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2018-2019 School Year Resource Catalog
Grades PK-12

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- Bullying, Anger Management & Conflict
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Statement of Effectiveness
NCYI is a leading publisher of supplemental public school resources in the areas of guidance, bullying and violence prevention, drug abuse prevention and character education. Each of the resources we publish and distribute have been carefully reviewed for publication and distribution by established experts and experienced practitioners.

NCYI resources are based on generally accepted, researched principles, the effectiveness of which can be judged by the positive outcomes and attitudes in students. Most of these materials have been developed by counselors and social workers for themselves and other student services professionals. They have been developed out of practical need and have been used successfully with students. They are classroom, small group, or individual counseling tested.

Most NCYI resources are not meant to be self-contained programs, rather they are designed to supplement existing or needed programs. Many programs feature a standardized curriculum and are generally structured the same for every school. NCYI supplemental resources can be used to enhance an existing program to meet the individual needs of the students of each school or district.

Educators can order NCYI products with confidence, knowing that each resource aligns with standards of effectiveness consistent with various Federal grants aimed at student support and development.
Anger is a powerful emotion that can have violent and destructive consequences. This resource has six stories in which characters learn lessons to help them manage their tempers. Includes reproducible worksheets, discussion questions, rhymes, and raps to help recognize signs of anger and learn how to calm down. Softcover, 128 pages.

**Don't Pop Your Balloon!** Gr 2-6

By Janet Bender

This book explores the physical, emotional, and relational causes, expressions and consequences of anger. The reader is empowered to choose from a host of healthy and safe ways to express this familiar emotion rather than letting it build up and “pop” in harmful ways. Softcover, 32 pages.

**Out of Anger** Gr 2-8

By Rosanne Sartori

Anger is normal and can be expressed in many ways—some healthy, some not. Young readers learn that violence is not acceptable along with positive ways to resolve conflicts. Softcover, 128 pages.

**Tales of Temper** Gr 3-6

By Rosanne Sartori

This 12-week curriculum helps educators teach the necessary skills for conflict resolution. Power-packed with lots of activities, it can be adapted for younger as well as older students. Includes a 196-page Teacher’s Manual and 12 reproducible Student Activity Books.

**Managing Noncompliance and Defiance in the Classroom** Gr K-12

By Geoff Colvin

Provides a clear process for identifying key factors contributing to misbehavior and disruptive conduct. Presents a wealth of field-tested, evidence-based intervention strategies, assessment tools for distinguishing between chronic noncompliance and intermittent misconduct, strategies for preventing escalation and classroom power struggles, and adaptable forms, checklists, and tables. Softcover, 152 pages.

**Choices Game** Gr K-12

By Colleen Uhl

Provides a positive model for dealing with conflicts and equips students with the power to choose. Use conflicts encountered and work together choosing solutions. Personal Conflict Strips encourage work on “real life” conflicts. Includes enough games for nine teams.

**Defying the Defiance** Gr K-12

By Tip Frank, Mike Paget, & Jerry Wilde

151 strategies, activities, insights and lessons to avoid disruption and increase cooperation from the most resistant students. Understand the causes and dynamics of opposition and develop strategies that lead to classroom success and increased satisfaction. Softcover, 140 pages.

**I’m Not Bad, I’m Just Mad** Gr 2-5

By Lawrence E. Shapiro Ph.D., Zack Pelet-Heller, & Anna F. Greenwald

Contains forty activities for recognizing anger triggers, better problem solving, and communication tips for defusing conflict before it gets out of hand. It explores common lifestyle issues that can make anger problems worse. Softcover, 152 pages.

**The Anger Solution Workbook with CD** Gr 2-5

By Lisa Schab

This activity workbook helps children learn how to work out their problems, lower their level of anger and build confidence in their ability to manage anger safely. Divided into five areas, including understanding anger, safe ways to express anger, cognitive restructuring, relaxation and conflict management. Softcover, 74 pages.

**Remote Control Anger Control Game** Gr 2-9

This game helps kids pause, rewind, and fast forward into more controlled, positive behavior. Players learn specific skills and use them to deal with realistic anger-provoking situations. There are separate decks of cards for grades 2-5 and grades 6-9.
**Mindfulness for Teen Anger**  
Gr 6-12  
*A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills*  
By Mark Purcell & Jason Murphy  
Teaches how to make better choices and find emotional balance. You’ll be more aware of your thoughts and feelings in the moment. You’ll also learn skills for building positive relationships with peers, friends, and family. Softcover, 152 pages.  
B431-IN8  $17.95

**Staying Cool...When You’re Steaming Mad with CD**  
Gr 7-12  
*By Raychelle Cassada Lohmann, MS, LPC*  
Anger-management curriculum designed for use with individuals, groups, or classroom. Ten sessions guide you from group formation through an easy-to-follow, session-by-session exploration of anger topics to group closure. Includes CD with PDF files of the reproducible pages.  
Softcover, 128 pages.  
B065-IN8  $25.95

**The Anger Workbook for Teens**  
Gr 6-12  
*By Raychelle Cassada Lohmann*  
Includes thirty-seven exercises which will give teens effective skills helping them deal with feelings of rage without losing it. Softcover, 144 pages.  
A740-IN8  $16.95

**RELATIONAL AGGRESSION/GIRL ISSUES**

**Girls in Real Life Situations with CD**  
*By Julia Taylor and Shannon Black*  
Activities divided into session themes encouraging girls to share feelings, struggles and other important issues openly in a safe and supportive environment. CD provides printable PDFs of all reproducible forms and student handouts. (Win/Mac).  
Gr K-5  
Over 80 activities divided into 10 themes. Topics include: Empowerment, Self-awareness, Developing Coping Strategies, Improving Problem-Solving Skills, Making Healthy Decisions. Softcover, 202 pages.  
A259-IN8 Manual/CD-ROM  $42.99

Gr 6-12  
Over 90 activities divided into 12 session themes. Topics include: Relationships, Body Image, Self-Esteem, Choices, Stress, Communication, Reaching Out, Emotions, Tough Times and friendships. Softcover, 229 pages.  
A190-IN8 Manual/CD-ROM  $42.99

**Cliches, Phonies & Other Baloney DVD**  
Gr 1-5  
Kids need to understand the difference between a clique (group of friends) and an exclusive or mean clique. Trevor offers helpful suggestions on how to dare to be different, keep an open mind about others and most importantly how to remain true to yourself. Run time 30 minutes plus special features.  
**DVD**  
Includes English and Spanish versions  
A486D-IN8  $29.95

**Mean Girls with CD**  
Gr 3-12  
*By Kaye Randall & Allyson Bowen*  
Resources, strategies and reproducible worksheets for working with relationally aggressive girls and victims of bullying, designed to increase awareness, encourage empathy and improve self-control and coping skills. Also explores the underlying causes of relational aggression and addresses cyber-bullying. Softcover, 128 pages.  
A126-IN8  $34.95

**Coping with Cliches**  
Gr 6-12  
*By Susan Sprague*  
Includes key strategies for sticking up for yourself, maintaining self-esteem, and finding friends who like you for who you are. The exercises in this workbook will help you to: handle Internet gossip and teasing, stop feeling like you have to be sexy, be assertive when necessary to gain respect and confidence, find true friends, and stop being hurt by friends who leave you out. Softcover, 168 pages.  
A738-IN8  $16.95

**Girls Games**  
Gr 5-12  
*By Shannon Trice Black*  
Contains 5 fun and easy to play games, similar to traditional card games, focusing on one aspect of bullying or relational aggression. Cards include topics with thought-provoking questions that facilitate meaningful discussions.  
A697-IN8  $27.95

**Relational Aggression in Girls**  
Gr 4-12  
*By Jamie Kupkovits*  
Jamie provides nine sessions and activities, based on research for addressing and treating relational aggression in girls, to help you address girl bullying issues. An optional 10th session is also offered for follow-up purposes. Use in classrooms and small-groups as a prevention/intervention tool. Includes a pre-test and post-test assessment tool that will help you collect data for accountability. Softcover, 160 pages.  
A692-IN8  $27.95

**Mindfulness for Teen Anger**  
Gr 6-12  
*A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills*  
By Mark Purcell & Jason Murphy  
Teaches how to make better choices and find emotional balance. You’ll be more aware of your thoughts and feelings in the moment. You’ll also learn skills for building positive relationships with peers, friends, and family. Softcover, 152 pages.  
B431-IN8  $17.95

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Includes thirty-seven exercises which will give teens effective skills helping them deal with feelings of rage without losing it. Softcover, 144 pages.  
A740-IN8  $16.95
Big Red and the Little Bitty Wolf  Gr PK-3
A Story About Bullying
By Jeanie Franz Ransom
Big Red loves nothing more than teasing, taunting, and terrorizing Little Bitty Wolf. He tries different ideas to stop the bullying, but it takes something unexpected to get her to stop! Includes bullying warning signs and steps to improve the situation — whether your child is the victim, perpetrator, or a bystander. Hardcover, 32 pages.
B217-IN8  $29.95

End Peer Cruelty, Build Empathy with Digital Link  GR K-8
The Proven 6Rs of Bullying Prevention That Create Inclusive, Safe, and Caring Schools
By Michele Borba
Utilizing the strongest pieces of best practices and current research, this book includes guidelines for implementing strategies, collecting data, training staff, mobilizing students and parents, building social-emotional skills, and sustaining progress, and presents the “6Rs” of bullying prevention: Rules, Recognize, Report, Respond, Refuse, and Replace. This is not a program, but a comprehensive process for reducing bullying from the inside out, involving the entire school community. Use the book on its own or to supplement an existing program. Digital content includes customizable forms from the book and a PDF presentation for use in professional development. Softcover, 288 pages.
B976-IN8  $34.99

B341-IN8  $14.95

Trusty Becomes an UPSTANDER  Gr PK-4
By Cindy Wezel
Trusty learned firsthand what it felt like to be teased when a couple of “bad-mannered” sea turtles called him “Slow Poke Stubby.” In the story, find out how Trusty uses courage, compassion, and positive action to stand up for himself and others who are being bullied or teased. The book includes UpSTANDER Tips, “What If” Situations, an UpSTANDER Action Plan, and Educational Sea Turtle Facts. Softcover, 32 pages.
B866-IN8  $9.95

How to Be a Bully! NOT!  Gr 1-5
By Marcia Nass, MS
Andy thinks his bully brother is cool and powerful. When Martin says he’ll teach Andy how to be a bully in three bully lessons, Andy is thrilled. But when Andy tries to be a bully, something very unexpected happens. Children become agents in a “Bully Patrol” and can receive a special certificate when they reach the end. Includes 20 pages of worksheets. Softcover, 46 pages.
B072-IN8  $16.95

School Climate 2.0  Gr K-12
Preventing Cyberbullying and Sexting One Classroom at a Time
By Sameer Hinduja and Justin W. Patchin
This book connects the off-campus, high-tech behaviors of teens to the school environment and provides educators with a road map for developing a positive school climate that counteracts cyberbullying and sexting. Included are anecdotes, stories, and high-profile case examples that illustrate the research. The book’s companion website features a Twitter feed and Facebook Fan Page with regular PreventionPoints, downloadable activities and worksheets, questions to facilitate staff and student discussions, and emerging best practices in school climate research and evaluation. Softcover, 216 pages.
B217-IN8  $29.95

B620-IN8  $41.95

Bitty Wolf  Gr PK-3
By Susan Bowman
Brad is teased because he doesn’t fit the reputation of being a shark. Brad learns that, “True friends are those who like you for who you are and accept you no matter how different you are.” With a new positive attitude and strategy, he gains new friends and respect. Softcover, 38 pages.
B474-IN8  $14.95 (Book Only)
B587-IN8  $29.95 (CD Only)

Bullies Free Zone® In a Jar®  Gr K-8
Tips for Dealing with Bullying
Use Bully Free Zone In A Jar to promote group discussions about healthy ways to reduce bullying. Individuals can use cards to learn anti-bullying strategies—whether they are the target of bullying, a bystander, the person doing the bullying, or all three.
B247-IN8  $9.99
No Putdowns
A 10-week comprehensive, school-based curriculum addressing violence prevention, character development, substance abuse prevention and life-skill building. Students learn to recognize and understand the effects of putdowns on themselves and others, demonstrate strategies for calming down, recognize and express appreciation, encouragement, and much more! Staff support program guide is included. Softcover, K-2 edition, 277 pages; 3-5 edition, 294 pages.
$34.95 each
A016-IN8 Grades K-2
A017-IN8 Grades 3-5

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Bullies are a Pain in the Brain DVD Gr 1-6
Offers kids practical, easy-to-implement solutions for dealing with their own bully problems. DVD includes a resource guide for parents and educators. Run time 30 minutes plus special features. DVD
A483D-IN8 $29.95
Includes English and Spanish versions

Bullies are a Pain in the Brain Gr 2-8
By Trevor Romain
This classic reassures kids that it’s not their fault and describes realistic ways to become “Bully-Proof.” It shows how bystanders can stand up for others and how to get help in dangerous situations. Even kids who bully will find ideas they can use to get along with others and feel good about themselves—without making other people miserable. Softcover, 112 pages.
B248-IN8 $8.95

Bully-Buster Bingo with CD Gr 2-7
By Heidi McDonald
As students play bingo, the bully becomes aware that no one thinks much of a person who behaves in this manner. Includes 30 game boards, calling cards, and an activity book with reproducibles. Softcover, 72 pages.
A018-IN8 $34.95

200+ Ready-to-Use Reproducible Activity Sheets with CD Gr 3-8
That Help Educators Take a Bite Out of Bullying
By Phyllis Goodstein
Based on empirical research, this book zeros in on areas where most bullying takes place, who they target and why, the success of bystander intervention and much more. The research has been translated into an understandable, fun and therapeutic format so leaders have the opportunity to help students relate to pertinent facts. Forms included on CD.
Softcover, 272 pages.
A396-IN8 $36.95

No Kidding About Bullying with Digital Link Gr 3-6
126 Ready-to-use Activities to Help Kids Manage Anger, Resolve Conflicts, Build Empathy and Get Along
By Naomi Drew
With new lessons, an added foreword, and a revised introduction, this updated edition gives educators and youth leaders hands-on activities to prevent bullying in schools and help kids in third through sixth grade cope with the effects of bullying when it does occur. Can be used alone or as a complement to anti-bullying and character education programs already in place. Each of the 126 lessons may be completed in 20 minutes or less and include games, role-plays, group discussions, art projects, and language arts exercises that build respect, empathy, and kindness. Digital content includes student handouts from the book and bonus materials. Softcover, 304 pages.
B977-IN8 $39.99

Cliqued, Phonies & Other Baloney Gr 3-8
By Trevor Romain & Elizabeth Verdick
Clique: It’s a word that’s spelled funny and sounds funny, and (like a vampire) can be a pain in the neck. True friends don’t make you feel left out, but for many kids, navigating social groups is tricky (because it’s cliquey), and they end up feeling excluded. This book uses humor, fun cartoons, and kid-friendly language to explain what cliques are, why being phony is baloney, why true friends don’t exclude others online or in real life, what’s more important than popularity—and how to navigate it all. The updated edition addresses online socializing and social media. Softcover, 128 pages.
B974-IN8 $9.99

No Putdowns Gr 6-8
A comprehensive curriculum for violence prevention, character development and life-skill building. Physical and verbal violence is recognized and replaced with communication skills, self-control and non-violent conflict resolution. Includes 50 multi-disciplinary activities. Softcover, 112 pages.
A018-IN8 $34.95

The Bullying Workbook for Teens Gr 6-12
Activities to Help You Deal with Social Aggression and Cyberbullying
By Raychelle Cassada Lohmann & Julia V. Taylor
Incorporates cognitive behavioral therapy (CBT) to help ease anxiety, fear, stress, and other emotions associated with being bullied. Made up of 42 step-by-step, self-help activities designed to help you learn anti-bullying tips and strategies; manage emotions such as anxiety, fear, anger, and depression; and learn constructive communication skills to help you express your feelings. Learn how to identify toxic friendships, build your own self-confidence, and how to ask for help when bullying gets out of control or if you are feeling suicidal. Softcover, 152 pages.
B334-IN8 $17.95
13 & Counting: Be the Difference with CD GR 7-12
By Tamara Zentic
Do you wish your secondary students would use appropriate social skills in day to day interactions? Do you have students who need to strengthen their executive function? Do you need your students to be the difference for bullying prevention? Here are 25 timely lesson plans that deal directly with bullying, social skills development and executive function. Each lesson is designed to proactively teach students to recognize, prevent and respond appropriately to bullying and teasing behaviors. By applying Boys Town social skills such as tolerating differences in others, making and accepting apologies, accepting defeat or loss, and resisting peer pressure, students are empowered to stand up for themselves and their friends to take a stand against bullying.

Suggestions for flipped classroom ideas are given. A CD provides reproducible worksheets, skill posters and handouts.

CD-ROM
B529-IN8 $22.95

...but names will never hurt me Gr K-4
Classmates ostracize an overweight young girl. The kids learn a valuable lesson in acceptance and friendship. Study guide included. 22 minutes.

DVD
421D-IN8 $69.95

Tears on the Highway Gr 3-8
A powerful, thought-provoking and heartbreaking film about how school bus bullying can change and affect the lives of victims, the bystanders, and the bullies themselves. Discussion guide included. 22 minutes.

DVD
A366D-IN8 $49.95

Broken Toy Gr 4-7
Highly requested. A 12-year old boy is constantly being picked on by his classmates who see nothing wrong with what they do until they go too far. 25 minutes. Study Guide included.

DVD
189D-IN8 $49.95

INBOX Gr 5-9
Addresses the current trend of cyber-bullying, the use of electronics to harass and bully someone. Relational aggression and abduction are also depicted. Study guide included. 25 minutes.

DVD
182D-IN8 $49.95

Joey Gr 5-9
A powerful statement on the bullying problem and its consequences this behavior has for all involved. This film will challenge and move students and parents alike. Study guide included. 32 minutes.

DVD
183D-IN8 $49.95

Buy the 5-DVD Set and Save!
B690D-IN8 Price $242.95

All My Stripes Gr PK-3
A Story for Children with Autism
By Shaina Rudolph & Danielle Royer
With the help of his mama, Zane the zebra comes to appreciate all his stripes — the unique strengths that make him who he is! Includes a Reading Guide with additional background information about autism spectrum disorders and a Note to Parents and Caregivers with tips for finding support. Softcover, 40 pages.

B878-IN8 $9.95

Armond Goes to a Party Gr K-4
A book about Asperger’s & Friendship
By Nancy Carlson
Armond doesn’t want to go to Felicia’s birthday party because it’s noisy, disorganized, and smelly—all things that are hard for a kid with Asperger’s. With the support of those who know how to help him, he not only gets through the party, but also has fun. Softcover, 32 pages.

B545-IN8 $9.99

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Impulse Control with CD Gr K-5
By Tonia Caselman
Activities and reproducible worksheets to help students think about and practice strategies to become more reflective as opposed to impulsive. Games, role-plays and worksheets engage children while they learn how to use self-control techniques. Softcover, 140 pages.
793-IN8 $34.95

The ADHD Workbook for Kids Gr K-5
Helping Children Gain Self-Confidence, Social Skills, and Self-Control
By Lawrence E. Shapiro Ph.D.
In just ten minutes a day, help children with ADHD learn skills to control impulsive behavior. Includes more than forty activities for handling everyday tasks, making friends, and building self-esteem. Softcover, 184 pages.
A767-IN8 $17.95

The Amazing Remote Control with CD GR K-6
Self-Regulation Program
By Lori Ann Copeland
This companion guide provides a series of 10 lesson topics with more than 50 activities and handouts to help children learn self-regulation and impulse control skills. Features lessons with activities that can be presented to children in classrooms and small groups or to individuals. CD contains printable handouts. Softcover, 101 pages.
B790-IN8 $34.95

Hunter and His Amazing Remote Control Gr K-6
By Lori Ann Copeland
Revised and Updated! This resource is a unique approach to teaching self-control to children whether or not they have ADD or ADHD. In this full-color, illustrated storybook, Hunter teaches students how he learned to use his very special remote control to become more successful. Once children read or hear Hunter’s story, they can create their own amazing remote controls. Softcover, 40 pages.
B869-IN8 $14.95

The Amazing Remote Control CD Gr 2-6
A SMART Guidance CD with Interactive Lessons
By Lori Ann Copeland
These ready-to-use, fun, interactive lessons teach impulse control and self-regulation skills. Students will love these animated game-like lessons with narration & sound effects. Designed to help students become even more empowered with Hunter’s insights and develop essential skills for improving self-control.
B870-IN8 $34.95

Understanding & Counseling the Misbehaving Student Gr K-12
John F. Taylor, Ph.D.
Provides guidelines for helping any student participate more fully and successfully at school, in any grade. Includes key principles for understanding why students misbehave, decreasing incidents of conflict at school and meeting the student’s emotional needs. Softcover, 104 pages.
A855-IN8 $19.95

Managing the Cycle of Meltdowns for Students with Autism Spectrum Disorder Gr K-12
By Geoff Colvin & Martin R. Sheehan
This book outlines practical steps for preventing and responding to the various phases of meltdown behavior in students with Autism Spectrum Disorder. This practitioner-friendly guide provides special and general education teachers of autistic students a seven-phase positive behavior support model that includes interventions for each phase. Teachers will find experienced guidance for providing a supportive environment in which students with ASD can succeed. Softcover, 240 pages.
B219-IN8 $34.95

Hunter and His Amazing Remote Control CD Gr 2-6
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B871-IN8 Price $76.95

The School Counselor’s Guide to Special Education Gr K-12
By Barbara C. Trolley, Heather S. Haas & Danielle Campese Patti
This hands-on guide clarifies the counselor’s role and provides a wealth of practical strategies for navigating special education processes, using available resources, and building effective teams. The authors examine special education procedures and present interventions for preschool, school-age, and transitioning students. Study questions for reflection are provided. Softcover, 200 pages.
B220-IN8 $36.95

Bouncy Bands!! Gr K and Up
By Scott Ertl
Bouncy Bands were created by Scott Ertl, a renowned school counselor and speaker, to help students not feel trapped at their desks. He wanted to help them be able to stretch their legs, bounce their feet and prop up their feet instead of having them dangle all day from their chair. Bouncy Bands discreetly soothe student anxiety, frustration and hyperactivity. Bouncy Bands use heavy-duty solid rubber bungee cord and come with support pipes to keep the Bouncy Bands at the perfect height, without sliding down.
Bouncy Bands For Chairs B487-IN8 $13.95
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A855-IN8 $19.95
Executive Function Disorder  Gr K-12
By Russell Crites, Jr.
Executive functions play an important role in dealing with life on a day-to-day basis for everyone. Executive dysfunction can manifest as ADHD, Bipolar, Asperger Syndrome, Tourettes or other brain-based disorders. This book includes strategies for teachers, parents and students to help overcome significant problems caused by Executive Dysfunction. Also contains worksheets. Softcover, 158 pages.
A896-IN8  $21.95

ADHD: 102 Practical Strategies for Reducing the Deficit  Gr K-12
By Kim “Tip” Frank & Susan Smith-Rex
Second Edition. A concise, easy-to-follow resource that features strategies to help ADD/ADHD students improve their academic and social/emotional abilities. Includes checklists and charts to help with organizational skills. Softcover, 94 pages.
761-IN8  $23.95

COUNSELING RESOURCES
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Teaching Kids With Mental Health & Learning Disorders In the Regular Classroom  Gr K-12
By Myles Cooley, Ph.D.
A user-friendly, jargon-free guide explaining how mental health and learning disorders might be exhibited in the classroom with suggestions on what and what not to do. Essential for teachers, special ed professionals, school counselors and others. Softcover, 224 pages.
A356-IN8  $35.99

Focus Game  Gr 1-12
Helps ADD and ADHD children practice focusing with distractions. Players earn tokens by focusing on puzzles and lists while the other players create distractions. Includes three sets of cards for different age ranges. 2-5 players.
A614-IN8  $34.95

The Impulse Control Game™  Gr 2-7
Board game designed to help young people with ADD/ADHD and other conditions involving impulse control. Teaches seven skills proven to help children control their impulses, make good decisions, and avoid actions that are detrimental to themselves and others. Includes a teacher booklet with lessons plans and activities for skill reinforcement.
A114-IN8  $49.95

The Survival Guide for Kids with ADHD  Gr 3-7
By John F. Taylor, Ph.D.
A046-IN8  $13.99

The Survival Guide for Kids with Autism Spectrum Disorders (And Their Parents)  Gr 3-8
By Elizabeth Verdiick and Elizabeth Reeve, M.D.
This book helps kids with ASD understand their condition and cope with the challenges they face every day. Meant to be read with a parent, the book addresses questions (“What is ASD?" “Why me?”) and provides strategies for communicating, making and keeping friends, and succeeding in school. Body and brain basics highlight symptom management, exercise, diet, hygiene, relaxation, sleep, and toileting. Softcover, 240 pages.
B256-IN8  $16.99

The Survival Guide for Kids in Special Education (And Their Parents)  Gr 3-8
Understanding What Special Ed Is and How It Can Help You
By Wendy Moss & Denise Campbell
Readers will learn to cope with their challenges, understand reasons for testing, and see the benefits of accepting special education supports. Includes special features such as: Stories about kids’ experiences; Approachable and relatable explanations of individual education plans (IEPs) and 504 plans for both parents and kids; Reproducible forms to help kids think about their strengths, challenges, goals, worries, and more! Also includes a section just for parents addressing common questions. Softcover, 184 pages.
B872-IN8  $14.99

Evidence-Based Insights and Activities for Teaching Kids Impulse Control with CD  Gr 3-8
More Skill-Building Lessons Covering the 4 Dimensions of Impulsivity – Emotional Impulsivity, Poor Persistence, Inadequate Reflection and Excitement Seeking
By Shaina Rudolph & Danielle Royer
Provides powerful tools you can use to help young people improve their impulse control. Use with individual or small groups or to present a series of classroom lessons. CD includes 64 additional worksheets. Softcover, 144 pages.
B879-IN8  $34.95

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NATIONAL CENTER FOR YOUTH ISSUES
Let NCYI Help Plan Your Next In-Service Event!

I would recommend without reservation to any district/organization considering a partnership with NCYI! Whether NCYI is managing our Texas ASCA-affiliated conference (LSSSCA) or a local in-service event the attention to detail, follow-up and support are consistently professional!

TAMMI MACKEBEN
Director of Guidance and Counseling, Socorro Independent School District, El Paso, Texas

COUNSELING RESOURCES

50 Activities and Games for Kids with ADHD  Gr 3-8
By Patricia Quinn and Judith Stern
Games, puzzles, activities, articles and resources offering 50+ ways for kids to handle the challenges of ADHD. Offers problem solving and organizational tips as children read about others like themselves. Softcover, 96 pages.
A227-IN8  $15.95

Impulse Control with CD  Gr 6-8
By Tonia Caselman & Joshua Cantwell
Lessons address the multiple areas affected by impulsivity such as academics, emotions, problem-solving, social skills, and romantic relationships. Activities and worksheets provided to use with groups or individuals. Softcover, 130 pages.
CD-ROM
A511-IN8  $34.95

ADHD in HD  Gr 6-12
Brains Gone Wild
By Jonathan Chesner
From an early age, actor Jonathan Chesner knew his experience with ADHD would help other “special brains.” This book is a kinetic collection of Frank’s personal stories of failure and success, hilarious anecdotes, wild ideas, and blunt advice that will resonate with teens and young adults. Softcover, 160 pages.
B257-IN8  $14.99

The Bipolar Workbook for Teens  Gr 6-12
By Sheri Van Dijk and Karma Guindon
Exercises and worksheets to help teens with bipolar disorder improve relationships and calm themselves. Teaches a special technique called dialectical behavior therapy (DBT). Softcover, 176 pages.
A744-IN8  $16.95

Asperger's Teens  Gr 8-12
Understanding High School for Students on the Autism Spectrum
By Blythe Grossberg
This book will help those with Asperger’s use their strengths and unique personal style to feel more comfortable in high school, make friends and get better grades. Chock full of quizzes, exercises, and examples. Softcover, 156 pages.
B876-IN8  $14.95

Train Your Brain for Success  Gr 8-12
A Teenager’s Guide to Executive Functions
By Randy Kulman
Beginning with a test to determine executive-functioning strengths and weaknesses, the book then explores in detail eight distinct sets of skills, including planning, organization, focus, time management, self-control, flexibility, memory, and self-awareness. Also provides teens tools and tips for improving executive functions, including how to use video games, iPods, cell phones, and other electronic media to their advantage. Provides tools and tips for improving executive functions and a section for teachers and parents. Softcover, 100 pages.
B290-IN8  $17.95

The ADHD Workbook for Teens  Gr 9-12
Activities to Help You Gain Motivation and Confidence
By Lara Honos-Webb, Ph.D.
This workbook helps anyone with ADHD discover who they really are through a series of exercises and worksheets that focus on identifying their strengths and interests. They’ll be able to use those strengths to create strategies for overcoming the ADHD-related issues they struggle with. Softcover, 144 pages.
B040-IN8  $16.95

Mindfulness for Teens with ADHD  Gr 9-12
A Skill-Building Workbook to Help You Focus & Succeed
By Debra Burdick LCSW, and Lara Honos-Webb Ph.D.
This book offers fast, easy mindfulness skills to help you successfully navigate all the areas of life, including making good choices, completing tasks, increasing academic success, excelling at sports, driving safely, getting enough sleep, managing stress, and more. Softcover, 152 pages.
B822-IN8  $17.95

ADHD in HD
Brains Gone Wild
By Jonathan Chesner
From an early age, actor Jonathan Chesner knew his experience with ADHD would help other “special brains.” This book is a kinetic collection of Frank’s personal stories of failure and success, hilarious anecdotes, wild ideas, and blunt advice that will resonate with teens and young adults. Softcover, 160 pages.
B257-IN8  $14.99

The Autism Playbook for Teens  GR 9-12
Imagination-Based Mindfulness Activities to Calm Yourself, Build Independence, and Connect with Others
By Irene McHenry PhD, Carol Moog PhD, Susan Kaiser Greenland JD
Offers a unique, strengths-based approach to help teens with autism spectrum (including Asperger’s Syndrome.) The activities are custom-designed to work with the unique perspectives, sensory processing, neurological strengths and the many challenges of autism. Softcover, 168 pages.
B576-IN8  $16.95

The ADHD Workbook for Teens  Gr 9-12
Activities to Help You Gain Motivation and Confidence
By Lara Honos-Webb, Ph.D.
This workbook helps anyone with ADHD discover who they really are through a series of exercises and worksheets that focus on identifying their strengths and interests. They’ll be able to use those strengths to create strategies for overcoming the ADHD-related issues they struggle with. Softcover, 144 pages.
B040-IN8  $16.95

Mindfulness for Teens with ADHD  Gr 9-12
A Skill-Building Workbook to Help You Focus & Succeed
By Debra Burdick LCSW, and Lara Honos-Webb Ph.D.
This book offers fast, easy mindfulness skills to help you successfully navigate all the areas of life, including making good choices, completing tasks, increasing academic success, excelling at sports, driving safely, getting enough sleep, managing stress, and more. Softcover, 152 pages.
B822-IN8  $17.95
Uncover the Roots of Challenging Behavior with Digital Link  GR PK-1
Create Responsive Environments Where Young Children Thrive
By Michelle Salcedo
This book expertly guides early childhood teachers to analyze their classroom elements, routines, and responses to children—helping them teach skills rather than punish individual actions. Much like gardeners who adjust soil, water, or fertilizer to help flowers bloom, educators of young children must look beyond challenging behaviors to what a child’s actions are communicating about her learning environment or home life. Digital content includes all forms from the book along with a PDF presentation. Softcover, 192 pages.
B979-IN8  $34.99  Web Preview Available!

Positive Behavior for Everyone  Gr K-5
By Amy Murray
This resource contains all the information you will need to teach children positive behavior in school and at home. It is insightful practical and easy-to-use. You will learn how to better encourage positive behavior in children by making simple changes in the ways you respond when misbehavior occurs. Softcover, 146 pages.
B344-IN8  $24.95

Give ‘EM Five  GR K-6
A Five Step Approach to Handling Challenging Moments with Children
By Larry Thompson & Angela Thompson
The Give ‘Em’ Five approach has been used with much success by classroom teachers to analyze their classroom and rethink distressing thoughts that block hope and change. Using a simple A.B.C. model and memorable cartoon animal characters. Organized into three sections: The Counselor’s Guide to Cognitive Behavior Therapy, Teaching Cognitive Behavior Therapy to Students, and a section containing reproducible worksheets and mini-posters. By utilizing the A.B.C. model, students will learn to recognize, challenge, and rethink distressing thoughts that block hope and change. For use in individual and small-group counseling. Includes CD-Rom of printable worksheets and posters. Softcover, 73 pages.
B459-IN8  $27.95

SMART Guidance CD: Teaching Appropriate Positive Behaviors  GR K-6
By Will Moody
Join Officer Behavior and the citizens of Pleasant Town to stop Behavior Crook! This book is an amazing collection of 9 lessons designed for interactive whiteboards. Can be used with classes, small groups, or individuals. The Game Center includes many of the games and interactive activities as stand-alone activities to use with other lessons, programs, curricula, or topical review.
B601-IN8  $54.95  CD-ROM

Teach Skills and Break Habits  GR K-12
Growth Mindset for Better Behavior in the Classroom
By Dan St. Romain
If you have tried behavior folders, clip systems, or other interventions based on punishments and rewards, you’ve probably discovered these one-size-fits-all approaches to behavior management all too often prove to be ineffective. This book explores the reasons why what we’ve been doing isn’t working, and how to find a new path and process that will lead to better behavior in the classroom, as well as success for students beyond their school years.
This book is for you if:
• You are an educator looking for help with student behaviors
• You spend more time managing behaviors than teaching
• Your current methods don’t seem to be working
• You are looking for practical behavior strategies that can be used in a variety of settings
You will be empowered to:
• Focus on behavior change as a process of continual improvement
• Use behavior concerns as an opportunity to teach your students skills
• Help your students build on their gifts, accept their challenges, and practice areas of concern
• Build a foundation of good student behavior by establishing healthy relationships and a positive classroom climate
Softcover, 176 pages.
B960-IN8  $19.95  Web Preview Available!

The ABCs of CBT with CD  GR 3-8
The Professional School Counselor’s Guide to Help Students in Grades 3-8 Help Themselves
By Kathie Guild
This program is effective for addressing generalized anxiety, anger, low self-esteem, test anxiety, and other behavioral and emotional concerns. Cognitive Based Therapy is taught using a simple A.B.C. model and memorable cartoon animal characters. Organized into three sections: The Counselor’s Guide to Cognitive Behavior Therapy, Teaching Cognitive Behavior Therapy to Students, and a section containing reproducible worksheets and mini-posters. By utilizing the A.B.C. model, students will learn to recognize, challenge, and rethink distressing thoughts that block hope and change.
For use in individual and small-group counseling. Includes CD-Rom of printable worksheets and posters. Softcover, 80 pages.
B986-IN8  $21.95

The Survival Guide for Kids with Behavior Challenges  GR 3-9
How to Make Good Choices and Stay Out of Trouble
By Thomas McIntyre, Ph.D.
Provides up-to-date information, practical strategies, and sound advice for kids with diagnosed behavioral disorders (BD, ED, EBD) and those with general behavior problems. Includes a glossary of words you need to know, a list of resources (books, organizations, Web sites) and much more!
Softcover, 192 pages.
B553-IN8  $14.99
The Handbook for Helping Kids with Anxiety & Stress
Gr PK-12
By Kim “Tip” Frank
1-Part teaching plan, 1-part student workbook, this resource includes tips, stories, and activities to help kids face such fears as sleeping alone, the dark, being overwhelmed, terrorism, test anxiety, and separation. Softcover, 80 pages.
777-IN8 $19.95

Bridge Over Worried Waters Game Gr 1-8
Players learn to deal with common anxious situations by building an actual bridge over the “worried waters.” Skills include relaxation, self-talk, and coping skills.
A616-IN8 $34.95

I Bet I Won’t Fret Gr 2-5
A Workbook to Help Children with Generalized Anxiety Disorder
By Timothy A. Sisemore Ph.D.
Provides exercises to help relieve worry, change anxiety-inducing self-talk, and communicate feelings. Individual or therapy program activities. Softcover, 152 pages.
A885-IN8 $19.95

The Relaxation and Stress Reduction Workbook for Kids Gr 2-5
Help for Children to Cope with Stress, Anxiety, and Transitions
By Lawrence E. Shapiro Ph.D., Robin K Sprague, & Matthew McKay Ph.D.
The Relaxation & Stress Reduction Workbook for Kids, written by two child therapists, offers more than fifty ten-minute activities you can do to help your students replace stressful and anxious feelings with feelings of optimism, confidence, and joy. Softcover, 144 pages.
A892-IN8 $17.95

Stress Out with CD Gr 3-8
A Self-Exploration Workbook to Help Children Understand Stress & “Weather” Stressful Situations
By Nicole Cleveland, M.Ed.
Helps students understand how they react to stress, what causes them stress, and teaches children ways to help control stress. Includes reproducible pages. Also includes ASCA Standards, a pre/post-test, and a CD that includes the reproducible student booklet and three printable posters. PDFs on CD are level 1 Whiteboard Compatible. Softcover, 40 Pages.
B625-IN8 $17.95

Stress Can Really Get on Your Nerves Gr 3-8
By Trevor Romain & Elizabeth Verdick
Stress can make you feel anxious, awful, and afraid. When kids show signs of stress, they need stress management tools that work. With jokes, fun illustrations, and plenty of authentic examples, this book helps kids understand what stress is—and gives tons of tips to cope. Refreshed to address modern stressors like electronic devices and social media, this updated classic helps kids deal with stress like a seasoned panic mechanic. Softcover, 104 pages.
B975-IN8 $9.99

Mindfulness for Teen Anxiety Gr 6-12
A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else
By Christopher Willard PsyD
Offers mindfulness-based practices to cope with anxiety, identify common triggers, learn valuable time-management skills, and feel more calm at home, at school, and with friends. Provides tips and teaches special breathing exercises and guided visualization exercises. Softcover, 168 pages.
B514-IN8 $16.95

The Anxiety Workbook for Teens Gr 7-12
By Barbara Cooper and Nancy Widdows
Written by an experienced therapist, this workbook gives teens a collection of tools to help control anxiety and face day-to-day challenges. Gives anxious teens insight into their problems and offers practical guidance for overcoming them. Softcover, 178 pages.
A658-IN8 $15.95

Superhero Therapy Gr 3-8
Mindfulness Skills to Help Teens and Young Adults Deal with Anxiety, Depression, and Trauma
By Janina Scarlett
Illustrated by Marvel and DC Comics illustrator Wellinton Alves, this fun, unique, and “outside-the-box” self-help guide provides everything you need to begin your very own superhero training using evidence-based ACT and mindfulness skills. By learning to face up to their inner villains and monsters, a group of troubled heroes will inspire you to overcome your problems as well with new tools like mindfulness, self-compassion, and values. Softcover, 112 pages.
B894-IN8 $17.95
MINDFULNESS FOR TEEN WORRY

GR 6-12

An Instant Help for Teens Book about Quick and Easy Strategies to Let Go of Anxiety, Worry and Stress

By Jeffrey Bernstein

In this book, a clinical psychologist offers quick, easy-to-learn mindfulness skills teens can use anytime, anywhere to stop worries from growing and taking over. Mindfulness for Teen Worry will show you how living in the moment will dissolve worry and help you stay grounded in the here and now. Learn powerful and easy-to-use mindfulness skills to manage the four most common worry struggles teens face: school pressure, coping with friendship and relationship problems, improving body image, and handling family conflicts. Discover why you worry and the long-term destructive impacts worry can have on your life. And most importantly, you’ll be introduced to simple, effective techniques to help you become more mindful—like harnessing the power of the breath and how to relax your body in times of stress. If you struggle with worry or anxiety that gets in the way of being your best, this fun and friendly guide will help you maintain a mindful life in a frenzied world. Softcover, 240 pages.

A769-IN8 $19.95

THE WORRY WORKBOOK FOR TEENS

GR 9-12

Effective CBT Strategies to Break the Cycle of Chronic Worry & Anxiety

By Jamie A. Micco

This fun, practical workbook offers effective, easy-to-understand cognitive behavioral therapy (CBT) exercises to help you understand your chronic worrying, toss “junk mail” thoughts, and manage your fears in a constructive way. Do you worry all the time? Maybe you’re worried about school, tests, making new friends, or even about what the future holds? With this book, you’ll uncover the real reasons you worry all the time, stop unhelpful “junk mail” thoughts from taking over, challenge your worries, face your fears, and—most importantly—reach your goals! If you’re tired of worrying, this friendly guide can help you get your life back. Softcover, 176 pages.

B850-IN8 $16.95

SNOOTY STUDIES

CARD GAME

GR K-5

By Poppie Moon, Ph.D.

Contains a set of 50 cards for students in K-5, and an additional 100 cards that are appropriate for students in grades 3-5. This game’s easy instructions and simple setup make it the perfect game for individual, small group, and classroom guidance.

A769-IN8 $19.95

STUDY SKILLS FUN GAME

KIT WITH CD

GR K-6

NEW FORMAT! Through the use of activity-oriented games, students will see the importance of good listening habits, organizational skills, positive work habits, and goal-setting. This game kit includes 95 classroom or small-group activities that promote positive study habits. Includes CD with printable PDFs of reproducible pages and game cards. Softcover, 72 pages.

CD-ROM

A794-IN8 $23.95

MOTIVATING UNDERACHIEVERS WITH DIGITAL LINK

GR K-12

By Carolyn Coil

Explore 220 strategies that help underachievers build self-esteem, improve study skills, remediate academic weaknesses, and motivation. Learn how to work with parents of underachievers and encourage flexibility and change within the school system. Digital Link includes reproducible handouts in PDF and WORD files. Softcover, 112 pages.

A383-IN8 $28.95

MOTIVATING STUDENTS WHO DON’T CARE

GR K-12

Successful Techniques for Educators

By Allen Mendler

Help discouraged students by reawakening their enthusiasm for learning. The five processes for motivating students include emphasizing effort, creating hope, respecting power, building relationships, and expressing enthusiasm. Questions for reflection will help you identify motivating strategies from your experience and apply the five key processes to the challenge of changing your students’ lives. Softcover, 80 pages.

A730-IN8 $19.95

TESTING/STUDY SKILLS/MOTIVATION ISSUES

COUNSELING RESOURCES

1-866-318-NCYI (6294) or fax: 423-899-4547 • www.ncyi.org
Motivating Defiant and Disruptive Students to Learn  Gr K-12
Positive Classroom Management Strategies
By Rich Korb
This book will help you stay calm and keep you and your students focused on learning. This staff development program is filled with strategies you can read today and apply tomorrow. They have been classroom tested and praised by teachers looking for guidance when they wanted to scream, yell, or cry. Softcover, 184 pages.
B234-IN8  $34.95

Fall Down 7 Times, Get Up 8  Gr K-12
Teaching Kids to Succeed
By Debbie Silver
Addresses the relationship between student motivation and risk failure. Demonstrates what to say when giving feedback to students. Includes a discussion guide and provides helpful strategies for helping students learn to solve problems, take risks, and pursue success with confidence. Softcover, 240 pages.
B234-IN8  $33.95

Tyler Tames the Testing Tiger  Gr 2-5
By Janet Bender
This resource provides helpful resources for parents, teachers, and counselors who prepare children for standardized and other tests. Includes a test anxiety self-assessment, strategies and techniques for taking tests, and reproducible work sheets. Softcover, 70 pages.
696-IN8  $19.95

101 Creative Strategies for Reaching Unmotivated Student Learners  Gr 2-8
By Susan J. Smith-Rex & James H. Rex
Designed to help unmotivated learners by offering techniques, activities, and materials designed to make a positive difference. The 101 strategies are organized around themes of self-esteem, organization, motivation, listening skills, parent strategies, and discipline. Softcover, 109 pages.
762-IN8  $22.95

Focus on the Test  Gr 3-5
by Mary Pat McCartney
A five-lesson classroom or small group program that packages effective test-taking strategies and relates them to the word FOCUS. Each lesson emphasizes one of the letters of the word. Softcover, 64 pages.
A509-IN8  $14.95

STEP UP to Better Grades with CD  Gr 3-5
8 Sessions that Teach Children Good Study Habits
By Robin Zorn
Eight core lessons focus on the following topics: Study Habits, STEP UP (Space, Tools, Endings, Pay Attention, Understanding, Practice), and Next Steps. Suitable for classroom, small groups, or individual students. Complete this program in as few as 8 sessions, or you can choose from the other materials in this resource to extend the program. Includes reproducibles and more. Softcover, 180 pages. CD-ROM
B509-IN8  $34.95

School Made Easier  Gr 3-8
A Kid’s Guide to Study Strategies and Anxiety-Busting Tools
By Wendy Moss & Robin A DeLuca-Acconi
This book will show you how to:
Understand your academic stress; Use “mind games” to feel less stressed and more confident; Problem-solve to cope with stressful situations; Organize your papers and files; Use executive functioning skills to make homework and studying easier; and much more! Start reducing your anxiety and increasing your confidence in school. Softcover, 128 pages.
B881-IN8  $12.95

How to Do Homework without Throwing Up  Gr 3-8
By Trevor Romain
Refreshed to address modern distractions like the Internet and electronic devices, this updated classic (with hilarious full-color illustrations) helps kids see that they can handle their homework and emphasizes how terrific it feels when they finish. Kids will learn how to make a homework schedule, when to do the hardest homework (first!), the benefits of doing homework, and more. Softcover, 80 pages.
B880-IN8  $8.95

How to Do Homework without Throwing Up DVD  Gr 1-6
Through music and fun, teaches good homework skills such as homework scheduling, eating healthy snacks, and more! DVD includes teacher/parent resource guide. Run time approx. 80 minutes, including special features. DVD
A482D-IN8  $29.95

Study Strategies Plus  Gr 8-12
Building Your Study Skills and Executive Functioning for School Success
By Sandi Sirotowitz, By Leslie Davis, By Harvey C. Parker
This book describes the executive functions of the brain then provides practical exercises to foster better attention, communication, memory/retention, time management, and self-control. Softcover, 125 pages.
B296-IN8  $18.95
Self Management: All About Middle School DVD with CD  Gr 5-8
After viewing, students will learn how to identify and cope with academic, physical and social changes, and be able to develop strategies for handling social pressures. Demonstrates ways to achieve a balance between school work and activities and being organized. Includes 21 reproducible student worksheets on CD and a teacher’s guide. 25 minutes. CD-ROM DVD
A137D-IN8  $139.95

Operation: Breaking the Middle School Code GR 5-8
By Poppy Moon and Cathy Wooldridge
This book focuses on the successful transition from elementary to middle school that all students want to achieve. Whether your setting allows extended access to large and small group sessions or quick, streamlined sessions this book will meet your needs. From personal hygiene to time management to fostering resiliency this book will cover the hot topics on the hearts and minds of this age group. Softcover, 142 pages.
B595-IN8  $24.95

What Could You Do? DVD Series Gr 6-8
Real Life Situations Faced by Middle School Students
By Robb Underwood
Guidance counselors, teachers, social workers, administrators, parents, mentors, etc. can utilize these DVDs as a powerful tool for engaging middle school students in discussions about real-life issues they face. The scenarios are realistically acted out by middle school students. It includes 5 video scenarios for each of the four topics. At the decisive moment in each story, a question will appear prompting students to discuss what they could do to resolve the situation. Once the discussion is complete, the next part of the video will show likely results from different decisions enabling viewers to learn from the possible outcomes. After the conclusion of each scenario, a follow-up question will appear, enabling further discussion into the selected topic.

Volume 1
Includes 20 video scenarios on the topics of bullying, being successful in school, making and keeping friends, and drama.
DVD B588D-IN8  $49.95

Volume 2
Volume 2 includes 20 video scenarios on the topics of conflict resolution, emotions, respect and self-control.
DVD B882D-IN8  $49.95

Buy Both and Save!
B883D-IN8  Price $89.95

The Boy Who was Swallowed by the Drug Monster
DVD Gr 2-6
Based on the effects drugs had on Sue Pettit’s 8-year-old son, Vince. Follow his life to the powerful conclusion when Vince speaks from jail and shares how this monster stole his childhood. 13-minutes, includes discussion guide.
DVD 188D-IN8  $34.95

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facebook.com/ncyi.org  twitter.com/ncyi
I Said No! Gr K-3
By Zack and Kimberly King
Provides parents, counselors and educators a way to help kids set healthy boundaries for their private parts. To help, Zack and his mom wrote this book for other kids dealing with a range of problematic situations. Softcover, 38 pages.
A563-IN8 $12.95

Play-2-Learn Dominoes: CyberSmart Gr 3-7
This game covers Internet safety, bullies, scams, viruses, and identify theft as they pertain to computers, cell phones, and other wireless devices.
A617-IN8 $24.95

SAFETY ISSUES

Your Body Belongs to You Gr PK-2
By Cornelia Spelman
In simple, reassuring language, this book explains that a child’s body is his/her own, it’s OK for children to decline a friendly hug or kiss and still be friends. Defines private parts and stresses importance to tell if someone tries to touch your private parts. Softcover, 24 pages.
A546-IN8 $6.99

I Can Play It Safe Gr PK-2
By Alison Feigh
Covers topics like safe vs. harmful secrets, safe vs. harmful touches, and the importance of having a community of trusted adults. Hardcover, 32 pages.
A351-IN8 $14.99

My Body Belongs to Me Gr PK-3
A Book About Body Safety
By Jill Starishevsky
This straightforward, gentle book offers a tool parents, teachers, and counselors can use to help children feel, be, and stay safe. The rhyming story and simple, friendly illustrations provide a way to sensitively share and discuss the topic, guiding young children to understand that their private parts belong to them alone. The overriding message of this book is that if someone touches your private parts, tell your mom, your dad, your teacher, or another safe adult. Hardcover, 32 pages.
B884-IN8 $12.99

SAFE Dates with CD Gr 6-12
An Adolescent Dating Abuse Curriculum
By Vangie Foshee, Ph.D. and Stacey Longwick, Ph.D.
This book helps young people recognize the difference between healthy, caring, and supportive relationships, and controlling, manipulative, and abusive dating relationships. Effective with both boys and girls, it addresses perpetrators of violence as well as victims. Works as both a prevention and intervention tool, with case studies and activities that are relevant for teens who have not started dating as well as those who have been “going out” for a long time. Softcover, 160 pages. Includes CD.
A604-IN8 $245.00

MINDFULNESS & GROWTH MINDSET

Visiting Feelings Gr PK-3
By Lauren Rubenstein
This book encourages children to treat their feelings like guests — welcome them in, get to know them, and perhaps learn why they are visiting. Children are invited to sense, explore, and befriend all of their feelings with acceptance and equanimity. A Note to Parents provides more information about emotional awareness and mindfulness, plus practical advice and activities for introducing mindfulness into daily family routine. Hardcover, 32 pages.
B885-IN8 $15.95

Master of Mindfulness GR K-5
How to Be Your Own Superhero in Times of Stress
By Laurie Grossman and Angelina Alvarez
This book will give students the skills they need to bring up their own superpowers by showing how mindfulness can help them calm down and deal with things differently. Features real kids’ drawings and stories and covers some of the brain science behind mindfulness along with easy and fun practices. Softcover, 72 pages.
B778-IN8 $14.95

SMART Guidance CD: Mind Your Mindset Gr K-6
By Will Moody
These 10 interactive, animated lessons are ideal for classroom guidance, a small group or even individual counseling. Great for a computer/laptop or white board. Includes a printable pdf lesson plan guide that describe in detail what happens in each frame of the interactive lesson and offers step-by-step direction to teach the lesson. (Windows and MAC compatible)
B895-IN8 $54.95

A World of Pausabilities Gr PK-3
An Exercise in Mindfulness
By Frank J Sileo
Told in rhyming verse and beautifully illustrated, this book is an inviting introduction to mindfulness. Following a neighborhood on a summer day, readers will learn how to apply mindfulness to simple, everyday moments. Includes a Note to Parents and Caregivers that further discusses mindfulness and ways to introduce pauses into your child’s life. Hardcover, 32 pages.
B886-IN8 $15.95

SMART Guidance CD: Mind Your Mindset Gr K-6
By Will Moody
These 10 interactive, animated lessons are ideal for classroom guidance, a small group or even individual counseling. Great for a computer/laptop or white board. Includes a printable pdf lesson plan guide that describe in detail what happens in each frame of the interactive lesson and offers step-by-step direction to teach the lesson. (Windows and MAC compatible)
B895-IN8 $54.95
COUNSELING RESOURCES

Integrating Growth Mindset in Schools with Digital Link GR K-12
Strategies and Scripts for Bringing Growth Mindset to Your Learning Community

By Lisa King, Ed.S, LPC

Integrating Growth Mindset is a guide to help you streamline growth mindset into school programs with a well-structured, evidence-based method to deliver information, specifically broken into K-8 and 9-12. This manual provides email templates, scripts, and downloadable Powerpoints. Also provides Mini Posters and Interactive Lessons for group and classroom Softcover, 188 pages.

B955-IN8 $27.95

Mindset Matters with Digital Link Gr 2-7
A Counseling Curriculum to Help Students Understand How to Help Themselves Succeed with a Growth Mindset

By Lisa King, Ed.S, LPC

The lessons in this book will provide your students with a foundation of brain science, the magic of grit, and the benefits of learning, which will help them see the positive outcomes of having a growth mindset. Softcover, 168 pages.

B650-IN8 $27.95

How the Brain Influences Behavior Gr K-12
Management Strategies for Every Classroom

By David A. Sousa

This book presents current information on brain development and function and highlights factors that affect social and emotional decision making and negative behaviors. Provides methods for teaching self-control and fostering positive relationships with troubled students. Features reproducible forms, worksheets, checklists, additional references, and more. Softcover, 264 pages.

B227-IN8 $41.95

Mind Designs with CD Gr K-12

By Angela Troppa

The worksheets in this book have been field-tested with children and adolescents who are experiencing trauma and/or young people with mild to severe social/emotional/behavioral challenges and will help facilitate deeper personal conversations. CD includes Reproducible Activities, Worksheets and Discussion Questions. Softcover, 100 pages.

B461-IN8 $29.95

My Feelings Workbook Gr 1-4

By Aaron Wiemeier, MS, LPC

Designed to help children understand, deal with, and process emotions and feelings on a nonverbal body level. Helps children figure out how they feel and WHERE they feel—learning to build stronger bridges between their emotional minds and their thinking minds. Contains activities, strategies and reproducible worksheets. Softcover, 105 pages.

B069-IN8 $19.95

Building Growth Mindset with P.E.P. Power! With CD GR 2-6
Teaching the New Smart! Positive Thinking, Effort and Perseverance

By Diane Senn

Encourage students by improving their positive growth mindset and applying its concepts and skills daily. “P.E.P.” is an acronym for Positive Thinking, Effort & Perseverance, three essential elements of a positive growth mindset and provides the fun and creativity of the PEP Chant and various PEP slogans (P.E.P. Power!, P.E.P. Check, P.E.P. Talk...) to set the tone for learning, to redirect, to remind, and to encourage students to be using the skills of the Growth Mindset. Can be used with individuals, small groups or classrooms and/or in a P.E.P. Rally for your entire school. Includes a CD of reproducibles. Softcover, 200 pages.

B983-IN8 $32.95

The ABCs to a Mindful Me! with CD GR 3-6
Activities, Games and Information to Help Kids Learn and Practice Mindfulness and Improve Their Mindset

By Joan A. Zientek

Kids who practice mindfulness can benefit in many ways. They may: have less stress and anxiety; be more confident; have better relationships with family and friends; and more. This book provides interesting and fun activities and information that will help children learn the ABC’s of Mindfulness: Attention, Balance, and Compassion. Suitable for use in individual and small-group counseling and classrooms. Include CD-Rom of printable worksheets and game Softcover, 72 pages.

B985-IN8 $21.95

Mindfulness it’s Elementary GR 3-6
A Curriculum for Helping Young People Increase Their Social, Emotional and Academic Success

By Joree Rose

This program provides 12 activity-based lessons that will help children learn the essential elements of a positive growth mindset and provides a hands-on strategy for students to practice. These lessons will help you provide students with valuable coping skills that work on slowing down, being more intentional (doing things on purpose rather than doing them through habit) and increasing awareness and attention to what is happening in each moment. Includes Mindful Breathing, Listening, Movement, Body Awareness, and More Softcover, 60 pages.

B981-IN8 $19.95

What’s NEW?
We add NEW resources and products throughout the year to better serve you.

Stay up-to-date with the latest releases by visiting our online catalog at www.ncyi.org!
Guidance Mini-Lessons Book with CD Gr K-6
By Diane Senn
Provides 60 activities. The seven sections in this book offer different approaches to engage your students. A wide range of topics are covered across the three domains of personal/social, academic, and career development and can be used in a variety of settings – class lessons, individual counseling, small groups and school-wide. Includes CD of reproducible worksheets and posters. Softcover, 110 pages.
B972-IN8 $19.95

SMART Guidance CD: Teaching Self-Regulation to Children Through Interactive Lessons Gr K-6
By Will Moody & Brad Chapin
These highly interactive lessons are designed to teach students the skills, strategies, and behaviors they need to regulate their own physical, emotional, and cognitive processes. Designed for use on Windows and MAC-Based Workstations and Digital Whiteboards such as SMART Boards and Promethean Boards.
B460-IN8 $54.95

Mrs. Joyce Gives the Best High-Fives Gr PK-3
Introducing the School Counselor
By Erainna Winnett
This book is a fun-loving story that explains the important role of the school counselor. When Raymond moves to town, he’s not sure what to think of Mrs. Joyce but it does not take long for him to trust the caring counselor. By learning exactly what a school counselor does, Raymond finds he has nothing to fear and much to gain from friendly Mrs. Joyce. Softcover, 34 pages.
B761-IN8 $11.95

Who Moved My Cheese? for Kids Gr K-5
By Spencer Johnson, M.D. & Christopher Johnson
Young readers follow characters Sniff, Scurry, Hem and Haw, who make their way through a maze looking for the “Magical Cheese.” Children follow the friends through the maze of change, and try to identify which character they’re most like-or which they most admire-and what their own Magical Cheese might be. Hardcover, 64 pages.
A387-IN8 $20.99

The Mindful Teen GR 7-12
Powerful Skills to Help You Handle Stress One Moment at a Time
By Dzung X. Vo MD, FAAP
This book offers a unique program based in mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT) to help you deal with stress. The simple, practical, and easy-to-remember tips in this book can be used every day to help you handle any difficult situation more effectively. Softcover, 248 pages.
B573-IN8 $17.95

Building Emotional Intelligence GR K-6
A Skills-Based Curriculum for Improving Children’s Coping, Social and Academic Success
By Aaron Wiemeier
This skills and sensory-based curriculum offers 46 activity-based lessons to provide a comprehensive way to help children increase their emotional intelligence (EQ). Students learn about feelings as they relate to self-awareness, self-regulation, motivation, empathy and social skills. Lessons are flexible and can be delivered to classrooms, small groups or individual students. Topics include: 5 categories of feelings; Emotion level ratings; Coping skills; Nonverbal reading of others; Empathy and social communication skills; and more! Softcover, 144 pages.
B982-IN8 $24.95

GENERAL COUNSELING

Helping Preschool-Age Children Learn Self-Regulation with CD Gr PK-K
Lessons, Activities, Songs, and Games Designed to Give Children the Skills They Need to Succeed for the Rest of Their Lives
By Brad Chapin, Lena Kisner and Brooke Stover
Self-regulation is a universal skill necessary for academic success, emotional control and healthy social interaction. You will be able to address School Readiness, Anger Problems, Anxiety, School Safety, Self-esteem, Social Skills and much more. This guide was developed with a focus on how to “Do More with Less.” The strategies are designed to engage young children in the process to create change quickly. Includes a CD with reproducibles worksheets. Softcover, 100 pages.
B792-IN8 $39.95

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**When All Else Fails! Proven Programs for Reaching Difficult Students**

By Tom Carr

Finally, a realistic, practical, no-nonsense book full of fresh, unique ideas to help "today's" teachers deal with disruptive students. Sprinkled with poems, short stories, mottos, affirmations, checklists, and valuable reproducibles. Ends with an in-depth description of the Back-Up unit (program based on a ten year study) that helped decrease a school's discipline problems by nearly 80%. Softcover, 108 pages.

A683-IN8 $19.95

**Evidence-Based School Counseling**

Making a Difference With Data-Driven Practices

By Carey Dimmitt, John C. Carey & Trish Hatch

Provides a practical process for using evidence to determine three critical issues: what needs to be done, which interventions should be implemented, and whether or not the interventions are effective. Aligned with the American School Counselor Association’s National Model. Softcover, 240 pages.

B404-IN8 $36.95

**The Mechanics of School Counseling Workbook**

GR K-12

By Eric Chaney

Obtaining a new counseling position can be both exciting and overwhelming. This workbook is designed to shorten and moderate the learning curve by providing specific questions to ask in your new setting, reducing your legwork and maximizing your direct involvement with students and parents. These are the things you would learn gradually over time, and spend a great deal of time looking for the answers in a piecemeal fashion. When fully utilized, you should have a wealth of current, relevant and important information at your disposal. Softcover, 48 pages.

B510-IN8 $15.95
The School Counselor’s Book of Lists Gr K-12
By Dorothy J. Blum, Ed.D., Tamara E. Davis, Ed.D.
A554-IN8 $34.95

The Big Book of Parenting Solutions Gr K-12
101 Answers to Your Everyday Challenges and Wildest Worries
By Michele Borba
Michele offers advice for dealing with children’s difficult behavior and hot button issues including biting, temper tantrums, cheating, bad friends, inappropriate clothing, sex, drugs, peer pressure, and much more. Softcover, 694 pages.
B312-IN8 $19.95

Brief Counseling That Works Gr K-12
By Gerald B. Sklare
A practical overview of the fundamental principles of SFBC. Contains many valuable tools including reproducible materials; short case studies and session transcripts; and practice exercises to help readers apply the techniques. Softcover, 184 pages.
146-IN8 $31.95

Counseling Toward Solutions Gr K-12
By Linda Metcalf
Step by step, this book shows how to help individual students begin their own change process by noticing when a problem does not occur—that is, when things go better than normal—rather than focusing on the problem or what caused it. It offers guidelines for dealing with specific problems ranging from incomplete homework to child abuse and depression. Softcover, 242 pages.
A167-IN8 $32.95

School Counselor Accountability Gr K-12
A MEASURE of Student Success
By Carolyn Stone & Carol A. Dahir
Provides strategies for understanding, designing and implementing accountability measures as the cornerstone of a comprehensive school counseling program. Provides school counselors, counselor educators, graduate students and school administrators with the knowledge and skills to use data informed practice to connect school counseling programs to school improvement. School counselors learn how to lead, advocate, and collaborate with colleagues. MEASURE is an action research model that serves as a supplemental text for school counseling and administration courses. The book shows how to design and implement accountable programs and how to measure and report results. MEASURE is a tool that school counselors can use to align their work with the accountability requirements of state and national standards such as No Child Left Behind. Softcover, 144 pages.
A078-IN8 $52.20

The School Counselor Organizer Gr K-12
By Janice King
2nd Edition. This resource will help you to keep all your valuable planning information, intervention records and resources in one book. It’s an organizational tool and quick reference guide. Professionally designed forms are included for you to record information about: Parent and Teacher Conferences; School Counselor Focus; Highlights; Committee Assignments and Notes Standards Covered; Weekly Plans; and more! Softcover, 200 pages.
B953-IN8 $19.95

Lost and Found with Digital Link Gr K-Young Adult
Rescuing Our Children and Youth from Video, Screen, Technology and Gaming Addiction
By Kim “Tip” Frank, Ed.S., LPC, Contributing author: Mike Paget, M.Ed
This book will provide you with ideas and principles that are specific to issues related to the overuse and abuse of technology. The comprehensive approach provided in this book will help parents, caregivers, and professionals feel more confident and effective through a better education of the factors and warning signs leading to technology addiction. It also offers practical exercises and resources to help those suffering its effects. Softcover, 124 pages. DVD
B405-IN8 $22.95

If You Don’t Take Care of Your Body, Where Else are You Going to Live? DVD Gr 1-6
Coach Trevor Romain issues a 30-day fitness challenge while explaining the importance of a healthy lifestyle. Jack, Skye and Darryl learn that taking better care of your body can actually be fun! 30 minutes, plus special features. DVD
Includes English and Spanish versions
A487D-IN8 $29.95
Facing Fear without Freaking Out

**DVD**  **Gr 1-6**
At Screamworks Island, Jack and Skye are forced to face their fears. Trevor offers fear-busting guidance to kids hoping to overcome their anxieties. 30 minutes, plus special features. **DVD** includes English and Spanish versions.

A484D-IN8  $29.95

Turn the Page for Play Therapy Activities with CD  **Gr 2-5**

*By Dr. Michele Neace Page & Dr. Joy A. Wilson*
This book is a compilation of activities on various topics that give children the opportunity, among other things, to better communicate, build self-esteem and reduce stress. Activities include Circle of Strength, Helping Hand, Keeping Afloat, Life Path and much more! Softcover, 144 pages.

A397-IN8  $27.95

Don’t Behave like You Live in a Cave  **Gr 2-8**

*By Elizabeth Verdict*
Help kids make smarter choices at home and at school. This kid-friendly book takes a positive approach to behavior problems. With full-color cartoons and humorous text, this book helps readers learn to make thoughtful, deliberate, positive behavior decisions. That means fewer behavior problems and more freedom—and fun. Softcover, 128 pages.

B258-IN8  $9.99

Positive Visualizations with CD  **Gr 3-7**

*By Victoria Cull*
For school counselors whose student needs help right away, this book includes 50 resource pages on the topics of problem solving, school skills, character education, anger, self-concept, and feelings. Includes ASCA Standards. Softcover, 128 pages.

A793-IN8  $26.95

101 Solutions for School Counselors and Leaders in Challenging Times  **Gr 3 and Up**

*By Stuart F. Chen-Hayes, Melissa S. Ockerman, E.C.M. Mason*
With a focus on core standards, social justice, and evidence-based programs and services, this book is a must-have for anyone interested in a comprehensive, practical approach to school counseling strategies that promote student success. In a Q&A format, this book provides 101 solutions to common counseling issues across the K–12 spectrum on topics ranging from data-driven counseling to bullying, collaboration, and equity. Includes online supplements. Discover a wealth of affordable counseling practices that make your job easier and more effective, demonstrate the power of a school counselor, and help all students succeed. Softcover, 376 pages.

B536-IN8  $34.95

Energizing Brain Breaks  **Gr 3 and Up**

*By David U. Sladkey*
This full-color flip book contains 50 brain breaks that you can put to immediate use across the grades. No preparation or supplies are required; just one to two minutes of your time when you see a need. You’ll find pictures, directions, and online videos. There’s no better way to help students remain sharp and alert, reenergized to take on the next task of learning! Spiral Softcover, 64 pages.

B535-IN8  $19.95

Interventions for In-School Suspension with CD  **Gr 4-12**

*By Catherine Pardue*
Includes activities, worksheets and lessons as well as units on decision-making, behavior management, bullying, choices, conflict resolution, organization and study skills and more. Softcover, 216 pages.

819-IN8  $34.95

Boost Emotional Intelligence in Students with Digital Link  **GR 5-9**

*30 Flexible Research-Based Activities to Build EQ Skills*
By Maurice J. Elias & Steven E. Tobias
Developing emotional intelligence (EQ) in students is essential to preparing them for success in college, careers, and adult life. This practical resource for educators explains what emotional intelligence is and why it’s important for all students. The book lays out detailed yet flexible guidelines for teaching fundamental EQ in an intentional and focused way. The core of the book is a series of thirty hands-on lessons, each focusing on critical EQ concepts and centered around productive and respectful discussion. These research-based lessons are designed to take approximately thirty-five minutes each, but they can easily be adapted to meet the specific needs of a school or group. Digital content includes reproducible forms. Softcover, 192 pages.

B978-IN8  $39.99

The Ultimate Middle School Counseling Handbook with CD  **Gr 6-9**

*By Tim Handrich & Deb Schroeder*
The result of programs that have been implemented and field-tested, this book includes everything needed to implement seven programs. Focus includes friendship, family, decision-making, gifted and talented students, drug-free kids, college and career, child abuse, eating disorders, and self-mutilation. Includes CD of reproducible pages. Softcover, 272 pages.

A854-IN8  $37.95

Best Practices for Effective Secondary School Counselors  **Gr 6-12**

*By Carla Shelton & Edward James*
A handbook of six practices and specific action plans allowing counselors to implement programs such as evaluation, advisement and communication, career education, transition and professional development. Softcover, 256 pages.

A072-IN8  $39.95

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RESPONSE TO INTERVENTION

Who Moved My Cheese? for Teens  Gr 6-12
By Spencer Johnson, M.D.
From the best-selling author of Who Moved My Cheese, comes the version for teens. With this book, teens will learn to make their way through the Maze of Change with Sniff, Scurry, Hem and Haw, and have fun finding their cheese—what's important to them. Hardcover, 98 pages.
A386-IN8 $19.95

Parenting a Troubled Teen  GR 6-12
Manage Conflict and Deal with Intense Emotions Using Acceptance and Commitment Therapy
By Patricia E. Zurita
Raising a teen is tough—especially when your teen has trouble regulating their emotions and lashes out. This book will give you the tools you need to stop unwittingly reinforcing your teen's bad behavior, reduce conflicts, and get your teen on track with the things that really matter. Based in proven-effective acceptance and commitment therapy (ACT). In the book, you'll find the tools you need to parent your troubled teen, pay attention to your own reactions, and put an end to the cycle of conflict that has taken over your home. If you're committed to improving your relationship with your teen, helping them take charge of their emotions, and ending family conflict, this practical guide will show you how.
Softcover, 224 pages.
B963-IN8 $16.95

Innovative Strategies for Unlocking Difficult Adolescents  Gr 7-12
By Robert Bowman, Kathy Cooper, Ron Miles, Tom Carr & Tommie Toner
Great resource for “difficult” to manage students. Full of strategies and activities for reaching attention seekers, aggressive manipulators and apathetic students. Softcover, 142 pages.
A155-IN8 $19.95

Effective RTI Training and Practices with CD  Gr K-12
Helping School and District Teams Improve Academic Performance and Social Behavior
By Gary L. Cates, Craig Blum, & Mark E. Swerdlik
Designed to increase the knowledge and develop the skills of school personnel. Uses a data-based decision-making approach that emphasizes accountability. Integrates best practice, research, law, and consultative experiences. Includes reproducible forms, handouts, RTI templates, and a customizable PowerPoint slide set. Softcover, 168 pages.
B335-IN8 $29.99

Solution-Focused RTI  Gr 6-8
A Positive and Personalized Approach to Response-to-Intervention
By Linda Metcalf
Provides an effective approach to Response-to-Intervention using a “solution-focused” method, which emphasizes a student’s strengths rather than his or her weaknesses. This important book guides educators to identify exceptions to students’ learning problems and design personalized interventions that can help those students succeed.
Softcover, 224 pages.
A962-IN8 $32.95

The One-Stop Guide to Implementing RTI  Gr K-12
Academic and Behavioral Interventions
By Maryln Appelbaum
This resource walks readers through the complete process of implementing RTI. Provides practical how-to’s and reproducibles and more than 100 research-based academic and behavioral interventions to improve learning in all subject areas. Softcover, 160 pages.
B232-IN8 $28.95

Parenting a Teen Girl  Gr 7-12
A Crash Course on Conflict, Communication, and Connection with Your Teenage Daughter
By Lucie Hemmen Ph.D.
This workbook offers parents the skills, exercises, and scripts they need to decrease their anxiety, increase understanding in the parent-teen relationship, and become more successful in communicating with their teen daughters. The book includes information on dating, academics, and technology use. Softcover, 192 pages.
B173-IN8 $19.95

What’s Eating You?  Gr 7-12
By Tammy Nelson, MS
Discusses the motivations behind food relationships and how the need to control what you eat can control you. Includes worksheets with questions and exercises targeting the cultural myths, perfectionism, stress, and lack of self-confidence that are often at the heart of a dysfunctional relationship with food.
Softcover, 128 pages.
A665-IN8 $17.95

Helping Teens Learn Self-Regulation with CD  Gr 7-12
Lessons, Activities and Worksheets for Teaching the Essentials of Responsible Decision-Making and Self-Control for TEENS!
By Brad Chapin
These strategies can be used for quick interventions with individual adolescents. They can also be used to create dozens of unique curricula, tailor-made to target specific problem areas for small groups or classrooms in middle and secondary schools.
Softcover, 110 pages. CD-ROM
B463-IN8 $39.95
BOYS AND GIRLS ISSUES

The Inner-Beauty Secret  GR PK-5
By Keisha Howard

With either a picture book or Interactive CD available, The Inner-Beauty Secret will teach young children the importance of the character traits that are found within. Topics such as trustworthiness, kindness, respect, and responsibility are covered. Children are encouraged to find genuine beauty within while also learning to accept themselves, differences and all. Can be used in small group counseling sessions or read to an entire class.

Picture Book  B582-IN8  $14.95
Includes discussion questions, inner-beauty tips for parents and educators, reproducible worksheets and lesson plans. Softcover, 32 pages.

CD  B796-IN8  $29.95
These highly interactive mini-lessons and animated storybook can be used on any digital white board such as Promethean Board™, SMART Board™, or simply on a computer.

Operation: Breaking the Code Card Game  Gr 3-5
By Poppy Moon & Cathy Wooldridge

An 8-week small group guidance program for boys giving them a rare opportunity to experience and celebrate different areas of masculinity. Seven lessons examine the complexities of being a young man and the meaning of brotherhood in a variety of cultures. Lessons also include a special lesson plan for individual counseling. Softcover, 142 pages.

B183-IN8  $24.95

Operation: Breaking the Girl Code Card Game  Gr 3-5
By Poppy Moon & Cathy Wooldridge

Reinforces appropriate friendship skills and personal skills focusing on gender-specific examples. Play with a group of 2-3 friends or with a group of 4-8 students. Color-based subject-areas include: Blue: Think About It; Green: Character Traits; Red: Friendship Skills; Yellow: Making a Difference.

B354-IN8  $17.95

Girls Unlimited Curriculum  GR 5-8
Six Life-Changing Lessons for Middle School Girls
By Karin Kasdin

This evidence-based curriculum empowers girls to become their most authentic and empathetic selves. Fun activities and thoughtful discussion topics will help girls discover: Practical ways to manage anger or upset; How to intervene when witnessing relational aggression; The meaning of self-respect and self-care; and more. Softcover, 80 pages.

B794-IN8  $24.95

Drama-Free Tweens with CD  GR 5-8
A Group Manual for “Sassy” Preteen Girls
By Linda Thomas Poindexter, Ed.S.

The purpose of this book is not to take away their spirited sassiness, but to teach tween girls practical coping strategies and to be aware if they’re receiving positive or negative attention. This 10-session small group manual encourages less behavior infractions, increased levels of motivation, more proactive instead of reactive behaviors, a willingness to seek help from the counselor to avoid drama-infused situations, and more positive attitudes about being a young woman and the meaning of sisterhood in a variety of cultures. Lessons also include a special lesson plan for individual counseling. Softcover, 142 pages.

B569-IN8  $17.95

Guiding Girls toward Greatness with CD  Gr 5-12
15 Pillar-Based Lessons To Empower Girls
By Melanie Martin

Designed to help teach important life lessons, the activities are divided into three pillars that focus on teaching young women the importance of leadership skills, self-esteem building, and community building. Can be taught individually or used as a complete curriculum for use with small-group counseling, as classroom lessons, after-school programs, or as a school-wide girls’ program. CD includes reproducible pages. Softcover, 88 pages.

B175-IN8  $21.95

Operation: Breaking the Boy Code  Gr 3-5
By Poppy Moon

An 8-week small group guidance program for boys giving them a rare opportunity to experience and celebrate different areas of masculinity. Seven lessons examine the definition of masculinity and meaning of brotherhood in a variety of cultures. Lessons also include a special lesson plan for individual counseling. Softcover, 142 pages.

A684-IN8  $24.95

Big Tweens Lil Tweens with CD  GR 5-8
A Peer Mentoring Guide for Preteen Girls
By Linda Thomas Poindexter

In this program, each big tween is assigned a new student—lil tween—to work with for 10 sessions. During their time together, they complete nine sessions during which the lil tweens become knowledgeable about: Making appropriate decisions; and more. CD includes PDF files with colorful reproducible activity sheets and four 11 x 17 printable posters. Level 1 Whiteboard compatible. Softcover, 48 pages.

B779-IN8  $17.95

1-866-318-NCYI (6294) or fax: 423-899-4547  •  www.ncyi.org
### Body Image Workbook for Teens GR 6-12

**Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World**  
*By Julia V. Taylor, MA, PhD*

This book contains practical exercises and tips that address the most common factors that can lead to negative body image, including: comparison, negative self-talk, unrealistic media images, societal and family pressures, perfectionism, toxic friendships, and a fear of disappointing others. Stop comparing yourself to others, silence your inner critic, and build authentic, lasting self-confidence. Softcover, 200 pages.  
*B513-IN8 $16.95*

### Express Yourself GR 7-12

**A Teen Girl’s Guide to Speaking Up and Being Who You Are**  
*By Emily Roberts MA, LPC*

Discover assertive communication skills including how to speak up when you’re upset, asking for what you want, and coping with intense emotions. This book offers skills based in dialectical behavior therapy (DBT) and cognitive behavioral therapy (CBT) to help you create positive interactions with others and deal with difficult emotions. Also provides strategies that will boost your self-esteem and confidence. Softcover, 232 pages.  
*B575-IN8 $17.95*

### The Teen Girl’s Survival Guide GR 7-12

**Ten Tips for Making Friends, Avoiding Drama, and Coping with Social Stress**  
*By Lucie Hemmen PhD*

This guide offers ten tips to guide you toward creating and maintaining the social life you want. Even better, the real experts that make this guide special are older teen girls who have recently been where you are now. Grounded in evidence-based cognitive behavioral therapy (CBT), the ten tips guide you in developing yourself in both simple and significant ways. Includes thought-provoking exercises and quizzes. Softcover, 208 pages.  
*B618-IN8 $17.95*

### Taking the “Duh” Out of Divorce DVD Gr 1-6

*Includes English and Spanish versions*

*By Raychelle Cassandra Lohmann and Sheila Raja*

Through real-life stories from survivors and powerful, evidence-based tools, this empowering workbook will help you move past your trauma and serve as a comforting reminder that you are strong and resilient. Provides practical and proven-effective strategies and exercises to help promote emotional healing and reclaim your sense of self. Softcover, 200 pages.  
*B775-IN8 $16.95*

### Getting Through My Parent’s Divorce GR 2-5

**A Workbook for Children Coping with Divorce, Parental Alienation, and Loyalty Conflicts**  
*By Amy J. L. Baker PhD, Katherine Andre PhD*

In this book, two psychologists and experts in parental alienation offer a fun and engaging workbook to help kids work through stressful or confusing emotions and feel safe and loved—no matter what. Provides practical and proven-effective strategies and exercises to help promote emotional healing and reclaim your sense of self. Softcover, 128 pages.  
*B578-IN8 $17.95*

### Safe Travels Through the Divide with Digital Link Gr 3-8

*By Kim “Tip” Frank, Ed.S., LPC*

This book gives you the tools and understanding needed to help make the journey through divorce or separation as safe and comfortable as possible for children, while minimizing lasting effects. By means of a comprehensive pathway system, it will help your students adjust to their new lifestyle. Softcover, 100 pages.  
*A874-IN8 $22.95*

### The Divorce Workbook for Children GR 2-5

*By Lisa Schab*

Offers simple and engaging activities that can help you help kids address and cope with issues related to parental divorce. The goal of these activities is to help kids feel ‘out of the middle’ of the parental conflict and learn to be more resilient and self-reliant. Softcover, 152 pages.  
*A743-IN8 $24.95*
25 Things to Do  Gr PK-7
When Grandpa Passes Away, Mom and Dad Get Divorced or the Dog Dies
By Laurie Kanyer
This collection of simple activities will help a child accept a loss and reassure the child that he/she can feel better. Includes a section to help adults understand the child’s emotions and select appropriate activities. Softcover, 127 pages.
A094-IN8 $13.95

Mending Hearts  Gr PK-6
By Amy R. Murray
A practical school grief resource for school counselors, teachers and administrators. Includes parent/teacher helps for different ages, a story to share with children, outlines for counseling sessions and activities for individuals or small groups. Softcover, 64 pages.
507-IN8 $19.95

Why Would Someone Want to Die?  Gr K-3
By Rebecca Schmidt
This story and activity workbook equips you with tools to help explain suicide openly and honestly to children. Includes parent section, resource list and grief chart. Softcover, 56 pages.
A135-IN8 $19.95

Ned’s Journey through Grief – A Storybook on CD  Gr K-4
A Recovery Story of a Very Sad Little Girl and Her Teddy Bear, Ned
By Danette Simmons
This resource provides an unique way to help children understand and cope with loss. It teaches empathy and resiliency through the story of a little girl who helps her teddy bear with his loss issues. A sad, little girl named Jaylee loves her new teddy bear named, Ned. But soon she discovers he’s a survivor of an accident and is grieving the loss of his sister and papa. Jaylee works to help her teddy bear friend on his journey through grief. Includes printable coloring and activity pages and a bonus section for educators, counselors and parents. The story can be shown on a computer, printed on paper, or presented as a classroom lesson using a digital white board such as SMART Board™ or Promethean Board™.
B888-IN8 $14.95

One of the Hardest Days of My Life with CD  Gr K-6
A Reproducible Book to Help Children Work Through Their Grief and Sadness After Experiencing a Life-Changing Event
By Rebecca C. Schmidt
This workbook uses a cellphone and “selfie” theme to engage children who are experiencing a shocking or upsetting life-changing event. As children navigate through the event by drawing their thoughts and feelings in a safe and calm manner, they will identify the life-changing event, their thoughts and feelings about the event, and the adults and friends who can help them. Also includes tips on how to help children who are experiencing a life-changing event. CD contains reproducibles. Level 1 Whiteboard Compatible. Softcover, 32 pages.
B783-IN8 $16.95

Healing Days  Gr K-6
A Guide for Kids Who Have Experienced Trauma
By Susan Farber Straus
This book offers a sensitive and reassuring story intended for children who have experienced trauma and covers the feelings, thoughts, and behaviors that many kids have after a bad and scary thing happens. A useful book to read with a parent or therapist, Healing Days emphasizes that children are not to blame for what happened, and that they can get help and look forward to a happy future. Kids will begin to understand their response to the trauma and learn some strategies for feeling safer, more relaxed, and more confident. Softcover, 32 pages.
B890-IN8 $9.95

102 Creative Strategies for Working with Depressed Children & Adolescents  Gr K-12
By Kaye Randall, Donna Strom & Susan Bowman
Helps identify depression in young people. Includes strategies with reproducible worksheets for working with children in the school setting. Softcover, 120 pages.
A125-IN8 $24.95

What On Earth Do You Do when Someone Dies? DVD  Gr 1-6
Using humor, original music and a compassionate storyline, Trevor and his animated friends, Skye and Jack, offer practical advice for children experiencing grief and loss. Teacher resource guide included. 30 minutes, plus special features.
DVD $29.95

65 Interactive Healing Activities with CD  Gr 1-6
By Rebecca Schmidt
This research-based book includes many reproducible activity sheets and interactive activities to give children an opportunity to express themselves through words, art, storytelling, games, puzzles, and special-interest activities such as gardening. Softcover, 72 pages.
B066-IN8 $20.95
Understanding and Addressing Children’s Grief Issues Gr PK-5

Children who have experienced grief are at a higher risk for depression as they grow. This informative workbook will provide you with comprehensive techniques to address the situation. Softcover, 88 pages.

Confronting Death in the School Family Gr K-12

Guidelines and tools to help your crisis response team respond to the death of a student or staff member. Includes procedures for response, sample announcements, comprehensive classroom plans and worksheets for parents and teachers. A suicide prevention curriculum is also included. Softcover, 152 pages.

Why Did You Die? Gr 2-5

Activities to Help Children Cope with Grief and Loss

By Erika Leeuwenburgh LPC & Ellen Goldring LPC

This book defines the grief process and what can be expected. Also contains activities to help guide children through grieving issues and helps them understand and cope with the reality of death. Softcover, 136 pages.

Understanding and Addressing Adolescent Grief Issues Gr 6-12

A guide through the troubling times caused by a death experience. Helps you understand what the adolescent is going through and gives you comprehensive techniques to address the situation and help foster growth and maturity. Softcover, 88 pages.

COUNSELING RESOURCES

Empowering Children of Incarcerated Parents Gr 2-6

By: Stacey Burgess, LCSW, Tonia Caselman, PhD, LCSW and Jennifer Carsey, MSW

Each chapter includes a brief literature review, suggestions for additional supports, discussion questions, fictional letters between a boy and his incarcerated father, activities, and reproducible worksheets. Individual or small groups. Softcover, 104 pages.

Why Do I Hurt Myself? Gr 3-6

By Susan Bowman and Karen Dean

With support, Elisa, a sixth grader, learns about self-injury and how to use more healthy ways to deal with her sad feelings and “negative thinking.” Includes Elisa’s story, discussion questions, tips for parents, and hands-on activities. Softcover, 32 pages.

Battling the Blues with Digital Link Gr 3-8

By Kim “Tip” Frank

This handbook explains depression and provides practical coping strategies so that children and teens can gain a greater sense of control in their lives. Divided into two sections, one for adult professionals and caregivers, the other for children and teens. Softcover, 96 pages.

Superhero Therapy Gr 3-8

Mindfulness Skills to Help Teens and Young Adults Deal with Anxiety, Depression, and Trauma

By Janina Scarlett

This fun, unique, and “outside-the-box” self-help guide provides everything you need to begin your very own superhero training using evidence-based ACT and mindfulness skills. A group of troubled heroes will inspire you to overcome your problems as well with mindfulness, self-compassion, and values. Softcover, 112 pages.

See My Pain! Gr 5-12

By Susan Bowman & Kaye Randall

For use with individuals or small groups, the reproducible activities help youth express their feelings, understand why they self-injure, engage in a healing process, and explore methods of coping and prevention. Softcover, 128 pages.

Stopping the Pain Gr 6-12

By Lawrence E. Shapiro Ph.D.

This book helps teens (and their counselors) discover the root causes and end self-injury. The exercises help teens understand why they self-injure and dispel myths. They’ll also help them tackle self-esteem issues, recognize and disarm the triggers, communicate, cope with emotions, and commit to change. Softcover, 148 pages.
### Depression: A Teen’s Guide to Survive and Thrive  Gr 7-12
*By Jacqueline B. Toner & Claire A. B. Freeland*

This book will explain what depression is, how it can derail you, and effective ways to take care of yourself if you are depressed. Full of useful information, helpful self-reflection quizzes, and easy-to-do exercises, and based firmly on cognitive-behavioral principles, this book will provide you with a concrete plan that could make a huge difference in your health and well-being. Softcover, 154 pages.

**BB92-IN8 $15.95**

### Beyond the Blues  Gr 7-12
*By Lisa Schab, LCSW*

This comprehensive workbook is an invaluable tool in providing a comprehensive approach to treating depressed teens. The 40 illustrated activities include helping teens be more assertive, finding ways to make friends, handling conflicts, and of course, dealing with sad and difficult feelings. Recent studies tell us that only half of depressed teens get the help they need; this book can make the difference. Simple, effective solutions to: Help Teens Deal with Sad and Difficult Feelings; Be More Assertive; Find New Ways to Make Friends; and Get Help When It’s Needed. Softcover, 184 pages.

**A659-IN8 $15.95**

### INDIVIDUAL & SMALL GROUP COUNSELING

#### Guidance Activities at Your Fingertips  Gr PK-5
*By Betts Gatewood*

Includes simple sign-language hand signals for each lesson. Lessons include respect for self and others, bullying, self-discipline, friendship, anger management, career awareness, decision-making, feelings, and study skills & school attitude. Softcover, 157 pages.
**A676-IN8 $24.95**

#### Groups to Go  Gr K-3
*By Arden Martenz*

14 small group sessions divided into three sections—academic improvement, behavior and understanding self and others. Topics include listening, time management, anger, attention-seeking, reaching withdrawn students and self-esteem. Softcover, 240 pages.
**A111-IN8 $29.95**

#### Groups to Go  Gr 3-5
*By Arden Martenz*

18 six-session groups divided into nine topics, which include academic improvement, at-risk behavior, decision-making, divorce, grief and loss, respect, self-confidence, social skills and test taking. Softcover, 224 pages.
**A071-IN8 $29.95**

**Buy Both Books and Save!**  
**A909-IN8 $53.95**

#### Creative Small Groups with CD  Gr K-5
*By Karen Gannon Griffith*

8 ready-to-use topics such as anger management, self-esteem, behavior, study skills and more. CD features color PDF files of the reproducible pages. Adobe Reader 5.0® or newer, Compatible with PC (Windows 2000 or newer) and Mac (OS 9.0 or newer). Softcover, 352 pages.
**A275-IN8 $39.95**

#### The Best of Individual Counseling with CD  Gr K-6
*By Madeleine Brehm & others*

Techniques to help children with low self-esteem, poor social skills, anxiety, uncontrolled anger, inappropriate behaviors, and more. CD features color PDF files of the reproducible pages. Softcover, 248 pages.
**A276-IN8 $34.95**

#### Grief Recovery for Teens  Gr 9-12
*By Coral Popwitz*

Discover how your mind can affect the physical aspects of grief and loss. You’ll learn how it can derail you, and find ways to relieve feelings of anxiety and confusion. Softcover, 200 pages.
**BB48-IN8 $16.95**

#### Good Egg Group with CD  Gr K-5
*By Sharon Stiefel*

These lessons give students the opportunity to learn appropriate ways of coping with difficult or confusing situations. The program includes three levels: Kindergarten (6 lessons); Grades 1-2 (6 lessons); and Grades 3-5 (7 lessons.) Aligned with the ASCA Mindsets & Behaviors for Student Success. Includes a pre- and post-test. CD includes reproducible worksheets. Level 1 Whiteboard Compatible. Softcover, 96 pages.
**B780-IN8 $22.95**

Please note: Be aware of students’ food allergies. Real eggs are used in a few of the Good Egg Group lesson presentations.

#### Camp Care-A-Lot with CD  Gr K-5
*By Lisa Eck*

In this program, student and counselor meet once a week for 10 weeks during lunch. The student “campers” are divided into 3-6 member groups called “cabins.” Using the Camp Care-A-Lot format, a counselor can meet and teach many students without affecting classroom instruction time. CD contains reproducible worksheets. Level 1 Whiteboard Compatible. Softcover, 88 pages.
**B764-IN8 $20.95**

### COUNSELING RESOURCES

1-866-318-NCYI (6294) or fax: 423-899-4547 • www.ncyi.org
Kimochis: Toys with Feelings Inside  Gr PK-3
The large, 13 inch characters come with three feelings and a how-to Kimochis™ Feel Guide which contains easy tips and engaging activities to help teach children to identify and express feelings in positive ways.

Bug A875-IN8  $39.99
Bug is a caterpillar who is afraid of change, but has secret dreams of flying. Use Bug’s wings to express when he is feeling brave or afraid. Bug comes with: Three Feelings (Happy, Brave, and Left Out)

Cat A876-IN8  $39.99
Cat is a decisive leader. Her bossiness can sometimes lead to an occasional “catfight.” Cat comes with: Five Bandages (To help heal hurt feelings) • Three Feelings (Happy, Curious, and Cranky)

Cloud A877-IN8  $39.99
Cloud’s mood can be unpredictable, changing with a simple twist of his head. He has a happy face on one side and a sad face on the other. Cloud comes with: Three Feelings (Happy, Sad, and Mad)

Huggtopus A878-IN8  $39.99
Huggtopus sometimes gets a little carried away by her big friendly personality. Huggs always means well, but has to learn about boundaries. Huggtopus comes with: Three Feelings (Happy, Frustrated, and Silly)

Lovie Dove A879-IN8  $39.99
Lovie Dove is nurturing and patient. Lovie comes with her baby, Turtle Dove, tucked gently underneath her wing. Lovie Dove comes with: Three Feelings (Happy, Hopeful, and Proud)

Bella Rose B052-IN8  $39.99
Bella Rose is sensitive and sweet, and sometimes has a hard time expressing hurt feelings. Bella Rose comes with: Three Feelings (Happy, Sensitive, and Insecure)

Clover B053-IN8  $39.99
Clover is a four-leafed clover with bad luck. He comes with his lucky, removable ladybug (Howard). Clover comes with: Three Feelings (Happy, Optimistic, and Disappointed)

Feeling Pack B010-IN8  $14.99
Includes Jealous, Loved, Grateful, Scared, Shy, and Make-Your-Own Feeling with Washable Marker.

Kimochis® Cat’s Not So Perfect Sandcastle
Cat gets frustrated with her friends while building a sandcastle. Offers tips to help children practice sharing and playing friendly. Hardcover, 32 pages.
B317-IN8  $14.95

Kimochis® Lovey Dove Learns to Let Go
Turtle Dove needs freedom from Lovey Dove to fly. Teaches the importance of mistakes and second chances. Hardcover, 32 pages.
B819-IN8  $14.95

Kimochis® Cloud’s Best Worst Day Ever
Cloud BEST day starts to go wrong. Children learn how to handle upset feelings and cloudy moods. Hardcover, 32 pages.
B058-IN8  $14.95

Kimochis® Clover’s Happy-Go-Not-So-Lucky Camping Trip
Clover’s friends find he isn’t prepared for their camping trip. Teaches optimism, creativity, and resilience.
B821-IN8  $14.95

Kimochis® Huggtopus Makes Way for Play
After Huggtopus becomes a bit too much for her friends, she learns that for fun to be fun, it has to be fun for everyone. Teaches sharing and turning takes to help make playtime fun for everyone! Hardcover, 32 pages.
B818-IN8  $14.95

Kimochis® Bug Makes a Splash!
Bug learns the meaning of being brave. Provides simple tips to foster courage in children. Hardcover, 32 pages.
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Kimochis® Huggtopus’s Wishbone
Wishbone is the best bone for playing! He comes with: Three Feelings (Happy, Frustrated, and Silly)
B822-IN8  $14.95

Kimochis® Bella Rose and the “No More Yay” Birthday
Bella tries to plan her own party hosted by her friends. This book is a sweet reminder that being sensitive is a gift worth celebrating.
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Lovie Dove learns the meaning of being brave. Provides simple tips to foster courage in children. Hardcover, 32 pages.
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Kimochis® Huggtopus Makes Way for Play
After Huggtopus becomes a bit too much for her friends, she learns that for fun to be fun, it has to be fun for everyone. Teaches sharing and turning takes to help make playtime fun for everyone! Hardcover, 32 pages.
B818-IN8  $14.95

Buy All 7 Kimochi Books and Save!
B813-IN8  $94.95
Creative Approaches for Counseling Individual Children with CD  Gr K-6  
*By Diane S. Senn*
Provides contact forms, referrals and information gathering activities. More than 100 creative activities deal with areas of feelings, behavior, self-concept, divorce, friendship, death and academic support. Softcover, 234 pages.  
**CD-ROM**  
738-IN8  $36.95

Guidance Bingo Blast  Gr 2-8  
*By Shannon Trice Black*
This game helps students explore and discuss five important guidance topics. The colorful, reusable game cards enable students to improve their social/emotional skills. Can be played with small groups of up to 8 students.  
**A695-IN8**  $24.95

Building Resiliency with CD  Gr 3-7  
*A Non-Thematic Small-Group Approach*  
*By Karen Griffith, Ph.D.*
Contains eight research-based topics discussed in four to five sessions. Includes formats for group sessions of various lengths, teacher and parent/guardian survey forms, a resiliency quiz, ASCA standards for each topic, and resiliency group counseling info. CD contains reproducible PDF files. Softcover, 224 pages.  
**B027-IN8**  $35.95

Guidance with Good Measure with CD  Gr 4-8  
*By Anthony Pearson*
Designed from ASCA standards, includes 25 lessons that will challenge students to consider their thoughts, feelings, and behaviors in a variety of ways. Each lesson can be adapted to kick off a new series or conclude a particular program. Softcover, 140 pages.  
**A700-IN8**  $29.95

Grab Bag Guidance with CD  Gr 5-9  
*By Becky Kirby*
Contains small-group counseling topics and directions for small groups on decision-making, divorce, grief and loss, self-esteem, stress management and bullying. Softcover, 272 pages.  
**B174-IN8**  $32.95

Black Girl Blues  Gr 6-12  
*Small Group Sessions, Activities and Discussions to Combat Intra-Racial Bullying*  
*By Carolyn Strong*
This book exposes historical, cultural and social factors. Includes pre/post test group evaluations, a parental consent form, middle and high school lesson plans, activities, opportunities for reflection, and a certificate of completion. Softcover, 86 pages.  
**B465-IN8**  $22.95

Get Your Group On with CD (Volume 1)  GR 6-12  
*Multi-Topic Small Group Counseling Guides*  
*By Stephanie Lerner*
Includes modifications so that it can also be used with upper elementary children. Provides guides for implementing three topic-based small groups (Girl World, Boys’ Voice, and Be Cool!). Topics include: Empowerment, Leadership, Friendship & Conflict Resolution, Anger Management & Goal Achievement. Each group guide gives you everything you will need to conduct 8 group sessions on each topic. Sessions are planned for 50-60 minutes each, though that can vary if needed. Includes supplemental games, art projects, role plays, relaxation strategies, and activities that can be utilized to add up to 20 more sessions. Suitable for school and clinical settings. Includes curricula and reproducible sheets. Softcover, 144 pages.  
**B970-IN8**  $34.95

Get Your Group On with CD (Volume 2)  GR 6-12  
*Multi-Topic Small Group Counseling Guides*  
*By Stephanie Lerner*
Provides a basis for facilitating a new small-group or a supplement for an established small-group. CD includes reproducible pages. PDFs on CD are level 1 Whiteboard Compatible. Softcover, 184 pages.  
**B971-IN8**  $34.95

Activities for Group Work with Adolescents with CD  Gr 7-12  
*By Susan Ciardiello*
Provides a basis for facilitating a new small-group or a supplement for an established small-group. CD includes reproducible pages. PDFs on CD are level 1 Whiteboard Compatible. Softcover, 184 pages.  
**B174-IN8**  $32.95

Individual Counseling with CD  Gr 7-12  
*Lessons for Adolescents*  
*By Robert & Susan Bowman*
Packed with activities, lessons, quotes, stories and reproducible worksheets on a myriad of adolescent issues. Softcover, 91 pages.  
**A085-IN8**  $24.95

Choices  Gr 7-12  
*Directions for Change*  
*By Robert & Susan Bowman*
Helps teens see how the choices they make have negative or positive consequences and develop healthier attitudes and skills. Softcover, 96 pages.  
**219-IN8**  $20.95
Jellybean Jamboree with CD  Gr PK-2
By Susan Jelleberg
Topics such as handling anger, emotions and problem solving are presented in six units by a jellybean character. Children will associate these important topics with their jellybean counterparts. Each unit contains short, to-the-point lessons followed by fun-to-do activity sheets.
Softcover, 175 pages.  A069-IN8 $32.95

Guidance Activities at Your Fingertips  Gr PK-5
By Betts Gatewood
This resource is designed for small groups and classrooms and includes simple sign-language hand signals for each lesson to make it unforgettable for children. Lessons include respect for self and others, bullying, self-discipline, friendship, anger management, career awareness, decision-making, feelings, and study skills & school attitude.
Softcover, 157 pages.  A676-IN8 $24.95

Empathy is Elementary with CD  Gr PK-5
By Rebecca Schmidt
Includes four stories that teach empathy concepts plus activities for each grade level to reinforce the stories’ messages. Grades PK-1: Making Sad Feelings Disappear, Heart Wands, and more. Grades 1-2: Helping an Upset Friend, Feeling Cards, and more. Grades 2-3: What is a Hero?, Stand-Up Strategies, and more. Grades 4-5: In Someone Else’s Shoes, Who Am I?, and more. Plus monthly all-school activities for each grade where children demonstrate empathy in and out of school.
Softcover, 88 pages.  B567-IN8 $24.95

Classroom Guidance Games with CD  Gr PK-6
By Shannon Trice Black
Fifty “tried and true” games, that are easy to assemble, require little preparation, and take only 30 minutes to play. Engage their minds as well as their bodies. They will learn ways to deal with anger, homework, bullies, safety, goals, friends and their futures! Softcover, 256 pages.
797-IN8 $34.95

201 Amazing Mind Bogglers with CD  Gr PK-12
By Robert P. Bowman
A vast collection of highly motivational, brief activities that can be used to teach critical lessons about learning and life. Lesson plans are included that relate each boggler to one or more critical lessons on topics such as self-motivation, social skills, responsibilities, thinking and behaving, preventing and coping with problems, schoolwork and career.
Softcover, 309 pages.  A156-IN8 $39.95

Good Workers Rule with CD  Gr PK-2
By Mary Pat McCartney
This program focuses on five elementary student work habits: Giving your best effort; Paying attention; Getting along with others; Being organized; and Managing time. Lessons are aligned with the ASCA Mindsets & Behaviors for Student Success and include suggestions for evaluating the program. CD contains reproducible worksheets. Level 1 Whiteboard Compatible. Softcover, 296 pages.  B781-IN8 $32.95

Monthly Motivating Classroom Guidance Lessons with CD  Gr K-5
By Marianne Vandawalker
Seasonal and popular holiday activities that can be completed in one class period, require few materials, and emphasizes an educational/counseling topic. Skills taught include: Study Skills; Conflict Resolution; Resolving Problems; Kindness & Goodwill; and more! CD includes reproducible worksheets. Level 1 Whiteboard Compatible. Softcover, 144 pages.  B782-IN8 $29.95

Announcing...Goal of the Week  Gr K-5
By Kim Edmister
Simple and straightforward, the mini-lessons are ready-made, teacher-led discussions that require just 3-5 minutes each day. Absolutely NO prep time is required! It is a powerful stand-alone character education program when delivered to individual classrooms, but gains momentum with school-wide awareness and implementation! Softcover, 100 pages.
B466-IN8 $22.95

Year-Round Classroom Guidance Games with CD  Gr K-5
By Marianne Vandawalker
Game book with related games for every season, month, popular holiday and some not-so-popular ones! Each game can be completed in one class period with few materials. Included CD features PDF files of the game cards and reproducible pages for printing in color or black and white.
Softcover, 176 pages.  A130-IN8 $31.95

Colorful Counseling with CD  Gr K-5
By Rosanne Sartori & Rachel Herrman
Ten ready-to-reproduce life-skill units will enable children to communicate their thoughts and emotions through drawings. Each life-skill booklet has approximately 10 drawing sheets for the student to complete. Topics include self, family, friendship, loss, anger, fears and more. Included CD features color files of each worksheet. Softcover, 184 pages.  535-IN8 $34.95
Image-Based Life Lessons with CD  GR K-6
50 Dazzling Presentations to Promote Social, Emotional and Career Development

By Eric Cooper
Provides 50 unforgettable presentations filled with humorous stories, beautifully-illustrated, animated visuals and engaging discussions that help teach young people critical social-emotional insights and skills. Includes a CD with 50 PowerPoint™ Presentations (do not contain music or voice-over narration.) Softcover, 180 pages. CD-ROM
B793-IN8  $39.95

Ready...Set...Go! with CD  Gr K-6

By Janet Bender M.Ed.
This book contains practical advice, unique ideas and creative activities for organizing and implementing a comprehensive guidance program. Time-saving reproducible forms and ready-to-use sample classroom guidance lessons are included. CD-ROM includes all of the reproducible activities and worksheets from the book. Softcover, 190 pages.
CD-ROM
B346-IN8  $34.95

More Awesome Activities with CD  Gr K-6

By Arden Martenz
This ready-to-use book contains more than 114 complete lesson plans and 200+ reproducible pages. The colorful reproducibles include activity sheets, posters, bookmarks, wristbands, evaluations, and more. Topics include: Anger Management, Behavior, Career Education and more! CD includes reproducibles. Softcover, 448 pages.
CD-ROM
B602-IN8  $42.95

Spectacular Guidance Activities for Kids with CD  Gr K-6

By Diane Senn, Ed.S.
Provides activities that can be used as part of a school counseling program, school personnel, or any helping professional helping children maximize their potential in the areas of living (personal/social development), learning (academic development), and working (career development). Includes ASCA Standards. Softcover, 304 pages. CD-ROM
A789-IN8  $36.95

Counseling On The Wall with CD  Gr K-8

By Rosanne Sheritz Sartori
59 instructional bulletin boards that blend with the topic presented and involve students. Topics include: Self, Attitude, Goal-Setting, Perseverance, Friendship, Cooperation, Kindness, Feelings, Anger/Conflict Resolution, Safety/Drug Abuse Prevention and more. Includes mini-posters for guidance office. CD includes reproducibles and lesson plans. Includes ASCA Standards for each topic. Softcover, 144 pages. CD-ROM
A728-IN8  $29.95

SMART Guidance CD: The Amazing Empathy Engineers  GR K-6
Helping Children Build Essential Empathy and Compassion Skills

By Will Moody
Includes 10 interactive lessons to help kids build essential empathy and compassion skills; develop better and more fulfilling friendships; and lead a healthier lifestyle. The Empathy Engineering Laboratory includes many of the games and interactive activities from the 10 lessons. Use these as stand-alone activities for a quick review or in conjunction with other lessons, programs, and curricula. CD-ROM
B799-IN8  $54.95

SMART Game: Classroom Clash CD  GR 4-8

By Carol Miller
Two teams will compete to share their knowledge about topics involving relationships. Questions can be mixed and matched. This game can be played on any touch screen device, digital white board, or computer and covers the following 6 topics: Friendship; Responsibility; Gossip; Social Media; Conflict Resolution; and Stress. CD-ROM
B798-IN8  $39.95

SMART Guidance CD: Multi-Topic Lessons

VOLUME 1  Gr K-6

By Will Moody & Diane Senn, Ed.S., NBCT
Includes 10 new SMART GUIDANCE lessons. Included is the CD of flash-based, interactive lessons along with a downloadable facilitator’s lesson plan guide and follow-up reproducibles. Can be used on interactive white boards and computers.
CD-ROM
B345-IN8  $54.95

VOLUME 2  Gr K-6

Students will be engaged for learning with these fun, interactive lessons that can be used on any digital white board such as SMART Boards™ or Promethean Boards™ or on any computer.
CD-ROM
B467-IN8  $54.95

VOLUME 3  GR 3-8

SMART Guidance Multi-Topic VOLUME 3 features 10 highly interactive and engaging lessons that are designed for use on the digital whiteboards, computers, or laptops in today's 21st century classrooms. The lessons will capture your students’ imagination and interest with exciting animated sequences, games, interactive experiences, and age appropriate lesson content.
CD-ROM
B969-IN8  $54.95

Buy the Set and Save!
B998-IN8  $148.95
Guidance Giveaways with CD  Gr K-12
By Tom Carr
900 strategies to help children be successful in school and life. Reproducible handouts cover 50 topics including Bipolar, Bullying, Grief & Loss, Respect, Lying, Perfectionism, Stealing, Cheating, Impulse Control, and many more. Softcover, 116 pages.
A289-IN8 $33.95

Even More Lively Lessons with CD  Gr 2-5
By Roseann Sartori
Each topical lesson can be completed in one class period. Includes the lesson’s goal, appropriate ASCA Standards, plan for presentation, story, discussion questions, and one or more reproducible activities. Includes CD with reproducible activity sheets and posters. Level 1 Whiteboard Compatible. Softcover, 248 pages.
B434-IN8 $33.95

Amazing Discussion Jump-Starters  Gr 3-8
By Tom Carr
Full of 72 attention-grabbing, brief, motivational guidance scenarios with discussion questions, activities and reproducibles for students. Topics include anger & aggression, bullying & teasing, friendship, studying & test taking, school attitude, school rules, motivation and careers. Softcover, 160 pages.
A675-IN8 $23.95

Create It Counseling  Gr 3-8
44 Hands-On, Experiential-Based Lessons to Engage Students
By Paula Cox
These hands-on activities can help students explore and personalize solutions for issues such as bullying, resiliency, self-regulation, and identity formation. While discussing these issues, students process and express their thoughts and feelings using slime, paint, dough, rocks, sticks, etc. Many of the products students develop in these activities can be displayed in the school or taken home to provide visual prompts and aids. Softcover, 132 pages.
B599-IN8 $24.95

Food for Thought  Gr 3-8
“Tasty” Guidance Lessons to Help Students in Grades 3-8 (Literally!) Internalize Social, Emotional, & Academic Skills
By Diana Vore
Students who aren’t as strong in traditional academic skills can participate in the lessons, and the incorporation of non-traditional teaching methods helps all students to learn important skills in a relaxed, low-pressure environment. Lessons facilitate short, thought-provoking discussions and then progress into activities involving social and cooperative learning. Topics include: Beginning the School Year; Academic Skills; Goal Setting; Perseverance; Decision Making; Emotions; Anger Management; Diversity; and many more! Softcover, 80 pages.
B893-IN8 $19.95

Pickers’ Life-Altering Decisions  Gr 4-8
By Gary Antilla
Stories and activities that present topics in a non-threatening way. Topics include pranks, cheating, lying, bullying, skipping school, cyberspace, videogames, suicide, gangs and illegal substances. Softcover, 112 pages.
A398-IN8 $19.95

Character-Building Classroom Guidance  Gr 4-8
By Arden Martenz
Ten four-session units: Relationships, Self-Discipline, Honesty, Citizenship, Responsibility, Respect, Leadership, Fairness, Trustworthiness, and Caring, each featuring insightful discussions and activities that will help students understand and apply the character trait. Individual, small-group, and whole-class activities are featured. Reproducible activity sheets. Softcover, 176 pages.
B436-IN8 $24.95

More Skits & Raps for the School Counselor with CD  Gr 4-8
By David Young, Ed.S.
A variety of fun lessons with colorful reproducible pages that will brighten your student’s day. Each skit and accompanying lesson can be accomplished in one small group or classroom session. Includes CD with reproducible skits, raps, and activities. Level 1 Whiteboard Compatible. Softcover, 192 pages.
B437-IN8 $32.95

Guidance with Good Measure  Gr 4-8
By Anthony Pearson
Designed from ASCA standards, this book includes 25 lessons that get students moving, get their brains in gear, and make them think outside the box. Every lesson challenges students to consider their thoughts, feelings, and behaviors in a variety of ways. Lessons hold the students attention and can be easily adapted to kick off a new series or conclude a particular program. Softcover, 140 pages.
A700-IN8 $29.95

Ways To Amaze & Engage Middle School Students with CD  Gr 5-9
By Becky Kirby
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Julia Cook MS is a national award winning children’s author, counselor and parenting expert. She has presented in thousands of schools across the country and abroad, regularly speaks at national education and counseling conferences, and has published children’s books on a wide range of character and social development topics. The goal behind Cook’s work is to actively involve young people in fun, memorable stories and teach them to become lifelong problem solvers. Inspiration for her books comes from working with children and carefully listening to counselors, parents, and teachers, in order to stay on top of needs in the classroom and at home. Cook has the innate ability to enter the worldview of a child through storybooks, giving children both the “what to say” and the “how to say it”.

Dave Opalewski President of Grief Recovery Inc., in Saginaw, Michigan, a certified Death and Dying and Suicide Prevention Instructor for Central Michigan University in Mount Pleasant, Michigan. He is also a certified support group facilitator and child trauma specialist, along with having a 33 year veteran of K-12 education; 25 years as a classroom teacher and 8 years as the Director of At-Risk Programs. He worked 3 years part time in a funeral home as an aftercare consultant, working with families of the deceased and pioneered the Saginaw County Aftercare Adult Support Group. He is ASIST (Applied Suicide Intervention Skills Training) trained. Dr. Opalewski has been published several times in professional journals and is a highly sought after speaker at state and national conferences conducting professional development trainings for several school districts throughout the Country. He was recognized as the “2010 Advocate of the Year” at Central Michigan University for guiding college freshman and a nominee for the 2010/11 and 2012/13 “Excellence in Education” Award.

Kim “Tip” Frank, longtime educator and therapist, has had the privilege of helping hundreds of students, formerly as a teacher, and more recently, as a counselor/therapist. Tip spent his career in a public school setting and now maintains a private counseling practice. He has authored and co-authored numerous books on topics including ADD/ADHD, anxiety disorders, depression, social skills, grief, divorce and separation, and he presents nationally on these topics.

Lisa King has worked with students developing and using innovative practices as a school counselor for 20 years. She has won numerous awards in her district and presented her programs at local, state and national conferences. Lisa has authored six books including her latest book, Integrating Growth Mindset: Strategies and Scripts for Bringing Growth Mindset to Your Learning Community, a follow up to Mindset Matters: A Counseling Curriculum to Help Students Understand how to Help Themselves Succeed with a Growth Mindset.

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Students are introduced to the concept of “grit” through stunning illustrations and straightforward forward statements. Use as a catalyst to expand the development of executive function skills such as planning, perseverance, and risk-taking. This book is a pictorial reminder of the power of Grit – Generating Relentless Inner Toughness. Softcover, 32 pages.
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Experiential activities for learning the skills and attitudes of teamwork. Teens learn to recognize each other’s strengths, become better listeners, identify personal and group values, build trust, set goals, explore social issues, and more. Includes 36 activities, 20-45 minutes each. Softcover, 192 pages.
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You’ll find skills based in cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) to help you tackle anxiety and harmful avoidance behaviors; manage negative emotions; cope with flashbacks and nightmares; and develop trusting, healthy relationships. You’ll also learn more about the diagnosis and symptoms of PTSD and understand what kind of help is available to you. Softcover, 160 pages.
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50 Simple Ways to Build Your Confidence Every Day
By Lisa M. Schab
You’ll learn 50 easy, little ways you can make self-esteem a reality (and a habit!) every day—anytime, anywhere. Following the advice within this fun, pocket-sized guide, you’ll discover the six steps of lasting self-esteem, and find tips to help you learn from your mistakes, practice gratitude, see things from a different perspective, celebrate strengths, stop overgeneralizing, and cultivate healthy relationships. Softcover, 200 pages.
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By Sean Covey
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By Sean Covey
With the help of teens from all over the world, Sean provides advice on how to make wise and informed decisions. The book focuses on six key decisions that can make or break a teen’s future (Succeeding in school, Making good friends, Getting along with parents, Dating and sex issues, Avoiding or overcoming addictions, Building self-esteem). Softcover, 336 pages.
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By Judy Demers
A research-based book that challenges students to evaluate their social skills, behavioral skills, and character traits. Lessons include activities based on large and small group discussions, games, personal insights, interactive activities, and much more. Includes ASCA Standards. CD includes reproducible pages. Level 1 Whiteboard Compatible. Softcover, 296 pages. CD-ROM
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By Barbara Varenhorst
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By Michelle Skeen, Matthew McKay, Patrick Fanning & Kelly Skeen
Provides the guidance you need to become a better communicator and succeed in all areas of life. You’ll also learn essential life skills, including active listening, assertiveness, clarifying language, the art of an apology, compassion, interviewing skills, family communication, and more. Each chapter focuses on one key aspect of communication, offers a real teen’s perspective, and includes practical exercises to help you apply what you’ve learned in the real world—away from your computer or smartphone. Softcover, 208 pages.
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By Dzung X. Vo MD, FAAP
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This book outlines three core skills to help you manage your emotions for better relationships. First, how mindfulness can help you face life experiences with awareness and acceptance. Next, effective ways of communicating. Finally, skills to regulate your emotions. With these combined skills, you’ll learn how to act in healthier ways so you don’t end up pushing people away. Softcover, 208 pages.
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By Pat Harvey and Britt H. Rathbone
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Offers six core principles to build a healthy, positive view of yourself as you face all the challenges of teen life through inner strength and peace. With healthy self-esteem, you’ll approach people, situations, and feelings with confidence. Softcover, 184 pages.
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By Anthony C. Puliafico & Joanna A. Robin
In this workbook, kids will learn to identify obsessions and compulsions, and understand them. It also provides a framework for children to apply exposure and ritual prevention strategies to anxiety-provoking situations independently or with help from you or a caregiver. Detailed instructions for completing exposure exercises will be covered, including how long exposures should last, and how often they should be repeated. Finally, the workbook will show you and your child how to build a solid support system of family, friends, teachers, and professionals to aid you in managing OCD symptoms. Softcover, 144 pages.
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Take Charge of Fears and Worries Using the Gift of Imagination
By Robin Alter and Crystal Clarke
Designed to help children understand anxious thoughts within a positive framework—a perspective that allows kids to see themselves as the highly imaginative individuals they are and appreciate the role imagination plays in their anxiety. Presents CBT-based activities, games, and illustrations with a focus on imagination training and developing skills like problem solving, assertiveness, positive thinking, body awareness, relaxation, and mindfulness. Softcover 136 pages.
B777-IN8  $16.95

The Relaxation and Stress Reduction Workbook for Kids  Gr 2-5
Help for Children to Cope with Stress, Anxiety, and Transitions
By Lawrence E. Shapiro Ph.D., Robin K Sprague, & Matthew McKay Ph.D.
The Relaxation & Stress Reduction Workbook for Kids, written by two child therapists, offers more than fifty ten-minute activities you can do together as a family to help you and your child replace stressful and anxious feelings with feelings of optimism, confidence, and joy. Softcover, 144 pages.
A892-IN8  $17.95

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A Workbook to Help Children with Generalized Anxiety Disorder
By Timothy A. Sisemore Ph.D.
This book gives kids fun and engaging exercises to help them relieve anxiety and worry, change anxiety-inducing self-talk, and communicate their feelings. These activities can be done on their own or as part of a therapy program, and are appropriate for kids between the ages of six and twelve. Softcover, 152 pages.
A885-IN8  $19.95

Let’s Be Friends  Gr 2-5
A Workbook to Help Kids Learn Social Skills and Make Great Friends
By Lawrence E. Shapiro Ph.D.
The activities in Let’s Be Friends teach kids a wide variety of social skills including the making and keeping of new friends, finding friends with common interests, ways of coping with rejection, and tips for developing give and take in relationships. Softcover, 144 pages.
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A Workbook to Help Kids Learn Self-Control and Empathy
By Lawrence E. Shapiro Ph.D.
In this book, children learn why it is important to follow rules and behave considerately toward others. Empathy contributes to good behavior and academic and social success. The fun and engaging exercises in this book teach kids how to recognize the impact of their behavior on others, express emotion in appropriate ways, and compromise with family and friends. Softcover, 136 pages.
A887-IN8  $16.95

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Help for Kids Who Are Sad and Depressed
By Sara Hamil LCSW
The forty-two simple activities in this workbook help kids explore their feelings and combat the negative self-talk that depletes their motivation and self-esteem. Based on cognitive behavioral therapy, play therapy, and art therapy, this series of activities is designed to help children cope with painful feelings and feel happy again. Softcover, 136 pages.
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I’m Not Bad, I’m Just Mad  Gr 2-5
A Workbook to Help Kids Control Their Anger
By Lawrence E. Shapiro Ph.D., Zack Pelta-Heller, & Anna F. Greenwald
Contains forty activities for issues such as recognizing anger triggers, better problem solving, and communication tips for defusing conflict before it gets out of hand. It explores common lifestyle issues that can make anger problems worse. These fun activities will help kids talk about their feelings and learn to control them. Softcover, 152 pages.
A886-IN8  $17.95

The ADHD Workbook for Kids  Gr 2-5
Helping Children Gain Self-Confidence, Social Skills, and Self-Control
By Lawrence E. Shapiro Ph.D.
In just ten minutes a day, help children with ADHD learn skills to control impulsive behavior. Includes more than forty activities for handling everyday tasks, making friends, and building self-esteem. Softcover, 184 pages.
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This workbook will help children increase their personal communication skills while teaching boundary recognition. It will also help them increase digital citizenship by teaching the etiquette of using technology effectively. 8.5" x 11" Softcover, 24 pages.  
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RJ's teacher wants him to work with bossy Bernice, messy Frankie, and Norma (who just sits and picks her nose) on a report. With the help of his coach, RJ learns that working as a team and sharing are skills needed not just on the soccer field, but in school and at home too! Softcover, 32 pages.  
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RJ learns to receive positive and negative feedback, and how to respond appropriately. Parents and teachers will love taking kids on RJ's journey as he discovers feedback's many forms and to accept and grow from criticism and compliments. Softcover, 32 pages.  
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Follow Roo as he figures out how to use and apply his amazing “QI” (pronounced key) skills: ME, WE, WHY, WILL, WIGGLE, WOBBLE, and WHAT. If includes creative, practical tips for home and classroom and highlights the connection between everyday behaviors and the development of life-skills.  
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Ricky can’t seem to figure out that stealing is wrong. His mom helps him learn first-hand what it feels like to have something stolen. This book uses empathy to teach children that stealing is wrong. Softcover, 32 pages.  
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GR K-6  
When Purple moves into the Blue Patch, Blue just isn’t sure how he feels about that! Fortunately, Blue’s Mom is around to point out how much Blue and his friends can learn from the wind, the rain, and the bees, who treat all flowers the same. Softcover, 32 pages.  
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Brown, the least used pencil, is tall, geeky and lonely. If he learns to use all of the friendship skills the other pencils have, he can make friends and have fun too! Softcover, 32 pages.
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After a disaster destroys his school, a little boy ant is afraid to return. This book thoughtfully addresses fears associated with both natural and man-caused disasters and models effective parenting and teaching responses. Children will learn that they can stand strong, even in uncontrollable events. Softcover, 32 pages.

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Whenever Levi doesn’t like the truth, he kinda, sorta makes up other stuff to say. This book will help children understand the consequences of telling a lie and also explains how lying can be a natural and sometimes healthy response. Tools are provided to help guide children toward truthfulness. Softcover, 32 pages.

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A590-IN8  Hands Are Not for Hitting

By Elizabeth Verdick
A592-IN8  Words Are Not for Hurting
B927-IN8  Voices Are Not for Yelling

We Can Get Along  GR PK-2
A Child’s Book of Choices
By Lauren Murphy Payne, M.S.W.
This book teaches tolerance and encouraging acts of kindness. It also supports children’s development with simple yet essential skills for conflict resolution and peacemaking. Includes activities and discussion questions that teachers, parents, and other adults can use to further explore the topic with young children. Softcover, 40 pages.

The Band-Aid Chicken  Gr PK-2
By Becky Rangel Henton
Band-Aid Chicken discovers she must endure a painful initiation to be accepted. A new chicken arrives and proves it isn’t necessary to do what others want for acceptance. For use with individuals, small groups, and classrooms. Softcover, 32 pages.

Fill a Bucket  Gr PK-2
A Guide to Daily Happiness for Young Children
By Carol McCloud & Katherine Martin
This award-winning prequel to Have You Filled a Bucket Today? is the perfect gift for anyone with little ones they love. When children have their buckets filled and learn how they can fill other people’s buckets too, they understand how special, valuable, and capable they are. Softcover, 24 pages.

Did You Hear?  GR PK-3
A Story About Gossip
By Frank J. Sileo
This book uses serious and silly rumors to illustrate the concept of gossip and how it spreads and transforms. While gossiping is a natural human behavior, it also describes what hurtful gossip feels like, how can be like bullying, and what to do to stop it. Illustrations take readers through a day in a little girl’s life and the gossip around her as the kids around her ask “did you hear?” A “Note to Parents and Caregivers” is included that describes how gossip can have negative effects, whether intended or not, and what can be done to prevent it. Hardcover, 32 pages.

Just Because I Am  Gr PK-3
A Child’s Book of Affirmation
By Lauren Murphy Payne, M.S.W.
Young children need support and encouragement as they learn to value themselves and recognize their own worth—“not because of the things I do, not because of what I look like, not because of what I have . . . just because I am.” This book of sweet, simple affirmations for children helps them respect their bodies, acknowledge their own needs, and name their feelings. Just Because I Am invites little ones to love, accept, and feel good about themselves exactly as they are. A special section for parents, teachers, and caregivers includes activities and discussion questions to use with children. Softcover, 36 pages.

Learning to Get Along® (Bilingual Version)  Gr PK-3
By Cheri J. Meiners, M.Ed.
The English-Spanish editions from the popular Learning to Get Along series help children learn, understand, and practice basic social and emotional skills. Real-life situations and lots of diversity make these read-aloud books appropriate for homes, childcare settings, and primary and special education classrooms. Presented in a social story format, each bilingual book includes a special section for adults, with discussion questions, games, activities, and tips that reinforce improving social skills. Softcover, 48 pages.

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Children learn to do what they think is right and be brave, even if it’s hard.
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Bounce Back
Children learn thought processes and actions that are positive, realistic, and helpful for bouncing back.
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<tr>
<td>After watching these 4 programs, students will gain a better understanding of bullying and build a stronger foundation when dealing with bullies. Includes CD and lesson plan. 14 minutes.</td>
<td>Follow students through a variety of sexting situations stemming from careless fun to cyber-bullying. Includes CD and Lesson Plan. 30 minutes.</td>
</tr>
<tr>
<td>CD-ROM DVD B206D-IN8 $79.95</td>
<td>CD-ROM DVD B212D-IN8 $79.95</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Lesson Booster: Cliques? Gr 4-7</th>
<th>Guidance Systems: Drugs &amp; Alcohol and Your Choice Gr 8-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>These four programs identify through real-life examples the meaning and effects, both good and bad, of cliques. Includes CD and lesson plan. 18 minutes.</td>
<td>Learn how the many types of drugs and alcohol can be hurtful, and even deadly. Includes CD and Lesson Plan. 18 minutes.</td>
</tr>
<tr>
<td>CD-ROM DVD B207D-IN8 $79.95</td>
<td>CD-ROM DVD B210D-IN8 $79.95</td>
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<tr>
<th>Lesson Booster: Got Empathy? Gr 4-7</th>
<th>Guidance Systems: There’s Always a Way Out: Bullying There’s Always a Way Out Gr 6-12</th>
</tr>
</thead>
<tbody>
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<td>In these 4 programs, children will learn how to show empathy and caring, and that true empathy comes from one’s actions. Includes CD and lesson plan. 13 minutes.</td>
<td>Teaches students how to treat friends and discusses Cyber-Bullying. Includes CD and Lesson Plan. 25 minutes.</td>
</tr>
<tr>
<td>CD-ROM DVD B208D-IN8 $79.95</td>
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<tr>
<td>B200D-IN8 $589.95</td>
<td>B404D-IN8 $589.95</td>
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</table>

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PAGE 65

GUIDES
**FRIENDSHIP GAMES**

**Journey to Friendsville Board Game**  
Gr 1-5  
As they play the game, kids move through towns that represent five skills of friendship such as: Using Humor Appropriately in Social Situations, Conversing with Others, Dealing with Conflicts, and Participating in Groups.  
A372-IN8  $49.95  
2-4 Players

**Kicky’s Friendship Card Game**  
Gr K-2  
Teaches children how to develop relationships with peers in which they are liked, respected and valued. The main categories of this fun-filled card game contain the most important skills to making and keeping friends.  
B067-IN8  $17.95  
1-6 Players

**Friendship Bingo**  
Gr 2-5  
Students play bingo and learn about: Feelings, Character Traits, Behavior, Pitfalls, and How to Begin a Friendship. Includes reproducible activity sheets on four of the topics presented on the bingo board, (divided into older and younger).  
A408-IN8  $17.95  
30 Boards

**Let’s Make Friends Card Game**  
Gr K-6  
Teaches children how to develop relationships with peers in which they are liked, respected and valued. The main categories of this fun-filled card game contain the most important skills to making and keeping friends.  
A768-IN8  $17.95  
1-6 Players

**What Should Miranda Do? Card Game**  
Gr 3-6  
Children will learn to verbally explain and physically demonstrate the important skills they need to get along with others, be a kind and compassionate person, and make friends more easily. Based on the Miranda Peabody books.  
B068-IN8  $17.95  
2-6 Players

**Remote Control Anger Control Game**  
Gr 2-9  
This game tackles anger management and helps kids pause, rewind, and fast forward into more controlled, positive behavior. Players learn specific skills and use them to deal with realistic anger-provoking situations. Separate decks for grades 2-5 and grades 6-9.  
A619-IN8  $24.95  
2-5 Players

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1-6 Players
SOCIAL/LIFE SKILLS GAMES

She Said What About Me? Card Game  Gr K-5
By Karen Dean

This card game helps students discuss the pain inflicted by rumorizing, gossiping and lying about others. It also emphasizes the importance of apologizing and of forgiveness. It encourages students to work harder to stop hurtful interpersonal behavior and increase empathy toward others. Keeping score is optional. Each card contains a discussion starter statement or question, and some will encourage every player to briefly comment. This game will help students to discuss the harmful effects of this type of bullying and what they can do to help make things better.

B363-IN8  $17.95

Snoots Toots
Game   Gr K-5
By Dr. Poppy Moon, Ph.D.

Snoots Toots is a board game from Dr. Poppy Moon’s Imagucation Creation Workshop! Kids will role-play their way through a variety of situations requiring manners and empathy skills. Whether they are acting out a behavior, showing proper conduct, telling about a situation, or imagining a feeling, kids will be learning skills that are critical to social and emotional development.

A688-IN8  $34.95

Snoots Studies
Card Game  Gr K-5
By Poppy Moon, Ph.D.

Snoots puts on his thinking cap in Snoots Studies! A Kid’s Game of Study Skills. Once again the loveable Snoots and Dr. Poppy Moon team up to create an entirely new set of cards that can be used alone or with the original Snoots Toots! game board. Contains a set of 50 cards for students in K-5, and an additional 100 cards that are appropriate for students in grades 3-5. This game’s easy instructions and simple setup make it the perfect game for individual, small group, and classroom guidance!

A769-IN8  $19.95

Focus Game   Gr 1-12
Helps ADD and ADHD children practice focusing with distractions. Players earn tokens by focusing on puzzles and lists while the other players create distractions. Includes three sets of cards for different age ranges.

A614-IN8  $34.95

Boundaries
Baseball Game  Gr 1-6
This board/card game utilizes a baseball diamond format as a visual reminder for not going out of bounds. Players move pawns around the board to reach home plate by spinning the spinner wheel and answering questions from the 4 card categories: Saying and Accepting “NO”; Managing Strong Emotions; Respecting Personal Space and Property; and Relationship/Communication Limits. Includes a summary of the rules of baseball.

B240-IN8  $49.95

Social Smarts
Game   Gr 2-6
This game promotes positive communication and understanding of the social rules that encourage positive relationships. It also uses specific concrete examples to promote flexible thinking and discourage rigid thinking.

B131-IN8  $39.95

The Emotional Intelligence Game   Gr 2-8
The Emotional Intelligence Game reflects the five areas of emotional intelligence: Self-awareness, Mood management, Self-motivation, Empathy, and Relationship skills. There are two versions of the game and corresponding sets of rules, competitive and cooperative.

B132-IN8  $39.95

Remote Control Worry Control Game  Gr 1-9
This game uses cognitive behavioral therapy to help combat anxiety. Relaxation techniques like muscle relaxation, deep breathing, and visualization are exercised. The game contains two decks of 40 cards. One for elementary school students and one for middle school students. Players use remote control symbols which focus on three essential skills for controlling anxiety.

B456-IN8  $24.95

Bridge Over Worried Waters Game  Gr 1-8
Based on the latest research in Cognitive Behavioral Therapy, players learn specific skills to deal with common anxiety-provoking situations. Skills include relaxation, self-talk, and coping skills. Players build an actual bridge over the “worried waters’ to get safely to the other side. Cooperative and competitive versions are included.

A616-IN8  $34.95
### Play-2-Learn Dominoes: CyberSmart Gr 3-7

This educational domino game is designed to teach young people how to navigate the dangerous waters of the Internet. Covers Internet safety, bullies, scams, viruses, the practice of pro-social Internet behavior, and identity theft as they pertain to computers, cell phones, MP3 and MP4 players, tablets, and other wireless devices.

**A617-IN8 $24.95**

### Getting to College Board Game Gr 5-12

This game will help prepare and motivate students to take the early steps in college, such as taking challenging courses and getting involved in extra-curricular activities. They will also get critical information about the financial aid process.

**B134-IN8 $29.95**

### Career Challenge® Board Game Gr 5-8

In a quiz show format, Career Challenge® is a board game specifically designed to help students explore careers that may be good matches for their talents, interests, and work preferences. Players learn important facts about many careers and are encouraged to explore careers about which they previously had no knowledge or interest.

**B245-IN8 $49.95**

### THUMBALLS!

Thumball is a soft stuffed ball to throw, roll, or pass in a circle or randomly. Catch it! Look under your thumb. Respond to the prompt. Kids absolutely love this interactive tool that will get them talking and sharing. Without even knowing it, you will be encouraging the use of interpersonal skills including taking turns, eye contact, listening, responding, valuing similarities and respecting individual differences. There are 32 panels on each stuffed poly-cotton ball.

**Meet & Greet Gr PK & Up**

Players share ideas, experiences, and personal preferences. Allows discovery of similarities and differences and genuine interest in the lives of others.

**B503-IN8 $15.99**

**School Days Gr PK & Up**

Discover similarities and differences in educational backgrounds by sharing memories from preschool through post-graduate.

**B523-IN8 $15.99**

**All About You Gr PK & Up**

Players respond to 30 questions about themselves. A fun icebreaker for all ages!

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**Emotion Mania Gr PK & Up**

Develop expanded understanding of feelings. Act out the emotions with facial expressions and body language.

**B524-IN8 $12.99**

**Move Your Body Gr PK & Up**

Act out the movements used when playing sports, enjoying hobbies and performing exercises.

**B526-IN8 $12.99**

**People, Places & Things Gr PK & Up**

A collection of open-ended Who, What and Where Questions builds vocabulary skills, stimulates discussions, and leads to creative thinking.

**B527-IN8 $12.99**

**Who Are You Gr K-12**

This is a great icebreaker to improve social interactions, participation, communication skills and conversations.

**B476-IN8 $12.99**

**Elementary Icebreakers GR K-5**

Players read and respond to prompts that will help them build initial comfort, trust and group familiarity.

**B968-IN8 $14.95**

**Acts of Kindness GR K-12**

Players are encouraged to put words into action and spread kindness. Builds strength of character and empathy and will encourage social interaction.

**B967-IN8 $14.95**

**Attitude (Mindset) GR K-12**

Players read and respond to prompts about having a more positive attitude.

**B966-IN8 $14.95**

**Virtues & Values Gr PK & Up**

Choose a characteristic that represents you or another person. Discuss attributes you would like to have more or less of.

**B525-IN8 $12.99**

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### Thumballs

**Test Buster**  
Gr 2-12  
Players read and respond to prompts about how to improve their test taking attitudes and skills.  
B801-IN8  $14.95

**Mindfulness**  
Gr 2-12  
Players read and respond to prompts about mindfulness.  
B802-IN8  $14.95

**Anger Management**  
Gr 2-12  
Players read and respond to prompts about different types of anger, and increase anger control skills.  
B803-IN8  $14.95

**Emoji Feelings**  
Gr 2-12  
With this ball, players learn about emotions and develop their feeling word vocabularies.  
B804-IN8  $14.95

**Put Ups (Not Put-Downs)**  
Gr 2-12  
Players practice giving personal affirmations and acting with kindness in order to uplift others.  
B805-IN8  $14.95

**Empathy**  
Gr 2-12  
Players respond to prompts on this ball about the topic of empathy.  
B357-IN8  $14.95

**Stop the Drama**  
Gr 2-12  
Topics: bullying, texting/tweeting/instagrams, jealousy, real and fake friendships, and more.  
B358-IN8  $14.95

**Stop Bullying**  
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**Personal Strengths**  
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Players discuss how to recognize their assets and how to use them to help deal with school issues and other challenges.  
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**Self-Control**  
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Players are encouraged to discuss self-control and how to use it in social and emotional situations.  
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**Inner-Beauty**  
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Players are encouraged to discuss the meaning and importance of recognizing inner-beauty in oneself and others.  
B590-IN8  $14.95

**Team Building**  
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Players read and respond to prompts about the meaning and importance of working together as a team.  
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**School Success**  
GR 2-12  
Players read and respond to prompts about the meaning and importance of being successful in school.  
B592-IN8  $14.95

**Resiliency**  
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Discuss ways to bounce back when difficult situations arise. The facilitator chooses one of three ways to respond.  
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### Buy the 28 Ball Set and Save!

B999-IN8  $368.95
Smart Sharks Card Games

Take a Chomp Out of Anger
Players learn to understand the feelings behind their anger and to deal with anger in an appropriate way. Practical scenario cards will aid in problem solving in an assertive but non-aggressive way.
B444-IN8 $14.95

Stress Can Mess with You
Players learn to deal with stressful situations that are common in the middle school years. Shifting friendships, the start of dating, as well as financial problems at home can cause a great deal of stress. This game focuses on rational thinking to alleviate stress and anxiety.
B445-IN8 $14.95

LEADERSHIP: It’s NOT for Guppies
Players improve their leadership skills and develop an understanding for the key concepts in becoming a good leader. Good leaders focus on moving the group towards accomplishing their goals and keeping the group members motivated. This game teaches those critical skills.
B446-IN8 $14.95

Hang in There: Resilience
Players learn that resilience is one of the crucial character strengths needed for success in school, sports, career and life in general. By learning from past mistakes instead of allowing failure to take over, children will learn key strategies to persevere, creating greater self-esteem and confidence.
B447-IN8 $14.95

Art of the Deal: Conflict Resolution Tips
Players learn strategic and respectful ways for resolving conflicts effectively. This game teaches players how to strive for win-win solutions where both parties to the conflict achieve many of their goals.
B448-IN8 $14.95

Dive into Social Networking: Netiquette Essentials
Players learn safe and respectful techniques while using social media sites. Sitting behind the perceived safety of the computer causes significant disinhibition of foolish, mean and self-defeating behavior. This game will teach kids to use the Internet responsibly.
B449-IN8 $14.95

Don’t Drown in Drama
Players deal with the transitions that happen during middle school and the “drama” often experienced by those changes. This game will teach girls to better cope with these emotional challenges.
B571-IN8 $14.95

Dive into New Waters
Players learn to adjust to a new school environment. This game helps middle school students successfully deal with these common fears and pressures by providing coping skills and techniques that work.
B572-IN8 $14.95

Buy All 8 Smart Sharks Card Games and Save!
B705-IN8 8-Game Set $107.95
Play-2-Learn Go Fish Card Games  Gr K-5  2-5 Players

These games play like classic Go Fish. There are two decks of 50 cards in each game—one for grades K-2 and the other for grades 3-5. The games differ from classic go fish in that players must answer a question before they can accept a requested card. Instead of the usual number and picture cards, the cards have fun pictures of fish and fish names. Each game also comes with a rules sheet and facilitator guidelines.

Go Fish: Stream of Self-Esteem™
Provides players with the skills needed to maintain and increase self-esteem. Self-esteem is often influenced by two major sources: perception of success and failure and messages from other people.
B181-IN8   $14.95

Go Fish: Beware of Bully Bait™
Encourages development of skills needed to reduce bullying. This game emphasizes that everyone can make a difference. There is specific content in this game for targets, bullies, and bystanders.
B179-IN8   $14.95

Go Fish: Anchor Your Stress™
Helps players develop the skills needed to manage stress and anxiety. This game helps children deal with anxiety-provoking situations. It also provides practical thinking skills that include self-talk, coping mechanisms and relaxation techniques.
B180-IN8   $14.95

Go Fish: Catch and Release Your Anger™
Designed to help children manage anger in a thoughtful and non-aggressive way. Each card offers a scenario where someone has done something as a result of an angry situation resulting in discussion.
A956-IN8   $14.95

Go Fish: Cast Away Conflict™
Provides players with the skills needed to manage conflict in an assertive, but non-violent way. Players are asked to solve conflicts in a way that is fair to both sides. Guidelines suggest when to call on a trusted adult for guidance.
A961-IN8   $14.95

Go Fish: School of Success™
This game teaches kids that success in school and later in life depends on more than intelligence and hard work.
B452-IN8   $14.95

Go Fish: Manners Are a Good Catch™
Teaches players how to interact with others at school and at home in a responsible manner. Cards encourage players to discern between responsible and irresponsible behavior and the benefits of being responsible.
B451-IN8   $14.95

Go Fish: New Fish in School™
Focuses on the common fears experienced when entering a brand-new school environment and provides coping skills and techniques that can help with social anxiety.
B570-IN8   $14.95

Go Fish: Hooked on Friendship™
The framework of the game will teach players how to make friends, how to be a good friend and how to resolve conflict with peers. The scenario cards cover basic lessons on fairness, kindness, respect and understanding.
A957-IN8   $14.95

Go Fish: Fishing for Feelings™
Gives players the skills to successfully deal with their feelings, recognize feelings in others and identify appropriate feelings. Players talk about their feelings in an open-ended and non-threatening way.
A958-IN8   $14.95

Go Fish: Catch Good Character™
Introduces various dimensions of character, such as honesty, caring, fairness, etc. Players answer open-ended questions and discuss the benefits of good character.
A959-IN8   $14.95

Go Fish: Reel In Responsibility™
Teaches players how to interact with others at school and at home in a responsible manner. Helps players by giving practical tools and guidelines for working efficiently.
B453-IN8   $14.95

Go Fish: School of Success™
Focuses on the common fears experienced when entering a brand-new school environment and provides coping skills and techniques that can help with social anxiety.
B570-IN8   $14.95

Go Fish: Beware of Bully Bait™
Encourages development of skills needed to reduce bullying. This game emphasizes that everyone can make a difference. There is specific content in this game for targets, bullies, and bystanders.
B179-IN8   $14.95

Go Fish: Anchor Your Stress™
Helps players develop the skills needed to manage stress and anxiety. This game helps children deal with anxiety-provoking situations. It also provides practical thinking skills that include self-talk, coping mechanisms and relaxation techniques.
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Go Fish: Catch and Release Your Anger™
Designed to help children manage anger in a thoughtful and non-aggressive way. Each card offers a scenario where someone has done something as a result of an angry situation resulting in discussion.
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Go Fish: Cast Away Conflict™
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Go Fish: Swimming Toward Self-Control™
Addresses the importance of self and impulse control during school, home, and after-school activities. Utilizes proven techniques for improving self-control, including pausing to think about possible consequences, delaying gratification, self-talk, and problem-solving strategies.
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We’ve selected some of our most popular books, DVD’s and poster resources and assembled them into affordable kits grouped around specific topics of interest to counselors and student assistance professionals. These Resource Kits can provide your school with a complete collection of resources at an economical price!

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- **Customize Your Kit**—Don’t like a resource we’ve selected? Replace it with your own selection! Call us for details.

### COUNSELING KIT

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### BULLYING KIT

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| MIDDLE SCHOOL |

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### HIGH SCHOOL

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The National Center for Youth Issues (NCYI) is a 501(c)(3), not-for-profit organization providing educational resources, training and support programs to foster the healthy psychosocial, emotional, and physical development of children and youth.

Founded in 1981, NCYI has become known as one of the country’s premier providers of counseling and life skills resources. NCYI has served more than 40,000 schools in all 50 states, addressing a comprehensive array of developmental issues facing today’s children.

Shaping the Future—One Child at a Time

Resources
Practical resources addressing the social, emotional, psychological and physical development of children and youth. Over 40,000 schools have used materials provided by NCYI.

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NCYI Summits
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P.O. BOX 22185  
Chattanooga, TN  37422-2185

**FAX** 423-899-4547

**CALL** 1-866-318-6294

**SCAN & EMAIL** orders@ncyi.org

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**Shipping and Handling Rates**  
Orders less than $87  $7.00  
Orders $87.01 - $500  8% of subtotal  
Orders over $500  5% of subtotal  

* Continental United States.  
Alaska, Hawaii, Canada should use 15%.

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Institution

Address

City

State       Zip Code

Phone (______) ____________________________

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Purchase Order Required  
(Please attach purchase order)

☐ Credit Card: ☐ Personal ☐ Corporate  
(billing address must be included above)

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Card Number

CID# (3-digit code)                      Exp. Date

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Printed Name

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Authorized Signature
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**Foster Care**  GR K-3  
*One Dog’s Story of Change*  
By Julia Cook

Written in an honest, approachable way, *Foster Care* will encourage children entering or already in foster care and help them understand they are not alone. See page 52!

**Teach Skills and Break Habits**  GR K-12  
*Growth Mindset for Better Behavior in the Classroom*  
By Dan St. Romain

This book explores the reasons why what we’ve been doing isn’t working, and how to find a new path and process that will lead to better behavior in the classroom, as well as success for students beyond their school years. See page 11!

**Integrating Growth Mindset in Schools with Digital Link**  GR K-12  
*Strategies and Scripts for Bringing Growth Mindset to Your Learning Community*  
By Lisa King, Ed.S, LPC

Designed to help you streamline growth mindset into school programs, this manual provides email templates, scripts, and downloadable Powerpoints. Also provides Mini Posters and Interactive Lessons for group and classroom. See page 17!