



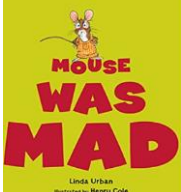
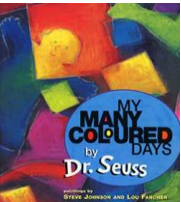
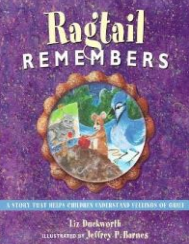


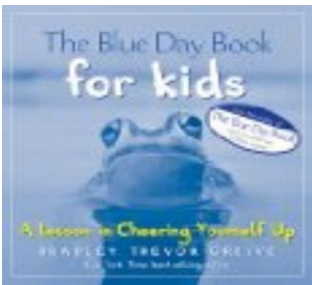
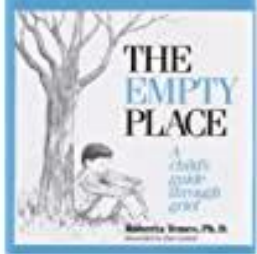




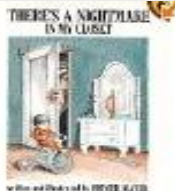


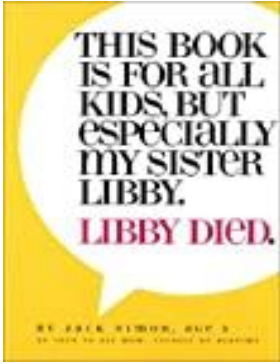

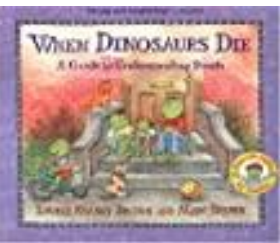


# Feelings

## For Young Children (Ages 4-8)

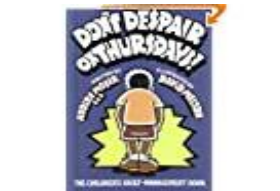
	<p><b>A Terrible Thing Happened</b> Margaret M. Holmes (Ages 4-8), 31 pgs.</p>	<p>Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but soon something inside him started to bother him. He felt nervous for no reason. Sometimes his stomach hurt. He had bad dreams. And he started to feel angry and do mean things, which got him in trouble. Then he met Ms. Maple, who helped him talk about the terrible thing that he had tried to forget. Now Sherman is feeling much better. This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire.</p>
	<p><b>Cheer Up, Mouse!</b> Jed Henry (Ages 4-7), 32 pgs.</p>	<p>Mouse feels lower than low. His forest friends, including Badger, Hedgehog, Rabbit, and Mole all knock themselves out trying to cheer up the little guy, to no avail. In the end, all Mouse really needs is a hug!</p>
	<p><b>How Full is Your Bucket?</b> Tom Rath &amp; Mary Reckmeyer (Ages 4-8), 32 pgs.</p>	<p>When Felix yells at his little sister and makes her cry, his grandpa explains to him that he "emptied her bucket". Grandpa explains that everybody has their own invisible bucket that fills up when good things happen, but empty when bad things occur. The next day Felix learns just how empty and full his bucket can get when he starts off having a really bad day but decides to do something to change that. He discovers that when he helps other people, not only does it fill up their bucket, but his own bucket gets full too!</p>
	<p><b>I Know I Made it Happen</b> Lynn Bennett Blackburn (Ages 4-12), 24 pgs.</p>	<p>We look at feelings when there's a family fight, a divorce, illness, injury and death. Gives kids support and understanding during crisis. It's nice to know, though, that my wishes, and my thoughts, and my words, don't make bad things happen.</p>
	<p><b>I Wish I Could Hold Your Hand</b> Dr. Pat Palmer (Ages 4-9), 32 pgs.</p>	<p>A best friend has moved away, Dad no longer lives with the family, or a favorite pet has died. This warm, comforting book gently helps grieving children identify their feelings and learn to accept and deal with them. Wonderful heart-warming illustrations and simple, direct writing help children discover that it is normal and natural to feel the pain of loss.</p>
	<p><b>I'm Mad (Dealing with Feelings)</b> Elizabeth Crary (Ages 4-9)</p>	<p>A book that recognizes a child's anger as a real and legitimate feeling. I'm Mad will help adults accept a child's angry feelings without shaming the child and without denying or 'fixing' the feelings. It will also help adults guide children to consider various healthy ways of feeling, expressing, and letting go of any angry feelings.</p>
	<p><b>It Won't Last Forever: Living With a Depressed Parent</b> Doris Sanford (Ages 4-8), 28 pgs.</p>	<p>A Child's Book About Living With A Depressed Parent.</p>

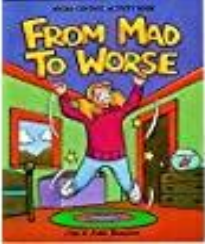
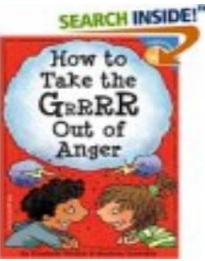


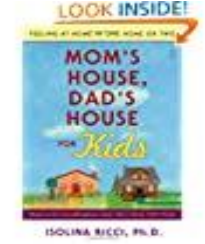

	<p><b>Jessica and the Wolf</b> Ted Lobby (Ages 4-8)</p>	<p>The bad dreams that all children have can usually be comforted with a hug or a lullaby. But sometimes nightmares persist, and a more serious response may be needed. Jessica and the Wolf tells the story of a young girl who dreams nightly of being chased by a sleek, black wolf. She tells her parents and together they devise a plan. Armed with her parents' support, her faithful teddy bear, and her own inner strength, Jessica succeeds in vanquishing the wolf.</p>
	<p><b>Maggie Has A Nightmare</b> Wende &amp; Henry Devlin (Ages 4-8)</p>	<p>After being frightened by several experiences one day, Maggie has a bad dream, but Grandmother helps her feel less afraid.</p>
	<p><b>Mean Soup</b> Betsy Everitt (Ages 4-8), 32 pgs.</p>	<p>It's been a bad day for Horace, a very bad day. He comes home feeling mean, but Mom knows what to do. Betsy Everitt's rhythmic text and bright illustrations will make even the grumpiest children smile at Mom's recipe for a happy ending.</p>
	<p><b>Mom's House, Dad's House, House for Kids</b> Isolina Ricci (All Ages) *Divorce*</p>	<p>Isolina Ricci's Mom's House, Dad's House has been the gold standard for inspiring and supporting divorcing and remarrying parents for more than twenty-five years. Alongside practical ways to cope with big changes she offers older children and their families key resiliency tools that kids can use now and the rest of their lives. Kids and families are encouraged to believe in themselves, to take heart, and to plan for their lives ahead.</p>
	<p><b>Mouse Was Mad</b> Linda Urban (Ages 2-4), 40 pgs.</p>	<p>Who knows the best way to be mad? Bear stomps. Hare hops. Bobcat screams. Mouse? He just can't get it right. But when he finds the way that works for him--still and quiet--he discovers that his own way might be the best of all.</p>
	<p><b>My Many Coloured Days</b> Dr. Seuss (Ages 2-6), 32 pgs.</p>	<p>"Some days are yellow. Some are blue. On different days I'm different too." Dr Seuss takes the reader on a journey through the many different moods that can be experienced in life.</p>
	<p><b>Ragtail Remembers</b> Liz Duckworth (Ages 4-8)</p>	<p>A story that helps children understand feelings of grief. Ragtail, a young mouse, has just lost his best friend. As he tries to understand what has happened, Ragtail is swept away by confusing feelings of denial, anger, and sadness. With the help of a new friend, he learns to deal with his feelings and soon discovers the comfort that comes from remembering.</p>
	<p><b>Scary Night Visitors</b> Irene Wineman-Marcus &amp; Paul Marcus (Ages 4-8), 32 pgs.</p>	<p>Scary Night Visitors helps young children understand the sources of their bedtime fears, by showing how a young boy's scary visitors are projections of his own angry feelings toward his younger sister as well as his fear that his bad wishes might come true. He discovers that his thoughts and wishes are not as powerful as he fears, so he can feel safe enough to let himself experience his emotions without imagining scary creatures.</p>

	<p><b>STARS</b> Mary Lyn Ray &amp; Marla Frazee (Ages 2-6), 36 pgs.</p>	<p>Look very closely in this lovely Classic Board Book for all kinds of stars both near and far...because stars are everywhere. Not just in the sky.</p>
	<p><b>The Blue Day Book for Kids</b> Bradley Trevor Grieve (Ages 4-12), 48 pgs.</p>	<p>The deceptively simple, imaginative story line reflects a child's sensibility about the symptoms, causes, and cures for those times when children feel tired, grumpy, left out, or think that nothing ever goes as they planned. Even on days when brussel sprouts are served at dinner . . . a cherished toy must be shared . . . a homework avalanche looms . . . or a silly mistake is made in front of friends or family, The Blue Day Book for Kids provides children with a literary umbrella to laugh off the unexpected rain life can bring.</p>
	<p><b>The Empty Place</b> Roberta Ternes (Ages 4-8), 42 pgs.</p>	<p>When a nine-year-old boy's beloved big sister dies, he is confused, angry and fearful. For the first time he must face the finality of death and the pain of loss. His parents, also grieving, seem distant, until a counselor teaches them all how to cope and heal.</p>
	<p><b>The Hurt</b> Teddi Doleski (Ages 4-8), 32 pgs.</p>	<p>When a friend calls Justin a name, he begins to harbor a hurt - "like a big round stone, all cold and hard." It grows as Justin keeps his feelings to himself and disappears only after he talks to his dad. Only then can he let go of the hurt.</p>
	<p><b>The Magic Box</b> Marty Sederman (Ages 4-8), 32 pgs.</p>	<p>Casey's dad has to go away for a couple of days-AGAIN! Casey hates it that his father has to travel so often. But this time Dad leaves a special gift that will help Casey cope with his absence and future trips as well. This upbeat and delightfully illustrated book contains many valuable tips for families in which a parent is frequently away from home. Also contains a Note to Parents.</p>
	<p><b>The Something</b> Natalie Babbitt (Ages 4-8), 40 pgs.</p>	<p>Mylo...is afraid of an indefinable Something coming in through his window at night. Given some modeling clay by his concerned mother, he finally succeeds in making a statue of the Something...The clever, ironic story interprets common childhood fears of the dark in a way that should prove highly amusing to many small children.</p>
	<p><b>The Very Lonely Firefly</b> Eric Carle (Ages 1-3), 16 pgs.</p>	<p>When a very lonely firefly goes out into the night searching for other fireflies, it sees a lantern, a candle, and the eyes of a dog, cat, and owl all glowing in the darkness. It even sees a surprise celebration of light. But it is not until it discovers other fireflies that it finds exactly what it's looking for--a surprise sure to bring smiles to anyone who turn the final page!</p>
	<p><b>There's a Nightmare in My Closet</b> Mercer Mayer (Ages 4-8)</p>	<p>Childhood fear of the dark and the resulting exercise in imaginative exaggeration are given that special Mercer Mayer treatment in this truly humorous fantasy.</p>

	<p><b>This Book is for All Kids, But Especially My Sister Libby. Libby Died.</b> Jack Simon, Age 5 (Ages 4-9)</p>	<p>Jack Simon was five years old when his sister, Libby, died. She'd been born with a rare disorder and wasn't expected to survive six months. But she lived three and a half years, giving Jack plenty of time to get to know her. When she died, Jack struggled to understand how God could take away his little sister. Everyone experiences grief, but children express it differently. Afraid to ask questions that might make someone sadder, children often keep their sorrow locked inside. Jack's mom, Annette, encouraged her son to talk about his pain, and she insightfully began a diary. Jack's questions eventually became the picture book <i>This Book Is for All Kids, but Especially My Sister Libby. Libby Died.</i></p>
	<p><b>What About Me?</b> Allan Peterkin (Ages 4-8), 23 pgs.</p>	<p>What about me? This question, usually unspoken, lies at the heart of this poignant story, as a young girl attempts to cope with her brother's being ill. Beautifully written and illustrated, the story deals with the many complicated feelings that the well child experiences in such a situation: guilt about having somehow caused the illness; fear that the sibling will die; anger over being left out; anxiety about catching the illness; and longing for life to return to the way it was.</p>
	<p><b>When Dinosaurs Die</b> L. Krasny Brown &amp; M. Brown (Ages 4-8), 32 pgs.</p>	<p>Unlike many books on death for little ones, this one doesn't tell a story. Instead, it addresses children's fears and curiosity head-on, and in a largely secular fashion, by answering some very basic questions: "Why does someone die?" "What does dead mean?" "What comes after death?" Other questions deal with emotions, and there's a section about death customs.</p>
	<p><b>When I Feel Angry</b> Cornelia Maude Spelman (Ages 4-8), 24 pgs.</p>	<p>A little rabbit describes what makes her angry and the different ways she can control her anger.</p>
	<p><b>When Sophie Gets Angry - Really, Really Angry</b> Molly Bang (Ages 4-8)</p>	<p>Everybody gets angry sometimes. And for children, anger can be very upsetting. In this Caldecott-honor book, children will see what Sophie does when she gets angry. Parents, teachers, and children can talk about it. People do lots of different things when they get angry. What do you do?</p>

## Feelings

<p>For Children (Ages 9-12)</p>		
	<p><b>Don't Despair on Thursday</b> Adolph Moser (Ages 9-12), 61 pgs.</p>	<p>Examines, in simple text, how to deal with feelings of grief when people or pets die, or when friends move away.</p>

	<p><b>From Mad to Worse</b> Jim Boulden (Ages 9-12), 32 pgs.</p>	<p>Sue is angry with Nora, but instead of talking to Nora, she acts out her feelings at school. As she does this, her problems escalate. Sue blames her problems on everyone else until her mother helps her understand and deal with her anger. The message is given that anger is natural, but how we handle anger is very important. This interactive book emphasizes positive and non-destructive ways to manage anger.</p>
	<p><b>How to Take the GRRR Out of Anger</b> Elizabeth Verdick (Ages 9-12)</p>	<p>This book teaches children how to recognize anger in themselves and others, how to deal with situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel. Young readers learn that violence is not acceptable and there are better, safer ways to resolve conflicts. They also discover what to do when people around them are angry, how to get help, and how to locate other resources (books, hotlines, school groups) when they need more support.</p>
	<p><b>I Know I Made it Happen</b> Lynn Bennett Blackburn (Ages 4-12), 24 pgs.</p>	<p>We look at feelings when there's a family fight, a divorce, illness, injury and death. Gives kids support and understanding during crisis. It's nice to know, though, that my wishes, and my thoughts, and my words, don't make bad things happen.</p>
	<p><b>Just One Tear</b> K.L. Mahon (Teens)</p>	<p>A thirteen-year-old boy's diary offers an honest, raw, and unvarnished look at the difficulties of adolescence, expressing his searing emotions after he sees his father shot and killed and is forced to endure the killer's trial.</p>
	<p><b>Mom's House, Dad's House, House for Kids</b> Isolina Ricci (All Ages) *Divorce*</p>	<p>Isolina Ricci's Mom's House, Dad's House has been the gold standard for inspiring and supporting divorcing and remarrying parents for more than twenty-five years. Alongside practical ways to cope with big changes she offers older children and their families key resiliency tools that kids can use now and the rest of their lives. Kids and families are encouraged to believe in themselves, to take heart, and to plan for their lives ahead.</p>
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**The Brightest Star**  
Kathleen Maresh  
Hemery & Ron Boldt  
(Ages 9-12), 10 pgs.

Molly was scared when her mom was in the hospital and angry when her mother died. She didn't know what to draw when the teacher asked the class to draw a picture of their families. Molly discovers that love never dies and memories stay with you forever

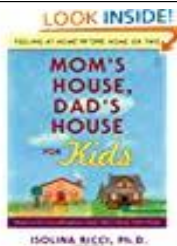
## Feelings

### For Teens (Ages 13-18+)



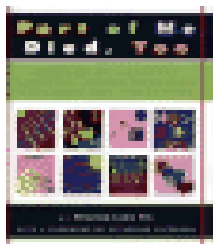
**Hope for the Flowers**  
Trina Paulus  
(Ages 13+)

It is a very simple story of life, death, goals, alternatives, anxiety, hope, and becoming which can be used by students on many levels, with each person gleaning an appropriate moral.



**Mom's House, Dad's House, House for Kids**  
Isolina Ricci  
(All Ages)  
\*Divorce\*

Isolina Ricci's Mom's House, Dad's House has been the gold standard for inspiring and supporting divorcing and remarrying parents for more than twenty-five years. Alongside practical ways to cope with big changes she offers older children and their families key resiliency tools that kids can use now and the rest of their lives. Kids and families are encouraged to believe in themselves, to take heart, and to plan for their lives ahead.



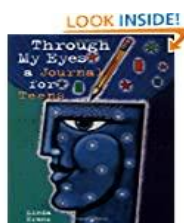
**Part of Me Died Too: Stories of Creative Survival**  
Virginia L. Fry  
(Teens)

A moving and eloquent chronicle of eleven children, ranging from toddlers to teenagers, who have lost family or friends shows how drawing, music, and other rituals can help the grieving process, offering creative strategies for dealing with loss.



**The Creative Journal for Teens, 2nd Edition**  
Lucia Capacchione  
(Teens), 196 pgs.

This book helps teenagers express their true feelings and thoughts in the safe, nonjudgmental atmosphere of personal journal-keeping. The author, a registered art therapist with degrees in art and psychology, offers teenagers easy techniques for journal writing that enables them to understand their inner most thoughts and express their real selves. They will be able to clarify their goals, visualize their future and achieve self-reliance.

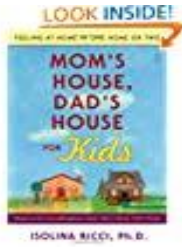


**Through My Eyes: A Journal for Teens**  
Linda Kranz  
(Teens)

This journal is designed to help teens explore their relationship with their parents, others, and themselves with thought-starters such as "If you could look ahead five years, what do you think you would see?"

## Feelings

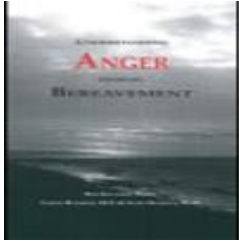
## For Adults (Ages 18+)



### **Mom's House, Dad's House, House for Kids**

Isolina Ricci  
(All Ages)  
\*Divorce\*

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### **Understanding Anger During Bereavement**

Bob Baugher  
(Adults), 56 pgs.

The first pages of this booklet describe anger, and how it may occur during the bereavement process. The second part of the book offers suggestions for coping with anger. This booklet won't tell you not to feel angry. It is written to help bereaved people gain insight into their angry feelings and to begin the process of moving beyond those feelings.