

# Princess Anne Elementary Counseling Department Reference Materials

## DVD

1-2-3 Magic : Managing Difficult Behavior in Children 2-12

More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self- esteem

Natural High- A substance abuse Educational Film (20 mins) Grades 5-12

Cliques, Phonies and other Baloney

## VHS Tapes with Booklet and Cassette Tapes

Ten Things to do Instead of Hitting (21 mins) Grades k-2 1995

What we Learned about Bullying (21 mins) Grades 3-5

## VHS Tapes with Facilitators Guides

Successful Parenting: (All tapes are approx. 17 mins) 1995

Part 1: Self-Esteem is the Key

Part 2: Communication is Crucial

Part 3: Discipline Makes the Difference

Part 4: School Success Takes Teamwork : The Basics

Part 5: School Success Takes Teamwork: Taming the Homework Monster

Part 6: The Single Parent Family: A Challenge for Children

Part 7: The Single Parent Family: A Challenge for Parents

Feeling Good About Me (15 mins) 1991 Grades 2-4 (guide enclosed)

Let's Talk About Drugs (15 mins) 1991 Grades 2-4 (guide enclosed)

Say No and Mean It (15 mins) 1991 Grades 2-4 (guide enclosed)

## Video Tape (VHS)

You Can Choose! : Cooperation (28 mins ) 1992

You Can Choose! : Being Responsible (28 mins) 1992

You Can Choose! : Saying No (28 mins) 1992

You Can Choose! : Dealing with Disappointment (28 mins) 1992

You Can Choose! : Asking for Help (28 mins) 1992

You Can Choose! : Resolving Conflicts (28 mins)1992

Say No and Mean It

Stressbusters

Why I Won't Do Drugs

I Can Do It: Taking Responsibility

Something Wrong at Home: The Alcoholic Family

Hands Are not for Hitting (6 mins) 2001

Answers to A.D.D. The School Success Tool Kit (1 hr 42mins) 1992

Why Won't My Child Pay Attention: A guide for Parents of Hyperactive Children (76 mins) 1989

1-2-3 Magic Effective Discipline for Children 2-12 (120 mins) 1990

It's OK to Say NO to Drugs (30 Mins) 1986

My Body is My Own (30 mins) 1986

Making Friends (26 mins) 1989

Cartoon All Stars- Drugs Don't Stand a Chance (30 mins) 1990

Making the Grade in Middle School: 8 Ways a Parent Can Help (20 mins) 1993

Can We Talk? Helping Families Talk About Self-Esteem, Sex and Peer Pressure (20 mins) 1998

It's Time to Learn About Manners (21 mins) 1992

A Child's View of Grief (30 mins)

Someone you Love is Dying. How do you Cope? (30 mins)

Taking Charge of Your TV (4 mins)

## **Reference Books for Parents:**

Being Happy! A Handbook To Greater Confidence and Security, Andrew Matthews

How to Talk So Kids Can Listen & Listen So Kids Will Talk, Adele Faber and Elaine Mazlish

Developmental Childrearing: For Parents of Children Ages Five to Ten, Libby Hoffman

Parenting With Love and Logic: Teaching Children Responsibility, Foster Cline, M.D. & Jim Fay

SOS! Help For Parents; A Practical Guide for Handling Common Everyday Behavior Problems, Lynn Clark, Ph.D.

Starting Small: Teaching Tolerance in Preschool and the Early Grades, The Teaching Tolerance Project

Missing! Stranger Abduction: Smart Strategies to Keep Your Child Safe, Robert Stuber

How Schools Shortchange Girls, The AAUW Report

Life Strategies For Teens, Jay McGraw

Queen Bees and Wanna-Bees: Helping your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescents, Rosalind Wiseman

Choices and Consequences: What to Do When a Teenager Uses Alcohol/Drugs, Dick Schafer

Smart Kids, Stupid Choices: A Survival Guide for Parents of Teens, Dr. Kevin Leman

101 Ways to Be a Long Distance Super Dad, George Newman

## **Pamphlets for Parents**

[Child Development Ages 3 to 6- What You Can Expect](#)

[Child Development Ages 6 to 9- What You Can Expect](#)

[Child Development from 6 to 9 Years Old](#)

[Parenting- Raising Your Child Well](#)

[Your Child Entering School](#)

[School Readiness- Preparing Your Child](#)

[Off To School- Give Your Child A Good Start](#)

[Off To A Good Start! Ways Parents Can Help Children get Ready to Begin School](#)

[You, Your Child and School Readiness](#)

[Why Get Involved in your Child' s Education?](#)

[Communicating With Your School-Aged Child](#)

[How to Help Your Child With Homework](#)

[You, Your Child, And Homework](#)

[You, Your Child And Reading](#)

[About Your Child' s Learning Style](#)

[Your Child' s Self – Esteem](#)

[You, Your Child, and Self-Esteem](#)

[About Teaching Your Child Kindness](#)

[Teaching your Child About Diversity](#)

[25 Ways Parents Can Build Responsibility in Children and Help Them Do better in School](#)

[About Raising Gifted and talented Children](#)

[About Raising a Child With a Disability](#)

[Helping Children with Learning Disabilities: A Parent' s Handbook](#)

[Understanding I.D.E.A. and Section 504](#)

[Learn About Attention Deficit/Hyperactivity Disorder](#)

[Answers To ADD: Attention Deficit Disorder With or Without Hyperactivity](#)

[Otto Learns to Take His Medicine : A Story about Medication for Hyperactive Children](#)

[Being A Parent Can Be Stressful- Three Parent' s talk about how to Cope](#)

[When Our Child Acts up- A Parent' s Story about Discipline](#)

[Parents and Stress](#)

[Stress and Your Child](#)

[Discipline- Teaching Your Child Self-Control](#)

[Remember- You Are the Adult and YOU Are in Charge](#)

[Dealing with the Disrespectful, Angry Child](#)

[You, Your Child and Violence](#)

Keeping Your Child Safe At School- What every Parent Needs to Know About Mobbing, Bullying, and Peer Rejection

No More Sibling Rivalry; A Practical Guide for Parents

Surviving Sibling Rivalry; Helping Brothers and Sisters Get Along

About Divorce

Are You A Single Parent? – You are not Alone

A Child' s View of Grief- A Guide for Caring Adults

Helping Children cope with Grief

Working Through Your Grief

Someone You Love is Dying. How Do You Cope?

What Everyone Should Know About the Elementary School Counselor

Helping Your Child Move on To Middle School

### **Books to Read With Your Child (to help discuss difficult issues)**

The Feeling Fun House: Dealing With Feelings

Communication, Aiki

\* Feeling Good: Self Esteem Activity Book, Jim & Joan Boulden

I Never Do Anything Bad, Penny Coleman

Bumble Cat How She Came To Be, Phyllis Forbes Kerr

If I were In Charge of the World and Other Worries, Judith Viorst

Sammy The Elephant & Mr Camel : A Story to Help Children Overcome Bedwetting While Discovering Self-Appreciation, Joyce Mills PhD

We Were Going to Have A Baby, But We Had an Angel Instead

\*Why Is Everybody Always Picking On Me: A Guide to Handling Bullies

Jumping Johnny Get Back To Work! A Child' s Guide to ADHD/Hyperactivity

\*Jumping Jake Settles Down: A Workbook To Help Impulsive Children Learn to Think Before They Act

Eagle Eyes: A Child' s Guide to Paying Attention

You Can Say “ NO!” – A Book About Protecting Yourself

\*Alone Together- Single Parent Activity Book

\*Let' s Talk- Early Separation and Divorce Activity Book

Daddy Doesn' t Live Here Anymore- A Book About Divorce

At Daddy' s On Saturdays

My Mother' s Getting Married Joan Drescher

My Life Turned Upside Down, But I Turned It Rightside up (about shared Custody)

\*My Story- A Divorce and Remarriage Activity Book

\*All Together- Blended Family Activity Book

Where Do I Belong? A Kid's Guide to Step Families

What Kind of Family is This? A Book About Step Families

I'm Not So Different- A book about Handicaps

When Eric's Mom Fought Cancer

Once Upon A Hopeful Night (A mom develops Cancer)

Metu and Lee Shenin Sachedina (Breast Cancer)

\*Saying Goodbye- A Bereavement Activity Book

The Saddest Time (A book about a family member's death)

Everett Anderson's Goodbye Lucille Clifton

It Must Hurt A Lot (when a pet dies)

I Wish Daddy Didn't Drink So Much

\*My Secret- Parental Substance Abuse Activity Book

\* Books with an asterisk before their name have activities in them

### **Series Books (Children can read alone or with a Parent)**

~The Best ME I Can Be- Engaging Stories That Help Teach Children to Be the Best They Can Be! **(K-2)**

I Accept You As You Are!, I'm a Good Friend! I Am A Leader! I Am Confident!

I Am Creative! I am Generous!, I Am Responsible! I Can Cooperate! I Can Make Good Choices! I Can

Share! I Care About Others! I Have Manners! I'm In Charge of Me! I Show Respect! I Tell The Truth! I

Will Keep Trying!

~The Way I Feel- Basic Emotions **(K-2)**

When I Feel Angry, When I Feel Sad, When I Feel Scared, When I Care About Others, When I Feel Good

About Myself, When I Miss You

~Let's Talk About: (A series by Joy Berry which talks about behaviors in a simple, easy to talk about format. These are great books that handle each topic with humor, but get the message across to kids just the same...**All grades level kids read these**)

Being A Bad Sport, Being Bossy; Being Bullied; Being Careless; Being Destructive; Being Forgetful; Being Greedy; Being Lazy; Being Messy; Being Wasteful; Breaking Promises; Complaining; Disobeying; Gossiping; Fighting; Interrupting; Lying ; Overdoing It; Showing Off ; Snooping; Stealing; Tattling; Teasing; Throwing Tantrums; Whining

The next list is another good series written like the let's talk about, but geared toward the older kids:

**(Grades3-5)**

Every Kid's Guide to Handling Feelings

Every Kid' s Guide to Handling Fights with Brothers or Sisters  
Every Kid' s Guide to Overcoming Prejudice and Discrimination  
Every Kid' s Guide to Making Friends  
Every Kid' s Guide to Understanding Parents

Adolph Moser- A great series that, like Joy Berry, handle the basic emotions our kids go through, but in a way they can relate to, and often laugh with(**All Grades**)

Don' t Be A Menace on Sundays!- Children' s Anti-Violence Book

Don' t Pop Your Cork on Mondays!- Children' s Anti-Stress Book

Don' t Feed the Monster on Tuesdays!- Children' s Self-Esteem Book

Don' t Rant and Rave on Wednesdays!- Children' s Anger Control Book

Don' t Despair on Thursdays!- Children' s Grief Management Book

Don' t Tell a Whopper on Fridays!- Children' s Truth Control Book

Don' t Fall Apart on Saturdays!- Children' s Divorce Survival Book

#### **The Survival Series For Kids:**

What to Do When Your Mom or Dad Says HELP!

What to Do When Your Mom or Dad Says DO Something Besides Watching TV!

What to Do When Your Mom or Dad Says Make Your Breakfast & Lunch!

What to Do When Your Mom or Dad Says Get The Phone!

What to Do When Your Mom or Dad Says Stand Up Straight!

What to Do When Your Mom or Dad Says Don' t Hang Around with the Wrong Crowd!

#### **Books to help with a disability in the school setting (great for grades2-5)**

Taking A.D.D. To School, Taking Asthma to School, Taking Cancer to School, Taking CerebraL Palsy to School, Taking Diabetes to School, Taking Down' s Syndrome to School, Taking Dyslexia to School, Taking Seizure Disorders to School, Taking Weight Problems to School

#### **Books from a Series Recognizable to Kids and Parents Alike!**

( These are generally for **Grades K-3**)

The Berenstain Bears

Too Much T.V., TheTrouble at School, The Trouble with Friends, The Week at Grandma' s

Mercer Meyer' s

A Very Special Critter (Handicaps), It' s Mine (sharing), I' m Sorry (apologizing), I Was So Mad (Anger), Just A Bully, Just A DayDream (Also about Bullies), Just me and My Puppy (Caring for Pets), That' s Not Fair (Kid versus Parent perspective on Fairness), The New Baby, What a Bad Dream (Nightmares)

Marc Brown

Arthur' s Nose, Arthur' s Eyes, Arthur' s Chicken Pox, Arthur Trick' s the Tooth Fairy  
Arthur' s Tooth, Arthur' s Pet Business, Arthur' s First Sleepover, Arthur' s Computer Disaster  
Arthur' s Teacher Troubles, Arthur Writes a Story, Arthur' s Halloween, Arthur' s Thanksgiving,  
Arthur Goes to Camp

Jonathan London

Froggy Goes to School, Let' s Go Froggy, Froggy Gets Dressed, Froggy Bakes a Cake,  
Froggy' s Halloween, Froggy' s First Christmas

Paulette Bourgeois

Franklin' s Blanket, Franklin' s Neighborhood, Franklin and the Thunderstorm

Leo Lionni

A Color of His Own (finding someone who is just like you)  
Alexander and the Wind-Up Mouse (finding a friend)  
An Extraordinary Egg (doing something different despite friends distain)  
Fish is Fish (accepting differences)  
Frederick (we all have different talents that we can all accept and enjoy)  
Inch By Inch (using our abilities)  
It' s Mine! (we need to share and work together)  
Little Blue and Little Yellow (we are all different and special)

Eric Carle

I See a Song, The Greedy Python, The Grouchy Lady Bug

**The rest of the list of books will be broken down into categories. I will put an appropriate age range in bold next to the books (i.e. K-2, 1-2 , or 4-5 , some children may be able to read them alone and/or you can read with them)**

## **Anger**

When Sophie Gets Angry- Really Really Angry Molly Bang (**K-3**)

When Emily Woke Up Angry Riana Duncan (**1-4**)

If You are Angry and You Know It! Cecily Kaiser (**2-4**)

Alexander and the Terrible, Horrible, No Good, Very Bad Day Judith Viorst (**3-5**)

I Was So Mad!! Norma Simon (**3-5**)

The Very Angry Day That Amy Didn' t Have Lawrence Shapiro (**2-4**)

Christopher' s Anger Denise Zuckerman

## **Bullies/Bulling**

Alley Oops Janice Levy (3-5)  
Enemy Pie Derek Munson (2-5)  
Gugi Gugi Chih-Yuan Chen (1-5)  
Hooway For Wodney Wat Helen Lester (1-5)  
How to Lose All Your Friends, Nancy Calson (2-5)  
Simon' s Hook Karen Burnett (2-5)  
The Bully From the Black Lagoon (3-5)  
The Tallest Leprechaun Emily Grace Koeing (2-4)

## **Disabilities**

Don' t Look At Me Doris Stanford (2-4)  
Don' t Call Me Special Pat Thomas (1-3)  
All About Asthma William Ostrow (3-6)  
Ian' s Walk A Story about Autism Laurie Lears (2-4)  
Andy and His Yellow Frisbee Mary Thompson (about children with Autism) (2-4)

## **Fears**

The Kissing Hand Audrey Penn (K-2)  
There' s a Nightmare in My Closet Mercer Mayer (K-3)  
The Smallest Stegosaurus Lynn Sweat (K-2)  
The Underground Party Carol Kaplan (1-3)  
Absolutely Not Matthew McElliot (1-3)

## **Feeling Different/Wanting to Fit in and then Accepting Differences In Us All**

Carlas Sandwich Debbie Herman  
I Want to Be Smebody New! Robert Lopshire (K-2)  
Leo the Late Bloomer Robert Kraus (1-3)  
Odd Velvet Mary Whitcomb (3-5)  
Weslandia Paul Fleischman (3-5)  
A Bad Case of the Stripes David Shannon (3-5)  
Verdi Jane Cannon (3-5)  
Barthello' s Wing Janie DeVos (1-3)

## **Holidays**

The Egg Tree Katherine Milhous (A book about Easter) (1-3)  
The Halloween Performance Felicia Bonds (1-3)

The Biggest Pumpkin Ever Steven Kroll (1-3)

Arthur' s Halloween Marc Brown ( 1-4)

The Most Thankful Thing Lisa McCourt (K-4)

Twas The Night Before Thanksgiving Dav Pilkey (K-\$0)

Arthur' s Thanksgiving Marc Brown (1-4)

Turk and Runt Lisa Wheeler (2-4)

One Candle Eve Bunting (A touching story about Hanukkah) (3-5)

The Polar Express Chris Van Allsburg (1-5)

## **Honesty**

Mr. Peabody' s Apples Madonna

It Wasn' t My Fault Helen Lester

Liar, Lair, Pants on Fire Diane DeGroat

Betsy Who Cried Wolf Gail Carson Levine

## **How to Treat Others/ Make Friends**

Friends Helme Heine (K-3) What true friends do

Miss Spider' s Tea Party David Kirk (K-3)

How to Lose All Your Friends Nancy Carlson (K-5) Everyone can use this one!!

Nelly, That' s not Nice! (K-3) Being nice to others

Sometimes I Feel Like I Don' t Have any Friends (1-4) This helps kids see how their behavior effects having friends

The Hundred Dresses Eleanor Estes (4-5) This is a classic chapter book which speaks to how we treat others

## **Moving Away**

Maggie Doesn' t Want to Move Elizabeth O' Donnell (1-3)

Mitchell is Moving Marjorie Sharmat (K-3)

The Gardner Sarah Stewart (3-5)

## **Positive Self Esteem**

I Like Being Me Judy Lali

Winners Never Quit Mia Hamm

My Best Friend is Me Beth Ann Marcozzi

The Most Thankful Thing Lisa McCourt

The Mouse, The Monster and Me Pat Palmer

The Music Inside Me

The Paper Bag Princess Robert Munsch

## **Starting School**

David Goes to School David Shannon (K-3)

The Night before Kindergarten Natasha Wing (K)

Welcome to Kindergarten Anne Rockwell (K)

Kindergarten Count to 100 Jacqueline Rogers (K)

## **Wishes/ Having what you need right in front of you**

The Treasure Uri Shulevitz (3-5)

Strenga Nona Tomie De Paola (2-5)

Sylvester And the Magic Pebble William Steg (2-4)

## **Chapter Books for Children Grades 3-5**

The View From Saturday E.L. Koningsburg

The Hundred Dresses Eleanor Estes

Ramona Forever Beverly Cleary

Too Smart for Trouble Sharon Scott

The BFG Roald Dahl

The Giver Lois Lowry

Judy Blume

Tales of a Fourth Grade Nothing, Otherwise Known as Sheila the Great, Blubber, Super Fudge

The One in the Middle is Green Kangaroo

Sixth Grade Secrets Louis Sachar

There' s A Boy in the Girl' s Bathroom Louis Sachar

The Castle in the Attic Elizabeth Winthrop

In the Year of the Boar and Jackie Robinson Bette Bao Lord

Julian' s Glorious Summer Ann Cameron

The Stories Huey Tells Ann Camero

Petey

Pictures Of Hollis Woods Patricia Reilly Giff

Each Little Bird That Sings Deborah Wiles

The Miraculous Journey of Edward Tulane Kate DiCamillo

