald is finally able to dance to his own tune when he gets some encouraging words from an unlikely friend.





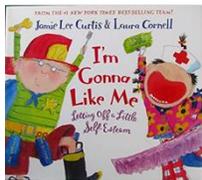
I Can Do Hard Things: Mindful Affirmations for Kids by Gabi Garcia

Help your child tap into their inner strength and find the encouragement they need to navigate their daily environments. Mindful affirmations can help your child tune out the streams of messages they get about how they should be in the world. *I can choose kindness. I can practice peace. I can share my gifts with the world.*



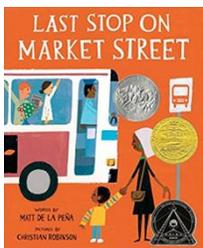
I Like Myself by Karen Beaumont, illustrated by David Catrow

High on energy and imagination, this ode to self-esteem encourages kids to appreciate everything about themselves--inside and out. Messy hair? Beaver breath? So what! Here's a little girl who knows what really matters.



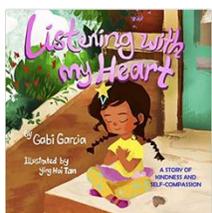
I'm Gonna Like Me: Letting Off a Little Self-Esteem by Jamie Lee Curtis, illustrated by Laura Cornell

Celebrate liking yourself! Through alternating points of view, a girl's and a boy's, Jamie Lee Curtis's triumphant text and Laura Cornell's lively artwork show kids that the key to feeling good is liking yourself because you are you.



Last Stop on Market Street by Matt de la Peña, illustrated by Christian Robinson

Every Sunday after church, CJ and his grandma ride the bus across town. But today, CJ wonders why they don't own a car like his friend Colby. Why doesn't he have an iPod like the boys on the bus? How come they always have to get off in the dirty part of town? Each question is met with an encouraging answer from grandma, who helps him see the beauty—and fun—in their routine and the world around them.



Listening with My Heart: A Story of Kindness and Self-Compassion by Gabbi Garcia, illustrated by Ying Hui Tan

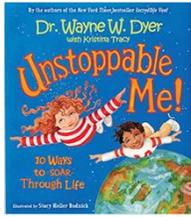
We talk to kids a lot about how to be friends to others, but not much about how to be friends to themselves. Self-acceptance and positive self-talk help them build emotional resilience, happiness and well-being. When Esperanza finds a heart shaped rock, she sees it as a reminder to spread kindness and love in the world. But when the school play doesn't go the way she'd hoped, will she remember to show it to herself? This book touches on the universal themes of friendship, empathy and kindness. It includes mindfulness and self-compassion activities.



The Girl Who Never Made Mistakes by Mark Pett

Beatrice Bottomwell has NEVER (not once!) made a mistake. She never forgets her math homework, she never wears mismatched socks, and she ALWAYS wins the yearly talent show at school. One day, the inevitable happens: Beatrice makes a huge mistake in front of everyone! But in the end, readers (and perfectionists) will realize that life is more fun when you enjoy everything—even the mistakes.





### Unstoppable Me: 10 Ways to Soak Through Life

by Dr. Wayne Dyer and Kristina Tracy, illustrated by Stacy Heller Budnick

The 10 important lessons in this book include the value of taking risks, dealing with stress and anxiety, and learning to enjoy each moment. Each point includes an example showing how a child might apply the concept in his or her everyday life. There are questions at the end of the book to help spark discussion and to further reinforce Wayne' message.

## Week Eight – Emotions



### A Book of Feelings by Amanda McCardie, illustrated by Salvatore Rubbino

Sam and Kate know what makes them happy: cuddling Mum, reading a story with Dad, swimming, running and dancing... lots of things. But they don't feel happy all the time, and in the course of the book we see them feeling grumpy, embarrassed, shy, nervous, frightened, sad and jealous. Both words and pictures portray the children in many different situations at home and at school, and show how they change over time, how emotions can escalate, and how people can help each other.



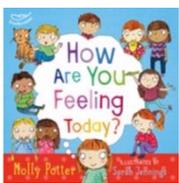
### All About Feelings by Felicity Brooks

How are you feeling today? This fun, friendly and reassuring introduction to feelings is designed to help young children recognize, understand and name how they're feeling and learn to talk about and manage their emotions in helpful ways.



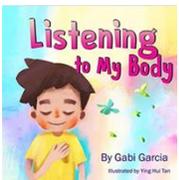
### Hey Warrior by Karen Young

Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around.



### How Are You Feeling Today? By Molly Potter, illustrated by Sarah Jennings

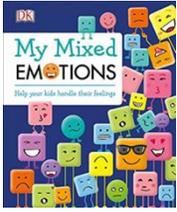
Children have strong feeling and they can't always handle them very well. *How Are You Feeling Today?* is packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions. A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling.



### Listening to My Body by Gabi Garcia, illustrated by Ying Hui Tan

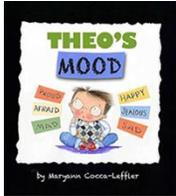
This engaging and interactive book guides children through the practice of naming their feelings and the physical sensations that accompany them. From wiggly and squirmy to rested and still, *Listening to My Body* helps children develop a sensations vocabulary so that they can express what they are experiencing. Easy, kid-friendly mindfulness activities are woven throughout to reinforce the teachings.





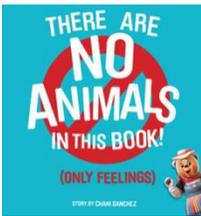
### My Mixed Emotions by DK

*My Mixed Emotions* is here to coach children through a variety of emotions and situations including dealing with bullying, understanding grief, and coping with large family changes, such as divorce. This book explores the four main emotions, the reasons why we feel them, and the science behind each one. Children will discover great things about themselves, such as what happens in their brain when they are happy, why they cry when they are sad, and why they sometimes feel nervous.



### Theo's Mood: A Book of Feelings by Maryann Cocca-Leffler

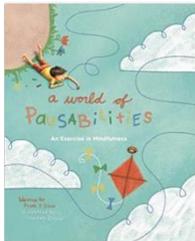
It's Mood Monday and Miss Cady's class is sharing how they feel after the weekend. But Theo doesn't know whether he's in a good or bad mood. He has a new baby sister and he isn't just happy like Eric who got a new bike or sad like April who lost her dog. As Theo's classmates discuss all their feelings, he realizes he's not in a good mood or a bad mood—he's all those things!



### There Are No Animals in This Book (Only Feelings) by Chani Sanchez

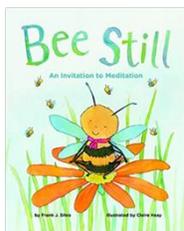
Masterworks of contemporary art teach kids about feelings and how they can be expressed in art. Children will recognize love, surprise, hurt, and other powerful feelings in these images, which accompany a fun-to-read aloud narrative with a silly twist at the end that is sure to delight younger readers.

## Week Nine – Mindfulness



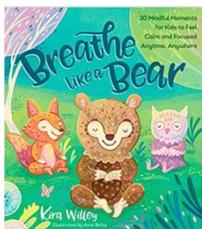
### A World of Pausabilities by Frank J. Sileo, illustrated by Jennifer Zivoin

In our increasingly hectic world, even children are often inundated with responsibilities and activities, and end up feeling overwhelmed and stressed. Everyone has the capacity to be mindful, including (especially!) children. *A World of Pausabilities* is a gentle reminder to stop, take a break, and notice details even as we go about our busy days.



### Bee Still by Frank J. Sileo, illustrated by Claire Keay

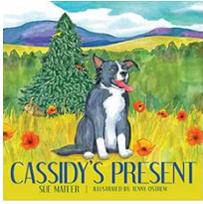
Bentley the bee lives in a busy, bustling hive. One day, when the other bees rush out to make honey, Bentley decides to meditate first. The other animals are curious about what Bentley is doing—so he teaches them how he uses meditation to focus, feel calm, and soothe difficult feelings. *Bee Still* is a child-friendly introduction to meditation.



### Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere by Kira Willey, illustrated by Anni Betts

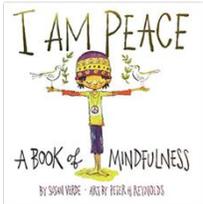
A beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school.





Cassidy's Present by Sue Mateer, illustrated by Tenny Ostrem

Cassidy is a playful pup who likes the smell of flowers, the feel of the warm sun, and the taste of a snowflake on her tongue. Her human friends, Anna and Charlie, seem too distracted by the cares and concerns of their everyday life to join Cassidy as she frolics through the seasons. Follow Cassidy's friends as they slowly learn to appreciate the present moment and everything it has to offer.



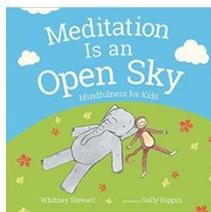
I am Peace: A Book of Mindfulness by Susan Verde, illustrated by Peter H. Reynolds

Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present.



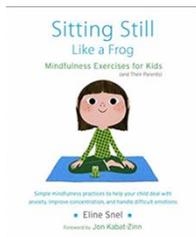
Master of Mindfulness: How to Be Your Own Superhero in Times of Stress by Laurie Grossman and Mr. Musumeci's 5<sup>th</sup> Grade Class

Do you ever feel angry, disappointed, or stressed out about family problems, school, bullies, or trouble with friends? If so, mindfulness can help. *Master of Mindfulness* is a unique and empowering book written for kids by kids, with cool illustrations and tips that show you how to be confident, get focused, stay calm, and tap into your own inner strength so that you can be your own superhero—no matter what life throws your way!



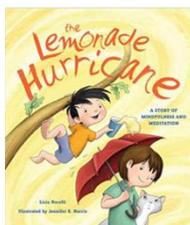
Meditation Is an Open Sky: Mindfulness for Kids by Whitney Stewart, illustrated by Sally Rippin

Kids will learn simple exercises to help manage stress and emotions, find focus, and face challenges. They'll discover how to feel safe when scared, relax when anxious, spread kindness, and calm anger when frustrated. This book is an excellent tool for helping kids deal with the stresses of everyday life and improve emotional health.



Sitting Still Like a Frog: Mindfulness Exercises for Kids by Eline Snel

This little book is a very appealing introduction to mindfulness meditation for children and their parents. In a simple and accessible way, it describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.



The Lemonade Hurricane: A Story of Mindfulness and Meditation by Licia Morelli, illustrated by Jennifer E. Morris

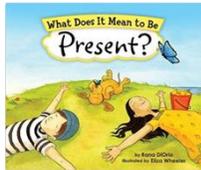
Emma doesn't really like hurricanes. After a busy day of school and activities, Emma likes to sit still and rest. Her little brother, Henry, does everything but. She calls him The Lemonade Hurricane. Henry is a lot of fun when he's not storming through the house, so Emma decides to teach him how to be still. By showing him how to sit, bow, and breathe, Emma is able to calm the hurricane within Henry.





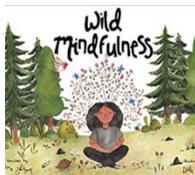
The Mindful Dragon: A Dragon Book about Mindfulness by Steve Herman

Having a pet dragon is very fun. You can teach your dragon to sit, stand, roll over, and you can even potty train him... But what if your dragon is worried about so many things? He worries about the past, and about the future.... What do you do? You teach him about mindfulness - You teach him to be mindful!



What Does it Mean to be Present? by Rana DiOrio, illustrated by Eliza Wheeler

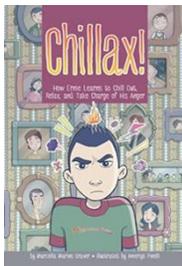
Being present means... Noticing when someone needs help; Waiting patiently for your turn; Focusing on what's happening now. Follow a group of friends at school, at home, and at the beach as they experience just what it means to be present.



Wild Mindfulness by Laura Larson

This picture book is meant to teach, guide and allow children to experience mindful moments through guided imagery and breathing techniques as they follow along a young girl and her adventures camping and exploring in the wild. As mindfulness is the intentional practice of experiencing the here and now without letting our thoughts or feelings interrupt, this book allows children to be fully immersed in the moment while bringing an awareness and calm to their body while they listen or read.

## Week Ten – Coping



Chillax!: How Ernie Learns to Chill Out, Relax and Take Charge of His Anger by Marcella Marino Craver, illustrated by Amerigo Pinelli

Meet Ernie, a typical kid with an everyday life. Ernie has great friends, a great family (except for his annoying sister), and a great school. There is just one problem -- Ernie doesn't just get mad. He gets MAD! In this graphic novel for tweens, Ernie learns about his angry outbursts with the help of a friendly and understanding school counselor and discovers that he has the power to control and calm himself. Once he practices the skills to control and manage his angry outbursts, Ernie finds that he can be a happier person as well as a better friend, brother, and son.



Don't Rant and Rave on Wednesdays: The Children's Anger-Control Book by Adolph Moser

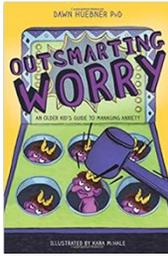
Anger can be a powerful and frightening emotion for children to see in others and experience in themselves. Dr Moser explains the causes of anger and offers methods that can help children reduce the amount of anger they feel. He also gives effective techniques to help young people control their behavior, even when they are angry.



How to Take the Grrrr Out of Anger by Elizabeth Verdick and Marjorie Lisovckis

Kids need help learning to deal with anger. This book speaks directly to them with strategies they can start using immediately. Blending solid information and sound advice with humor and lively illustrations, it guides kids to understand that anger is normal and they can learn to express it in healthy ways.

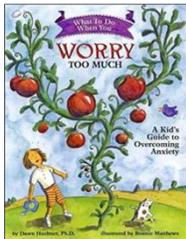




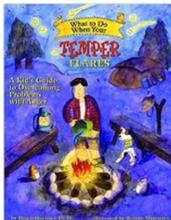
Outsmarting Worry: An Older Kid's Guide to Managing Anxiety by Dawn Huebner  
Worry has a way of growing, shifting from not-a-big-deal to a VERY BIG DEAL in the blink of an eye. This big-deal Worry is tricky, luring children into behaviors that keep the anxiety cycle going. *Outsmarting Worry* teaches 9 to 13-year-olds and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears.



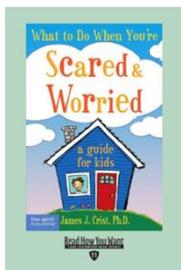
Stanley Will Probably Be Fine by Sally J Pla, illustrated by Steve Wolfhard  
This funny and moving novel features comic trivia, a safety superhero, and a super-cool scavenger hunt all over downtown San Diego, as our young hero Stanley Fortinbras grapples with his anxiety—and learns what, exactly, it means to be brave.



What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner, illustrated by Bonnie Matthews  
This book 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.



What to Do When Your Temper Flares by Dawn Huebner, illustrated by Bonnie Matthews  
This book guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. Engaging examples, lively illustrations, and step-by-step instructions teach children a set of "anger dousing" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids. This interactive self-help book is the complete resource for educating, motivating, and empowering children to work toward change.



What to Do When You're Scared and Worried: A Guide for Kids by James J. Crist  
Dr. James Crist starts by telling young readers that all kids are scared and worried sometimes; they're not alone. He explains where fears and worries come from and how the mind and body work together to make fears worse or better. He describes various kinds of fears and suggests ten Fear Chasers and Worry Erasers kids can try to feel safer, stronger, and calmer. The second part of the book focuses on phobias, separation anxiety, OCD (Obsessive-Compulsive Disorder), and other problems too big for kids to handle on their own, and explains what it's like to get counseling.

## Week Eleven – Wrap Up

- Any combination of these books introduced throughout the weeks to reinforce all topic areas.

