OVER 75 NEW RESOURCES ADDED!

- Anxiety & Stress
- Bullying & Conflict
- Character
- College & Career
- Mindfulness & Growth Mindset
- Resiliency & Grit
- Social Life Skills
- Games/Card Decks/Thumballs

Because our future is your future.

2019-2020
GRADES PK-12
About NCYI

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.

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The information found in the books in this catalog are designed to provide helpful information on the subjects discussed and is not intended to be used, nor should it be used, to diagnose or treat any mental health or medical condition. For diagnosis or treatment of any mental health or medical issue, consult a licensed counselor, psychologist, or physician. The publisher and author are not responsible for any specific mental or physical health needs that may require medical supervision, and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book. References are provided for informational purposes only and do not constitute endorsement of any websites or other sources.
I Hate Everything! A Book About Feeling Angry
Sue Graves
It’s hard for children to accept not getting their way. Sam hates when his brother cries or his dad is too busy to play. Uses simple, easy-to-read text to introduce concepts of anger management.

Cool Down & Work Through Anger
Cheri J. Meiners
Reassuring and supportive, this book helps preschool and primary children learn concrete social skills for anger management and discover that when they cool down and work through anger, they can feel peaceful again.

Wumblers DVD: #3 Bullies/Anger
Laura Wellington
Meet Bertrum, a sweet-natured Wumbler, who deals with bullying, harsh words, and frustration. Each story blends an important lesson with inspiration, imagination, and fun. Three episodes on each DVD.

Soda Pop Head
Julia Cook
Lester is a Soda Pop Head! He has a hard time controlling his anger, until his dad figures out how to help him. This book takes an empathetic, yet powerful look at anger management in a fun way!

Defying the Defiance
Kim “Tip” Frank, et al
151 strategies, activities, insights and lessons to avoid disruption and increase cooperation from the most resistant students. Learn the causes and dynamics of opposition and develop strategies that lead to classroom success.

Take Charge of Anger
Gill Hasson
When anger strikes it can feel overwhelming and hard to control. Strategies for managing emotions and coping with anger are explained, including breathing exercises, doing an “angry dance,” and seeking help.

Soda Pop Head Activity and Idea Book
Offers hands on activities that can teach a child how to channel anger in productive and non-destructive ways. Activities reinforce that it’s ok to feel angry, what they choose to do with their anger makes the difference! Full of discussion questions and exercises to share with students.

Feeling Angry
Katie Douglass
Harry is great at helping others deal with anger, using strategies such as taking deep breaths, slowing down, counting to ten, and thinking about something else. But how will Harry deal with his own angry feelings when he has to turn off his computer game?

Anger Management Thumball
Catch the soft Thumball, look under your thumb, and respond to prompts about different types of anger. Discussions may include Levels of frustration, Un-stressing, Increasing Control, and Benefits/Consequences of Self-Control.
Don’t Pop Your Balloon!
Get a Grip on Anger
Janet Bender
Anger hurts people and damages their relationships with others. This book explores the physical, emotional, and relational causes, expressions and consequences of anger.

Remote Control Anger Control Game
Help kids pause, rewind, and fast forward into more controlled, positive behavior. Players learn skills and use them to deal with realistic anger-provoking situations. Separate decks of cards for grades 2-5 and 6-9.

I’m Not Bad, I’m Just Mad
A Workbook to Help Kids Control Their Anger
Lawrence E. Shapiro, et al
Contains 40 activities for recognizing triggers, problem solving, and communication tips for defusing conflict before it gets out of hand.

Mindfulness for Teen Anger
A Workbook to Overcome Anger and Aggression
Mark Purcell, Jason Murphy
Using MBSR and DBT Skills, this book teaches how to make better choices and find emotional balance. Be more aware of thoughts and feelings in the moment.

Letting Go of Anger Card Deck
54 Cards to Help Teens Tame Frustration
Jeffery Bernstein
Includes skills to manage anger, tools to calm, strategies to overcome anxiety, using anger in a healthy way, and steps to positive changes.
Worries Are Not Forever
Elizabeth Verdick
This book explains what worries are, how it feels to be worried, and reassures that lots of kids have worries. Talking about worries, moving around, breathing deeply, getting a big hug, and thinking good thoughts are examples given to cope with worry.
AGES 4-7
PAPERBACK
40 PAGES
D183-IN9
$11.95

Put Your Worries Away
Gill Hasson
Readers learn ways to help themselves when they feel anxious, nervous, or fearful. Strategies for how to calm down and cope with worries are clearly explained, from breathing exercises and playing with friends to seeking help from an adult.
AGES 6-9
PAPERBACK
32 PAGES
D177-IN9
$13.99

Wumblers DVD: #1 Fear/Worry
Laura Wellington
Meet Bertrum, a sweet-natured Wumbler, as he deals with fear of the dark, a bad day, and doubting whether Aunt Cordelia loves him. Each story blends an important lesson with inspiration, imagination, and fun. Three episodes on each DVD.
GR PK-3
25 MIN
A501D-IN9
$29.95

Facing Fear Without Freaking Out DVD
Trevor Romain
Come to Screamworks Island, where every kid must not only face their fears but deal with them once and for all! It will take lots of advice from Trevor for Jack and Skye to conquer creepy spiders, dizzying heights, and other fears awaiting them.
GR 1-6
30 MIN
A484D-IN9
$29.95

The Handbook for Helping Kids With Anxiety & Stress
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.
GR PK-12
PAPERBACK
80 PAGES
777-IN9
$19.95

Remote Control Worry Control Game
Uses CBT to help combat anxiety. Relaxation techniques like muscle relaxation, deep breathing, and visualization are used. Players use remote control symbols which focus on three essential skills for controlling anxiety. Separate decks for upper and lower grades.
GR 1-9
40 CRDS / DECK
2-5 PLAYERS
B456-IN9
$27.95

I Bet I Won’t Fret
A Workbook to Help with Generalized Anxiety Disorder
Timothy A. Sizemore
35 simple, fun activities to teach kids to stop worrying, overcome fears, and enjoy being a kid. Provides exercises to help relieve worry, change anxiety-inducing self-talk, and communicate feelings. Individual or therapy program.
GR 2-5
PAPERBACK
152 PAGES
A885-IN9
$19.95

Remote Control Worry Control Game

The Relaxation & Stress Reduction Workbook for Kids
Help Cope with Stress and Transitions
Lawrence E. Shapiro, et al
When parents feel upset, their kids may become anxious. More than fifty activities families can do to replace stressful feelings with feelings of optimism and joy.
GR 2-5
PAPERBACK
144 PAGES
A892-IN9
$17.95

COUNSELING RESOURCES ANXIETY & STRESS

Worry Says What?
Allison Edwards
“Worry’s songs tie my tummy up in knots. Sometimes he speaks in a whisper, and other times his voice gets so loud I can’t hear anything else.” This book shows how worry whispers to young minds, and also offers a powerful tool all children can use to silence those fears.
GR K-6
PAPERBACK
32 PAGES
D120-IN9
$9.95

ABC Worry Free
Noel Foy
“Do you think you could teach someone to worry less?” I asked. “Absolutely. As long as they’re not afraid to learn something new.” Children will learn an actionable approach to worry that will help them process and work through everyday challenges.
GR K-6
PAPERBACK
32 PAGES
D122-IN9
$9.95

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**COUNSELING RESOURCES**

**ANXIETY & STRESS**

- **The Anxiety Workbook for Kids**
  - Take Charge of Fears by Using the Gift of Imagination
  - Robin Alter, Crystal Clarke
  - Presents CBT-based activities and games with a focus on imagination training and developing skills like problem solving, positive thinking, relaxation, and mindfulness.

- **In a Jar: Rx for Stress**
  - Tips for Less Stress in Kids’ Lives
  - Ideas, activities, and tips on stress management children can use to deal with the stress they feel about friends, school, or things happening at home.

- **Stress Can Mess With You A Smart Sharks Card Game**
  - Learn to deal with common stressful situations: shifting friendships, dating, or financial problems at home. Focuses on rational thinking to alleviate stress and anxiety.

- **Fighting Invisible Tigers**
  - Stress Management for Teens
  - Earl Hipp
  - Readers will learn skills for decision-making, assertiveness, relaxation and mindfulness exercises, time management skills, how to avoid online drama, and positive self-talk.

- **The Anxiety Workbook for Teens**
  - Activities to Help you Deal with Anxiety and Worry
  - Lisa M. Schab
  - This workbook gives teens tools to help control anxiety and face day-to-day challenges. Gives insight into their problems and offers guidance for overcoming them.

- **The Stress Reduction Workbook for Teens**
  - Mindfulness Skills to Help You Deal with Stress
  - Gina Biegel
  - 37 simple workbook activities that teach how to reduce worries using mindfulness. Learn how stress has both good and bad effects and simple relaxation skills to help find balance.

**PB** PICTURE BOOK  **PO** PREVIEW ONLINE  **BL** BILINGUAL  **DL** DIGITAL LINK AVAILABLE  **CD** INCLUDES COMPACT DISC  **DVD** INCLUDES VIDEO DVD  **WB** WHITEBOARD COMPATIBLE
The Stress Survival Guide for Teens
CBT Skills to Worry Less, Develop Grit, and Live Your Best Life
Jeffrey Bernstein
Life is full of stress, but teens can learn how CBT can help challenge negative thoughts and replace them with more helpful, flexible ways of seeing life’s challenges.

GR 6-12
PAPERBACK
200 PAGES
D219-IN9
$16.95

Mindfulness for Teen Anxiety
Overcome Anger and Aggression Using MBSR and DBT Skills
Christopher Willard
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.

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Jennifer Shannon
Based in CBT and ACT, this book helps identify the part of the brain where anxious thoughts arise. Helps determine if a teen suffers from generalized anxiety, phobias, social anxiety, agoraphobia, or OCD.

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Transforming Stress for Teens
The HeartMath Solution for Staying Cool Under Pressure
Rollin McCraty, Sarah Moor, et al
Teaches how to use HeartMath skills—proven-effective tools and techniques to help manage daily stress and anxiety, and develop resilience by managing emotion.

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Uncover the Roots of Challenging Behavior
Create Responsive Environments Where Young Children Thrive
Michelle Salcedo
Reduce behavior problems by teaching skills, not punishing individual actions. This book guides teachers to analyze their classroom elements, routines, and responses.

GR PK-1
PAPERBACK
192 PAGES
B979-IN9
$34.99

Positive Behavior for Everyone
Amy Murray
Contains the information needed to teach positive behavior in school and at home. Practical and easy-to-use. Learn how to better encourage positive behavior by making simple changes in the ways you respond when misbehavior occurs.

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The Worry Workbook for Teens
Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety
Jamie A. Micco
CBT exercises to help teens understand chronic worrying, toss “junk mail” thoughts, and manage fears in a constructive way. Help students reach goals by releasing worry.

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Mindfulness skills to manage the four most common worries: school pressure, coping with friendship and relationship problems, body image, and handling family conflicts.

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Breaking the Cycle of Fear, Worry, and Panic Attacks
Debra Kissen, Bari Goldman Cohen, et al
Identify anxiety-causing thoughts and behaviors, observe panic attacks instead of struggling against them, and experience sensations associated with panic.

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You are making a difference EVERY day.
Don’t forget that on the hard days.
But Why Can’t I? A Book About Rules
Sue Graves
When Jenny comes over to babysit, Noah doesn’t want to do what she says. But Jenny helps him understand that adults have to follow rules too, because rules help keep everybody safe, healthy, and happy. Part of the Emotions and Behavior series.

I Didn’t Do It! A Book About Telling the Truth
Sue Graves
Everyone is mad at Poppy because she didn’t tell the truth. Join Poppy as she learns that everyone does something wrong sometimes, and it’s always better to tell the truth. Part of the Emotions and Behavior series.

I Don’t Want to Wait! A Book About Being Patient
Sue Graves
Maisy hates waiting for her birthday, waiting to talk, waiting for her sister. Eventually, she learns that having patience makes life calmer—and sometimes much nicer. Part of the Emotions and Behavior series.

Not Fair, Won’t Share A Book About Sharing
Sue Graves
Nora finds how hard it is to share when Miss Clover builds a special space station in their classroom. Everyone wants to play at once! Part of the Emotions and Behavior series.

Take a Deep Breath A Book About Being Brave
Sue Graves
Ruby is afraid of dogs, and Andy doesn’t like to go in the pool. These friends learn that when something scares them, they can take a deep breath and feel brave enough to get through their ordeals. Part of the Emotions and Behavior series.

Teaching Appropriate Positive Behaviors
A SMART Guidance CD
Will Moody
Join Officer Behavior and the citizens of Pleasant Town to stop the Behavior Crook! A collection of 9 lessons with games, activities, and curricula that can be used with classes, small groups, or individuals.

Management & Discipline
Lisa Mitchell, et al
Develop your students’ social and emotional skills with these 38 cooperative and engaging activities. Each activity is based on a Kagan Structure. Activities explicitly designed to develop students’ social skills, character, and emotional intelligence.

The Behavior Problems Resource Kit
Michael J. Asher, et al
Provides over 50 reproducible forms and numerous intervention procedures founded in evidence-based research and standards. For children having a wide range of diagnoses, including AD/HD, autism spectrum disorders, mood disorders, and anxiety disorders.

Understanding & Counseling the Misbehaving Student
John F. Taylor
Provides guidelines for helping students participate more fully and successfully at school. Includes key principles for understanding why students misbehave, decreasing incidents of conflict, and meeting students emotional needs.

How The Brain Influences Behavior
Management Strategies for Every Classroom
David A. Sousa
Presents information on brain development and function, factors that affect social and emotional decision making and negative behaviors, and methods for teaching self-control and fostering positive relationships. Includes reproducibles.
Win-Win Discipline Flip Chart
Spencer Kagan, et al
Discipline issues steal class time and divert focus from learning. With this handy flip chart, you’ll have quick access to some of the best Win-Win Discipline strategies. Includes 31 Discipline Structures for the Moment-of-Disruption and Follow Up.

GR K-12
SPIRAL BOUND
D221-IN9
$29.00

Teach Skills and Break Habits
Growth Mindsets for Better Behavior in the Classroom
Dan St. Romain
Behavior folders, clip systems, or other interventions based on punishments and rewards often prove to be ineffective. Explore why it isn’t working, and find a new process that will lead to better behavior.

GR K-12
PAPERBACK
176 PAGES
B960-IN9
$19.95

Featured Author
Dan St. Romain is a national educational consultant who provides staff development and consultative services to educators K-12. Dan is passionate about helping individuals shift their perspective on behavior and understand the best ways to provide support given the challenges posed in today’s society. He regularly presents on topics impacting school climate, brain-based instruction, developmentally appropriate educational practices, and presentation skills.

The ABCs of CBT
Kathie Guild
Effective for addressing generalized anxiety, anger, low self-esteem, test anxiety, and other behavioral and emotional concerns. Students will learn to recognize, challenge, and rethink distressing thoughts. For use in individual and small-group counseling. Includes reproducibles.

GR 3-8
PAPERBACK
80 PAGES
B986-IN9
$23.95

The Survival Guide for Kids with Behavior Challenges
How to Make Good Choices and Stay Out of Trouble
Thomas McIntyre
Provides practical strategies for kids with behavioral disorders and general behavior problems. Includes a glossary, resources (books, organizations, web sites) and more!

GR 3-9
PAPERBACK
192 PAGES
B553-IN9
$14.99

Win-Win Discipline Flip Chart
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GR 3-9
PAPERBACK
192 PAGES
B553-IN9
$14.99

When Rotten Things Happen
Rob Kerr
40 lessons of this exciting program teach young people the important cognitive and behavioral skills designed to help them actively avoid emotional overreactions and respond to those “rotten events” in life in a cool, calm, thoughtful way.

GR 6-12
PAPERBACK
196 PAGES
B366-IN9
$26.95

Surviving the Emotional Roller Coaster
DBT Skills to Help Teens Manage Emotions
Sheri Van Dijk
Deal with low self-esteem, anger, anxiety, and depression by learning about core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

GR 6-12
PAPERBACK
224 PAGES
B751-IN9
$21.95

Don’t Let Your Emotions Run Your Life
Dialectical Behavior Therapy Skills
Sheri Van Dijk
Learn the skills needed to stay calm in difficult situations, manage out-of-control emotions, reduce the pain of intense emotions, and get along with family and friends.

GR 6-12
PAPERBACK
160 PAGES
B039-IN9
$17.95

The Perfectionism Workbook for Teens
Activities to Help You Reduce Anxiety and Get Things Done
Ann Marie Dobosz
Develop the self-compassion and mindfulness tools needed to counteract the negative effects of perfectionism and develop new, healthy skills for boosting your self-confidence.

GR 6-12
PAPERBACK
200 PAGES
B773-IN9
$16.95

The Think Confident, Be Confident Workbook
Create Unshakable Self-Confidence and Reach Your Goals
Leslie Sokol, Marci G. Fox
Based on CBT, replace self-doubt with self-confidence. Help students transform a negative self-image into a more positive, accurate reflection to pursue dreams and find success.

GR 6-12
PAPERBACK
224 PAGES
B776-IN9
$17.95

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COUNSELING RESOURCES

BOYS & GIRLS ISSUES

The Drama Llama  Susan Bowman  GR PK-5

The Drama Llama Storybook
Drama Llama likes to spread rumors, gossip, and start trouble between the other animals. When the other animals stop talking to her, Drama Llama learns that you gain friends by being genuine and kind. Includes discussion questions and reproducible activity pages.

40 PAGES  PAPERBACK  B470-IN9  $14.95

The Drama Llama Interactive Lessons CD
Lessons include: Recipe for Friendship, Are You My True Friend?, Building Friend “Chips”, Stop the Drama, and Friendship Garden. CD includes 3 full-color posters, The Drama Llama animated storybook, and printable follow-up worksheets.

B471-IN9  $29.95

The Drama Llama Activity Guide
Includes discussion questions, checklists, games, role plays, worksheets, and suggestions for the entire school. Topics include: Toxic Friendships, Taking Positive Action, Good Friends/Bad Friends, and more! Includes reproducibles.

32 PAGES  PAPERBACK  B791-IN9  $19.95

The Drama Llama Set
Storybook, Interactive Lessons, and Activity Guide
B657-IN9  $58.95

Girls in Real Life Situations  Julia V. Taylor, et al
80+ activities divided into 10 themes that encourage girls to share feelings and struggles in a supportive environment. Topics: Empowerment, Self-Awareness, Developing Coping Strategies, Improving Problem-Solving Skills, Making Healthy Decisions. Includes reproducibles.

GR K-5  SPIRAL BOUND  202 PAGES  A259-IN9  $42.99

Cliquettes, Phonies & Other Baloney DVD
Trevor Romain
After feeling rejected by her best friend Jack, Skye decides to look for some new friends. She finds herself influenced by a not-so-nice clique. In the end, Trevor helps everyone understand the importance of being true to ourselves and that we are all unique.

GR 1-6  30 MIN  A486D-IN9  $29.95

Inner-Beauty Thumball
Catch the soft Thumball, look under your thumb, and respond to prompts. Players are encouraged to discuss the meaning and importance of recognizing inner-beauty in oneself and others.

GR K-12  4” THUMBALL  B590-IN9  $14.95

Stop the Drama Thumball
Catch the soft Thumball, look under your thumb, and respond to prompts. Discussions may include bullying, texting/tweeting/social media, jealousy, real and fake friendships, and more.

GR K-12  4” THUMBALL  B358-IN9  $14.95

Mean Girls  Kaye Randall
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 and addresses cyber-bullying.

GR 3-12  PAPERBACK  128 PAGES  A126-IN9  $34.95

Lesson Booster DVD: Cliques
DVD and CD-ROM with Complete Lesson Plans
Finding their place in a particular social group is a primary concern of many children. These four programs identify, through real life examples, the meaning and effects, both good and bad, of cliques.

GR 4-7  18 MIN  B207D-IN9  $79.95

Relational Aggression in Girls  Jamie Kupkovitis
Nine sessions and activities addressing and treating relational aggression in girls, to help address girl bullying issues. An optional 10th session is also offered for follow-up purposes. For use in classrooms and small groups as a prevention/intervention tool.

GR 4-12  PAPERBACK  160 PAGES  A92-IN9  $27.95

The Drama Llama
Susan Bowman  GR PK-5

Mean Girls
Kaye Randall

Lesson Booster DVD: Cliques

Relational Aggression in Girls
Jamie Kupkovitis

CD  INCLUDES COMPACT DISC
DVD  INCLUDES VIDEO DVD
PO  PREVIEW ONLINE
BL  BILINGUAL

WB  WHITEBOARD COMPATIBLE
DL  DIGITAL LINK AVAILABLE
PB  PICTURE BOOK
GM  GAME
Operation: Breaking the Boy Code
An 8-week small group guidance program for boys, offering 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. Group or individual counseling.

Breaking the Girl Code
An 8-week small group guidance program for girls, offering a rare opportunity to experience and celebrate different areas of femininity. Seven lessons examine the complexities of being a young woman and the meaning of sisterhood in a variety of cultures. Group or individual counseling.

Card Games
Reinforces appropriate friendship skills and personal skills focusing on gender-specific examples. Color-based subjects include Blue: Think About It, Green: Character Traits, Red: Friendship Skills, and Yellow: Making a Difference.

Breaking the Middle School Code
This book focuses on a successful transition from elementary to middle school by covering a range of hot topics from personal hygiene to time management. Flexible for large and small group extended sessions or quick, streamlined sessions.

Girls Unlimited Curriculum
Six Life-Changing Lessons for Middle School Girls
Karin Kasdin
This curriculum empowers girls to become their most authentic and empathetic selves. Discover practical ways to manage anger, the meaning of self-respect and self-care, and more.

Girls in Real Life Situations
Julia V. Taylor, et al
90+ activities divided into 12 themes that encourage girls to share feelings and struggles in a supportive environment. Topics: Relationships, Body Image, Self-Esteem, Choices, Stress, Communication, Reaching Out, Emotions, Tough Times and Friendships, and more. Includes reproducibles.

The Boy Code
Julia V. Taylor
An 8-week small group guidance program for boys, offering 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. Group or individual counseling.

In a Jar: Questions & Quotes for Girls
Unique, engaging topics for all ages, these go-anywhere and easy-to-use jars make learning fun, portable, and spontaneous. Questions and quotes to spark conversation and reflection about school, stress, family, friendships, health, self-respect, and more.

The Body Image Workbook for Teens
Julia V. Taylor
This book discusses comparison, negative self-talk, unrealistic media images, societal and family pressures, perfectionism, toxic friendships, and fear of disappointing others.

The Sexual Trauma Workbook for Teen Girls
Raychelle Cassidy Lohmann, et al
Real-life stories from survivors and tools help victims move past trauma. Provides practical strategies and exercises to help promote emotional healing and reclaim a sense of self.
The Teen Girl's Survival Guide
Lucie Hemmen
Ten Tips for Making Friends, Avoiding Drama, and Coping with Social Stress. Grounded in CBT, the ten tips guide teen development; in both simple and profound ways. Includes thought-provoking exercises and quizzes.

GR 6-12
PAPERBACK
192 PAGES
B173-IN9
$20.95

Guidance Systems DVD: Teen Dating Abuse
#DVD and CD-ROM with Complete Lesson Plans
The causes and consequences of teen dating abuse are shown. Red flags examined are constant contact, false accusations, explosive tempers, threats, and blaming.

GR 6-12
7 MIN
D199D-IN9
$79.95

Visit ncyi.org to sign for our weekly eNewsletter! Get insightful articles, book suggestions and exclusive discounts!

BULLYING

Big Red and the Little Bitty Wolf
A Story About Bullying
Jeanie Franz Ransom
Big Red loves nothing more than teasing, taunting, and terrorizing Little Bitty Wolf. Includes bullying warning signs and steps to improve the situation — whether a child is the victim, perpetrator, or a bystander.

GR PK-3
HARDCOVER
32 PAGES
B865-IN9
$15.95

Zach Stands Up
William Mulcahy
When Zach sees his friend being bullied at school, he doesn’t know what to do. After talking with his brother, Zach creates the stand-up-to-bullying STAR: Speak Up, Take Off by helping them leave the area, Ask questions about how they are feeling and actively listen to the answers, and Report what happened to an adult.

AGES 5-8
PAPERBACK
36 PAGES
D189-IN9
$12.99

Bully B.E.A.N.S.
Julia Cook
Updated artwork! Maxine likes to pick on kids…especially Winston. The other kids don’t like the way Maxine treats Winston, but are too afraid to do anything about it…until they discover Bully B.E.A.N.S. Now they know the power of their own voice and how to use it effectively when standing up against bullying.

GR K-3
PAPERBACK
32 PAGES
D239-IN9
$9.95

Bully B.E.A.N.S. Activity and Idea Book
Julia Cook
Updated artwork! The perfect companion to “Bully B.E.A.N.S.” This workbook offers teachers and students “hands on” activities that explore the dynamics of bullying and ways to prevent it.

GR K-3
PAPERBACK
24 PAGES
D240-IN9
$9.95

Guiding Girls Toward Greatness
15 Pillar-Based Lessons To Empower Girls
Melanie Martin
Leadership skills, self-esteem building, and community building are discussed. Can be taught individually or with small groups, in the classroom, after school, or school-wide. Includes reproducibles.

GR 6-12
PAPERBACK
88 PAGES
B175-IN9
$23.95

Parenting a Teen Girl
Lucie Hemmen
A crash course on conflict, communication, and connection with your teenage daughter. This workbook offers exercises and scripts to decrease anxiety and increase understanding in the parent-teen relationship. Includes information on dating, academics, and technology use.

GR 6-12
PAPERBACK
208 PAGES
B618-IN9
$17.95

The Teen Girl's Survival Guide
Lucie Hemmen
This book exposes the historical, cultural, and social factors behind intra-racial girl bullying. Includes pre/post test group evaluations, middle and high school lesson plans, activities, opportunities for reflection, and a certificate of completion.

GR 6-12
PAPERBACK
86 PAGES
B465-IN9
$22.95

Black Girl Blues
Combat Intra-Racial Bullying
Carolyn Strong
This book exposes the historical, cultural, and social factors behind intra-racial girl bullying. Includes pre/post test group evaluations, middle and high school lesson plans, activities, opportunities for reflection, and a certificate of completion.

GR 6-12
PAPERBACK
86 PAGES
B465-IN9
$22.95

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D239-IN9
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GR K-3
PAPERBACK
24 PAGES
D240-IN9
$9.95

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Beware of Bully Bait
A Go Fish Card Game
Encourages development of skills needed to reduce bullying. Features specific content for targets, bullies, and bystanders. Played like classic Go Fish, there are two decks of 50 cards: one for grades K-2 and one for grades 3-5.

Brad Learns How to Take a Bite Out of Meanness
Brad is teased because he doesn’t fit the shark reputation. He learns that, “True friends are those who like you for who you are and accept you no matter how different you are.” He eventually gains new friends and earns respect for his positive and friendly attitude.

Brad Learns How to Take a Bite Out of Meanness CD
Includes 5 interactive, narrated mini-lessons, an animated and narrated storybook in both English and Spanish, plus reproducible worksheets and printable posters.

Bulleys Are A Pain In The Brain DVD
Every kid runs into bullies, and Jack is no exception. After being picked on, Jack decides to stay home from school forever! But Trevor and Skye aren’t going to let him off so easy. Trevor teaches ways to handle a bully and the secrets for becoming bully-proof.

End Peer Cruelty, Build Empathy
The six Rs of bullying prevention: Rules, Recognize, Report, Respond, Refuse, and Replace. Features guidelines for implementation, data, training, mobilizing students and parents, building social-emotional skills, and sustaining progress. Includes reproducibles.

Peacemaking Thumball
Catch the soft Thumball, look under your thumb, and respond to prompts. Discussions can include knowing the difference between big deals and little deals, how to be a peacemaker, ways to resolve conflicts, and how to make peace in different situations.

Ouch Moments
When Words Are Used in Hurtful Ways
When kids say something mean or hurtful, it’s hard to know what to do. “Ouch Moments” uses kid-friendly terms, offers practical strategies for what kids can do to help, and empowers kids to stand up to mean and hurtful language.

No Putdowns
Jim Wright, Wendy Stein & Stephanie Pelcher
This comprehensive curriculum addresses violence prevention, character development, substance abuse prevention, and life-skill building. Each grade level has fifty developmentally appropriate activities designed for use over a ten-week period. Upon completion, students will be able to recognize and understand the effects of putdowns on themselves and others, demonstrate strategies for calming down, recognize and express appreciation, and much more! Includes a program guide for staff support.

Ouch Moments CD
Includes 5 interactive, narrated mini-lessons, an animated and narrated storybook in both English and Spanish, plus reproducible worksheets and printable posters.

No Putdowns Gr K-5
2 Book Set

No Putdowns Gr K-5
Set
Storybook and CD

Guidance Systems DVD: The Bully Report
DVD and CD-ROM with Complete Lesson Plans
Quinn is relentlessly teased, so when he is assigned to write a paper on kindness and courage, he writes The Bully Report, inspiring classmates to stand up and speak out about bullying.
In a Jar: Bully Free Zone
Tips for Dealing with Bullying
Promote group discussions about healthy ways to reduce bullying. Learn anti-bullying strategies—whether as the target of bullying, a bystander, or the person doing the bullying.

BULLY FREE ZONE
AGES 9-14
B247-IN9
$9.99

Broken Toy DVD
Thomas Brown
12-year-old Raymond is often bullied when a teacher has their back turned. To get away from the bullies, he runs into the street, where he is hit by a car. Nobody meant for it to go this far. Focuses on the reactions of the bullies. Includes facts, suggestions for presentation, and activities.

GR 4-7
25 MIN
189D-IN9
$49.95

Lesson Booster DVD: Why Do Bullies Bully?
DVD and CD-ROM with Complete Lesson Plans
These 4 programs build a stronger foundation when dealing with bullies, by covering what bullies do, why they do it, the difference between being funny and mean, and why no one should become a bully.

GR 4-7
14 MIN
B206D-IN9
$79.95

Peacemakers In Training Manual
Teaching Students Peaceable Solutions to Conflict
Corlette Sande
12-week curriculum includes a teacher's manual and 12 reproducible student activity books. Topics include: Conflict, Consequences, Making Wise Choices, Blame, Forgiveness, Communication, and Respect.

GR 4-8
PAPERBACK
196 PAGES
714-IN9
$59.95

Joey DVD
Thomas Brown
Addresses the bullying problem and the consequences this behavior has on all involved, including the victim, the victim's family, the bullies, and bystanders. Joey is a film that will challenge and inspire students and parents alike. Includes study guide.

GR 5-9
27 MIN
183D-IN9
$49.95

No Putdowns
Jim Wright, Wendy Stein, Stephanie Pelcher
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.

GR 6-7
PAPERBACK
112 PAGES
A018-IN9
$34.95

The Bullying Workbook for Teens
Deal with Social Aggression and Cyberbullying
Raychelle Cassada Lohmann, et al
Uses CBT to help ease anxiety, fear, stress, and other emotions associated with being bullied. Includes 42 activities designed to help teens learn anti-bullying tips and strategies.

GR 6-7
PAPERBACK
152 PAGES
B334-IN9
$17.95

Bullying...Not in This School: The Teenage Years
40 Weeks of Bullying Prevention Activities
Jan Urbanski, Joan Reubens
Each lesson includes a school-wide announcement, quotes and questions for discussion or writing prompts, activities for pairs or small group instruction, and more.

GR 6-7
PAPERBACK
128 PAGES
B426-IN9
$24.95

For more information on Bullying see Additional Resources section on page 64.
### I Don’t Want to be Nice!
#### A Book About Showing Kindness

**Sue Graves**

Finn is not very kind to his classmates and cares mostly about himself. When no one wants to play with him, he feels sad and lonely. Finn learns that kindness leads to friendship and fun.

**AGES 4-8**

**HARDCOVER**

**28 PAGES**

**D229-IN9**

**$12.99**

### Empathy is Elementary

**Rebecca Schmidt**

Includes 4 stories that teach empathy concepts, plus activities for each grade level to reinforce the stories’ messages. Includes monthly all-school activities for each grade, where children demonstrate empathy in and out of school.

**GR PK-5**

**PAPERBACK**

**88 PAGES**

**B567-IN9**

**$24.95**

### Becoming a Better You

**Kris Yankee, Marian Nelson**

The Becoming a Better You series strives to highlight character traits that help readers reach their potential and help make a positive impact in the world.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Type</th>
<th>Pages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PK &amp; UP</td>
<td>PAPERBACK</td>
<td>32 PAGES</td>
<td>$9.95 EACH</td>
</tr>
</tbody>
</table>

### Are You Confident Today?


**GR K-4**

**PAPERBACK**

**32 PAGES**

**D214-IN9**

**$19.95**

### Are You Empathetic Today?

Where does empathy come from? Is it learned or is it just a part of us? See how the characters in this book are understanding, become more aware, and are sensitive to others’ feelings.

**GR K-5**

**2-5 PLAYERS**

**A959-IN9**

**$16.95**

### Catch Good Character

**A Go Fish Card Game**

Introduces various dimensions of character, such as honesty, caring, fairness, etc. Players answer open-ended questions and discuss the benefits of good character. Played like classic Go Fish, there are two decks of 50 cards—one for grades K-2 and 3-5.

**GR K-5**

**CD**

### How Do I Stand In Your Shoes? Lesson Guide

**Susan DeBell**

Provides 20 lessons, activities and projects to teach empathy. Children will enjoy the hands-on learning experiences which include art projects, writing activities, drama opportunities, and more! Activities do not require the storybook. Includes reproducibles.

**GR K-4**

**CD**

### Finding Me in the Land of Smee

**Self-Awareness Giant Picture Cards**

**Poppy Moon, Robert Bowman**

Using the GIANT cards, children will learn about themselves and others and how their differences can become their strengths. Ten ways to play with almost any size group.

**GR K-5**

**GM**

### Success in the Game of Life with Good Character

**A SMART Guidance CD**

**Diane Senn, Will Moody**

10 sports-themed lessons on character utilizing a success skill-themed game. Includes interactive lessons, facilitator’s lesson plan, reproducibles, coloring sheets and 9 color posters.

**GR K-6**

**CD**

**WB**
Safe & Caring Schools: Activities for Building Character & Social-Emotional Learning
Katia S. Petersen
Each book contains hundreds of lesson plans to help teachers build attitudes of respect and caring, reduce problem behaviors, empower students to solve problems, and educate the whole child socially, emotionally, and academically. The lessons’ literature-based connections allow teachers to “build in” rather than “add on” social-emotional learning (SEL) as part of the daily curriculum. Can be implemented as a school-wide, PK-8 program.

Unselfie
Why Empathetic Kids Succeed in Our All-About-Me World
Michele Borba
Lack of empathy hurts academic performance and can lead to bullying. Shift kids’ focus from I, me, and mine… to we, us, and ours. Includes a 9-step empathy-building program with tips to guide kids from birth through college, and beyond.

Empathy Thumball
Catch the soft Thumball, look under your thumb, and respond to prompts. Discussions may include how to stand in someone else’s shoes, show good listening, and make skillful statements to others as they experience any of several emotions. Helps children understand and appreciate the feelings and perspectives of others.

Acts of Kindness Thumball
Catch the soft Thumball, look under your thumb, and respond to prompts. Toss the ball and wherever your thumb lands will be the act of kindness to perform that day. Players are encouraged to report back how the act of kindness made them feel and how they think it impacted the recipient.

180 Days of Character
Donna Forest
One character building theme is presented for each day of the school year, followed by a list of related thoughts or suggestions for children to discuss. Use in any classroom setting to promote positive character traits. Addresses choices, respect, courage, and more!

Learning to Listen, Learning to Care
Learn Self-Control and Empathy
Lawrence E Shapiro
Students will learn why it is important to follow rules and behave considerately toward others. Engaging exercises teach the impact of behavior, expressing emotion appropriately, and learning to compromise.
Higher-Level Thinking Questions: Developing Character
Michael Kagan
Hundreds of questions, quotations, and dilemmas to explore and develop character. Quotations provide discussion starters while dilemmas help students evaluate their own values and traits as well as those of others. Reproducible question card format.

Lesson Booster DVD: Got Empathy?
DVD and CD-ROM with Complete Lesson Plans
Learn to understand the meaning of empathy and its importance in these 4 programs. Addresses what empathy is and why it is important, how to show empathy, and putting others first.

Every child deserves a Champion. An adult who will Never Give Up on them, who understands the power of connection, and insists they become the best they can possibly be.
Rita Pierson

Activities for Developing EMPATHY
Teach the Meaning and Importance of Empathetic Behaviors
Becky Kirby
40 innovative activities that teach both the meaning and importance of empathetic behaviors – Empathy Website and App, Empathy Tree Gratitude Board, Empathy Bingo, and more! Includes reproducibles.

Create a Culture of Kindness in Middle School
48 Character-Building Lessons to Foster Respect and Prevent Bullying
Naomi Drew, Christa M. Tinari
Through role-playing, perspective-taking, writing, and discussion, students learn to accept differences, resolve conflict, stop bullying, and create a community of kindness. Includes reproducibles.

Your Body Belongs to You
Cornelia Spelman
In simple, reassuring language, this book explains a child’s body is their own and that it is all right to decline a friendly hug or kiss, even from someone they love. Private parts are defined, and the importance of telling if someone tries to touch them is addressed.

My Body Belongs to Me
A Book About Body Safety
Jill Starishevsky
The rhyming story and illustrations provide a way to sensitively discuss the topic that our private parts belong to us. The overriding message is that if someone touches a child’s private parts, tell a safe adult.

Smarter than the SCOOPERS
Keeping Your Child Safe from Predators
Julia Cook
SCOOP is an acronym for the five personal safety strategies: be Smart, use your Call list, zero talking to strangers, keep strangers Out of your personal space, and always Pair up.
The Bubble Wrap Queen
Julia Cook
Teaches the key B.A.S.I.C.S of injury prevention – Be Aware and Safe in Common Situations. Creatively addresses playground safety, poison control, automobile safety, bicycle safety and more. Take precautions to live safely...outside of the bubble wrap!

Healing Days
A Guide for Kids Who Have Experienced Trauma
Susan Farber Straus
Covers the feelings, thoughts, and behaviors that many kids have after a bad and scary thing happens. Emphasizes that children are not to blame for what happened, and that they can get help and look forward to a happy future.

The Ant Hill Disaster
Julia Cook
After a disaster destroys his school, a little boy ant is afraid to return. Thoughtfully addresses fears associated with natural and man-made disasters and models effective parenting and teaching responses. Children learn they can stand strong, even in uncontrollable events.

I'm Not Scared, I'm Prepared!
Julia Cook
The teacher at the Ant Hill School teaches her students what to do if a “dangerous someone” is in their school. This book enhances concepts taught in the ALICE Training Institute, and makes them applicable to children of all ages in a non-fearful way.

I'm Not Scared, I'm Prepared! Activity & Idea Book
Julia Cook
The perfect companion to the picture book. Offers grief facilitators, counselors, teachers, and parents “hands on” activities to use in the classroom or at home.

Guidance Systems DVD: Sexual Abuse: It’s Not Your Fault
DVD and CD-ROM with Complete Lesson Plans
Real-life scenarios of sexual abuse and the emotional impact are presented. Identify what sexual harassment is, how to handle this serious issue and establish available age-appropriate solutions.

Guidance Systems DVD: Say No With Pride
DVD and CD-ROM with Complete Lesson Plans
Students are taught to say no with confidence and stand firm. Say no and give your reasons for saying no. If necessary, get an adult to help. Even if you say yes at first it’s never too late to change your mind.

Guidance Systems DVD: Stranger Danger Awareness
DVD and CD-ROM with Complete Lesson Plans
This comprehensive stranger danger program shows the five common traps: pet trap, car trap, authority trap, playmate trap, and technology trap, through a series of dramatic vignettes.

The Kid Trapper
Julia Cook
This book addresses the extremely sensitive issue of child-molestation and presents it in a way that gives the victim power and strength. Includes important statistics, how to spot a child molester, traps often used by predators, and what children might hear from a sexual predator.

The Sexual Trauma Workbook for Teen Girls
Recovery from Sexual Assault and Abuse
Raychelle Cassidy Lohmann, et al
Real-life stories from survivors and tools help victims move past trauma. Provides practical strategies and exercises to help promote emotional healing and reclaim a sense of self.
<table>
<thead>
<tr>
<th>Resource Title</th>
<th>Author(s)</th>
<th>Description</th>
<th>Grade Level</th>
<th>Format</th>
<th>Pages</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Jellybean Jamboree</td>
<td>Susan Jelleberg</td>
<td>Topics such as handling anger, managing emotions, and problem solving are presented in 6 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 activity sheets.</td>
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<td>Paperback</td>
<td>175</td>
<td>$34.95</td>
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<tr>
<td>Mindful Classrooms™</td>
<td>James Butler</td>
<td>Easy-to-remember tools and strategies to calm young minds and help them focus. This interactive, research-based curriculum integrates simple, ready-to-use stretching, breathing, and reflective exercises as well as other mindfulness practices.</td>
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<td>Paperback</td>
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<td>$29.99</td>
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<td>Classroom Guidance Games</td>
<td>Shannon Trice-Black</td>
<td>50 fun games, including reproducible cards, worksheets, and letters to parents. Easy to assemble, little prep, and take 30 minutes to play. Engage their minds and bodies. Learn to deal with anger, homework, bullies, safety, goals, friends, and their futures!</td>
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<td>Paperback</td>
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<td>$34.95</td>
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<tr>
<td>201 Amazing Mind Boggler</td>
<td>Robert Bowman</td>
<td>Lesson plans that relate each boggler to topics such as self-motivation, social skills, responsibilities, thinking and behaving, preventing and coping with problems, schoolwork, and career.</td>
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<td>Paperback</td>
<td>448</td>
<td>$42.95</td>
</tr>
<tr>
<td>Colorful Counseling</td>
<td>Rosanne Sartori, Rachel Herman</td>
<td>Ten life-skill units 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. Includes reproducibles.</td>
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<td>Paperback</td>
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<td>$35.95</td>
</tr>
<tr>
<td>Monthly Motivating Classroom Guidance Lessons</td>
<td>Marianne B. Vandawalker</td>
<td>Seasonal and popular holiday activities that can be completed in one class period, require few materials, and emphasize an educational/counseling topic. Topics include: study skills, conflict resolution, resolving problems, kindness and goodwill, and more. Includes reproducibles.</td>
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<td>Paperback</td>
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<td>$29.95</td>
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<tr>
<td>Guidance Mini-Lessons</td>
<td>Diane Senn</td>
<td>60 activities covering personal/social, academic, and career development. Seven different approaches, such as learning through everyday objects, brief skits, and magic tricks. Use with class lessons, individuals, small groups and school-wide. Includes reproducibles.</td>
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<td>Paperback</td>
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<tr>
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<td>Eric Cooper</td>
<td>Provides 50 PowerPoint presentations with humorous stories, animated visuals and engaging discussions that teach social-emotional skills. (Does not contain music or voice-over narration.)</td>
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<td>$39.95</td>
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<td>More Awesome Activities</td>
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<td>Contains more than 114 complete lesson plans covering anger management, behavior, career education, feelings, friendship, manners, respect, responsibility, self-esteem, study skills and more. Includes 200+ reproducibles-bookmarks, wristbands, posters, awards and more!</td>
<td>K-6</td>
<td>Paperback</td>
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<td>448</td>
<td>$42.95</td>
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**Spectacular Guidance Activities for Kids**

**101 Fun and Meaningful Lessons**

Diane Senn

Help children maximize their potential in the areas of living (personal/social development), learning (academic development), and working (career development). Includes reproducibles.

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I love being a part of the NCYI family. Their mission of reaching children through supporting school counselors, teachers, and parents aligns perfectly with my personal mission. The passion and professionalism they bring to conferences and publishing is exceptional!

AMIE DEAN
BEHAVIOR SPECIALIST, SPEAKER, AND AUTHOR OF YOUR HAPPY HEART

NCYI takes relationship building to another level! They make us feel as if we’re a member of their family and go the “extra mile” in servicing our district. When planning large in-service events, they take all our stress away... we simply tell them what we want, and they handle the rest! We 100% recommend NCYI.

SUSAN SENG
COUNSELING / TESTING SUPERVISOR, SHELBY COUNTY, AL PUBLIC SCHOOLS

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!

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DIRECTOR OF GUIDANCE AND COUNSELING, SOCORRO INDEPENDENT SCHOOL DISTRICT, EL PASO, TEXAS
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Catch a Career Thumbnail
Catch the soft Thumbnail, look under your thumb, and respond to prompts. Provides examples covering the 16 career clusters. Act out the career and see if others can guess, describe two special skills needed, name 1 thing that could be fun or rewarding, or name 1 thing that could be frustrating or scary.

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Shandra Hall
Ava imagines herself in a variety of different careers, spanning the alphabet. Children explore a large number of career possibilities and learn we all have the potential to be whatever we want to be.

More Career Fun
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Learn not only about jobs but also about the roles and responsibilities as participating members of that society. Addresses the 16 career clusters. Includes a manual with complete directions for each activity as well a CD with PDF files for the reproducible activity sheets and game cards.

Katie Kangaroo and Her Awesome Career Adventure CD
Susan Bowman
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Creative Career Education
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For each grade level, offers 4-5 age appropriate career-education lessons, vocabulary words to increase students' knowledge of words related to careers, and “My Portfolio” which asks students to write about their interests and what they would like to be. Includes reproducibles.

The Character & Career Connection
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What Shoes Will You Wear
Julia Cook
Myrtle and Erytle’s father uses their love of shoes to encourage the young twins to start thinking about future careers. Explore the skills needed for any career: responsibility, self-confidence, integrity, punctuality, and teamwork. Career clusters are presented.

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Julia Cook
Full of activities and worksheets, this fun book assists children in starting on the pathway of being college and career ready.
Teaching Career Essentials
Lisa King
Contains ready-to-use lessons about the 16 Career Clusters. Focus on four success skills to help them succeed in school, and eventually in their career. Includes 60 easy-to-use activity-based lessons that have been kid-tested and kid-approved. Includes reproducibles.

How To Create a College Day
Lisa King
This resource will walk you through finding speakers, implementing lessons, providing worksheets, and more. Reproducibles include templates for letters/forms, PowerPoints, craft ideas, lesson plans, decorating ideas, timeline, and brief articles.

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

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Michael Farr
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Michael Farr
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Covers nearly 50 majors for the 6 personality types: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional. A self-assessment helps determine personality type. 90+ “best majors” lists reveal the 10 best majors overall for each personality type.

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Laurence Shatkin
Discover how personality types relate to careers. Take a self-assessment to determine personality type: Realistic, Investigative, Artistic, Social, Enterprising, or Conventional. Browse jobs lists that show the best jobs for each personality type, including descriptions and pay.
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Trevor Romain

Skye’s parents are getting divorced! While dreaming, Skye takes her parents to court in an effort to deny their divorce and prove it’s undesirable, unnecessary, and unfair to her! With Trevor and Jack’s help, Skye discovers her parents aren’t divorcing her.

Getting Through My Parents’ Divorce

Divorce, Parental Alienation, and Loyalty Conflicts

Amy J.L. Baker, Katherine Andre

A workbook to help children deal with the negative impact of custody disputes, understand and identify their feelings, learn to cope with stress and other complex emotions, and feel secure.

Getting Yourself Together When Your Family Comes Apart

Coping with Family Changes

Janet Bender

Focuses on five stages of grief experienced when the family structure changes. Includes a student survey, story, and reproducible activities to move through the grief process and adjust to new circumstances.

Safe Travels Through the Divide

Kim “Tip” Frank

Tools and understanding needed to help make the journey through divorce or separation as safe and comfortable as possible, while minimizing lasting effects. Broken into sections for adults and kids, this book will help children adjust to their new lifestyle.

The “D” Word (Divorce) Activity and Idea Book

Julia Cook

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The “D” Word (Divorce) DVD

Julia Cook

Ottis’s perfect family changes as soon as his parents say they are getting divorced. At first he blames himself. With the help of his Gram, Ottis learns about the Three C’s of divorce: I didn’t CAUSE it, I can’t CONTROL it, so I’m going to have to learn to COPE with it!

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Sue Graves

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*When a School Grieves*
Amy Murray

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Rebecca Schmidt

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Rebecca Schmidt

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*Julia Cook*

Everyone shows grief differently. With the help and support of his family, Little Tree learns to cope with his father’s death by discovering what is really important in life, and how his father’s memory will carry on. Offers a warm approach to the difficult subject of death and dying.

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**Help Children Cope with Grief & Loss**

**Erika Leeuwenburgh, et al**

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**Julia Cook**

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**Julia Cook**

All Little Candle can see is darkness, but someone notices she needs a boost of hope. As she is reminded she has purpose and her own unique gifts, her dim light begins to shine brighter. This hopeful story emphasizes the many different ways to ask for help, and how to be a hope builder for others, too.

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**Susan Bowman, Karen Dean**

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### Understanding & Addressing Adolescent Grief Issues

**Dave Opalewski, John Belaski**

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- **GR 6-12**
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  - A258-IN9
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**A Suicide Prevention Manual for Schools and Communities**

**Dave Opalewski**

Develop a Community Suicide Prevention Program. Discusses suicide prevention, establishes guidelines for intervention, and trains Crisis Team members to manage possible scenarios.

- **GR 5-12**
  - PAPERBACK
  - 85 PAGES
  - A488-IN9
  - $22.95
Battling the Blues
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.

Mindfulness for Teen Depression
A Workbook for Improving Your Mood
Mitch Abblett, et al
Learn skills based on mindfulness to help manage emotions, negative thoughts, and enhance awareness of the present moment. Includes activities and exercises to help take care of body and mind.

Grief Recovery for Teens
Letting Go of Painful Emotions with Body-Based Practices
Coral Popwitz
Deal with the physical aspects of grief and loss. Discover how the mind affects the way we feel physically along with body-oriented skills to help our bodies heal and relieve feelings of anxiety and confusion.

Depression: A Teen’s Guide to Survive and Thrive
Jacqueline B. Toner, et al
Explain what depression is, how it can derail us, and effective ways to take care of ourselves. Full of useful information, self-reflection quizzes, and easy-to-do exercises. Based in CBT, this book provides a concrete plan that makes a huge difference in health and well-being.

School Climate 2.0
Preventing Cyberbullying & Sexting
Sameer Hinduja, Justin W. Patchin
Provides educators with a roadmap for developing a positive school climate that counteracts cyberbullying and sexting. The companion website features downloadable questions for discussion, and more.

Lost and Found
Rescuing Our Children and Youth from Video, Screen, Technology and Gaming Addiction
Kim “Tip” Frank, Mike Paget
Provides ideas and principles related to the overuse and abuse of technology. Learn about the factors and warning signs leading to technology addiction. Offers practical exercises and resources.

COUNSELING RESOURCES
GRIEF, LOSS, & DEPRESSION

See My Pain
Creative Strategies and Activities for Helping Young People Who Self-Injure
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

Beyond the Blues
Help Teens Overcome Depression
Lisa M. Schab
This workbook includes 40 illustrated activities to teens be more assertive, find ways to make friends, handle conflicts, and deal with sad and difficult feelings.

COUNSELING RESOURCES
INTERNET & TECHNOLOGY

Lost and Found
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Provides ideas and principles related to the overuse and abuse of technology. Learn about the factors and warning signs leading to technology addiction. Offers practical exercises and resources.

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Guidance Systems DVD: There’s Always Help: Suicide Prevention
DVD and CD-ROM with Complete Lesson Plans
Sometimes teens feel like situations are hopeless and the way to get relief from the bad feelings is to escape through suicide. Discusses the warning signs of suicide and what can be done to prevent it.

COUNSELING RESOURCES
INTERNET & TECHNOLOGY
The Technology Tail
A Digital Foot Print Story
Julia Cook
Don’t be mean and irresponsible! That’s the straight-to-the-point advice “Screen” has for young readers who are active on social media. Screen wants kids to know their words—the kind and the cruel—will follow them for life, creating a digital trail that can’t be erased.

But It’s Just A Game
Julia Cook
Video game addiction is on the rise, but can be prevented. Teaches both children and adults to switch out their game controller for a “life controller.” Tips in the back explain technology addiction and why it is important to set limits and boundaries.

Cell Phoney
Julia Cook
Joanie Maloney finally gets her very own cell phone! Along with Joanie, children will learn the 6 rules of cell phone usage designed to keep them safe and from hurting others. By knowing the rules, children can become masters of their cell phones and avoid becoming a “Cell Phoney!”

Techno Smart Activity & Idea Book
Julia Cook
Increase communication skills while teaching boundary recognition. Learn digital citizenship by teaching the etiquette of using technology effectively. Full of discussion questions, worksheets, and activities.

Cyber Smart Dominoes Game
 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.

Lesson Booster DVD: Internet Bullies
DVD and CD-ROM with Complete Lesson Plans
For many kids, the Internet is an important part of their daily routine. These 3 programs teach students the meaning of cyber harassment, why it spells trouble, and how to protect themselves from being a victim.

101 Do’s, Don’ts & Double Don’ts on Texting
Liz Hounshell, Erika Shearin
Learn all about the good, the bad, and the ugly of texting. Provides real-life stories about texting and an easy-to-follow thumbs up/thumbs down & double thumbs-down rating for a comprehensive list of texting behaviors and situations. Includes guides and alerts to pass on to parents.

Dive Into Social Networking
A Smart Sharks Card Game
Learn safe and respectful techniques while using the Internet and social media sites. Sitting behind the perceived safety of the computer can cause foolish, mean, and self-defeating behavior. Played like the classic card game “21.”

In a Jar: Cyber Dilemmas Challenges for Teens
Teens tackle challenges from Internet safety to cyberbullying with these 101 thought-provoking cyber scenarios. Easy-to-use jars make learning fun, portable, and spontaneous. Use in small groups or in the classroom.

Guidance Systems DVD: Sexting: Sex Plus Text Equals Trouble
DVD and CD-ROM with Complete Lesson Plans
Follow students through a variety of sexting situations stemming from careless fun to cyberbullying, along with the painful consequences affecting a teenager’s personal, social, and future life.
It's Hard To Be A Verb
Julia Cook
Being a verb is hard! Especially for Louis, who can't seem to control himself when he gets the urge to move at the wrong time and situation. Louis's mom teaches him techniques to keep his inner itching, twitching, and jumping in check. A positive resource for anyone touched by ADHD.

GR K-3
PAPERBACK
32 PAGES
A444-IN9
$9.95

It's Hard To Be A Verb Activity and Idea Book
Julia Cook
Fun activities to improve focus and organizational skills both in and out of the classroom. Full of discussion questions, worksheets, and exercises.

GR K-3
PAPERBACK
24 PAGES
A857-IN9
$9.95

Uniquely Wired
A book about Autism and its gifts
Julia Cook
Zak to responds to the world around him in unconventional ways. As Zak describes his Autistic point of view, readers gain a better understanding of his behaviors and learn patience, tolerance, and understanding.

GR K-5
PAPERBACK
32 PAGES
B952-IN9
$10.95

Impulse Control
Activities & Worksheets for Elementary School Students
Tonia Caselman
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. Includes reproducibles.

GR K-5
PAPERBACK
140 PAGES
793-IN9
$34.95

The ADHD Workbook for Kids
Gain Self-Confidence, Social Skills, and Self-Control
Lawrence E. Shapiro
Help children with ADHD learn skills to control impulsive behavior. Includes over 40 activities for handling everyday tasks, making friends, and building self-esteem.

GR K-5
PAPERBACK
184 PAGES
A767-IN9
$18.95

The OCD Workbook for Kids
Manage Obsessive Thoughts and Compulsive Behaviors
Anthony C. Puliafico, et al
Learn to identify obsessions and compulsions, understand them, and use simple tools based in exposure and ritual prevention to teach children to cope with and manage symptoms effectively.

GR K-5
PAPERBACK
144 PAGES
B965-IN9
$16.95

The Amazing Remote Control Self-Regulation Program
A Self-Regulation Program
Provides 10 lesson topics with more than 50 activities and handouts to help children learn self-regulation and impulse control skills. Use in classrooms, small groups, or with individuals. Includes reproducibles.

GR K-6
PAPERBACK
101 PAGES
B790-IN9
$34.95

Hunter and His Amazing Remote Control
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.

GR K-5
PAPERBACK
40 PAGES
B869-IN9
$14.95

Hunter and His Amazing Remote Control CD
These interactive game-like lessons with narration & sound effects teach impulse control and self-regulation skills. Helps students become even more empowered with Hunter's insights and develop essential skills for improving self-control.

GR 2-6
B870-IN9
$34.95

Hunter and His Amazing Remote Control Set by Lori Ann Copeland
Includes the Storybook, Interactive Lessons CD, and Self-Regulation Program

B871-IN9
$74.95

ADHD: 102 Practical Strategies for Reducing the Deficit
Kim “Tip” Frank, et al
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.

GR K-12
PAPERBACK
94 PAGES
761-IN9
$23.95
The School Counselor’s Guide to Special Education
Barbara C Trolley, et al
Clarifies the school counselor’s role and provides strategies for the special education processes, using available resources, and building effective teams. Examines special education procedures and presents interventions for preschool, school-age, and transitioning students.

A Practical Guide to Mental Health & Learning Disorders for Every Educator
Recognize, Understand, and Help Challenged Students Succeed
Myles Cooley
Explains how each disorder/difficulty is exhibited and how to respond. Includes creating a culturally responsive classroom and supporting students’ social-emotional learning.

Bouncy Bands
Makes Learning Fun Wiggle While You Work
Bouncy Bands were created to allow students a way to move when they work so they don’t have to hold in their wiggles during class. Bouncy Bands use heavy-duty solid rubber bungee cord and come with support pipes to maintain the perfect height, without sliding down.

- Allows students to move while they work quietly.
- Makes learning and working fun!
- Increases time on task.
- Helps high energy workers fidget without distracting others.
- Discreetly soothes student anxiety, frustration, and hyperactivity.

Impulse Control Time Machine Board Game
Tonia Caselman, et al
Identify past successes, be mindful of the present, and plan for the future, all elements of good impulse control! Gain insight into their impulsive behaviors, examine consequences of impulsive behaviors, problem solving, practice mindfulness, plan ahead and identify successes.

The Survival Guide for Kids with ADHD
John Taylor
Helps kids know they’re not alone and offers practical strategies for taking care of oneself, modifying behavior, enjoying school, having fun, and dealing (when needed) with doctors, counselors, and medication. Includes real life scenarios, quizzes, and a message for parents.

50 Activities & Games for Kids with ADHD
Patricia Quinn, Judith Sten
Games, puzzles, activities, articles and resources offer more than 50 ways for kids to handle the challenges of ADHD. Along with practical tips for solving problems and getting organized, children can read about others like themselves.

Evidence-Based Insights and Activities for Teaching Kids Impulse Control
Tonia Caselman
More skill-building lessons covering the 4 dimensions of impulsivity: emotional impulsivity, poor persistence, inadequate reflection, and excitement seeking. Use with individuals, small groups, or in the classroom. Includes reproducibles.

The Impulse Control Board Game
Teach youth with ADD/ADHD and other conditions seven skills to 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.

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More skill-building lessons covering the 4 dimensions of impulsivity: emotional impulsivity, poor persistence, inadequate reflection, and excitement seeking. Use with individuals, small groups, or in the classroom. Includes reproducibles.
Impulse Control
Activities & Worksheets for Middle School Students
Tonia Caselman, et al
Addresses areas affected by impulsivity such as academics, emotions, problem-solving, social skills, and romantic relationships. Teaches the value of impulse control, patience, anticipating consequences, and more. Includes reproducibles.

The ADHD Workbook for Teens
Gain Motivation and Confidence
Lara Honos-Webb
Helps anyone with ADHD discover who they are, through exercises and worksheets that focus on their strengths and interests, then create strategies for overcoming those issues they struggle with.

Mindful Classrooms™
Daily 5-Minute Practices to Support Social-Emotional Learning
James Butler
Easy-to-remember tools and strategies to calm young minds. This interactive, research-based curriculum integrates simple, ready-to-use stretching, breathing, and reflective exercises as well as other mindfulness practices.

Master of Mindfulness
How to Be Your Own Superhero in Times of Stress
Laurie Grossman, Angelina Alvarez
Show how mindfulness can help children calm down and deal with things differently. Features drawings and stories from children. Covers the brain science behind mindfulness, along with easy practices.

Mindfulness for Teens with ADHD
A Skill-Building Workbook to Help You Focus and Succeed
Debra Burdick
Quick mindfulness skills to help teens navigate all areas of life, including making good choices, completing tasks, academics, sports, driving, getting enough sleep, managing stress, and more.

The Autism Playbook for Teens
Imagination-Based Mindfulness Activities to Calm, Build Independence, and Connect with Others
Irene McHenry, et al
Strengths-based approach to help teens with autism. Activities work with the unique perspectives, sensory processing, neurological strengths, and the many challenges of autism.

Mind Your Mindset
A SMART Guidance CD
Will Moody
10 interactive, animated lessons cover an introduction to mindset, where mindsets come from, developing a positive mindset, and how mindset effects decision-making, learning, goal-setting, and bullying/conflict. Use in the classroom, small group, or individually.

Mind Your Feet Are!
Julia Cook
Each day, there are many things to think about. Getting ready for school, turning in homework, band solo tryouts, soccer practice...and it's a long way from your head to your feet. Reinforces the concepts of mindfulness and being present and in a fun way children will remember.

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Mind Designs
Encouraging Self Disclosure in Children and Adolescents
Angela Troppa
These worksheets have been field-tested with youth who are experiencing trauma and/or mild to severe social/emotional/behavioral challenges and will help facilitate deeper personal conversations. Includes reproducibles.

Mindfulness Thumball
Catch the soft Thumball, look under your thumb, and respond to prompts. Topics include self-calming, insightfulness, irrational thoughts, self-awareness, believe and achieve, and “the present is a gift”.

In a Jar: Mindfulness
101 Exercises to Help Children Focus and Calm Their Minds
Bring mindfulness-focusing techniques to your classroom, home, or anywhere. This inventive collection of quick and easy exercises helps kids live in the moment, de-stress, and zero in on the task at hand.

Everyday Mindfulness by Paul Christelis
AGES 5-9 • HARDCOVER • 32 PAGES • $12.99 EACH
The Everyday Mindfulness series explores how a mindful attitude can enhance enjoyment, promote a sense of calm and confidence, and provide young people with skills they can use every day. Free downloadable leader’s guide for the series with additional information, discussion questions, and activities.

Breath by Breath
A Mindfulness Guide to Feeling Calm
Lenny and Rosa are having tough days. By teaching them how to use breathing exercises and other mindfulness techniques, Sam helps Lenny and Rosa relax, cope with worries and challenges, and turn their days around.

Get Outdoors
A Mindfulness Guide to Noticing Nature
Jada and her brother Michael are staying indoors—until Dad invents a game that encourages mindfulness to get them exploring nature.

Sleep Easy
A Mindfulness Guide to Getting a Good Night’s Sleep
Twins Billy and Betty are having trouble sleeping until they learn how to have a restful night by using mindfulness techniques.

Everyday Mindfulness Set 4 Book Set
D188-IN9    $47.99

Exploring Emotions
A Mindfulness Guide to Understanding Feelings
Everyone has different feelings about Sports Day at school. This book helps readers build their emotional awareness, enjoy pleasant feelings, and remember that unpleasant ones will pass.

The ABCs to a Mindful Me!
Activities, Games and Information to Help Kids Learn and Practice Mindfulness and Improve Their Mindset
Joan A. Zientek
Mindfulness lessens anxiety, builds confidence, improves relationships, and more. Learn the ABC’s of Mindfulness: Attention, Balance, and Compassion. Includes reproducibles.

Mindfulness It’s Elementary
A Curriculum for Helping Young People Increase Their Social, Emotional and Academic Success
Joree Rose
12 activity-based lessons that teach basic mindful practices. Provides a hands-on strategy for students to practice, along with valuable coping skills by focusing on the moment.

Building Growth Mindset with P.E.P. Power!
Teaching the New Smart! Positive Thinking, Effort and Perseverance
Diane Senn
Encourages positive growth mindset by applying its concepts and skills daily. Use with individuals, small groups, or classrooms and/or in a Pep Rally for your entire school. Includes reproducibles.

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FEATURED AUTHOR

Lisa King
Lisa is the author of six books and 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.

Mindset Matters
Curriculum to Help Students Understand How to Help Themselves Succeed with a Growth Mindset
Lisa King
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. Includes reproducibles.

Integrating Growth Mindset in Schools
Lisa King
Streamline growth mindset into school programs with a well-structured, evidence-based method to deliver information, specifically broken into K-8 and 9-12. Includes reproducible email templates, scripts, posters, lessons and downloadable Powerpoints.

Mindfulness for Teen Worry
Quick and Easy Strategies to Let Go of Anxiety, Worry and Stress
Jeffrey Bernstein
Mindfulness skills to manage the four most common worries: school pressure, coping with friendship and relationship problems, body image, and handling family conflicts.

The Mindful Teen
Powerful Skills to Help You Handle Stress One Moment at a Time
Dzung X. Vo
Offers a unique program based in mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT) to help deal with stress. Tips can be used to help handle any difficult situation more effectively.

The Mindfulness Workbook for Teen Self-Harm
Overcome Cutting and Self-Harming Behaviors, Thoughts, and Feelings
Gina M. Biegel, Stacie Cooper
Mindfulness tools to help with self-harming thoughts and behaviors. Help teens be mindful of senses, manage difficult feelings, and move past self-judgment to embrace self-compassion.

Get Out of Your Mind & Into Your Life for Teens
A Guide to Living an Extraordinary Life
Joseph V. Ciarrochi, et al
Provides the skills for coping with the emotions that cause stress and pain. Teach teens to use mindfulness, stop finding fault, be kinder to themselves, and identify values for a better life.

A Still Quiet Place for Teens
Mindfulness and How to Ease Stress and Difficult Emotions
Amy Saltzman
Manage daily stressors and challenges in your life. Using MBSR techniques, learn to be present in the moment, cultivate kindness, and find constructive ways of dealing with pressure.

Mindful Practices for Helping Troubled Teens
Natalie F. Spencer
20 activity-based lessons that incorporate mindfulness and CBT to help teens with self-harm, grief and loss, anger and frustration, anxiety, impulse control and decision making, and bouncing back. Use with small groups or individuals.

For more products on Mindfulness & Growth Mindset see the Picture Book section on page 58 and the Additional Resource section on page 64.
Bounce Back Thumball
Catch the soft Thumball, look under your thumb, and respond to prompts. Discuss how to bounce back when difficult situations arise. Covers building self-esteem, reaching goals, overcoming adversity, recognizing the good even in the midst of difficulties, and more.

Building Resiliency
A Non-Thematic Small-Group Approach
Karen Gannon Griffith
Contains 8 research-based topics discussed in 4 to 5 sessions. Covers being healthy, goal setting, problem solving, understanding & communicating feelings, managing stress, personal competency, social competency, and positive outlook. Includes reproducibles.

Bounce Back
How to be a Resilient Kid
Wendy L. Moss
Resilience is something we learn. Children will learn how to know themselves better, understand their emotions, coach with self-talk, calm themselves when upset, and more. Includes quizzes, advice, and practical strategies.

Resilience Builder Program for Children & Adolescents
Enhancing Social Competence and Self Regulation
Mary Karapetian Alvord, et al
30 sessions designed to increase self-esteem, self-control, the use of coping strategies, self-awareness and flexible thinking through discussion, role-play, and other techniques. Includes reproducibles.

Got Grit? Lesson Guide
Helping Young People Discover, Value and Build Personal Grit
Tom Carr
24 lessons with activities that include discussions, scenarios, stories, checklists and questionnaires. Covers G-Getting Along with Others, R-Responsibility, I-Integrity, T-Tenacity. Includes reproducibles.

Grit & Bear It! Student Book
Tamara Zentic
Students are introduced to the concept of “grit” through stunning illustrations and straight-forward statements. Use as a catalyst to expand the development of executive function skills such as planning, perseverance, and risk-taking. Help your students see mistakes and failures as opportunities for progress.

Grit & Bear It! Activity Guide
Tamara Zentic
Each of the 25 ready-to-use lesson plans emphasizes an important executive function and connects it to a social skill. The creative lessons are active, hands-on and technology-based. CD provides reproducible worksheets, skill posters, and handouts.

Grit & Bear It! Set
Includes Activity Guide and Student Book

Resiliency Skills to Rebound and Recover
60 Creative Lessons
Becky Kirby
Covers emotions and self-awareness, changing thoughts and impulse control, managing stress and mindfulness, communication and problem solving, and self-belief. Includes review games, activities, and reproducibles.

The PTSD Survival Guide for Teens
Strategies to Overcome Trauma, Build Resilience and Take Back Your Life
Sheela Raja, et al
Based in CBT, DBT, and ACT, tackles anxiety and avoidance behaviors, managing emotions, coping with flashbacks and nightmares, and developing healthy relationships. Includes information about PTSD diagnosis and symptoms.

For more information on Resiliency & Grit see Additional Resources section on page 64.
Kimochi Feeling Toys  Toys With Feelings Inside

Kimochi (KEY.MO.CHEE) means “feeling” in Japanese. Each character has a special pocket to store the Kimochis™ feelings. Includes a Kimochis™ Feel Guide introducing the personalities of the characters and offering educators tips and activities to teach children to identify and express feelings in positive ways.

**Bella Rose**
Bella Rose is sensitive and sweet. Being sensitive can be a blessing, but sometimes it can be a challenge. When Bella Rose’s feelings get hurt, she tends to close up. Bella Rose comes with three feelings: Happy, Sensitive, and Insecure, and the Feel Guide.

**Bug**
Bug is a caterpillar who is afraid of change. When Bug is feeling brave you can spread his wings! When he is feeling afraid you can tuck his wings away in the pocket on his back. Bug comes with three feelings: Happy, Brave, and Left Out and the Feel Guide.

**Cat**
Cat is a decisive leader and can be very persuasive. Her bossiness can sometimes lead to confrontation and an occasional “catfight.” Cat comes with five bandages to help heal hurt feelings, three feelings: Happy, Curious, and Cranky and the Feel Guide.

**Cloud**
Cloud, like the weather, can be a bit unpredictable. One day he is happy, the next he is mad and the next day, who knows. Cloud can show his moods with a simple twist of his head. Cloud comes with three feelings: Happy, Sad, and Mad and the Feel Guide.

**Clover**
Clover is a four-leafed clover with bad luck. He’s a bit absent-minded, but always means well and has a great sense of humor. Clover comes with his lucky (removable) ladybug, Howard, and three feelings: Happy, Optimistic, and Disappointed, and the Feel Guide.

**Huggtopus**
Huggtopus, is all smiles and giggles. She is very affectionate and strong and sometimes gets a little carried away by her big friendly personality. Huggs means well, but has to learn boundaries. Huggtopus comes with three feelings: Happy, Frustrated, and Silly and the Feel Guide.

**Lovey Dove**
Lovey Dove is nurturing and patient and, like all doves, likes to keep the peace! Lovey comes with her baby, Turtle Dove, tucked gently underneath her wing, and three feelings: Happy, Hopeful, and Proud, and the Feel Guide.

**Feelings Pack**
Six 3” feelings and a washable marker for Make-Your-Own feelings are included in each pack. Includes feelings such as Jealous, Loved, Grateful, Scared, Shy, and Make Your Own!

**Creative Approaches for Counseling Individual Children**
Diane Senn
More than 100 creative activities dealing with areas of feelings, behavior, divorce, friendship, death, and academic support. Provides contact forms, referrals, and information gathering activities. For use in a school setting. Includes reproducibles.

**Creative Small Groups**
Karen Gannon Griffith
8 ready-to-use topics such as anger management, behavior, cancer support, friendship, grief and loss, self-esteem, study skills, and The Lunch Bunch. Includes time-saving organizational tips, ASCA standards, competencies, indicators for the lessons, and reproducibles.

**The Best of Individual Counseling**
Madeleine Brehm, et al
Techniques that include ways to help children with low self-esteem, academic concerns, inappropriate social skills, anxiety and worries, poor anger control, inappropriate behaviors, issues concerning divorce and death, and more. Includes reproducibles.
Groups To Go (Gr K-3)
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.

Groups To Go (Gr 3-5)
Arden Martenz
18 six-session groups divided into 9 topics, which include academic improvement, at-risk behavior, decision making, divorce, grief and loss, respect, self-confidence, social skills and test taking.

Groups To Go Set 2 Book Set
Empowering Children of Incarcerated Parents
Stacey Burgess, et al
Includes a brief literature review, discussion questions, fictional letters between a boy and his incarcerated father, activities, and reproducibles. Topics include understanding what happened, building a support system, dealing with shame, and more. Use with individuals or small groups.

Grab Bag Guidance
Becky Kirby
Small group discussions on anger, decision-making, divorce, grief and loss, self-esteem, stress management and bullying. In addition to reproducible activity sheets and interactive activities, each includes a bingo game used to review the concepts. Includes reproducibles.

How (and Why) to Get Students Talking
Jean Sunde Peterson
Through guided group discussions, young people gain self-awareness, build communication skills, cope with difficult emotions, practice problem-solving, and more. Includes reproducibles.

Face Your Fear Social Anxiety Improv Cards
Amanda Winter
Engaging in improv exercises can be a fun way for individuals with social anxiety to step out of their shell and process dreaded situations through a cognitive-behavioral lens; while learning to identify positive coping skills to alleviate anxiety.

Get Your Group On (Volume 1)
Multi-Topic Small Group Counseling Guides
Stephanie Lerner
Conduct 8 sessions for each small group (Girl World, Boys’ Voice, and Be Cool!). Topics include empowerment, leadership, friendship & conflict resolution, and goal achievement. Includes reproducibles.

Get Your Group On (Volume 2)
Multi-Topic Small Group Counseling Guides
Stephanie Lerner
Conduct 8 sessions for each small group (From Grief to Relief, The Goal Getters, and The Unstressables) Topics include: mindfulness, success when struggling, and stress & anxiety management. Includes reproducibles.

Individual Counseling Lessons for Adolescents
Robert Bowman, Susan Bowman
Packed with activities, lessons, stories and worksheets on feelings, anger, school confidence, friendships, conflict, relationships, alcohol/drugs, peer pressure, assertiveness and study skills. Includes reproducibles.

Activities for Group Work with Adolescents
Susan Ciardiello
A comprehensive Activity Centered Therapy (ACT) program for counselors. Features activities that promote group process and enhance social, emotional, cognitive, and behavioral competencies. Includes reproducibles.

BUY THE SET AND SAVE!
The ADHD Workbook for Kids
Gain Self-Confidence, Social Skills, and Self-Control
Lawrence E. Shapiro
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.

The Anxiety Workbook for Kids
Take Charge of Fears by Using the Gift of Imagination
Robin Alter, Crystal Clarke
Presents CBT-based activities and games with a focus on imagination training and developing skills like problem solving, positive thinking, relaxation, and mindfulness.

The Divorce Workbook for Children
Overcome Difficult Family Changes and Grow up Happy
Lisa M. Schab
Offers simple activities that help kids address and cope with divorce issues by learning to be more resilient and self-reliant.

I Bet I Won’t Fret
Help with Generalized Anxiety Disorder
Timothy A. Szimore
35 activities and exercises to teach children how to stop worrying, overcome fears, communicate how they feel, and enjoy being a kid. Individual or therapy program.

I’m Not Bad, I’m Just Mad
Help Kids Control Their Anger
Lawrence E. Shapiro, et al
Contains 40 activities and communication strategies for recognizing triggers, problem solving, and defusing conflict before it gets out of hand.

Learning to Listen, Learning to Care
Learn Self-Control and Empathy
Lawrence E. Shapiro
Learn why it is important to follow rules and behave considerately toward others. Engaging exercises teach the impact of behavior, expressing emotion appropriately, and compromise.

Let’s Be Friends
Learn Social Skills and Make Great Friends
Lawrence E. Shapiro
Learn a 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.

My Feeling Better Workbook
Help for Kids Who Are Sad and Depressed
Sara Hamil
Based on CBT plus art and play therapy, this series of 42 activities is designed to help children cope with painful feelings and feel happy again. Explores feelings to combat negative self-talk.

The OCD Workbook for Kids
Manage Obsessive Thoughts and Compulsive Behaviors
Anthony C. Puliafico, et al
Learn to identify and understand obsessions and compulsions. Includes instructions for completing exposure exercises, how long they should last and how often repeated, and building a support system.

The Relaxation & Stress Reduction Workbook for Kids
Help Cope with Stress and Transitions
Lawrence E. Shapiro, et al
Contains more than fifty activities families can do together to help replace stressful feelings with feelings of optimism and joy.

Why Did You Die?
Help Children Cope with Grief & Loss
Erika Leeuwenburgh, et al
This book defines the grief process and what can be expected. Also contains activities to help guide children through grieving issues, expressing difficult feelings, separating myth from fact, and understanding the finality of death.

Instant Help for Kids Set
12 Book Set
B988-IN9 $203.95

BUY THE SET AND SAVE!

COUNSELING RESOURCES
SOCIAL & LIFE SKILLS
Instant Help for Teens Set

ONLINE EXCLUSIVE! Buy 10+ and Get 10% OFF!

To take advantage of this offer go to ncyi.org/ihtset.

GR 6-12  •  PAPERBACK

Fun and easy-to-use workbooks teach teens effective skills for dealing with a variety of mental health issues and life challenges.

A Still Quiet Place for Teens
Mindfulness and How to Ease Stress and Difficult Emotions
Amy Saltzman

Helps teens manage daily stressors and challenges in life. Using MBSR techniques, teens learn to be present in the moment, cultivate kindness, and find constructive ways to deal with pressure.

168 PAGES
B753-IN9
$17.95

Get Out of Your Mind & Into Your Life for Teens
A Guide to Living an Extraordinary Life
Joseph V. Ciarrochi, et al

Provides skills for coping with the emotions that cause stress and pain. Teens learn to use mindfulness, stop finding fault, be kinder to themselves, and identify values for a better life.

152 PAGES
B171-IN9
$17.95

Beyond the Blues
Help Teens Overcome Depression
Lisa M. Schab

This workbook includes 40 illustrated activities to help teens be more assertive, find ways to make friends, handle conflicts, and deal with difficult feelings.

184 PAGES
A659-IN9
$15.95

Getting Over Overeating for Teens
Transform Your Relationship with Food Using CBT, Mindfulness, and Intuitive Eating
Andrea Wachter

Using an integrated approach, this book focuses on emotional, mental, physical, and spiritual factors to overcoming overeating. Topics include: regulating emotion, moderating eating, and working with cravings.

184 PAGES
B825-IN9
$17.95

Conquer Negative Thinking for Teens
Break the Nine Thought Habits That Are Holding You Back
Mary Karapetian Alvord, et al

Using cognitive restructuring, helps teens reframe thoughts, regulate emotions, become a flexible thinker, and stop letting thoughts define them. Explanations of each kind of negative thought and real-life examples.

168 PAGES
B851-IN9
$16.95

Mindfulness for Teen Anger
Overcome Anger and Aggression
Mark Purcell, Jason Murphy

Using MBSR and DBT Skills, this book teaches how to make better choices, find emotional balance, and be more aware of thoughts and feelings in the moment.

152 PAGES
B431-IN9
$18.95

Coping with Cliques Workbook
Deal with Gossip, Put-Downs, Bullying, and Other Mean Behavior
Susan Sprague

Topics include: Sticking up for yourself, maintaining self-esteem, finding true friends, handling Internet gossip and teasing, and how to stop being hurt by friends who leave you out.

168 PAGES
A738-IN9
$16.95

Mindfulness for Teen Anxiety
Overcome Anger and Aggression Using MBSR and DBT Skills
Christopher Willard

Offers mindfulness-based practices to cope with anxiety, identify common triggers, learn valuable time-management skills, and feel more calm at home, school, and with friends.

168 PAGES
B514-IN9
$16.95

Don’t Let Your Emotions Run Your Life
Dialectical Behavior Therapy Skills
Sheri Van Dijk

Teaches skills needed to stay calm in difficult situations, manage out-of-control emotions, reduce the pain of intense emotions, and get along with family and friends.

160 PAGES
B039-IN9
$17.95

Buy the set and save!
Mindfulness for Teen Depression
A Workbook for Improving Your Mood
Mitch Abblett, et al
Teaches skills based in mindfulness to help manage emotions and negative thoughts, and enhance awareness of the present moment. Features activities and exercises to help take care of body and mind.

Mindfulness for Teens with ADHD
A Skill-Building Workbook to Help You Focus and Succeed
Debra Burdick
Fast, easy mindfulness skills to help teens navigate all areas of life, including making good choices, completing tasks, academics, sports, driving, getting enough sleep, managing stress, and more.

Overcoming Procrastination for Teens
A CBT Guide for College-Bound Students
William J Knaus
Helps teens understand and reduce procrastination. Addresses unfounded fears, improving self-perception, managing time, feelings of indifference, and more.

Stopping the Pain Workbook
Teens Who Cut and Self Injure
Lawrence E. Shapiro
The exercises in this workbook help teens explore why they self-injure and offer ideas on how to stop. Tactics and skills offered for dealing with issues, reducing stress, and reaching out to others when needed.

The Anger Workbook for Teens
Help Deal with Anger and Frustration
Raychelle Cassada Lohmann
Develop a personal anger profile and learn to notice the physical symptoms felt when enraged. Includes 37 exercises to learn how to deal with rage.

The Body Image Workbook for Teens
Develop Healthy Body Image in an Image-Obsessed World
Julia V. Taylor
This book discusses comparison, negative self-talk, unrealistic media images, societal and family pressures, perfectionism, toxic friendships, and a fear of disappointing others.

The Bullying Workbook for Teens
Deal with Social Aggression and Cyberbullying
Raychelle Cassada Lohmann, et al
Uses CBT to help ease anxiety, fear, stress, and other emotions associated with being bullied. Includes 42 activities designed to help teens learn anti-bullying tips and strategies.

The Chronic Pain and Illness Workbook for Teens
CBT and Mindfulness-Based Practices to Turn the Volume Down on Pain
Rachel Zoffness
Learn how pain affects both mind and body, how negative emotions can make pain worse, and strategies to help teens turn the volume down on pain, so they can get back to life.

The Executive Functioning for Teens
Help for Unprepared, Late and Scattered Teens
Sharon A. Hansen
Provides the skills to get organized, retain information, communicate effectively and perform well in school. Based in CBT, will help teens better understand and cope effectively.
<table>
<thead>
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<th>Title</th>
<th>Author(s)</th>
<th>ISBN</th>
<th>Pages</th>
<th>Price</th>
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<td>The Mindfulness Workbook for Teen Self-Harm</td>
<td>Gina M Biegel, Stacie Cooper</td>
<td>D218-IN9</td>
<td>176</td>
<td>$16.95</td>
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<td>Overcome Cutting and Self-Harming Behaviors, Thoughts, and Feelings</td>
<td>Mindfulness tools to help with self-harming</td>
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<td>thoughts and behaviors. Helps teens be mindful of senses,</td>
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<td>Debra Kissen, et al</td>
<td>B613-IN9</td>
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<td>Breaking the Cycle of Fear, Worry, and Panic Attacks</td>
<td>Helps teens identify anxiety-causing thoughts and behaviors, observe panic attacks instead of struggling against them, and experience sensations associated with panic.</td>
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<td>The Perfectionism Workbook for Teens</td>
<td>Ann Marie Dobosz</td>
<td>B773-IN9</td>
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<td>$16.95</td>
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<td>Activities to Help You Reduce Anxiety and Get Things Done</td>
<td>Equips teens with self-compassion and mindfulness tools needed to counteract the negative effects of perfectionism, and develop skills for boosting self-confidence.</td>
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<td>B184-IN9</td>
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<td>Build Confidence and Achieve Your Goals</td>
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<td>The Worry Workbook for Teens</td>
<td>Jamie A. Micco</td>
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<td>Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety</td>
<td>CBT exercises to help teens understand chronic worrying, “junk mail” thoughts, and managing fears in a constructive way.</td>
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<td>The Social Success Workbook for Teens</td>
<td>Barbara Cooper, Nancy Widdows</td>
<td>A666-IN9</td>
<td>132</td>
<td>$17.95</td>
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<td>Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger’s Disorder, and Other Social-Skill Problems</td>
<td>40 activities that help students recognize and use their unique strengths, understand the unspoken rules behind how people relate to each other, and improve social skills.</td>
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<td>The Grit Guide for Teens</td>
<td>Caren Baruch-Feldman</td>
<td>B849-IN9</td>
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<td>$16.95</td>
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<td>Build Perseverance, Self-Control, and a Growth Mindset</td>
<td>Teaches teens how to make grit an everyday habit, turn disappointments into opportunities, embrace challenges, manage stress, and build perseverance, resilience, self-control, and stamina.</td>
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<td>The Sexual Trauma Workbook for Teen Girls</td>
<td>Raychelle Cassada Lohmann, et al</td>
<td>B775-IN9</td>
<td>200</td>
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<td>Recovery from Sexual Assault and Abuse</td>
<td>Real-life stories from survivors and tools help victims move past trauma. Provides practical strategies and exercises to help promote emotional healing and reclaim a sense of self.</td>
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<td>The Social Success Workbook for Teens</td>
<td>Gina Biegel</td>
<td>A741-IN9</td>
<td>128</td>
<td>$16.95</td>
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<td>Mindfulness Skills to Help You Deal with Stress</td>
<td>37 workbook activities that teach how to reduce worries using mindfulness. Learn how stress has both good and bad effects, along with simple relaxation skills to help find balance.</td>
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<td>The Think Confident, Be Confident Workbook</td>
<td>Leslie Sokol, Marci G. Fox</td>
<td>B776-IN9</td>
<td>224</td>
<td>$17.95</td>
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<td>Create Unshakable Self-Confidence and Reach Your Goals</td>
<td>Based on CBT, replace self-doubt with self-confidence. Transform your negative self-image into a more positive, accurate reflection to pursue your dreams and find success.</td>
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**COUNSELING RESOURCES**

**SOCIAL & LIFE SKILLS**

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Teaches teens how to make grit an everyday habit, turn disappointments into opportunities, embrace challenges, manage stress, and build perseverance, resilience, self-control, and stamina.

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*Overcome Cutting and Self-Harming Behaviors, Thoughts, and Feelings*

Mindfulness tools to help with self-harming thoughts and behaviors. Helps teens be mindful of senses, manage difficult feelings, and move past self-judgment.

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*Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety*

CBT exercises to help teens understand chronic worrying, “junk mail” thoughts, and managing fears in a constructive way.
Helping Preschool-Age Children Learn Self-Regulation
Brad Chapin, Lena Kisner, et al
Lessons, activities, songs, and games designed to give children the skills they need to succeed. Addresses school readiness, anger, anxiety, school safety, self-esteem, social skills, and more. Includes reproducibles.

GR PK-K
PAPERBACK
100 PAGES
B792-IN9
$39.95

Helping Young People Learn Self-Regulation
Brad Chapin, Matthew Penner
Addresses anger, academic performance, anxieties, school safety issues, self-esteem, social skills and more. Can be used individually for quick intervention or to create unique curricula to target problem areas for small groups or classrooms. Includes reproducibles.

GR K-8
PAPERBACK
110 PAGES
B350-IN9
$39.95

Helping Teens Learn Self-Regulation
Teach the Essentials of Responsible Decision Making and Self-Control
Brad Chapin
Split into physical, emotional, and cognitive. Can be used individually for quick intervention or to create unique curricula to target problem areas for small groups or classrooms. Includes reproducibles.

GR 6-12
PAPERBACK
110 PAGES
B463-IN9
$39.95

The 7 Habits of Happy Kids
Sean Covey
From learning to take charge of their own lives to discovering that balance is best, the Seven Oaks friends have tons of adventures and find that using the 7 Habits, every kid can be a happy kid! Includes parent tips, discussion points, and next steps at the end of each story.

GR PK-3
HARDCOVER
96 PAGES
B088-IN9
$19.99

Big Deals and Little Deals
What to Do When They Happen to You
Kim Edmister
Once children learn the difference and know the strategies, they are better equipped to cope with and handle life’s everyday difficulties independently. Includes reproducibles, a story, and song.

GR PK-4
PAPERBACK
28 PAGES
B469-IN9
$22.95

I Can Learn Social Skills!
Poems About Getting Along, Being a Good Friend, and Growing Up
Benjamin Farrey-Latz
Greetings, eye contact, playing, competing, managing emotions, apologizing, and other essential social skills can feel unnatural. Helps improve social skills with a lighthearted touch and humorous language.

AGES 5-9
PAPERBACK
64 PAGES
D192-IN9
$11.99

How to Take the ACHE Out of Mistakes
Kimberly Feltes Taylor, Eric Braun
This fun and funny book takes a look at the mistakes kids make—honest and intentional—and offers advice on how to bounce back. With a healthy dose of humor, shows that embarrassing moments aren’t forever and a sincere apology can go a long way.

AGES 8-13
PAPERBACK
128 PAGES
D168-IN9
$9.99

101 Ways To Teach Children Social Skills
A Ready-to-Use, Reproducible Activity Book
Lawrence E. Shapiro
Topics include communication, problem-solving, active listening, assertiveness, and understanding and managing conflict. Includes reproducibles.

GR 2-6
SPIRAL BOUND
101 PAGES
A412-IN9
$39.95

First Steps to Social Success
Diane Senn
Learn skills and insights needed for creating and maintaining positive relationships. Direct teaching and reinforcement provides children with information and practice to bolster positive social-emotional development. Includes interactive activities and reproducibles.

GR K-6
PAPERBACK
120 PAGES
B580-IN9
$39.95

Next Steps to Social Success
Diane Senn, Kathy McEleveny
This companion resource builds upon the critical social skills taught in First Steps to Social Success and provides skill information for continuing, enhancing, and dealing with challenges for social success. Includes 25 lesson plans, interactive activities and reproducibles.

GR K-6
PAPERBACK
150 PAGES
B795-IN9
$39.95
Personal and Social Skills
Lisa Mitchell, et al
38 classroom activities on social skills development, emotional intelligence, and character education. Addresses getting along, conflict, emotions, honesty, respect, cooperation, and more. Each activity is based on a Kagan Structure.

Teambuilding Questions
Questions for Team building, Classbuilding, Energizers and Brain Breaks
Miguel Kagan
Teammates ask and respond to questions like What Would You Do If…?, Hobbies, Should Kids…, Getting Acquainted, and many more. Includes 400 questions.

Higher-Level Thinking Questions: Personal & Social Skills
Miguel Kagan
Grow interpersonal and intrapersonal intelligence with these ready-to-use questions and activities. Topics include: All About Me, Esteem Building, Emotional Intelligence, Manners, Multiple Intelligences, Sticky Situations and more. Reproducible question card format.

The Survival Guide for Making & Being Friends
James J. Crist
Addresses topics like breaking the ice and developing friendships, to overcoming problems. Includes true-to-life vignettes, “what would you do?” scenarios, voluminous examples, quizzes, “Try This” assignments for practice, and advice from real kids.

Building Everyday Leadership in All Kids
Promote Attitudes and Actions for Respect and Success
Mariam G. MacGregor
Building personal and group leadership attitudes with activities on understanding leadership, communication, working with others, problem solving, and making a difference.

Leadership Is a Life Skill
Preparing Every Student to Lead and Succeed
Mariam G. MacGregor
Build a more positive school culture through this advanced leadership training. Emphasizes learnable skills and rooted in social-emotional acuity and character. Includes reproducibles.

Everyday Leadership Card Deck
Writing and Discussion Prompts
Mariam G. MacGregor
120 prompts addressing working with others, self-awareness, power play, creative thinking and risk taking, social issues, communication, doing the right thing, leadership, and more.

Building Everday Leadership in All Teens: Curriculum Guide
Promoting Attitudes and Actions for Respect and Success
Mariam G. MacGregor
Curriculum guide for teachers and youth workers that includes 21 flexibly formatted 45-minute sessions that promote attitudes and actions for respect and success in all teens.

Teambuilding with Teens
Activities for Leadership, Decision Making, & Group Success
Mariam G. MacGregor
36 activities about leadership and building character. Topics include: recognizing each other’s strengths, becoming better listeners, communicating clearly, building trust, setting goals, and more.
<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Description</th>
<th>Grade Level</th>
<th>Format</th>
<th>Pages</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to Like Yourself</td>
<td>Cheryl M. Bradshaw</td>
<td>Overcome self-criticism and improve self-esteem. Students will learn self-forgiveness, accepting faults, and how to focus on the things that make them awesome, so they can defeat the inner critic who keeps knocking them down.</td>
<td>6-12</td>
<td>Paperback</td>
<td>216</td>
<td>$16.95</td>
</tr>
<tr>
<td>Communication Skills for Teens</td>
<td>Michelle Skeen, et al</td>
<td>Helps teens become a better communicator and learn active listening, assertiveness, clarifying language, the art of an apology, compassion, interviewing skills, family communication, and more.</td>
<td>6-12</td>
<td>Paperback</td>
<td>208</td>
<td>$16.95</td>
</tr>
<tr>
<td>Relationship Skills 101 for Teens</td>
<td>Sheri Van Dijk</td>
<td>Informs teens on how to build better relationships by managing emotion, using mindfulness, learning effective ways of communicating, and acting in healthier ways so they don’t push people away.</td>
<td>6-12</td>
<td>Paperback</td>
<td>208</td>
<td>$17.95</td>
</tr>
<tr>
<td>The Self-Esteem Habit for Teens</td>
<td>Lisa M. Schab</td>
<td>Helps teens discover the six steps of self-esteem: learning from mistakes, practice gratitude, seeing things from a different perspective, celebrating strengths, avoiding overgeneralizing, and cultivating healthy relationships.</td>
<td>6-12</td>
<td>Paperback</td>
<td>200</td>
<td>$16.95</td>
</tr>
<tr>
<td>The 6 Most Important Decisions You’ll Ever Make</td>
<td>Sean Covey</td>
<td>Focuses on 6 key decisions that can make or break a teen’s future: succeeding in school, friendships, parents, dating and sex issues, avoiding or overcoming addictions, and self-esteem.</td>
<td>6-12</td>
<td>Paperback</td>
<td>336</td>
<td>$14.99</td>
</tr>
<tr>
<td>The 7 Habits of Highly Effective Teens: Personal Workbook</td>
<td>Sean Covey</td>
<td>These interactive, positive lessons will give teens the tools to improve self-esteem, build friendships, resist peer pressure, achieve goals, get along better with friends and family, and strengthen themselves in every aspect of life.</td>
<td>6-12</td>
<td>Paperback</td>
<td>240</td>
<td>$16.99</td>
</tr>
<tr>
<td>Stuff That Sucks</td>
<td>Ben Sedley</td>
<td>Based in ACT, helps students prioritize thoughts, feelings, and values, and figure out what they care about the most, so that all that other sucky stuff doesn’t seem so, well, sucky anymore.</td>
<td></td>
<td></td>
<td>96</td>
<td>$14.95</td>
</tr>
<tr>
<td>Our Future Generation</td>
<td>Judy Demers</td>
<td>Challenges students to evaluate their social skills, behavioral skills, and character traits. Lessons include discussions, games, personal insights, interactive activities, and more. Includes reproducibles.</td>
<td>6-12</td>
<td>Paperback</td>
<td>296</td>
<td>$34.95</td>
</tr>
</tbody>
</table>

**COUNSELING RESOURCES**

**SOCIAL & LIFE SKILLS**

**Spotlight on Life Skills**

Lois Rothberg

This program unites students, teachers, and administrators to develop behaviors that enhance student success now and in the future. 41 different topics and extras for holidays, the program’s 170 daily lessons are presented by teachers 4 days a week.

**Communication Skills for Teens**

How to Listen, Express & Connect for Success

Michelle Skeen, et al

Helps teens become a better communicator and learn active listening, assertiveness, clarifying language, the art of an apology, compassion, interviewing skills, family communication, and more.

**Relationship Skills 101 for Teens**

Deal with Daily Drama, Stress, and Difficult Emotions Using DBT

Sheri Van Dijk

Informers teens on how to build better relationships by managing emotion, using mindfulness, learning effective ways of communicating, and acting in healthier ways so they don’t push people away.

**Stuff That Sucks**

Accept What You Can’t Change and Commit to What You Can

Ben Sedley

Based in ACT, helps students prioritize thoughts, feelings, and values, and figure out what they care about the most, so that all that other sucky stuff doesn’t seem so, well, sucky anymore.

**Our Future Generation**

Guide Adolescents Toward Making the World a Better Place

Judy Demers

Challenges students to evaluate their social skills, behavioral skills, and character traits. Lessons include discussions, games, personal insights, interactive activities, and more. Includes reproducibles.
COUNSELING RESOURCES

SOCIAL & LIFE SKILLS

Choices: Directions for Change

AUTHOR NAME
Teaches students positive attitudes and skills that promote healthy choices to protect them from self-destructive behaviors. Learn skills to remove self-destructive behavior and making positive choices.

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PO PREVIEW ONLINE BL BILINGUAL
DL DIGITAL LINK AVAILABLE PB PICTURE BOOK GM GAME
CD INCLUDES COMPACT DISC DVD INCLUDES VIDEO DVD
WB WHITEBOARD COMPATIBLE

GR 7-12
PAPERBACK
96 PAGES
219-IN9
$20.95

Ready-to-Use Social Skills Lessons & Activities

Ruth Begun
Teaches appropriate behavioral skills to students of all abilities. Activities teach young people to recognize the equal rights of others, independent of color, race, and religion, and develop their skill in using good judgment to resolve life’s conflicts peacefully.

GR 7-12
PAPERBACK
212 PAGES
A195-IN9
$32.95

Substance Abuse Thumball
Catch the soft Thumball, look under your thumb, and respond to prompts. Discuss the dangers of drugs and alcohol, how to avoid addiction, knowing how people become addicted, and what to do if a student knows someone who has a substance abuse problem.

GR K-12
4" THUMBALL
D201-IN9
$14.95

The Boy Who Was Swallowed By the Drug Monster DVD
Drugs are monsters that swallow children. Based on the effects drugs had on 8-year old, Vince, the story follows his life to a powerful conclusion when adult Vince speaks from jail, sharing how this monster stole his childhood. Study guide included.

GR 2-6
13 MIN
188D-IN9
$34.95

Acting Out Cards: Substance Abuse Version
David Young, Robert P Bowman
Role play various situations and/or use discussion questions to explore attitudes and solutions, about substance abuse. Role Play Cards and Discussion Cards cover scenarios like, “what would you do if…,” why people start using drugs, the “one time can’t hurt you” myth, and more.

GR 6-12
D208-IN9
$19.95

Acting Out Cards

Role Play Cards that Explore Solutions to Critical Teen Issues
David Young, Lauren Wynne
Present mini-plays with or without preparation, as students in small group or classroom process the role play. Discussion questions are provided. Day-to-Day cards discuss peers, anger, anxiety, and more. Extreme cards discuss cutting, sex, alcohol, and more.

GR 7-12
60 CARDS
B798-IN9
$19.95

Guidance Systems DVD: Your Body, Your Health and Drugs

DVD and CD-ROM with Complete Lesson Plans
Presented as an early education drug prevention and health program, topics include how the body works, and the effects of medicines, nicotine, alcohol and marijuana on the body.

GR 6-12
13 MIN
B215D-IN9
$79.95

Guidance Systems DVD: Drugs & Alcohol and Your Choice

All drugs, including over the counter medications, prescription medicines, energy drinks, alcohol, and marijuana, affect the way our body and mind work. Misuse and abuse can have serious, even deadly, consequences.

GR 8-12
30 MIN
B210D-IN9
$79.95

COUNSELING RESOURCES

SUBSTANCE ABUSE

For more information on Social & Life Skills see Additional Resources section on page 64.

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WEB WHITEBOARD COMPATIBLE
CD INCLUDES COMPACT DISC
SL DIGITAL LINK AVAILABLE
PB PICTURE BOOK
GM GAME
CD DVD PO

For more information on Social & Life Skills see Additional Resources section on page 64.

CONNECT WITH US ONLINE!
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@ncyi
@nationalcenterforyouthissues
**Study Skills Fun Game Kit**  
Marianne B. Vandawalker  
Uses activity-oriented games to show the importance of 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 reproducibles.  
GR K-6  
PAPERBACK  
72 PAGES  
A794-IN9  
$23.95

**Test Buster Thumball**  
Catch the soft Thumball, look under your thumb, and respond to prompts. Discussions may include how to prepare beforehand, manage stress, use test taking tricks, follow directions, avoid panicking, and keep an encouraging attitude.  
GR K-12  
4” THUMBALL  
B801-IN9  
$14.95

**Motivating Students Who Don’t Care**  
Successful Techniques for Educators  
Allen Mendler  
Explore the 5 processes for motivating students: emphasizing effort, creating hope, respecting power, building relationships, and expressing enthusiasm. Reflection questions provided.  
GR K-12  
PAPERBACK  
80 PAGES  
A730-IN9  
$19.95

**Motivating Defiant & Disruptive Students To Learn**  
Positive Classroom Management Strategies  
Rich Korb  
Stay calm and keep your class focused on learning. This staff development program is filled with strategies you can apply immediately. They have been tested and praised by teachers looking for guidance.  
GR K-12  
PAPERBACK  
184 PAGES  
B235-IN9  
$34.95

**Tyler Tames the Testing Tiger**  
Janet Bender  
Addresses the anxiety often felt by students at testing time by providing helpful tools for parents and educators who want to prepare children for tests. Includes strategies for relaxation, positive thinking, time management, study skills, mental and physical preparation, and test-taking skills.  
GR 2-5  
PAPERBACK  
70 PAGES  
696-IN9  
$19.95

**101 Creative Strategies for Reaching Unmotivated Student Learners**  
Susan J. Smith-Rex, James H. Rex  
Helps 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.  
GR 2-8  
PAPERBACK  
109 PAGES  
762-IN9  
$22.95

**Step Up to Better Grades**  
Lessons that Teach Students Good Study Habits  
Robin Zorn  
8 lessons on Study Habits, Step UP (Space, Tools, Ending, Pay Attention, Understanding, Practice), and Next Steps. Use with small groups, individuals, or the classroom. Includes reproducibles.  
GR 3-5  
PAPERBACK  
180 PAGES  
B509-IN9  
$34.95

**Step Up to Better Grades - Middle School**  
Lessons that Teach Students Good Study Habits  
Robin Zorn  
8 lessons on Step UP (Space, Tools, Ending, Pay Attention, Understanding, Practice), plus 4 classroom lessons. Use with small groups, individuals, or in the classroom. Includes reproducibles.  
GR 6-8  
PAPERBACK  
216 PAGES  
D215-IN9  
$34.95

**Study Strategies Plus**  
Building Your Study Skills and Executive Functioning for School Success  
Sandi Sirotowitz, et al  
Describes the executive functions of the brain then provides practical exercises to foster better attention, communication, memory/retention, time management, and self-control.  
GR 8-12  
PAPERBACK  
125 PAGES  
B296-IN9  
$18.95
Counseling with Color
Anthony Pearson, Robert Bowman
Provides coloring-based visual arts activities, with emotive designs, scene finishing, and image types. Includes 44 reproducible pages. CD contains an interactive version of each activity page that can be colored using the digital color palette at the page bottom.

Draw Your World
A Solution-Focused Therapeutic Tool for School Counseling, Private Practice, and Brief Counseling
Courtney M. Rios
Drawing activities to help children recognize, express, and talk about feelings and situations. Topics include school issues, behavior, home, family changes, sibling conflict, and more! CD includes color and black & white.

Building Emotional Intelligence
A Skills-Based Curriculum for Improving Children’s Coping, Social and Academic Success
Aaron Wiemeier
46 lessons to increase EQ by learning about feelings related to self-awareness, self-regulation, motivation, empathy and social skills. Use in classrooms, small groups, or with individuals.

STEAM for the School Counselor
Project and Problem-Based Learning Activities
Tashia Stovall Dula
Teams build problem-solving skills, research and form ideas, and practice presentation, collaboration, and communication. 60 activities on topics including Anger Management, Tornado, Repairing Friendship, and more! CD includes color and black & white.

80 Creative Strategies for Working with Challenging Parents
Jerry Wilde
Connect and work more effectively with challenging parents. 80 easy-to-follow strategies, hints, and activities that promote effective communication and improve cooperation. Provides insights to help understand the motivations of challenging parents.

The PBIS Team Handbook
Setting Expectations and Building Positive Behavior
Char Ryan, Beth Baker
Updated edition. Positive school climates are not achieved through expulsions, suspensions, or detentions, but instead through collective analysis and data-driven decision-making. Includes reproducibles.

A Year of School Counseling
Barbara Muller-Ackerman
Provides a collection of the best hints, reproducibles, activities, and alternate tie-ins to the curriculum from the ASCA archives. For each month, the materials follow a guidance and counseling theme such as National School Counseling Week, safe schools, and much more.

Brief Counseling that Works
A Solution-Focused Therapy Approach for School Counselors and Other Mental Health Professionals
Gerald B. Sklare
A practical overview of the fundamental principles of SFBC. Contains short case studies and session transcripts, practice exercises, guidelines from discipline cases, and reproducibles.

Evidence-Based School Counseling
Making a Difference with Data-Driven Practices
Carey Dimmitt, et al
Provides a practical process for using evidence to determine what needs to be done, which interventions should be implemented, and whether or not the interventions are effective. Aligns with the ASCA National Model.

Homelessness Comes to School
Joseph Murphy, Kerri Tobin
Evaluate the scope of the problem and developing interventions for students at risk of homelessness. Gives involved parties a well-grounded understanding of homelessness, the legal framework surrounding the issue, and guidelines for working together toward a solution.
The School Counselor Organizer
Janice King
Keep valuable planning information, intervention records, and resources in one book. Record information about Parent and Teacher Conferences, School Counselor Highlights, Committee Assignments, Weekly Plans, and more!

The School Counselor’s Book of Lists
Dorothy Blum, Tamara Davis
Find information on almost any topic pertinent to school counselors. This book covers everything from writing student assessments and dealing with school crises to setting budgets and running effective meetings. Officially endorsed by ASCA.

The School Counselor’s Mental Health Sourcebook
Rick Auger
Provides methods for addressing many disorders, intervention strategies, and collaboration with families from various cultures. Describes disorders with a balance of simplicity and clinical depth.

The Mechanics of School Counseling Workbook
Eric Chancy
Shorten and moderate the learning curve of a new school counseling position by providing specific questions to ask in your new setting, reducing your legwork and maximizing your direct involvement with students and parents.

Psychiatric Disorders
Current Topics and Interventions for Educators
Paul McCabe, Steven Shaw
Educational implications of Tourette syndrome, bipolar disorder, mood disorders, eating disorders, and other issues, as well as medications and side effects. Includes strategies, handouts, and discussion questions.

RTI Success
Proven Tools and Strategies for Schools and Classrooms
Elizabeth Whitten, et al
Offers 100 techniques & interventions, advice on creating personal and positive learning environments, information on co-teaching, and approaches to purposeful grouping. Contains resources for further exploration. Includes reproducibles.

School Counselor Side Hustle
How School Counselors and Educators Can Monetize Their Time and Talents Beyond the Classroom
Russell A Sabella, Stephanie Lerner
Get advice from educators who are already finding success. Covers creating resources, public speaking, developing tools, selling merchandise, adjunct teaching, and private practice.

The SEL Solution
Integrate SEL into Your Curriculum and Build a Caring Climate for All
Jonathan C. Erwin
Master social-emotional skills, provide effective behavior management strategies, and increase student success. Provides dozens of strategies on empathy, cooperation, self-regulation, leadership, and a range of other SEL topics. Includes reproducibles.

Turn the Page for Play Therapy Activities
Michele Page, Joy Wilson
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 more!

101 Solutions for School Counselors and Leaders in Challenging Times
Stuart F. Chen-Hayes, et al
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 ranging from data-driven counseling to bullying, collaboration, and equity. Includes online supplements.
**COUNSELING RESOURCES**

### Stick Up for Yourself!

**Every Kid’s Guide to Personal Power and Positive Self-Esteem**

Gershen Kaufman, Lev Raphael

Using simple words and real-life examples, this book shows kids how to be assertive with other kids—and with adults, deal with intense feelings, and build self-confidence and inner security.

**AGES 9-13**
**PAPERBACK**
**D175-IN9**
**$13.99**

**CD**

### A Teacher’s Guide to Stick Up for Yourself!

**An 11-Session Course in Self-Esteem and Assertiveness for Kids**

Gershen Kaufman, Lev Raphael

Expands the messages of Stick Up for Yourself, teaching self-confidence, and how to be assertive with easy-to-use sessions. Use in the classroom or with small groups. Includes reproducibles.

**GR 3-7**
**PAPERBACK**
**D176-IN9**
**$29.99**

### Easy-to-Print Cards for Conversation

**770 Questions (& Tips!) on 18 Topics**

Arden Martenz

Topics include: All About Me, Anger, Bullying, Careers, Communication, Empathy, Fears, Friendship, Mindfulness, Resiliency, Test-Taking, Worry, and more. Print cards from CD included.

**GR 4-8**
**PAPERBACK**
**D216-IN9**
**$17.95**

### Interventions for In-School Suspension

Catherine H. Pardue

Positively impact change by instructing students about their behavior, providing activities for them to understand their behaviors, and giving them steps to improve. 7 lessons provided to implement as part of your school In-School Suspension program. Includes reproducibles.

**GR 4-12**
**PAPERBACK**
**D819-IN9**
**$34.95**

### Boost Emotional Intelligence in Students

**30 Flexible Research-Based Activities to Build EQ Skills**

Maurice J. Elias, Steven E. Tobias

Explains what emotional intelligence is and why it’s important for all students. Teach fundamental EQ in an intentional and focused way. Includes reproducibles.

**GR 5-9**
**PAPERBACK**
**D878-IN9**
**$39.99**

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**Stick-Up-for-Yourself!**

**PREVIEW ONLINE**

无缝链接

**PICTURE BOOK**

**GAME**

**CD**

**DVD**

**WB**

**BL**

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**Who Moved My Cheese (for Teens)**

Spencer Johnson

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.

**GR 6-12**
**HARDCOVER**
**A386-IN9**
**$19.95**

### Innovative Strategies for Unlocking Difficult Adolescents

Robert Bowman, et al

Full of strategies, activities, and hints for reaching attention seekers, manipulators, hostile, and apathetic students. Innovative ideas for managing and surviving the “difficult classroom”. Offers insight into home issues and other causes of difficult behaviors.

**GR 7-12**
**PAPERBACK**
**A155-IN9**
**$19.95**

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**A Teacher’s Guide to Stick Up for Yourself!**

**PREVIEW ONLINE**

无缝链接

**PICTURE BOOK**

**GAME**

**CD**

**DVD**

**WB**

**BL**

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**The Ultimate Middle School Counseling Handbook**

Tim Handrich, Deb Schroeder

This comprehensive handbook covers seven areas of school counseling: The Learning Community, Activities To Use In Groups, Curriculums, Rocks (Recognizing Our Committed Kids Support Groups), Conferencing, Special Days, and What Should I Do If…?. Includes reproducibles.

**GR 5-9**
**PAPERBACK**
**A729-IN9**
**$33.95**

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**Ways To Amaze & Engage Middle School Students**

Becky Kirby

Fun and easy classroom or small group activities, games, teacher/counselor ideas, and forms. Topics: Bullying/ Safety, Conflict Resolution, Dreams and Goals, Group Cooperation, Identifying Feelings, Relational Aggression, Understanding Self and Others, and more. Includes reproducibles.

**GR 5-9**
**PAPERBACK**
**A729-IN9**
**$33.95**

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**Children are great imitators. Give them something Great to imitate.**
POWERFUL LESSONS THROUGH BEAUTIFUL STORIES

The Awfulizer: Learning to Overcome the Shame Game
Kristin Maher

The Awfulizer follows James everywhere he goes and reminds him of all the things he’s done wrong. When James tells his parents all about The Awfulizer, they help him understand that talking about feelings turns him into The Awesomizer!

Kristin Maher is an advocate, writer, and speaker on topics dealing with negative emotions. Aimed at young children, Maher teaches language and strategies for managing shame at its earliest stages. She knew from her own experiences that having the right tools at the right time can prevent future struggles with shame and other limiting emotions. Maher has expanded her focus into a platform she now shares around the country through podcasts, her website, and speaking engagements. She lives in Nashville with her husband Matt and their three children.

Worry Says What?
Allison Edwards

“Worry’s songs tie my tummy up in knots. Sometimes he speaks in a whisper, and other times his voice gets so loud I can’t hear anything else.” This book shows how worry whispers to young minds, and offers a powerful tool all children can use to silence those fears.

Allison Edwards is a Licensed Professional Counselor and Registered Play Therapist who specializes in working with children, adolescents, and their families. Before opening a private practice, Allison developed and maintained a play therapy program for at-risk and immigrant children in the public school system. In her current practice, she sees children of all ages, consults with parents, supervises counselors, and writes about childhood anxiety. She also serves as an Affiliate Professor at Vanderbilt University where she enjoys teaching future counselors how to work with kids.

Your Happy Heart: How Helping Others Helps You, Too
Amie Dean

When fifth grader Javon meets kindergartner Richard for the first time, Richard won’t talk to Javon or even look at him. Javon realizes that Richard reminds him a lot of himself at that age. Javon learns that helping someone find their happiness makes your own heart happy, too.

Amie Dean has supported students with academic, behavioral, and emotional challenges for over 25 years as a teacher, behavior interventionist, and consultant. Amie’s mission has always been to help children recognize their gifts, know their worth, and find their passion. She knows that children often need a champion to help with those endeavors. Amie has found great joy in helping educators all over the country become true champions for their students.

Seraphina Does Everything
Melissa Gratias

Seraphina wants to do it all. From soccer to ballet to French club, her schedule is jam-packed. Seraphina doesn’t want to miss a thing! But why does she feel so blue? With help from her dad, she discovers that in trying to do everything, she is missing out on her favorite things.

Melissa Gratias, Ph.D., is an international speaker, coach, blogger, and author. For more than 20 years, Melissa’s coaching and consulting work has improved productivity for multinational, billion-dollar companies as well as individual solopreneurs by creating workable systems that accomplish goals in less time and with less stress. She’s helped thousands of business owners, CEOs, and other overwhelmed professionals become focused, effective, and balanced.

ABC Worry Free
Noel Foy

“When do you think you could teach someone to worry less?” I asked. “Absolutely. As long as they’re not afraid to learn something new.” Children will learn an actionable approach to worry that will help them process and work through everyday challenges.

Noel Foy is a former classroom teacher and Learning Specialist. She is also the founder of AMMPE™ Neuroeducational Consulting. Her mission is to empower teachers, parents, counselors, coaches, and students with quick, user-friendly ways to decrease stress and boost engagement, learning, executive function, and performance.
Coding Capers
Luci and the Missing Robot
Angela Cleveland, Tamara Zentic
Coming November 2019!
Join Luci and her friends as they go on an adventure to find a missing robot! In the process, they learn the foundational concepts of coding, the increasing capability of technology, and the power of persistence.

Angela Cleveland has 15 years of experience as a school counselor and was the 2017 New Jersey School Counselor of the Year. Angela also serves on the NUSCA Executive Board and is currently the Program Director for NCWIT Counselors for Computing.

Tamara Zentic is a veteran middle school teacher with more than 20 years of experience. She has a masters in youth development and has written a computer programming curriculum. She is an active member of CSTA. Tamara believes that computer coding is the language of the future and a necessary life skill for all youth.

Why Would Someone Want To Die?
Rebecca Schmidt
This story and workbook equips you with tools to explain suicide openly and honestly to children. Learn techniques that help guide children to cope with the emotions associated with the suicide of a loved one. Includes parent section, resource list, grief chart, and more.

Perfectly You
Julia V. Taylor
Teaches young readers (and listeners) to accept themselves, treat one another with compassion, and embrace their uniqueness. Focuses on the importance of self-acceptance, tolerance, and leading an overall healthy lifestyle.

Perfectly You
Julia V. Taylor
Teaches young readers (and listeners) to accept themselves, treat one another with compassion, and embrace their uniqueness. Focuses on the importance of self-acceptance, tolerance, and leading an overall healthy lifestyle.

Books by Julia Cook
Julia Cook, M.S. is a national award-winning children’s author, counselor, and parenting expert. She has presented in thousands of schools nationally and internationally, regularly speaks at 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.”

I’m Stretched
Coming November 2019!
Julia Cook
Henrietta is feeling S-t-r-e-t-c-h-e-d. Homework, sports, family, friends…and her hedgehog, Happy, won’t eat. As the stress grows, Henrietta talks to her mom who shares several tricks to help find her calm, become more mindful, know when to say no, and create an action plan to get everything done.

Both Coming Fall 2019!

Bully B.E.A.N.S.
Julia Cook
Updated artwork! Maxine likes to pick on kids...especially Winston. The other kids don’t like the way Maxine treats Winston, but are too afraid to do anything about it, until they discover Bully B.E.A.N.S. Now they know the power of their own voice and how to use it effectively when standing up against bullying.

Bully B.E.A.N.S. Activity and Idea Book
Julia Cook
Updated artwork! The perfect companion to Bully B.E.A.N.S. This workbook offers teachers and students “hands on” activities that explore the dynamics of bullying and teach them how to prevent it.
A Flicker of Hope
Julia Cook
All Little Candle can see is darkness, but someone notices she needs a boost of hope. As she is reminded she has purpose and her own unique gifts, her dim light begins to shine brighter. This hopeful story emphasizes the many different ways to ask for help, and how to be a hope builder for others, too.

Deployment
One of Our Pieces is Missing
Julia Cook
A family must learn to stretch and adapt after Dad is deployed and as he settles back into the family frame when he returns. Helps children process questions and feelings, and be equipped with ways to discuss the highs and lows of deployment.

Bubble Gum Brain
Ready, Get Mindset...GROW!
Julia Cook
Bubble Gum Brain shows Brick Brain how to peel off his wrapper and learn new things by not being afraid to make great mistakes. This creative story teaches children (and adults) the valuable lesson that “becoming is better than being!”

Foster Care
One Dog’s Story of Change
Julia Cook
Foster and his friends all have different circumstances which brought them to foster care. As they talk through their stories, they realize this is where they need to be for now. Encourages children entering or already in foster care and helps them understand they are not alone.

A Bad Case of Tattle Tongue
Julia Cook
No one likes “Josh the Tattler” because he tattles too much. One night he wakes up to find his tongue is long, yellow, and covered in purple spots! Teaches children the differences between tattling and the need to warn others.

A Bad Case of Tattle Tongue Activity and Idea Book
Julia Cook
The perfect companion to A Bad Case of Tattle Tongue.” Help children become effective problem solvers and improve relationships with peers. Full of discussion questions, exercises and worksheets.

Be Where Your Feet Are!
Julia Cook
Each day, there are many so things to think about. Getting ready for school, turning in homework, band solo tryouts, soccer practice…and it’s a long way from your head to your feet. Reinforces the concepts of mindfulness and being present and in a fun way children will remember.

Blueloon
Julia Cook
Meet Blueloon – a sad little balloon who is suffering from depression. With help from the wise rock, Blueloon learns what he can do to “bounce back” to being the way he used to be – bright, round, and full, with a very straight string!

Blueloon Activity and Idea Book
Julia Cook
This activity book offers processing tools and strategies to help children and parents cope with childhood depression. Full of discussion questions, activities, and exercises to share with students.
**My Mouth Is A Volcano**
Julia Cook
Louis always interrupts! His words rumble and grumble until he ERUPTS (or interrupts). But when others begin to interrupt Louis, he learns how to respectfully wait for his turn to talk. A witty technique to help children manage their thoughts and words without interrupting.

**My Mouth is a Volcano Activity and Idea Book**
Julia Cook
Through engaging discussion questions, activities, and exercises, teach children the value of respecting others by listening and waiting for their turn to speak.

**Ricky Sticky Fingers**
Julia Cook
Ricky can't seem to figure out that stealing is wrong. Through a whimsical story, children learn the concept of ownership and how it feels when someone doesn't respect what is yours.

**Jumping Into Kindergarten**
Julia Cook, Laura Jana
Follow Roo as he figures out how to use his amazing “QI” (pronounced key) skills: ME, WE, WHY, WILL, WIGGLE, WOBBLE, and WHAT IF. Includes tips for home and classroom, and highlights the connection between everyday behaviors and the development of life-skills.

**The Ant Hill Disaster**
Julia Cook
After a disaster destroys his school, a little ant is afraid to return. Thoughtfully addresses fears associated with both natural and man-caused disasters and models effective parenting and teaching responses. Children learn they can stand strong, even in uncontrollable events.

**I'M Not Scared, I'm Prepared!**
Julia Cook
The teacher at the Ant Hill School teaches her students what to do if a “dangerous someone” is in their school. This book will enhance the concepts taught in the ALICE Training Institute, and make them applicable to children of all ages in a non-fearful way.

**I'm Not Scared, I'm Prepared! Activity and Idea Book**
Julia Cook
This guide book offers grief facilitators, counselors, educators, and parents “hands on” activities that explore concepts taught by the ALICE Training Institute. Full of discussion questions, activities and exercises to share with students.

**Personal Space Camp**
Julia Cook
Louis, a “space expert”, is invited to Personal Space Camp by the school principal. Louis soon discovers that he has much to learn about personal space right here on earth. Addresses the complex issue of respect for another person's physical boundaries.

**Personal Space Camp Activity and Idea Book**
Julia Cook
Questions and exercises to teach the concept of personal space and respecting other's feelings by giving them the “room” they need. Full of discussion questions, worksheets and activities.

**Winners Don't Whine and Whiners Don't Win**
A Book about Good Sportsmanship
Julia Cook
Wendell’s mom helps him understand that everything doesn’t have to be a contest, and losing does not make you a loser. Winning isn’t everything and whining just makes it worse.
PICTURE BOOKS

The Anti-Test Anxiety Society
Julia Cook
To Bertha Billingsworth, the word test stands for Terrible Every Single Time! Her teacher explains the Dynamic Dozen (12 amazing test taking strategies), and convinces her to use her “GET TO” brain instead of her “HAVE TO” brain. Now, the Terrible now stands for Terrific!

Lying Up a STORM
Julia Cook
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 explains how lying can be a natural and sometimes healthy response. Tools are provided to help guide children toward truthfulness.

Wilma Jean the Worry Machine
This fun and humorous book addresses the problem of childhood anxiety and offers creative strategies for parents and teachers to use that can lessen its severity. The goal of the book is to give children the tools needed to feel more in control of their anxiety. For those worries that are not in anyone’s control (i.e. the weather) a worry hat is introduced.

Wilma Jean the Worry Machine Activity and Idea Book
Offers creative anxiety reduction strategies, and gives children the tools they need to feel more in control of their anxiety! Full of discussion questions, worksheets, and exercises.

How To Be Comfortable In Your Own Feathers
Julia Cook
Wanting to flutter like the petite Hummingbird, Bluebird takes on unhealthy eating habits. Bluebird learns balance and how to control the Food Voice living inside with help from Mom, the Bird Doc, and the Food Voice Counselor. For children who may be struggling with body image.

Cell Phoney
Julia Cook
Joanie Maloney finally gets her very own cell phone! Along with Joanie, children will learn the six rules of cell phone usage designed to keep them safe and from hurting others. By knowing the rules, children can become masters of their cell phones and avoid becoming a “Cell Phoney!”

But It’s Just A Game
Julia Cook
Video game addiction is on the rise, but can be prevented. Teaches children and adults how to switch out their game controller for a “life controller.” Discusses gaming and technology addiction and why it is important to set limits and boundaries.

Techno Smart Activity and Idea Book
Increase communication skills while teaching boundary recognition. Help children learn digital citizenship by teaching the etiquette of using technology effectively. Full of discussion questions, worksheets, and activities.

The Bubble Wrap Queen
Julia Cook
Teaches the key B.A.S.I.C.S of injury prevention – Be Aware and Safe in Common Situations, to creatively address playground safety, poison control, automobile safety, bicycle safety and more.

Straight from the Horse’s Mouth
Julia Cook
Horses can help people fix ANYTHING! Archie is not your average horse. He helps people get rid of their flies… you know, the things that bug us! This creative book for all ages takes a look at the power of horse therapy for helping people heal on the inside.
Grief is Like a Snowflake
Julia Cook
Everyone shows grief differently. With the help and support of his family, Little Tree learns to cope with his father’s death by discovering what is really important in life, and how his father’s memory will carry on. Offers a warm approach to the difficult subject of death and dying.

Grief is Like a Snowflake Activity and Idea Book
Julia Cook
Offers activities that explore what grief is, how to personalize it, and how to endure it. Full of discussion questions, worksheets, and exercises.

I’m Your Flag, So Please Treat Me Right
Julia Cook
Explains through the eyes of the American flag what the red, white, and blue stand for, and what the flag means to all Americans. This historical and colorful story will help people of all ages better understand the value of our beautiful flag.

It’s Hard To Be A Verb
Julia Cook
Being a verb is hard! Especially for Louis, who can’t seem to control himself when he gets the urge to move at the wrong time and situation. Louis’s mom teaches him techniques to keep his inner itching, twitching, and jumping in check. A positive resource for anyone touched by ADHD.

It’s Hard To Be A Verb Activity and Idea Book
Julia Cook
Activities to improve focus and organizational skills both in and out of the classroom. Full of discussion questions, worksheets, and activities.

What Do I Say About That?
...Coping with an Incarcerated Parent
Julia Cook
When a loved one is sentenced to prison, the emotional turmoil is difficult for everyone. Looks at the struggles facing the child of an incarcerated parent and helps gain insight to the healing and coping process.

Planning Isn’t My Priority
...and Making Priorities Isn’t In My Plans
Julia Cook
While working on a science fair project, Cletus and Bocephus learn to appreciate each other’s strengths and weaknesses. Creativity needs structure and structure needs creativity—BOTH need to know how to plan and prioritize!

Study Skilled... NOT!!!
Julia Cook
Bocephus over-studies and stresses, while Cletus studies as little as possible. After Cletus’ mom introduces them to “The Amazing Great 8!” the boys learn how good study skills can affect not only their grades, but also their attitudes and results.

I Can’t Find My Whatchamacallit
Julia Cook
After Cletus’s mom refuses to let him play with Bocephus until his room is cleaned, Bocephus steps in to help out his disorganized cousin. This book guides children and adults through the organizational process by providing creative planning and organizing advice.

Smarter than the SCOOPERS
Keeping Your Child Safe from Predators
Julia Cook
SCOOP is an acronym for the five personal safety strategies: be Smart, use your Call list, zero talking to strangers, keep strangers Out of your personal space, and always Pair up.
It’s You & Me Against The Pee...& The Poop, Too
Julia Cook, Laura Jana
Stanley is way too busy playing to stop and use the potty. This fun and colorfully illustrated book will turn all kids into Potty Experts, while providing grown-ups with an important reminder that potty learning can and should be a team effort.

GR PK-3
PAPERBACK
32 PAGES
B005-IN9
$9.95

Melvin the Magnificent Molar
Julia Cook, Laura Jana
Meet Melvin, the lovable tooth. By promoting brushing, flossing, and regular visits to the dentist, Melvin shows readers, young and old, how to make sure they will have happy teeth and healthy smiles that will last a lifetime!

GR PK-3
PAPERBACK
32 PAGES
A752-IN9
$9.95

I am a Booger, Treat Me with Respect
Julia Cook
Boogie the booger teaches the healthy way to blow your nose using a Booger Ghost. Boogie knows that most people think he’s gross, but he doesn’t feel bad because he keeps us from getting sick! He’s a true defender just asking for a little respect.

GR PK-3
PAPERBACK
32 PAGES
A145-IN9
$9.95

Soda Pop Head
Julia Cook
Lester is a Soda Pop Head! He has a hard time controlling his anger, until his dad figures out how to help him. This book takes an empathetic, yet powerful look at anger management in a fun way!

GR K-6
PAPERBACK
32 PAGES
B007-IN9
$9.95

Soda Pop Head Activity and Idea Book
Offers hands-on activities that can teach a child how to channel anger in productive and non-destructive ways. Teaches children it’s ok to feel angry; that what they choose to do with their anger makes the difference! Full of discussion questions and exercises to share with students.

GR K-6
PAPERBACK
24 PAGES
B007-IN9
$9.95

What Shoes Will You Wear
Julia Cook
Myrtle and Erytle’s father uses their love of shoes to encourage the young twins to start thinking about future careers. Explores the skills needed for any career: responsibility, self-confidence, integrity, punctuality, and teamwork. Career clusters are presented.

GR 2-6
PAPERBACK
32 PAGES
B486-IN9
$9.95

What Shoes Will You Wear Activity & Idea Book
Full of activities and worksheets, this fun book assists children in starting on the pathway of being college and career ready. Full of discussion questions, worksheets, and activities.

GR 2-6
PAPERBACK
32 PAGES
B488-IN9
$10.95

The Kid Trapper
Julia Cook
This book addresses the extremely sensitive issue of child-molestation and presents it in a way that gives the victim power and strength. Includes important statistics, how to spot a child molester, traps often used by predators, and things a child might hear from a sexual predator.

GR 3-9
PAPERBACK
32 PAGES
A763-IN9
$9.95

Don’t Be Afraid to Drop
Julia Cook
Boy Raindrop is afraid to let go of his cloud and drop to the ground. He doesn’t like change or risks, and is happy with life. His father encourages him to jump out of his comfort zone and see what he is missing. For anyone who is at a transitional point in their life.

GR K-3
PAPERBACK
32 PAGES
A268-IN9
$9.95

The “CAN” in Cancer
Eli is a young boy who finds out he has cancer. This creatively written book of hope follows Eli’s journey through the eyes of the patient, parents, siblings, teachers, health care providers, and friends. A must-read for all who are searching for their “CAN” in cancer.

GR 2-6
PAPERBACK
32 PAGES
B409-IN9
$9.95
The “D” Word (Divorce)
Julia Cook
Otis’s perfect family changes as soon as his parents say they are getting divorced. At first he blames himself. With the help of his Gram, Otis learns about the Three C’s of Divorce: I didn’t CAUSE it, I can’t CONTROL it, so I’m going to have to learn to COPE with it!

GR 2-6
PAPERBACK
32 PAGES
B033-IN9
$9.95

The “D” Word (Divorce) Activity and Idea Book
Julia Cook
Offers processing tools and strategies to help children and parents cope with divorce. Full of discussion questions, activities, and exercises.

GR 2-6
PAPERBACK
24 PAGES
B163-IN9
$9.95

Hygiene, You Stink
Julia Cook
Jean (a fork) hates taking baths in the sink, detests showering in the dishwasher, and has plenty of excuses for not keeping clean. When she notices that other silverware no longer wants to hang out with her, the can opener explains the importance of bathing and tooth brushing.

GR K-6
PAPERBACK
32 PAGES
B481-IN9
$10.95

Peer Pressure Gauge
Julia Cook
When Norbert is less than eager to try new food, he experiences first-hand what it’s like to be on the receiving end of peer-pressure. Children will enjoy this imaginative story of how escalating peer pressure feels as they learn the skills necessary to triumph over this difficult issue.

GR K-6
PAPERBACK
32 PAGES
B411-IN9
$10.95

Average Joe
A Chapter Book by Julia Cook!
Julia Cook
Meet “Average Joe”, a not so average 12-year-old kid who takes a potion and can turn into a grown up, for two hours, any time he wants to... imagine how much fun Joe can have!

GR 3-8
PAPERBACK
88 PAGES
B055-IN9
$9.95

My Mom Thinks She’s My Volleyball Coach, But She’s Not!
Julia Cook
For those of us who cross the line between supportive fan and obnoxious spectator. This book will serve as a gentle and hilarious reminder that Coaches Coach, Officials Officiate, Players Play, and Parents Parent (cheer, hug, encourage, help transport, feed).

GR 3-8
PAPERBACK
32 PAGES
A252-IN9
HC $15.95
A144-IN9
PB $9.95

Baditude!
What to Do When Your Life Stinks!
Julia Cook
Everything in Noodle’s life stinks, or so he thinks. Homework stinks. Yard work stinks. And family pictures? They REALLY stink! With help from a teacher and his mom, Noodle learns how to turn his ‘have tos’ into ‘get tos’ and his baditude into gratitude!

GR K-6
PAPERBACK
32 PAGES
B604-IN9
$10.95

But It’s Not My Fault
Julia Cook
It isn’t Noodle’s fault that his brother’s game ran late so he didn’t get to finish his homework. Or that his mom forgot to remind him to turn in his library book. Luckily, Noodle’s mom is there to teach him about the importance of accepting responsibility.

GR K-6
PAPERBACK
32 PAGES
B517-IN9
$10.95

That Rule Doesn’t Apply to Me!
Julia Cook
Noodle is having a rough couple of days. The rules keep getting in the way of his fun! Noodle struggles because he doesn’t think many of them actually apply to HIM! Noodle’s mother and teacher show him that rules are meant to help, not harm, him.

GR K-6
PAPERBACK
32 PAGES
B649-IN9
$10.95

The Judgmental Flower
Julia Cook
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. Teaches children about valuing the differences of others.

GR K-6
PAPERBACK
32 PAGES
B762-IN9
$10.95
### PICTURE BOOKS

#### BOOKS BY JULIA COOK

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<th>Format</th>
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<td>Told through the eyes of the rumor marble, this story describes how a simple misunderstanding starts a chain reaction that can’t be undone. An entertaining and funny, but cautionary, tale about the importance of NOT starting or spreading rumors.</td>
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<td>Provided instructions, lists of materials, activity sheets, 16 reward coupons can be used to recognize students who demonstrate the skills correctly. Includes reproducibles.</td>
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866.318.NCYI (6294) • WWW.NCYI.ORG
Tease Monster
Julia Cook
Kids learn why some teasing can have a negative bite if it’s meant to be hurtful and cause embarrassment. They also learn it can be friendly and nice if it tries to make someone feel better and is not done out of spite.
GR K-5
PAPERBACK
32 PAGES
B192-IN9
$10.95

Making Friends Is an Art
Julia Cook
Brown, the least used pencil, is tall, geeky and lonely. The other pencils help him discover that he needs to be a good friend to have friends. By studying the friendship skills the other pencils have, he can learn to make friends and have fun too!
GR K-6
PAPERBACK
32 PAGES
B105-IN9
$10.95

ABC Ready for School
An Alphabet of Social Skills
Celeste C Delaney
C is for cooperate. G is for grow. P is for play! This friendly and reassuring alphabet book helps young children consider, explore, and discuss a wide range of skills related to school readiness.
AGES 3-6
HARDCOVER
40 PAGES
D190-IN9
$15.99

Hands Are Not for Hitting
Learn alternatives to hitting, from drawing pictures to jumping up and down, talking about feelings, and walking away.
A590-IN9

Voices Are Not for Yelling
Teach children the times and places for an indoor voice, the ways people ask us to quiet our voices, and how to use our words to talk about a problem.
B927-IN9

Words Are Not for Hurting
Introduces positive ways for children to respond when others say mean or unkind words to them. Also reinforces the importance of saying “I’m sorry.”
A592-IN9

Worries Are Not Forever
Explains what worries are and how it feels to be worried. Assures children that lots of kids feel worried and introduces ways to cope with worries.
D183-IN9

Best Behavior Set 4 Book Set
D236-IN9 $42.95

Bucket Filling from A to Z
The Key to Being Happy
Carol McCloud, Caryn Butzke
Use letters of the alphabet to help young and old see the many, simple ways that they can fill buckets and fill their own buckets in return. The key to happiness is friendship, love, and goodwill.
GR PK-3
PAPERBACK
32 PAGES
B915-IN9
$9.95

Have You Filled a Bucket Today?
A Guide to Daily Happiness for Kids
Carol McCloud
Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words. Encourages daily kindness, appreciation, and love.
GR PK-4
PAPERBACK
32 PAGES
A791-IN9
$9.95

Fill A Bucket
A Guide to Daily Happiness for Young Children
Carol McCloud, Katherine Martin
This prequel to Have You Filled a Bucket Today? is perfect 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.
I’m Happy-Sad Today
Making Sense of Mixed-Together Feelings
Lory Britain

Happy and also sad. Excited but nervous, too. Mixed feelings are natural, but confusing. Follow a little girl as she realizes, “When I have more than one feeling inside me, I don’t have to choose just one. I know that all my feelings are okay at the same time.”

AGES 3-8
HARDCOVER
40 PAGES
D191-IN9
$15.99

A World of Pausabilities
An Exercise in Mindfulness
Frank J. Sileo

Following a neighborhood on a summer day, readers will learn how to apply mindfulness to simple, everyday moments, and how days are filled with endless possibilities to take a pause. Includes a note to caregivers.

GR PK-3
HARDCOVER
32 PAGES
B886-IN9
$15.95

Just Because I Am / Solo porque soy yo
A Child’s Book of Affirmation / Un libro de afirmaciones para niños
Lauren Murphy Payne
Invites little ones to respect their bodies, acknowledge their needs, name their feelings, build their self-esteem, and love, accept, and feel good about themselves. Includes activities and discussion questions.

AGES 3-8
PAPERBACK
42 PAGES
D181-IN9
$12.45

We Can Get Along / Podemos llevarnos bien
A Child’s Book of Choices / Un libro de alternativas para niños
Lauren Murphy Payne
Teaches tolerance and encouraging acts of kindness. Discusses getting along with others, respecting differences, conflict resolution and peacemaking. Includes activities and discussion questions.

AGES 3-8
PAPERBACK
48 PAGES
D182-IN9
$12.45

Being The Best Me
Cheri J. Meiners

Being the Best Me! is a one-of-a-kind character-development series. Help children learn, understand, and develop attitudes and character traits that strengthen self-confidence and a sense of purpose.

GR PK-3 • PAPERBACK • 40 PAGES • $11.99 EACH

Be Positive
Introduces ways of thinking and acting that will help children feel good about themselves, stay on course when things don’t go their way, and contribute to other people’s happiness, too.

B560-IN9

Forgive & Let Go
Helps children develop their forgiveness skills, accept an apology, and move on without holding grudges.

B565-IN9

Bounce Back
Fosters perseverance, patience, and resilience. Learn thought processes and actions that are positive, realistic, and helpful for bouncing back.

B563-IN9

Grow Strong
Helps children establish patterns of a healthy diet, exercise, and sleep so they can stay physically active, make friends, learn well, and enjoy emotional health.

B923-IN9

Have Courage
Helps children develop the attitudes and skills of courage and assertiveness in order to make wise choices and work through challenges.

B562-IN9

Feel Confident
Children learn that they can speak up, expect and show respect, try new things, and believe in themselves.

B561-IN9

Stand Tall
Supports children in knowing right from wrong, making positive decisions, keeping promises, and staying true to themselves. Includes advice for teaching integrity at home, at school, and in childcare.

B564-IN9

Being The Best Me Set
B924-IN9
$86.99

BUY THE SET AND SAVE!
Big Red and the Little Bitty Wolf
A Story About Bullying
Jeanie Franz Ransom
Big Red loves nothing more than teasing, taunting, and terrorizing Little Bitty Wolf. Includes bullying warning signs and steps to improve the situation — whether your child is the victim, perpetrator, or a bystander.

Did You Hear?
A Story About Gossip
Frank J. Sileo
This book uses serious and silly rumors to show how gossip transforms as it spreads. Describes what hurtful gossip feels like, how it can be like bullying, and what to do to stop it. Shows how gossip can have negative effects, whether intended or not, and what can be done to prevent it.

Friends Always
Tanja Wenisch
Reading this book with your child can be a fun way to talk about friendship, conflicts with friends, and forgiveness. Discusses the normal ups and downs of childhood friendships and how children argue and make up with friends as a means of practicing social roles that they will assume in later years.

Peanut Butter & Jellyous
Sometimes Friendships get Sticky
Michael Genhart
Peanut Butter and Jelly. They are ALWAYS together! But when Peanut Butter starts hanging out with other friends, Jelly flips her lid. Find out how these two best friends learn to stick together...while making room for new friends!

Mrs. Joyce Gives the Best High-Fives
Introducing the School Counselor
Erahna Winnett
When Raymond moves to town, he’s not sure what to think of Mrs. Joyce. By learning exactly what a school counselor does, Raymond finds he has nothing to fear and much to gain from friendly Mrs. Joyce.

My Body Belongs to Me
A Book About Body Safety
Jill Starishevsky
The rhyming story and illustrations provide a way to sensitively discuss the topic that our private parts belong to us alone. The overriding message is that if someone touches your private parts, tell a safe adult.

Kimochis Picture Books
Amy Novesky
These storybooks are a perfect addition to the plush KImochis - Toys with Feelings! See page 35.

Kimochis Bug Makes a Splash
Bug is afraid to try new things. This book focuses on being brave and offers caregivers simple tips to help children find the courage to spread their wings and fly.

Kimochis Cat’s Not-So-Perfect Sandcastle
Determined to build the perfect sandcastle, Cat gets frustrated with her friends. Offers tips to help children practice sharing and playing in friendly ways, even during frustrating moments.

Kimochis Cloud’s Best Worst Day Ever:
Cloud was having the BEST day until everything started going wrong. This gentle story can help children learn how to handle upset feelings and cloudy moods.

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. This book provides a gentle way to help children remember and practice sharing and taking turns.

Kimochis Picture Book Set
4 Book Set

Breathe
Inês Castel-Branco
Breathe is a conversation between a boy and his mother at bedtime. This introduction to mindfulness presents a collection of illustrated exercises to help little ones become aware of their breath and their body. Includes a Note to Parents & Caregivers that gives more details about the exercises.
Our Emotions and Behavior
Sue Graves

Helps kids understand how feelings and actions are related—and how they can get better at managing both. At the end of each book, a two-page series of pictures invites kids to tell a story in their own words. A special section for adults suggests discussion questions and ideas for guiding children to talk about their feelings.

**AGES 4-8 • HARDCOVER • 28 PAGES • $12.99 EACH**

<table>
<thead>
<tr>
<th>Title</th>
<th>ISBN</th>
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<tbody>
<tr>
<td>But Why Can't I? A Book About Rules</td>
<td>D227-IN9</td>
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<tr>
<td>I Hate Everything! A Book About Feeling Angry</td>
<td>D231-IN9</td>
</tr>
<tr>
<td>I Didn't Do It! A Book About Telling the Truth</td>
<td>D228-IN9</td>
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<tr>
<td>I'm Not Happy A Book About Feeling Sad</td>
<td>D232-IN9</td>
</tr>
<tr>
<td>I Don't Want to be Nice! A Book About Showing Kindness</td>
<td>D229-IN9</td>
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<tr>
<td>Not Fair, Won't Share A Book About Sharing</td>
<td>D233-IN9</td>
</tr>
<tr>
<td>I Don't Want to Wait! A Book About Being Patient</td>
<td>D230-IN9</td>
</tr>
<tr>
<td>Take a Deep Breath A Book About Being Brave</td>
<td>D234-IN9</td>
</tr>
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</table>

**Our Emotions and Behavior Set**
D226-IN9 $93.99

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_Becoming a Better You_
Kris Yankee, Marian Nelson

The **Becoming a Better You** series strives to highlight character traits that help readers reach their potential and help make a positive impact in the world.

**GR PK & UP • PAPERBACK • $9.95 EACH**

<table>
<thead>
<tr>
<th>Title</th>
<th>ISBN</th>
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<tbody>
<tr>
<td>Are You Confident Today?</td>
<td>B530-IN9</td>
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<td>Are You Honest Today?</td>
<td>B533-IN9</td>
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<tr>
<td>Are You Empathetic Today?</td>
<td>B532-IN9</td>
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<tr>
<td>Are You Respectful Today?</td>
<td>B531-IN9</td>
</tr>
<tr>
<td>Are You Grateful Today?</td>
<td>B534-IN9</td>
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</tbody>
</table>

**Becoming a Better You Set**

5 Book Set
B622-IN9 $44.95

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**PICTURE BOOKS**

**OTHER PICTURE BOOKS**

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**Are You Confident Today?**
Presents situations that will help build and reinforce confidence in all readers.

**Are You Empathetic Today?**
See how the characters in this book are understanding, become more aware, and are sensitive to others’ feelings.

**Are You Grateful Today?**
Inspires a peaceful heart that comes from appreciating what you have and being thankful for love, joy, and health.

---

**Are You Honest Today?**
Telling the truth is an important skill that should be developed in children but is applicable to all ages.

**Are You Respectful Today?**
Patience, tolerance, consideration, and trustworthiness are qualities of respectful people. Life is happier with a respectful heart.

---

866.318.NCYI (6294) • WWW.NCYI.ORG
The Everyday Mindfulness series explores how a mindful attitude can enhance enjoyment, promote a sense of calm and confidence, and provide young people with skills they can use every day. Free downloadable leader’s guide for the series with additional information, discussion questions, and activities.

**Everyday Mindfulness by Paul Christelis**  
AGES 5-9 • HARDCOVER • 32 PAGES • $12.99 EACH

**Breath by Breath**  
A Mindfulness Guide to Feeling Calm  
Lenny and Rosa are having tough days. By teaching them how to use breathing exercises and other mindfulness techniques, Sam helps Lenny and Rosa relax, cope with worries and challenges, and turn their days around.

**Exploring Emotions**  
A Mindfulness Guide to Understanding Feelings  
Everyone has different feelings about Sports Day at school. This book helps readers build their emotional awareness, enjoy pleasant feelings, and remember that unpleasant ones will pass.

**Get Outdoors**  
A Mindfulness Guide to Noticing Nature  
Jada and her brother Michael are staying indoors, until Dad invents a game that encourages mindfulness to get them exploring nature.

**Sleep Easy**  
A Mindfulness Guide to Getting a Good Night’s Sleep  
Twins Billy and Betty are having trouble sleeping, until they learn how to have a restful night by using mindfulness techniques.

**Everyday Mindfulness Set 4 Book Set**  
D188-IN9  $47.99

**Learning to Get Along by Cheri J. Meiners**  
GR PK-3 • PAPERBACK • 48 PAGES • $12.45 EACH

The Learning To Get Along series helps children learn, understand, and practice basic social and emotional skills. 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.

**Be Polite and Kind**  
Teaches manners and helps young children understand the importance of being polite, speaking kindly, using basic courtesies, and respecting the feelings of others.

**Listen and Learn**  
Introduces and explains what listening means, why it's important, and how to listen well. Focuses on the positive results of being a good listener.

**Cool Down & Work Through Anger**  
Helps children learn concrete social skills for anger management and discover that when they work through anger, they can feel peaceful again.

**Respect and Take Care of Things**  
Teaches showing respect, responsibility, and stewardship. Encourages children to pick up after themselves, put things back, and ask permission.

**Join In and Play**  
Teaches social skills for children using the basics of cooperation, getting along, making friends, and being a friend.

**Know & Follow Rules**  
Presents four basic rules: “Listen,” “Best Work,” “Hands and Body to Myself,” and “Please and Thank You.” Focuses on the positive sense of pride that comes with following rules.

**Share & Take Turns**  
Presents sharing as a positive choice and offers concrete examples to help children practice taking turns and realize the benefits of sharing.

**Talk & Work It Out**  
Children will learn to calm themselves, state the problem, listen, think of solutions, evaluate results, and even agree to disagree. Includes conflict resolution skill-building games and role plays.

**Learning to Get Along Set 8 Book Set**  
D251-IN9  $89.45
The Weird Series
Erin Frankel
GR K-4 • PAPERBACK • 48 PAGES • $9.99 EACH
These three books tell the story of an ongoing case of bullying from three third graders’ perspectives. Luisa describes being targeted by bullying in Weird!, Jayla shares her experience as a bystander to bullying in Dare!, and in Tough!, Sam speaks from the point of view of someone initiating bullying. May be read separately or as a set. Each concludes with “activity club” pages for kids, as well as information to help parents, teachers, counselors reinforce the books’ messages and foster dialogue with children.

Feeling Angry
Katie Douglass
Harry is great at helping others deal with anger, using strategies such as taking deep breaths, slowing down, counting to ten, and thinking about something else. But how will Harry deal with his own angry feelings when he has to turn off his computer game?

Miguel: A Deportation Story
Susan Bowman
Miguel is so terrified his parents could be deported that he runs away. His school counselor intervenes and encourages him to become proactive in reaching out to lawmakers. Helps children understand they are not alone in their fears and encourages them to do something positive to help make a difference in their school and community.

My Day is Ruined!
A Story for Teaching Flexible Thinking
Bryan Smith
Braden was so excited for his upcoming championship baseball game, but imagine his surprise when he woke up to pouring rain...and NO GAME! Will Braden be able to recover from his overreacting and practice the tips of flexible thinking?

Healing Days
A Guide for Kids Who Have Experienced Trauma
Susan Farber Straus
Covers the feelings, thoughts, and behaviors that many kids have after a bad and scary thing happens. Emphasizes that children are not to blame for what happened, and that they can help and look forward to a happy future.

The Invisible Boy
Trudy Ludwig
Meet Brian, the invisible boy. Nobody ever seems to notice him or think to include him...until a new kid comes to class. When Justin arrives, Brian is the first to make him feel welcome. See how small acts of kindness can help children feel included and allow them to flourish.

Put Your Worries Away
Gill Hasson
Readers learn ways to help themselves when they feel anxious, nervous, or fearful. Strategies for how to calm down and cope with worries are clearly explained, from breathing exercises and playing with friends, to seeking help from an adult.

She Said What About Me?
Karen Dean
When the main character discovers that her friend has told lies about her, she feels devastated. Helps children understand how hurtful lies can be, learn how to stand up for themselves when someone is gossiping or rumoring, and see how apologizing and forgiving can repair a wounded friendship.

She Said What About Me? Card Game
Karen Dean
Explores the pain inflicted by rumoring, gossiping and lying about others. Emphasizes the importance of apologizing, forgiveness and empathy. Cards contain a discussion statement or question.

The Weird Series
GR K-4 • PAPERBACK • 48 PAGES • $9.99 EACH

The Weird Series Set
3 Book Set
B402-IN9 $26.95

Healing Days
GR K-4
PAPERBACK
32 PGS
B990-IN9
$9.95

Feeling Angry
GR K-4
HARDCOVER
32 PGS
B991-IN9
$12.99

Miguel: A Deportation Story
GR K-5
PAPERBACK
32 PGS
D210-IN9
$14.95

My Day is Ruined!
GR K-5
PAPERBACK
32 PGS
B919-IN9
$10.95

She Said What About Me?
GR K-5
PAPERBACK
20 PGS
B364-IN9
$14.95

She Said What About Me? Card Game
GR K-5
2-8 PLAYERS
B363-IN9
$17.95

866.318.NCYI (6294) • WWW.NCYI.ORG
The Wumblers Series
Laura Wellington

GR PK-3 • 25 MIN EACH • $29.95 EACH

Get ready to Wumble with a video series that promotes respect and understanding of others. Each story blends an important lesson with inspiration, imagination, and fun. Culturally and globally conscious, The Wumblers devote each and every episode to making the world a better place for all. Three episodes on each DVD. Comes with teachers guides.

Wumblers Season 1
4 DVD Set (1 – 4) A500D-IN9 • $99.95

*1 Fear/Worry A501D-IN9
Join Bertrum as he deals with fear of the dark, a bad day, and doubting whether Aunt Cordelia loves him.

*2 Self-Acceptance A502D-IN9
Bertrum, Lenny, and Raimundo discover the value of being themselves and not changing for the sake of others.

*3 Bullies/Anger A503D-IN9
Bertrum must deal with bullying, harsh words, and frustration.

*4 Being & Having Friends A504D-IN9
Through some hard lessons, Bertrum must learn about trust and friendship.

Wumblers Season 2
4 DVD Set (5 – 8) A530D-IN9 • $99.95

*5 Understanding and Respecting Differences A531D-IN9
Raimundo helps Bertrum see that having differences doesn’t mean you can’t be friends.

*6 Family and Community Involvement A532D-IN9
Bertrum learns about his community through family traditions and helping others.

*7 Good Sportsmanship/Finishing A533D-IN9
Bertrum and Gibby learn how to be a good losers, the meaning of good sportsmanship, and not to quit.

*8 Being Responsible A534D-IN9
Bertrum learns the value of picking up after himself, getting a good night’s sleep, and the importance of taking care of other’s belongings.

Wumblers Season 1 & 2 DVD Set
8 DVD Set A535D-IN9 • $189.95

BUY THE SET AND SAVE!

The Trevor Romain DVD Series
Trevor Romain

GR 1-6 • 30 MIN EACH • $29.95 EACH

Offers children concrete skills to cope with various issues they face, based on key topics. Each episode has an additional 50 minutes of bonus features, plus resource guides. Closed Captioned.

Bullies Are A Pain In The Brain DVD
A483D-IN9

After being picked on by bullies, Jack decides to stay home forever! Trevor teaches Jack ways to handle a bully and the secrets of becoming bully-proof.

Cliques, Phonies & Other Baloney DVD
A486D-IN9

After feeling rejected by Jack, Skye decided to look from some new friends and is influenced by a not-so-nice clique. Trevor helps everyone understand the importance of being true to ourselves.

Facing Fear Without Freaking Out DVD
A484D-IN9

At Screamworks Island, every kid must face and deal with their fears! Jack and Skye need advice to conquer creepy spiders, dizzying heights, and other fears.

How To Do Homework Without Throwing Up DVD
A482D-IN9

During a trip to the Amazon, Skye is affected by the “Curse of the Golden Goat,” and could remain a hairy goat-girl forever! To break the curse, she must show Trevor she’s learned valuable study skills!

If You Don’t Take Care of Your Body, Where Else Are You Going to Live? DVD
A487D-IN9

Jack, Skye and Darryl aren’t enjoying Field Day at school. Stunned, embarrassed, and a little confused, they look to Trevor to find out why.

Taking The “Duh” Out Of Divorce DVD
A485D-IN9

Skye’s parents are getting divorced. With Trevor and Jack’s help, she discovers her parents aren’t divorcing her - they love her.

What On Earth Do You Do When Someone Dies? DVD
A481D-IN9

When Skye loses her grandmother, she experiences a whirlwind of emotions. With the help of Trevor and his sketchbook, Skye explores questions about death and learns that fond memories last forever.

Trevor Romain DVD Set
7 DVD Set A480D-IN9 • $189.95

BUY THE SET AND SAVE!
Broken Toy DVD
Thomas Brown
12 year old Raymond is often bullied whenever a teacher has their back turned. To get away from the bullies, he runs into the street and is hit by a car. Nobody meant for it to go this far. Focuses on the reactions of the bullies. Includes facts, suggestions for presentation, and activities.

Joey DVD
Thomas Brown
Addresses the bullying problem and the consequences this behavior has on all involved, including the victim, the victim’s family, the bullies, and bystanders. Joey is a film that will challenge and inspire students and parents alike. Includes study guide.

Lesson Booster DVD Series
$79.95 EACH
Each Lesson Booster video presents real-life scenarios demonstrating the feelings that young students often experience, and presents ways to cope with and handle these emotions. Students will learn the importance of respect, self-esteem, anger control, and problem-solving within a school setting. These programs are created for grades K-3 and 4-7 as a supplement to any guidance curriculum. Each program includes a DVD and CD-ROM with a lesson plan for implementing the content.

Angry DVD
GR K-3 • 13 MIN • B201D-IN9
Includes 4 programs that provide ways for children to identify, talk about, and handle their anger.

Cliquies DVD
GR 4-7 • 18 MIN • B207D-IN9
Uses real life examples to identify the meaning and effects, both good and bad, of cliques.

Everybody’s Different DVD
GR 4-7 • 14 MIN • B203D-IN9
In these 3 episodes, students learn that everyone is different in some way and we must learn to accept those differences.

Got a Problem DVD
GR K-3 • 11 MIN • B202D-IN9
Includes 3 episodes to help children find a solution to their problems by discussing hitting, making assumptions, and sharing ideas.

Got Empathy? DVD
GR 4-7 • 13 MIN • B208D-IN9
Addresses what empathy is and why it is important, how to show empathy, and putting others first.

Internet Bullies DVD
GR 4-7 • 14 MIN • B205D-IN9
These 3 programs teach students the meaning of cyber harassment, why it spells trouble, and how to protect themselves from being a victim.

Lesson Booster DVD Set
8 DVD Set
B200D-IN9 • $589.95

What Could You Do? DVD Set
B883D-IN9 • $89.95

Volume 1
B588D-IN9
20 video scenarios on the topics of bullying, being successful in school, making and keeping friends, and drama.

Volume 2
B882D-IN9
20 video scenarios on the topics of conflict resolution, emotions, respect, and self-control.

What’s Respect? DVD
GR 4-7 • 9 MIN • B204D-IN9
Includes 4 programs that teach about respect - understanding the importance of respecting rules, themselves, and others.

Why Do Bullies Bully? DVD
GR 4-7 • 14 MIN • B206D-IN9
These 4 programs cover what bullies do, why they do it, the difference between being funny and mean, and why you shouldn’t become a bully.
Guidance Systems DVD Series
$79.95 EACH

Each Guidance Systems DVD comes with a CD-ROM with Complete Lesson Plans. Includes a video program plus a digital workbook with activities, program summaries, discussion questions and further resources corresponding to each video.

- Bullying: There's Always a Way Out DVD
  GR 6-12 • 30 MIN • B209D-IN9
  Bullying has moved past face-to-face interaction. Real-life scenarios of bullying, including bullying through the internet, texts, and video. Presents both unproductive actions and resolutions that work.

- Drugs & Alcohol and Your Choice DVD
  GR 8-12 • 30 MIN • B210D-IN9
  All drugs, including over-the-counter medications, prescription medicines, energy drinks, alcohol, and marijuana, affect the way your body and mind work. Misuse and abuse can have serious, even deadly, consequences.

- Rumors, Gossip, & Teasing: It Hurts DVD
  GR 3-6 • 11 MIN • B214D-IN9
  Teaches students how to avoid people who spread rumors, deal with teasing and taunting by ignoring it, and speaking up when you see bullying happen.

- Say No With Pride DVD
  GR 3-6 • 10 MIN • B213D-IN9
  Students are taught to say no with confidence. Explores saying no and giving reasons for saying no, getting adult help when necessary, and how even if you say yes at first it’s never too late to change your mind.

- Sexting: Sex Plus Text Equals Trouble DVD
  GR 6-12 • 30 MIN • B212D-IN9
  Follow students through a variety of sexting situations stemming from carelessness to cyberbullying, along with the painful consequences affecting a teenager’s personal, social, and future life.

- Sexual Abuse: It’s Not Your Fault DVD
  GR 2-12 • 15 MIN • B216D-IN9
  Real-life scenarios of sexual abuse and the emotional impact are presented. Identifies what sexual harassment is and how to establish available age-appropriate solutions.

- Stranger Danger Awareness DVD
  GR 3-6 • 10 MIN • D198D-IN9
  This comprehensive stranger danger program shows the five common traps: pet trap, car trap, authority trap, playmate trap, and technology trap, through a series of dramatic vignettes.

- Teen Dating Abuse DVD
  GR 6-12 • 7 MIN • D199D-IN9
  The causes and consequences of teen dating abuse are shown. Red flags examined are constant contact, false accusations, explosive tempers, threats, and blaming.

- The Bully Report DVD
  GR 3-6 • 7 MIN • D197D-IN9
  Quinn is relentlessly teased, so when he is assigned to write a paper on kindness and courage, he writes The Bully Report, inspiring classmates to stand up and speak out about bullying.

- There's Always Help: Suicide Prevention DVD
  GR 8-12 • 12 MIN • B211D-IN9
  Sometimes teens feel like situations are hopeless and the way to get relief from the bad feelings is to escape through suicide. Discusses the warning signs of suicide and what can be done to prevent it.

- Your Body, Your Health and Drugs DVD
  GR 6-12 • 13 MIN • B215D-IN9
  Presented as an early education drug prevention and health program, topics include how the body works, and the effects of medicines, nicotine, alcohol, and marijuana on the body.

Guidance Systems DVD Set
11 DVD Set
D237D-IN9 • $789.95
Play-2-Learn Go Fish Card Games

GR K-5  •  2-5 PLAYERS  •  $16.95 EACH

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 by having players 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 rules and facilitator guidelines.

Anchor Your Stress
Helps players develop the skills needed to manage stress and anxiety. Provides practical thinking skills that include self-talk, coping mechanisms, and relaxation techniques.

B180-IN9

Beware of Bully Bait
Encourages development of skills needed to reduce bullying. Includes specific content for targets, bullies, and bystanders.

B179-IN9

Cast Away Conflict
Informs how to manage conflict in an assertive, but non-violent way. Players solve conflicts in a way that is fair to both sides. Guidelines suggest when to call an adult for guidance.

A961-IN9

Catch & Release Your Anger
Teaches children how to manage anger in a thoughtful and non-aggressive way. Discuss scenario in each card.

A956-IN9

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-IN9

Fishing for Feelings
Successfully deal with feelings, recognize feelings in others, and identify appropriate feelings. Players talk about their feelings in an open-ended and non-threatening way.

A958-IN9

Hooked on Friendship
Teaches how to make friends, how to be a good friend and how to resolve conflict with peers. Covers basic lessons on fairness, kindness, respect and understanding.

A957-IN9

Stream of Self-Esteem
Teaches 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.

A956-IN9

Let’s Make Friends Card Game
Max Nass, Marcia Nass
Teaches how to develop relationships with peers in which they feel liked, respected, and valued. The main categories contain the most important skills to making and keeping friends.

GR K-5
84 CARDS
1-6 PLAYERS
A768-IN9
$17.95

Mindfulness Skills for Kids Card Deck
Debra Burdick
Includes 3 Card Games
AGES 4 & UP
58 CARDS
D195-IN9
$16.99

Mindfulness Skills for Kids Card Deck
Debra Burdick
Includes 3 Card Games
AGES 4 & UP
58 CARDS
D195-IN9
$16.99

Awesome Affirmations Cards
Susan DeBell
Affirmations can be powerful tools for use in self-talk and trying to help others. Helps with resiliency, achievement, and social-emotional intelligence. Includes 6 accompanying lesson to use with individuals, classrooms, or small groups.

GM

She Said What About Me Card Game
Karen Dean
Discuss the pain inflicted by rumorizing, gossiping, and lying about others. Emphasizes the importance of apologizing, forgiveness, and empathy. Cards contain a discussion statement or question.

GR K-5
2-8 PLAYERS
B363-IN9
$17.95

GM

ADDITIONAL RESOURCES
GAMES / CARD DECKS

BUY THE SET AND SAVE!
In a Jar
$9.99 EACH

Unique, engaging topics for all ages, these go-anywhere and easy-to-use jars make learning fun, portable, and spontaneous. Enjoy the games and cards alone or with others at home, school, childcare, in the office, while traveling, at parties, in youth groups, or at camp.

Attitude
101 Positive Attitudes
AGES 12 & UP • D155-IN9
Time for a new, positive attitude? These 101 positive statements provide fresh perspective, wit, and wisdom.

Bully Free Zone
Tips for Dealing with Bullying
AGES 9-14 • B247-IN9
Promotes healthy ways to reduce bullying. Learn anti-bullying strategies—whether as the target of bullying, a bystander, or the person doing the bullying.

Chill Skills
Anger Management Tips for Teens
AGES 12 & UP • D157-IN9
Promotes healthy ways to deal with anger. Learn calming strategies for tense or difficult situations. Includes 4 different kinds of cards: What Would You Do?, Tips!, Share, and Act It Out!

Cyber Dilemmas
Challenges for Teens
AGES 12 & UP • D156-IN9
Teens tackle challenges from Internet safety to cyberbullying with these 101 thought-provoking cyber scenarios.

Feelings
A Fun Game for All Ages for Endless Play & Interaction
AGES 8 & UP • D158-IN9
Teaches how to name and express feelings. Pull out a card and act out the feeling, or invite someone else to act it out. Example cards: gleeful, insecure, grateful, angry, cranky, courageous, hopeful.

Kids’ Attitude
101 Messages of Encouragement
AGES 8 & UP • D160-IN9
Encourages students to feel good about themselves and face each day with hope, happiness, integrity, and insight.

Kids’ Daily Dilemmas
101 Decisions to Think & Talk About
AGES 10-14 • D163-IN9
101 dilemmas prepare kids to meet life’s challenges and offer help with making good choices.

Leadership Lessons
Daily Wisdom for Personal and Professional Success
AGES 16 & UP • D159-IN9
Teaches leadership skills for personal and professional success. Includes 101 bits of wisdom for a changing world.

Mindfulness
101 Exercises to Help Children Focus and Calm Their Minds
AGES 5-9 • D166-IN9
This inventive collection of quick and easy mindfulness-focusing techniques helps kids live in the moment, de-stress, and zero in on the task at hand.

Questions & Quotes for Girls
AGES 10 & UP • D164-IN9
Questions and quotes to spark conversation and reflection about school, stress, family, friendships, health, self-respect, and more.

Rx for Stress
Tips for Less Stress in Kids’ Lives
AGES 8 & UP • D165-IN9
Ideas, activities, and tips on stress management you can use to help student deal with feelings about friends, school, or things at home.

Temper Tamers
Helping Kids Cool Off and Manage Anger
AGES 8-11 • D161-IN9
Tamer topics include: how to calm down, control your temper, and express feelings in positive ways.

What If?
Questions and Dilemmas to Get Kids Thinking About Choices
AGES 8-12 • D162-IN9
101 cards help children hone their decision-making skills and practice making good choices.

In A Jar Set
13 Game Set
$116.99

BUY THE SET AND SAVE!
Learning Cubes
GR K-12 • 3” • $3.00 EACH
Learning Cubes are squishably soft and quiet-to-roll foam cubes. On each of the six sides of the cube is a different student question or activity prompt. The best part about them is they can be used over and over again with any new topic you’re studying. You’ll be amazed how useful these cubes are. Your students will love rolling these cubes to interact over the subject matter. The Praisers Cube has illustrated praiser. The Teambuilder Cube has questions to get to know teammates.

Remote Control Worry Control Game
Uses CBT to help combat anxiety. Relaxation techniques like muscle relaxation, deep breathing, and visualization are used. Use remote control symbols which focus on three essential skills for controlling anxiety. Separate decks for upper and lower grades.

Remote Control Anger Control Game
Help kids pause, rewind, and fast forward into more controlled, positive behavior. Teaches skills to deal with realistic anger-provoking situations. Separate decks of cards for grades 2-5 and 6-9.

Friendship Bingo
Norene Lindsay
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 children).

Social Skill Scramble Card Game
Tonia Caselman, Joshua Cantwell
Improves social skills by constructing social scenarios and learning appropriate verbal responses. Students will increase social reciprocity, improve planning skills, and practice critical thinking. Includes four sets of playing cards, instructions, and two reproducible worksheets.

Courage to Admit Board Game
Tonia Caselman, Joshua Cantwell
Helps students feel less reactive to admitting mistakes by desensitizing the process. Game has students take responsibility for actions, learn how to admit mistakes and, when necessary, apologize. 3 kinds of cards: Role-play, Consequence and Discussion. Includes reproducibles.

Social Smarts Game
Promotes positive communication and understanding of the social rules that encourage positive relationships. Uses concrete examples to promote flexible thinking and discourage rigid thinking. Players turn over cards to match the name of the Thinker (a fictitious student) with a matching Thought.

Snoots Toots Board Game
A Kid’s Game of Empathy and Manners
Poppy Moon
Role-play through a variety of situations requiring manners and empathy skills. Learn social and emotional skills by acting out a behavior, showing proper conduct, telling about a situation, or imagining a feeling.

Bridge Over Worried Waters Board Game
Based on CBT, learn 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.
Impulse Control Time Machine Board Game
Tonia Caselman, et al
Identify past successes, be mindful of the present, and plan for the future, all elements of good impulse control! Gain insight into their impulsive behaviors, examine consequences of impulsive behaviors, problem solving, practice mindfulness, plan ahead and identify successes.

The Impulse Control Board Game
Teach youth with ADD/ADHD and other conditions seven skills to 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.

Bully Buster Bingo Game
Heidi McDonald
As students play the game of bingo, the bully becomes aware that no one thinks much of a person who behaves in this manner. Included are 30 game boards, calling cards, and an activity book with reproducibles that elaborate on some of the presented techniques.

Guidance Bingo Blast
Shannon Trice-Black
The colorful, reusable game cards enable students to improve their social/emotional skills. 5 different topics covered: Conflict and Bullying, Girls Issues, Boys Issues, Career and Interest, Emotions and Communication.

Operation: Breaking the Boy Code - Card Game
Poppy Moon, et al
Reinforces appropriate friendship skills and personal skills focusing on gender-specific examples. Color-based subject areas include: Blue:Think About It; Green: Character Traits; Red: Friendship Skills; Yellow: Making a Difference.

Operation: Breaking the Girl Code - Card Game
Poppy Moon, et al
Reinforces appropriate friendship skills and personal skills focusing on gender-specific examples. Color-based subject areas include: Blue:Think About It; Green: Character Traits; Red: Friendship Skills; Yellow: Making a Difference.

Cyber Smart Dominoes Game
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.

Strength Coaching Cards
Robert P Bowman
These cards and the 12 “Insight Questions” will help students learn how to identify, assess, and apply these strengths to everyday challenges using self-talk. Increase abilities to successfully negotiate through social, emotional and academic challenges. Multiple ways to play.

Career Challenge Board Game
In a quiz show format, this game is designed to help students explore careers that may be good matches for their talents, interests, and work preferences. Learn important facts about careers of interest. Lesser known careers are also explored.

Visit ncyi.org to sign up for our weekly eNewsletter! Get insightful articles, book suggestions and exclusive discounts!
Smart Sharks Card Games
GR 5-8 • 2-5 PLAYERS  •  $16.95 EACH
Smart Sharks is a series of card games based on the popular card game 21. The scenario-based cards represent the typical issues faced by middle school students on a daily basis.

Art of The Deal (Conflict Resolution)
Learn strategic and respectful ways for resolving conflicts effectively. Teaches players how to strive for win-win solutions where both parties achieve their goals.

Dive into New Waters
Learn to adjust to a new school environment. Successfully deal with common fears and pressures by providing coping skills and techniques.

Dive Into Social Networking
Learn safe and respectful techniques while using the Internet and social media sites. Sitting behind the perceived safety of the computer can cause foolish, mean, and self-defeating behavior.

Don’t Drown in Drama
Deal with the middle school drama: changing bodies, raging hormones, shifting friendships, conflicting feelings, and peer pressure. Helps to teach girls to cope with these emotional challenges.

Smart Sharks Card Game Set
8 Game Set
B705-IN9  $122.95

Getting to College Game
This game will help prepare and motivate students to get a headstart on college prep, such as taking challenging courses and getting involved in extra-curricular activities. They will also get critical information about the financial aid process.

Social Circles: Social Skills Card Deck
Includes Role Plays, Scenarios, Challenges, Reflections & More
Amanda James
Discuss personal experiences as well as look at situations from others’ perspectives. Topics include friendship, bullying, boundaries, conflict resolution, peer pressure, and listening skills.

Girl Games
Five Fun Card Games for Girls
Shannon Trice-Black
Contains 5 fun and easy games, each focused on one aspect of bullying or relational aggression. Cards include topics with thought-provoking questions that facilitate meaningful discussions.

Letting Go of Anger Card Deck
54 Cards to Help Teens Tame Frustration
Jeffery Bernstein
Topics include: skills to manage anger, tools to calm, strategies for anxiety, using anger in a healthy way, and steps to positive changes.
Thumballs are soft stuffed balls students can throw, roll, or pass. 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 for each stuffed poly-cotton ball.

**Acts of Kindness Thumball**
4" THUMBALL • B967-IN9 • $14.95
Includes act of kindness to perform that day. Report back how the act of kindness made them feel and how they think it affected someone else.

**All About You Thumball**
4" THUMBALL • B504-IN9 • $12.99
Respond to 30 personal questions. A fun icebreaker for all ages!

**Anger Management Thumball**
4" THUMBALL • B803-IN9 • $14.95
Discuss levels of frustration, un-stressing, and benefits/ consequences of self-control.

**Attitude (Mindset) Thumball**
4" THUMBALL • B966-IN9 • $14.95
Know the difference between a negative attitude and a positive attitude, how to change a negative attitude to a positive one, and how attitude can affect the outcome.

**Bounce Back Thumball**
4" THUMBALL • D202-IN9 • $14.95
Discuss how to bounce back when difficult situations arise. Covers building self-esteem, reaching goals, overcoming adversity, recognizing the good even in the midst of difficulties, and more.

**Catch a Career Thumball**
4" THUMBALL • B594-IN9 • $14.95
Provides examples covering the 16 career clusters. Students act out the career and see if others can guess.

**Emoji Feelings Thumball**
4" THUMBALL • B804-IN9 • $14.95
Learn about emotions and develop feeling word vocabularies. Tell one or more words that describe that feeling and a time you felt that way.

**Emotion Mania Thumball**
4" THUMBALL • B524-IN9 • $12.99
Develop expanded understanding of feelings. Act out the emotions with facial expressions and body language.

**Empathy Thumball**
4" THUMBALL • B357-IN9 • $14.95
Discuss how to stand in someone else’s shoes, show good listening skills, and more. Understand and appreciate the feelings and perspectives of others.

**Icebreaker Thumball**
6" THUMBALL • B475-IN9 • $15.99
Includes questions to help teens and adults get to know each other better. Great to use for faculty meetings too!

**Inner-Beauty Thumball**
4" THUMBALL • B59--IN9 • $14.95
Discuss the meaning and importance of recognizing inner-beauty. Topics include inner vs. outer beauty, personal strengths, encouraging self and others, media influence, and more.

**Meet & Greet Thumball**
6" THUMBALL • B503-IN9 • $15.99
Share ideas, experiences, and personal preferences. Discover similarities and differences in others’ lives.

**Mindfulness Thumball**
4" THUMBALL • B802-IN9 • $14.95
Discuss self-calming, insightfulness, irrational thoughts, self-awareness, believe & achieve, and “the present is a gift.”
### Thumballs (continued)

**Peacemaking Thumbball**  
4" THUMBALL • D320-IN9 • $14.95  
Know the difference between Big Deals and Little Deals, how to be a peacemaker, and ways to resolve conflicts.

**Personal Strengths Thumbball**  
4" THUMBALL • B359-IN9 • $14.95  
Discuss how to recognize their gifts and how to use them to help deal with school issues and other challenges.

**Stop the Drama Thumbball**  
4" THUMBALL • B358-IN9 • $14.95  
Know the different types of anger and increase control. Discussions may include bullying, texting/tweeting, social media, jealousy, real and fake friendships, and more.

**Put-Ups (Not Put-Downs) Thumbball**  
4" THUMBALL • B805-IN9 • $14.95  
Practice and learn the importance of giving personal affirmations and acting with kindness in order to uplift others.

**Substance Abuse Thumbball**  
4" THUMBALL • D201-IN9 • $14.95  
Discuss the dangers of drugs and alcohol and how to avoid addiction.

**Resiliency Thumbball**  
4" THUMBALL • B593-IN9 • $14.95  
Discuss ways to bounce back when difficult situations arise.

**Team Building Thumbball**  
4" THUMBALL • B591-IN9 • $14.95  
Discuss the meaning and importance of working together, noticing traits of a good team member, motivating a group, recognizing traits that can weaken a team, and more.

**School Days Thumbball**  
6" THUMBALL • B523-IN9 • $14.95  
Share memories from preschool through post-graduate. Discover similarities and differences in educational backgrounds.

**Teen Issues Thumbball**  
4" THUMBALL • B800-IN9 • $14.95  
Share about social/emotional themes, relationship challenges, personal obstacles, coping & resiliency, and risky behavior.

**School Success Thumbball**  
4" THUMBALL • B592-IN9 • $14.95  
Discuss organization, study habits, homework tips, paying attention in class, technology and schoolwork, and more.

**Tell All Thumbball**  
4" THUMBALL • D225-IN9 • $12.99  
Get to know more about your family, friends, classmates, and coworkers. Encourage each other to include as many details as possible to expand conversational skills.

**Self-Control Thumbball**  
4" THUMBALL • B589-IN9 • $14.95  
Share about self-control and how to use it in social and emotional situations.

**Test Buster Thumbball**  
4" THUMBALL • B801-IN9 • $14.95  
Discuss how to prepare beforehand, manage stress, use test taking tricks, follow directions, avoid panicking, and keep an encouraging attitude.

**Stop Bullying Thumbball**  
4" THUMBALL • B356-IN9 • $14.95  
Discuss what to say to a bully, how it feels to be bullied, the results of bullying, and how bystanders can help. Share suggestions and ideas.

**Who Are You Thumbball**  
4" THUMBALL • B476-IN9 • $12.99  
This is a great icebreaker to improve social interactions, participation, communication skills, and conversation.
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- Classroom Teachers
- School Psychologists
- Administrators
- Social Workers