

Below is a list of books you may find helpful. All of these can be found on Amazon.

Parent/Child Workbooks:

Freeland, Claire A.B., and Jacqueline B. Toner. *What to Do When Mistakes Make You Quake: A Kid's Guide to Accepting Imperfection*. Magination Press, 2021.

Freeland, Claire A.B., and Jacqueline B. Toner. *What to Do When You Feel Too Shy: A Kid's Guide to Overcoming Social Anxiety*. Magination Press, 2021.

Huebner, Dawn. *What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More*. Magination Press, 2021.

Huebner, Dawn. *What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep*. Magination Press, 2021.

Huebner, Dawn. *What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity*. Magination Press, 2022.

Huebner, Dawn. *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety*. Magination Press, 2021.

Huebner, Dawn. *What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD*. Magination Press, 2021.

Huebner, Dawn. *What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger*. Magination Press, 2021.

Lavallee, Kristen and Silvia Schneider. *What to Do When You Don't Want to Be Apart: A Kid's Guide to Overcoming Separation Anxiety*. Magination Press, 2021.

Toner, Jacqueline B., and Claire A.B. Freeland. *What to Do When It's Not Fair: A Kid's Guide to Handling Envy and Jealousy*. Magination Press, 2021.

Growth Mindset:

Cook, Julia. *Bubble Gum Brain*. National Center for Youth Issues, 2020.

Deak, JoAnn. *My Fantastic Elastic Brain*. Little Pickle Press, 2010.

Yamada, Kobi. *What Do You Do with a Problem?* Compendium, 2016.

Coping Strategies/Controlling Impulses:

Smith, Bryan. *What Were You Thinking? A Story about Learning to Control Your Impulses*. Boys Town Press, 2019.

Willard, Christopher, and Daniel Rechtschaffen. *Alphabreaths: The ABC's of Mindful Breathing*. Sounds True, 2019.

Grief:

dePaola, Tomie. *Nana Upstairs & Nana Downstairs*. Puffin Books, 2000.

Parr, Todd. *The Goodbye Book*. Little Brown Books for Young Readers, 2015.

Thomas, Pat. *I Miss You: A First Look at Death*. Sourcebooks Explore, 2001.

Wilhelm, Hans. *I'll Always Love You*. Knopf Books for Young Readers, 2015.

Perfectionism:

Burns, Ellen Flanagan. *Nobody's Perfect: A Story for Children about Perfectionism*. Magination Press, 2021.

Pett, Mark, and Gary Rubinstein. *The Girl Who Never Made Mistakes*. Sourcebooks Jabberwocky, 2011.

Divorce:

Schmitz, Tamara. *Standing on My Own Two Feet: A Child's Affirmation of Love in the Midst of Divorce*. Price Stern Sloan, 2008.

Anxiety and Problem Solving:

Alber, Diane. *A Little Spot of Anxiety*. Diane Alber Art LLC, 2019.

Cook, Julia. *Wilma Jean the Worry Machine*. National Center for Youth Issues, 2021.

Doleski, Teddi. *The Hurt*. Paulist Press, 1983.

Wright, Laurie. *I Can Handle It!* Laurie Wright, 2017.

Zelinger, Laurie. *Please Explain Anxiety to Me! Simple Biology and Solutions for Children and Parents*. 2nd ed., Loving Healing Press, 2014.

Taking Responsibility:

Cook, Julia. *But It's Not My Fault*. Boys Town Press, 2017.

Social Situations/Skills/Classroom Behavior:

Carlson, Nancy. *How to Lose All Your Friends*. Puffin Books, 1997.

Cook, Julia. *I Can't Believe You Said That! My Story about Using My Social Filter...Or Not!* Boys Town Press, 2017.

Cook, Julia. *My Mouth is a Volcano*. National Center for Youth Issues, 2020.

Cook, Julia. *Sorry, I Forgot to Ask! My Story about Asking for Permission and Making an Apology!* Boys Town Press, 2015.

Esham, Barbara. *Mrs. Gorski, I Think I Have the Wiggle Fidgets*. Little Pickle Press, 2018.

Kuelfer, Joseph. *Rulers of the Playground*. Balzer & Bray, 2017.

Javernick, Ellen. *What If Everybody Did That?* Two Lions, 2012.

Ludwig, Trudy. *Quiet Please, Owen McPhee!* Knopf Books for Young Readers, 2018.

McCarthy, Jenna. *Lola's Rules for Friendship*. Balzer & Bray, 2017.

Metzger, Steve. *The Way I Act*. Parenting Press, 2022.

Miller, Pat Zietlow. *Be Kind*. Roaring Brook Press, 2018.

O'Neill, Alexis, and Laura Huliska-Beith. *The Recess Queen*. Scholastic Press, 2016.

Palacio, R.J. *We're All Wonders*. Knopf Books for Young Readers, 2017.

Tourville, Amanda Doering. *Manners in the Lunchroom*. Picture Window Books, 2021.

Separation Anxiety:

Karst, Patrice. *The Invisible String*. Little Brown Books for Young Readers, 2018.

Personal Space:

Cook, Julia. *Personal Space Camp*. National Center for Youth Issues, 2020.

Sanders, Jayneen. *Let's Talk about Body Boundaries, Consent, and Respect: A Book to Teach Children about Body Ownership, Respectful Relationships, Feelings and Emotions, Choices and Recognizing Bullying Behaviors*. Educate2Empower Publishing, 2017.