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educators of 2020.

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ISBN: 9781953945235 \$9.95 • E-book ISBN: 9781953945242

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Published by National Center for Youth Issues • Softcover

Printed at Starkey Printing • Chattanooga, TN • January 2021

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Library of Congress Cataloging-in-Publication Data

Names: Sinarski, Jessica, author. | Lew-Vriethoff, Joanne, illustrator.

Title: What's inside your backpack? / written by Jessica Sinarski ;
illustrated by Joanne Lew-Vriethoff.

Other titles: What is inside your backpack?

Description: Chattanooga, TN : National Center for Youth Issues, 2021. |
Audience: Ages 7-11. | Audience: Grades 2-3. | Summary: Impacted by
family trauma, young Zoey is weighed down by feelings of sadness, worry,
and shame, until her mother and her school guidance counselor help Zoey
find courage, hope, and strength. Includes tips for helping children who
are dealing with uncomfortable emotions build resilience in the face of
adversity.

Identifiers: LCCN 2021001780 (print) | LCCN 2021001781 (ebook) | ISBN
9781953945235 (paperback) | ISBN 9781953945242 (pdf)

Subjects: CYAC: Emotional problems--Fiction. | Resilience (Personality
trait)--Fiction. | Racially mixed people--Fiction.

Classification: LCC PZ7.1.S5657 Wh 2021 (print) | LCC PZ7.1.S5657 (ebook)
| DDC [E]--dc23

LC record available at <https://lcn.loc.gov/2021001780>

LC ebook record available at <https://lcn.loc.gov/2021001781>

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Zoey Harmon woke up with sunlight streaming in her window. As she stretched, she remembered that basketball would be starting today! Finally! It had been a tough few months, and she couldn't wait to get back on the court with her teammates.

She cuddled her cat Whiskers and then jumped out of bed to get ready for school.

"Good morning! Breakfast is almost ready," said Zoey's mom.

"Thanks, Mom." Zoey hung her backpack on her chair and started eating her apple.

Zoey's mom said, "Guess what? Ms. Lyons had her baby last night."

Zoey's jaw dropped in surprise.

"I know," her mom continued. "She was a month early, but everyone is healthy. I guess your substitute is starting today! The email says her name is Mrs. James."



Zoey looked down, suddenly not hungry. She really liked Ms. Lyons.

What if Mrs. James is mean? she worried.

She was finally feeling settled in the new apartment with her mom. It seemed like just when she started to feel comfortable, something always changed.

She picked at her breakfast, cleaned her dishes, and grabbed her jacket.





"You look a little worried, kiddo," Zoey's mom said, giving her a squeeze. "Sometimes I need a bright thought to help me when I'm feeling upset. Here, try this." She slid a bookmark into Zoey's hand. Zoey looked down and read: **Imagine with Hope.**

"What's this?" asked Zoey.

"When we don't know what to expect, worry wants us to imagine with fear; to think about all the worst possibilities. This is a little reminder I use to think of the good things that might happen when I imagine with hope instead."

Zoey tucked the bookmark in her backpack and headed to the bus stop.

