

LEVEL 1**Kindergarten*****Best Friends - Charlotte Labaronne (2003)***

Alexander the alligator doesn't have any friends, and he's lonely. But when he hears that a new kid is coming to school, he is certain that she'll be his new friend. Alexander tries all kinds of tricks to overcome his shyness and befriend Louise the lion, but he keeps going about it all wrong.

Circle Of Friends by Giori Carmi (2006)

In this wordless story, a boy anonymously shares his snack with a homeless man, and inspires a cycle of good will.

Enemy Pie by Derek Munson (2000)

In this funny yet endearing story, one little boy learns an effective recipe for turning your best enemy into your best friend.

Franklin's New Friend by Paulette Bourgeois (2011)

Franklin has always lived in the same house in the same town, and he's grown up with the same friends. Then new neighbors move in -- the Moose family! At school, Mr. Owl asks Franklin to be Moose's buddy. Initially, Franklin is afraid of Moose because of his size but he soon realizes that despite their differences, he has made a new friend in this Franklin Classic Storybook.

Friends by Helme Heine (1997)

Charlie Rooster, Johnny Mouse, and Percy the pig are the best of friends. They do everything together. They ride their bike together, play games together, and even do their chores together. Because that's what good friends do. When night falls, though, and it's time to go to bed, they learn that sometimes friends have to be apart. But that's okay, because true friends always find each other, even if it's just in their dreams.

Glad Monster, Sad Monster by Ed Emberly (1997)

Glad, sad, silly, mad - monsters have all kinds of different feelings! In this innovative die-cut book, featuring a snazzy foil cover, you'll try on funny masks as you walk through the wide range of moods all little monsters (and kids!) experience. Here's a fun, interactive way to explore the many different ways we feel!

Hands Off Harry! by Rosemary Wells (2011)

"Guess what happened at school today!" Kindergartners work and play happily in Miss Harmony's class. But Harry isn't being a good classmate! He's disrupting Friendly Circle, causing accidents, and upsetting the class. Can the Kindergartners find a way to help Harry learn to respect personal space?

Help! A Story of Friendship by Holly Keller (2007)

Mouse, Hedgehog, Rabbit, Squirrel, and Snake are friends. But one day Mouse hears from Skunk (who heard it from Fox) that snakes are dangerous, especially to mice. Oh, dear! Can friendship survive gossip? Should friends stick together, no matter what? And what do friends do when a friend is in trouble? Or when a friend has hurt feelings? Do you know the answers? Mouse and Snake need your help!

How Are You Peeling? Foods with Moods by Saxton Freymann (2004)

What better way for a child to identify different emotions than with the very expressive "faces" of fruits and vegetables!

How To Be A Friend: A Guide To Making Friends And Keeping Them by Laurene Brown (2001)

Find out: * who can be your friend * how to show someone you would like to be friends * how to handle bosses and bullies * the best ways to be a friend and ways not to be a friend * ways to settle an argument with a friend.



How to Lose All Your Friends by Nancy L. Carlson (1997)

With exuberant pictures and a tongue-in-cheek sense of humor, the author of I Like Me! takes a light-hearted look at bratty behavior that will have children laughing in recognition while learning exactly how not to behave.

I Am Not Moving, Mama by Nancy White Carlstrom (1990)

Mama and child discuss the family's upcoming move to a new house and the reasons why she does not wish to leave the child behind.

I am Special, I'm Me! by Ann Meek (2003)

Milo is fed up. He wants to play at being a pirate captain, but the other children say he's too short, he must be a deck hand. He's too small to be a lion, and not handsome enough to be the prince. But Milo's mum makes him see that the other roles can be even more fun. After all, knights get to fight dragons, and monkeys have far more fun than lions, swinging through the trees! Winner of the Little Tiger Press New Author Prize 2003, this is an empowering story of how, with imagination and his mum's help, one boy turns rejection into triumph.

I Can Help by David Hyde Costello (2010)

"Uh-oh. I'm lost," a little duck says. "I can help," says a monkey, who swings down from a tree and points out Mama duck. Then the monkey loses his balance! Who can help him?! Giraffe can! And so the fun begins in this story about how easy it is to help someone in need.

It's Okay To Be Different by Todd Parr (2004)

It's okay to be a different color. It's okay to dance by yourself. It's okay to wear glasses. It's okay to have a pet worm.... It's okay to be different!

Just Me and My Friend by Mercer Mayer (2001)

The very popular Little Critter has a friend over to play and tries his best to be a good host. It's a long afternoon. After his friend damages Little Critter's bike by accident, leaves him in the tree house without a ladder, and doesn't help clean up his room, Little Critter decides that playing alone isn't always bad.

Marvin Gets Mad by Joseph Theobald (2008)

One perfect morning Molly eats the very apple that Marvin had his eye on. Marvin is cross and has a terrible tantrum, rampaging through the countryside, causing chaos. Who will be able to calm Marvin down and tease him out of his tantrum? Will he be able to do it by himself or will he need some help?

My Book Full of Feelings: How To Control And React To The Size Of Your Emotions by Amy V. Jaffe (2006)

This book will help teach children to identify, access the intensity of and respond appropriately to their emotions.

Peaceful Piggy Meditation by Kerry Lee Maclean (2006)

Sometimes life seems like it's all about hurrying--so many places to go! And sometimes it's hard when things don't go your way--it can make a piggy angry and sad. So how do young piggies find a peaceful place in a frustrating world? They meditate! They find a quiet spot, a special place with a few simple things, and just breathe. They do this every day, feeling their breath going in and out. They slow down and calm down. Now it's easier to deal with whatever comes their way, and they have time to notice all the magical things in life, too!

Say Hello by Jack Foreman (2008)

Based on the author's childhood experience, "Say Hello" tells the poignant story of a boy who is left out and all alone, while other children play happily together. The story's underlying message is: 'when someone's feeling left out, low, it doesn't take much to say... 'Hello!'



Square Cat by Elizabeth Schoonmaker (2011)

Eula is the only square cat in town. Everything that normal cats do is hard for her -- she can't get her square paw into mouse holes, she can't wear her favorite circle skirt, and all of her friends are round! Eula is sad until her two best friends show her just how well a square cat can fit into this round world.

The Berenstain Bears and The Trouble with Friends - Stan Berenstain (2009)

Lonely without friends her age to play with, Sister Bear is delighted when a new little girl cub moves into the house down the road.

The Berenstain Bears New Baby by Stan and Jan Berenstain (1974)

"This brightly illustrated story tells of a youngster's happy acceptance of a new addition to the family and how Mama and Papa Bear assist him with the adjustment."

The Best Friends by Todd Parr (2011)

Best friends can be pretty remarkable, especially if they're anything like Todd Parr's pals. For him, a best friend is someone who "will tell you funny jokes even if you blow milk out of your nose when you laugh." Best friends "will forgive you even if you step on their paw." And best friends "will keep in touch with you even if you move a million miles away." This delightful, bright book sets high (if sometimes silly) standards for friendship. Even with the exceptionally goofy lines ("Best friends will share their pizza with you even if you want to wear the pepperoni"), the point is well made: friendship is unconditional and terrifically important.

The Brand New Kid by Katie Couric (2000)

Lazlo S. Gasky doesn't look or speak quite like the other kids, and no one is sure what to make of him. In fact, they respond to his arrival at Brookhaven School by taunting and teasing 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-one that isn't in their schoolbooks-about accepting people who are different...and in getting to know Lazlo, the kids learn that people aren't that different from each other after all.

The Great Big Book of Feeling by Mary Hoffman (2013)

The book opens with the question: "How are you feeling today?" And this leads on to a spread by spread presentation of a wide range of feelings.

The Howard Wigglebottom series including Howard B. Wigglebottom Learns about Bullies by Howard Binkow (2008)

A bunny was being bullied at school. His intuition told him to tell the teacher. Instead he chose different failed strategies. He finally told the teacher who took action to make him feel okay & safe.

The Huge Bag of Worries by Virginia Ironside (2004)

Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her?

The New Baby by Mercer Mayer (2001)

In this well-loved Little Critter picture book, our funny young hero has to get used to a new baby sister. What a problem. The baby doesn't pay attention when Little Critter reads to her. She cries when he makes silly faces. And she can't understand the jokes he tells. It seems like an impossible task, but Little Critter finally figures out what you CAN do with a new baby -- and becomes a very good brother.

The Way I Feel by Janan Cain (2000)

This book will help small children find words to express the way they feel.

Wemberly Worried by Kevin Henkes (2000)

Wemberly worried about spilling her juice, about shrinking in the bathtub, even about snakes in the radiator. She worried morning, noon, and night. "Worry, worry, worry," her family said. "Too much worry." And Wemberly worried about one thing most of all: her first day of school. But when she meets a fellow worrywart in her class, Wemberly realizes that school is too much fun to waste time worrying!



When I Am Feeling Scared by Tracey Moroney (2005)

Have you ever been so scared that your heart races? Do creepy, crawly spiders and being alone in the dark make you tremble? The little rabbit knows how it feels to be scared and just what to do to feel better. Read along, and you too might find that what scares you isn't so scary after all.

When Sophia Gets Angry... Really, Really Angry by Molly Bang (1999)

Sophie gets mad, climbs a tree to calm down, and is soon ready to come home to her loving family.



LEVEL 2**Grade 1, Grade 2*****A "5" Could Make Me Lose Control by Kari Dunn Buron (2007)***

This hands-on activity helps students who are highly anxious cope with their stress by classifying social and emotional information and analyzing how best to act. Using this interactive process, the student places cards that list highly stressful situations into colorful pockets designating stress levels, ranging from 5-1, as the first step in changing the way he thinks about and responds to emotions such as anxiety, sadness and anger. Picture word cards make the activity suitable for students with communication challenges.

Amazing Grace by Mary Hoffman (2007)

Grace loves stories, whether they're from books, movies, or the kind her grandmother tells. So when she gets a chance to play a part in Peter Pan, she knows exactly who she wants to be.

Angry Octopus: An Anger Management Story Introducing Active Progressive Muscle Relaxation And Deep Breathing by Lori Lite (2011)

Children love to unwind and relax with this fun exercise known as progressive muscular relaxation. Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. This effective stress and anger management technique focuses awareness on various muscle groups and breath to create a complete resting of the mind and body.

Bravery Soup by Maryann Cocca-Leffler (2001)

A cowardly raccoon sets off on a perilous journey to bring back the secret ingredient for Big Bear's Bravery Soup. He faces the dangers of the Forbidden Forest, Skulk Mountain, and the lair of a ferocious monster, only to find bravery in the most unexpected place.

Bubble Riding: A Relaxation Story Designed To Help Children To Increase Creativity While Lowering Stress And Anxiety Levels by Lori Lite (2008)

Children love to visualize, or imagine, filling their bodies with the colors of the rainbow. Children join the sea child and turtle as they take a bubble ride into the world of relaxation.

Howard B. Wigglebottom Learns It's Ok To Back Away by Howard B. Binkow (2010)

Howard B. Wigglebottom receives a time-out all day because he got very angry when he did not get his way at school. Howard asks Ali why she never gets time-outs and she explains what she does to keep her cool. "When I don't get my way, my tummy feels all tight." Before I do the wrong thing, I say..."Stop; it's OK to back away." Then I go out and do something to feel good again." ... "When I really listen to my tummy," said Ali, "it lets me know if I'm scared, hungry, or angry. If it's tight, I'm pretty sure I'm angry." Before the story ends, Howard learns calming strategies to help him feel good again when he becomes angry.

How Are You Peeling?: Foods With Moods by Saxton Freymann and Joost Elffers (2004)

What better way for a child to identify different emotions than with the very expressive "faces" of fruits and vegetables!

I Am Not Moving, Mama! by Nancy White Carlstrom (1999)

"I am not moving, mama" is Little Mouse's constant refrain, as Mama packs up his favorite things in preparation for the family's move. But for each thing about his old home Little Mouse can't bear to leave behind, Mama tells him of something they'll share in their new home -- until Little Mouse realizes that what's most important is being together, even if it is in someplace new.

Marvin Gets Mad by Joseph Theobald (2008)

One perfect morning Molly eats the very apple that Marvin had his eye on. Marvin is cross and has a terrible tantrum, rampaging through the countryside, causing chaos. Who will be able to calm Marvin down and tease him out of his tantrum? Will he be able to do it by himself or will he need some help?



My Book Full of Feelings: How To Control And React To The Size Of Your Emotions by Amy V. Jaffe (2006)

This book will help teach children to identify, access the intensity of and respond appropriately to their emotions.

My Many Coloured Days by Dr. Seuss (1996)

This book uses a spectrum of vibrant colors and a menagerie of animals, to share the range of human moods and emotions.

Peaceful Piggy Meditation by Kerry Lee Maclean (2006)

Sometimes life seems like it's all about hurrying--so many places to go! And sometimes it's hard when things don't go your way--it can make a piggy angry and sad. So how do young piggies find a peaceful place in a frustrating world? They meditate! They find a quiet spot, a special place with a few simple things, and just breathe. They do this every day, feeling their breath going in and out. They slow down and calm down. Now it's easier to deal with whatever comes their way, and they have time to notice all the magical things in life, too!

The Boss Baby by Marla Frazee (2010)

The boss baby is used to getting his way--drinks made to order 24/7, his private jet plane, and meetings around the clock. But when his demands aren't getting proper responses, he has to go to new lengths to achieve the attention he deserves.

The Way I Feel by Janan Cain (2000)

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When My Worries Get To Big! A Relaxation Book For Children Who Live With Anxiety by Kari Dunn Buron (2006)

This illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies.

When Sophia Gets Angry... Really, Really Angry by Molly Bang (1999)

Sophie gets mad, climbs a tree to calm down, and is soon ready to come home to her loving family.

Your Body Belongs To You by Cornelia Spelman (1997)

In simple, reassuring language, the author explains that a child's body is his or her own; that it is all right for kids to decline a friendly hug or kiss, even from someone they love; and that you can still be friends even if you don't want a hug now.



LEVEL 3**Grade 3, Grade 4*****Angry Octopus: An Anger Management Story Introducing Active Progressive Muscle Relaxation And Deep Breathing by Lori Lite (2011)***

Children love to unwind and relax with this fun exercise known as progressive muscular relaxation. Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. This effective stress and anger management technique focuses awareness on various muscle groups and breath to create a complete resting of the mind and body.

Anh's Anger by Gail Silver (2009)

In Anh's Anger, five-year-old Anh becomes enraged when his grandfather interrupts playtime with a summons to the dinner table. When Anh's grandfather takes the time to help Anh fully experience his anger by suggesting he go to his room and "sit with his anger," Anh discovers a positive method by which to work through his feelings.

Bubble Riding: A Relaxation Story Designed To Help Children To Increase Creativity While Lowering Stress And Anxiety Levels by Lori Lite (2008)

Children love to visualize, or imagine, filling their bodies with the colors of the rainbow. Children join the sea child and turtle as they take a bubble ride into the world of relaxation.

Chrysanthemum by Kevin Henkes (1996)

She was a perfect baby, and she had a perfect name. Chrysanthemum. When she was old enough to appreciate it, Chrysanthemum loved her name. And then she started school. "I'm named after my grandmother," said Victoria. "You're named after a flower." Chrysanthemum wilted. Life at school didn't improve. In fact, it got worse. Then the students were introduced to their music teacher, Mrs. Twinkle. Mrs. Delphinium Twinkle. And suddenly, Chrysanthemum blossomed....

Communication by Aiki (1993)

A number of different scenarios that require communication to solve problems, address hurt feelings, and make and keep friends are explored. Non-verbal and unintentional communication is discussed in order to bring self-awareness to children's social interactions.

How Are You Peeling?: Foods With Moods by Saxton Freymann and Joost Effers (2004)

What better way for a child to identify different emotions than with the very expressive "faces" of fruits and vegetables!

Incredible You!: 10 Ways To Let Your Greatness Shine Through by Wayne W. Dyer (2005)

It's never too early for children to know that they're unique and powerful beings, and they have everything they need within themselves to create happy, successful lives. There are ten concepts which are numbered, titled and set in rhyming verse, and vibrant illustrations bring each point to life. At the end, there are questions that kids can answer to connect these ideas to their own lives, and make them realize how incredible they truly are.

I Think, I Am!: Teaching Kids The Power Of Positive Affirmations by Louise L. Hay (2008)

'Your thoughts create your life!' Children can learn and understand the powerful idea that they have control over their thoughts and words, and in turn, what happens in their life. Within the pages of 'I Think, I Am!' kids will find out the difference between negative thoughts and positive affirmations.

On My Way To A Happy Life by Deepak Chopra (2010)

Following your heart, learning acceptance, and being open to new ideas are among a series of choices we can make every day that pave the way to a happy life. Chopra works from an Eastern philosophy to teach children seven lessons for navigating the world with joy, love & happiness.



Sea Otter Cove: A Relaxation Story Introducing Deep Breathing To Decrease Stress And Anger While Promoting Peaceful Sleep by Lori Lite (2008)

Children will love to experience belly breathing with playful sea otters and a sea child. This effective, self-calming technique also known as diaphragmatic breathing can have a positive impact on your child's health. Proper breathing can lower stress and anxiety levels.

The Best Part Of Me: Children Talk About Their Bodies In Pictures And Words by Wendy Ewald (2002)

A series of photographs and descriptions by children about their favourite parts of their bodies are displayed. Each page offers insight into the qualities of each of our individual body parts, and celebrates the ways these different parts make us all unique.

The Saddest King by Chris Wormell (2008)

Once there was a country where the people were always happy. They would smile and laugh when the sun shone down, when it poured with rain and even when the snow fell and their teeth were chattering. Nothing ever made them sad or cross. But this is the story of a small boy who breaks the law. He cries. He is taken straight to the king who, it is said, is the happiest person in the land. Can the boy convince the king that it's all right to be sad sometimes?

The Great Big Book Of Feeling by Mary Hoffman (2013)

The book opens with the question: "How are you feeling today?" And this leads on to a spread by spread presentation of a wide range of feelings, taken from the following: * Happy * Sad * Excited * Bored * Interested * Embarrassed * Lonely * In need of solitude * Looking forward to something * Confused * Hurt * Scared * Relieved * Angry * Calm * Shy * Confident * Jealous * Worried * Amazed/Surprised * Lucky * Cheerful * Playful

What To Do When Your Temper Flares: A Kid's Guide To Overcoming Problems With Anger by Dawn Huebner (2007)

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.

When I Am Feeling Angry by Tracey Moroney (2006)

Have you ever been so angry that you felt like you could explode? Does being teased or wrongly blamed for something make you want to stomp and run and kick and scream? The little rabbit knows how it feels to be angry and just what to do to feel better. Read along, and you too might find that a big, deep breath is all you need to make the anger go away.

When My Worries Get To Big! A Relaxation Book For Children Who Live With Anxiety by Kari Dunn Buron (2006)

This illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies. Children who use the simple strategies in this charming book, will find themselves relaxed and ready to focus on work or play!

Unstoppable Me!: 10 Ways To Soar Through Life by Wayne W. Dyer (2006)

In 'Unstoppable Me!' Dr. Dyer teaches children how to hold on to the no-limit thinking he believes they were born with, rather than just trying to "fit in." In doing so, they can learn to truly enjoy life and become unstoppable as they strive to attain their dreams. 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 this message.



LEVEL 4**Grade 5, Grade 6*****Angry Octopus: An Anger Management Story Introducing Active Progressive Muscle Relaxation And Deep Breathing by Lori Lite (2011)***

Children love to unwind and relax with this fun exercise known as progressive muscular relaxation. Children relate to the angry octopus in this story as the sea child shows him how to take a deep breath, calm down, and manage his anger. This effective stress and anger management technique focuses awareness on various muscle groups and breath to create a complete resting of the mind and body.

Bubble Riding: A Relaxation Story Designed To Help Children To Increase Creativity While Lowering Stress And Anxiety Levels by Lori Lite (2008)

Children love to visualize, or imagine, filling their bodies with the colors of the rainbow. Children join the sea child and turtle as they take a bubble ride into the world of relaxation.

Cool Down And Work Through Anger by Cheri J. Meiners (2010)

Children learn that it is okay to feel angry-but not okay to hurt anyone with actions or words. They discover concrete social skills for anger management: self-calming, thinking, getting help from a trusted person, talking and listening, apologizing, being patient, and viewing others positively.

Don't Pop Your Cork On Mondays!: The Children's Anti-Stress Book by Adolf Moser (1998)

In this very informative and highly entertaining handbook for children, Dr. Adolph Moser offers practical approaches and effective techniques to help young people deal with stress.

Hatchet by Gary Paulsen (2006)

Brian Robertson, sole passenger on a Cessna 406, is on his way to visit his father when the tiny bush plane crashes in the Canadian wilderness. With nothing but his clothing, a tattered windbreaker, and the hatchet his mother had given him as a present, Brian finds himself completely alone. Challenged by his fear and despair -- and plagued with the weight of a dreadful secret he's been keeping since his parent's divorce -- Brian must tame his inner demons in order to survive. It will take all his know-how and determination, and more courage than he knew he possessed.

Nobody's Perfect: A Story For Children About Perfectionism by Ellen Flanagan Burns (2008)

Sally Sanders is good at everything she does, or so it seems. Secretly she is afraid that if she can't do something well, or be the best, she will feel like a failure. She is scared that she is not "good enough." As a perfectionist, hitting the wrong note at a piano recital, or not making the soccer team feels like the end of the world! Gradually, through the help of her teachers and mother, Sally learns to have fun and not worry so much about being the best. She realizes that making mistakes is a part of learning, and that doing her best is good enough.

Sea Otter Cove: A Relaxation Story Introducing Deep Breathing To Decrease Stress And Anger While Promoting Peaceful Sleep by Lori Lite (2008)

Children will love to experience belly breathing with playful sea otters and a sea child. This effective, self-calming technique also known as diaphragmatic breathing can have a positive impact on your child's health. Proper breathing can lower stress and anxiety levels.

Stress Can Really Get On Your Nerves by Trevor Romain and Elizabeth Verdick (2005)

More kids than ever feel worried, stressed out, and anxious every day. Their parents and teachers may not know—because kids don't want to talk about it, or they don't know how to put their worries into words. Their "secret stress" surfaces as stomach aches, headaches, fatigue, trouble sleeping, loss of appetite, and an inability to concentrate. These and other stress-related symptoms can have a negative effect on school performance, family life, and friendships.



The Feelings Book by Todd Parr (2005)

This book portrays children expressing all different moods, from "I feel very mad" and "I feel like reading books all day" to "I feel like wearing funny underwear."

The Moccasin Goalie by William Roy Broenridge (2001)

Danny and his friends, Anita, Petou and Marcel, are typical prairie youngsters—hockey mad. The four are always playing road hockey or involved in a game of shinny on the community rink. One day a town team, the Wolves, is formed. The friends are overjoyed, but when the time comes to choose the team, only Marcel is picked. The other three friends are not chosen; Anita is a girl, Petou is too small and Danny cannot skate. It is the biggest disappointment of Danny's life. But near the end of the season, the regular goalie is injured and Danny is asked to replace him. If the Wolves can win the game, they will make the playoffs! This is Danny's chance to prove that even though he can't wear a pair of skates, he can still play the game.

Today I Feel Silly And Other Moods That Make My Day by Jamie Lee Curtis (1998)

Silly, cranky, excited, or sad—everyone has moods that can change each day. This book helps kids explore, identify, and even have fun with their ever-changing moods.

Touching Spirit Bear by Ben Mikaelson (2002)

Within Cole Matthews lie anger, rage and hate. Cole has been stealing and fighting for years. This time he caught Alex Driscal in the parking lot and smashed his head against the sidewalk. Now, Alex may have permanent brain damage and Cole is in the biggest trouble of his life. Cole is offered Circle Justice: a system based on Native American traditions that attempts to provide healing for the criminal offender, the victim and the community. With prison as his only alternative, Cole plays along. He says he wants to repent, but in his heart Cole blames his alcoholic mom, his abusive dad, wimpy Alex -- everyone but himself -- for his situation. Touching Spirit Bear is a poignant testimonial to the power of a pain that can destroy, or lead to healing.

When I am Feeling Angry by Tracey Moroney (2006)

Have you ever been so angry that you felt like you could explode? Does being teased or wrongly blamed for something make you want to stomp and run and kick and scream? The little rabbit knows how it feels to be angry and just what to do to feel better. Read along, and you too might find that a big, deep breath is all you need to make the anger go away.

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This illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies. Children who use the simple strategies in this charming book, will find themselves relaxed and ready to focus on work or play!

Where the Wilds Things Are by Maurice Sendak (1988)

Max is sent to bed without supper and imagines sailing away to the land of 'Wild Things', where he is made king.

