

The Children's Story Project

2011



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Using this Publication

The purpose of this publication is to offer youth a means to learn about and understand challenges that they or someone close to them may be facing. Although the publication is targeted to helping youth come to terms with some of life's challenges, the books have helped adults gain insight into the challenges as well. Each book has a reading level listed following the reference, for example:

Henkes, K. (2000). *Wemberly worried*. New York, NY: Greenwillow Books.

Reading Level: Preschool-Elementary

The reading level indicates the difficulty of the book. Please do not feel discouraged from reading a book at an elementary level if you are an older youth or an adult! Although a book may use simpler vocabulary, it can still have a powerful message. Often times, those books are the best at explaining topics such as those listed in the publication.

How to Access the Publication

We want the publication to reach as many people as possible and to be easily accessible. You can find the document on the Federation of Families of SC's website, www.fedfamsc.org. Also, the publication is stored on www.sharedwork.org. To locate the document on the Shared Work website, follow the steps below:

1. Click "Communities on Issues"
2. Click on "National Community of Practice on School Behavioral health"
3. Click "States," then click "go to group page"
4. On the SC page, you will see panels on the right side of the screen, go down to the Files heading, then select "View files by folder"
5. Select "Children's Story Project" to access document.

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Jenah Cason
Mike Paget



If you have any questions about the publication itself or how to access, please contact Jenah Cason at Federation of Families of SC at 866.779.0402 or jenah.cason@fedfamsc.org. You can also contact Mike Paget at the SC Department of Education at 803-734-1477 or mpaget@ed.sc.gov.

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Using it in the Classroom

The Children's Story Project is a wonderful tool to use in the classroom. Doing such a project would foster an environment for discussion around issues that are relevant to your students and their families. Students could complete reviews on books on topics which could include stigma, self-concept, disability, peace and justice in the contemporary world, and homelessness.

To the Reader

We are all affected by challenges as it relates to our mental wellness. Part of being human is that as we face our challenges, we want to be independent. But, the truth is, we are interdependent on each other. This publication is a resource to help you understand some of the challenges that impact our mental wellness. If you feel that you need more support or counseling, please seek help from a professional.

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Annotated Bibliographies

ADD/ADHD

Dendy, C.A.Z. & Zeigler, A. (2007). *A Bird's Eye View of Life with ADD and ADHD: Advice From Young Survivors* (2nd ed.). Cedar Bluff, AL: Cherish the Children.

Reading Level: Middle-High School

This book is about life with ADD and ADHD and ways you can live with it. It gives you advice on how to control your feelings. Also, this book shows different points of view of other children who experience ADD/ADHD every day. This book helps a child feel like they can call on somebody for help and are not alone. It also shows how to ask for medication and also give speeches.

Most children and teenagers feel like they can't control themselves anymore, that they can't have any friends. So they keep themselves away from most people and don't try to make friends but when you read this guide you would better understand what you are going through because of advice from other people who have ADD or ADHD. Overall, this book is great for children who feel alone or want to be by themselves due to their diagnosis.

Reviewed by: Miles Stroman – 13 years old



Goldstein, S. (2009). *Some Kids Just Can't Sit Still*. Specialty Press.

Reading Level: Preschool-Elementary

This exciting book is about a child that has ADHD and he is hyper, upbeat and never wants to sit down. Most of the time he doesn't want to sit down for a second and he is sometimes mischievous but is a good kid. He tries to focus but he can't stop thinking about the next thing he will do. He would get upset if he had to do something else than what he wanted to do or when it feels too hard to do. When his parents met with a counselor, they learned how to talk to their son about ADHD and tell him why he needs to take medicine to help cope with the constant changes. After he took the medicine, he felt better and he started to slow down and stay focused with his family and friends.

Many children are overly hyper and excited and do not think ahead. The author helped explain what kids go through when they have ADHD and that it is not easy having this disorder. That they are not really bad kids they just don't know how to control their anger or happiness. That also if they read this book they would not

be afraid to tell somebody about their behavior like their parents or doctor. Overall, this is a feel good book if you are in a bad mood and you need to get a smile on your face.

Reviewed by: Miles Stroman – 13 years old

Moss, D. (2006). *Shelley, The Hyperactive Turtle*. Woodbine House.

Reading Level: Preschool-Elementary

This is a very cute little book about a very special turtle that was not like the other turtles on his pond. This



turtle, Shelley, was much faster and not as slow as a turtle is supposed to be. Shelley would often get in trouble for being a disruption and for not staying in his seat during class. Most of the other turtle children wouldn't play with him because their parents thought he was a troublemaker, so he did not have many friends. Shelley became unhappy and distanced himself from the other children, causing his worried mommy to take him to see a doctor. The doctor told him that Shelley had ADHD, and gave him some medicine to take every day. After taking medicine, Shelley was able to slow down and pay attention and play with the other kids.

Many children are wiggly and jumpy inside, just like Shelley was, so they know how it feels when he didn't have any friends and was thought of as a naughty boy. Using Shelley, the author was able to explain to readers that they may not be the bad children that others perceive them to be, but that it might be a treatable mental health disorder called ADHD. Even more importantly, they can go to the doctor and get help so they aren't as jumpy and wiggly as before. Overall, this would be a helpful book to children with ADHD and going through these same things.

Reviewed by: Chelsey Bivens

Scheiber, B. & Talpers, J. (1987). *Unlocking Potential: College and Other Choices for Learning Disabled People: A Step-By-Step Guide*. Bethesda, MD: Adler & Adler, Publishers, Inc.

Reading Level: High School

This book is a step by step guide for learning disabled people to choose the right colleges for them and to show them how to use their potential in the greatest way possible. This book is about learning disabilities, and what they are. It is also about making choices, and choosing courses to put you on the right track to success.

This book was not helpful to me, because I have no personal experience with this topic, but to others who may have learning disabilities and are trying to find out which college would be best for them, this book would be very useful. This book does relate to children's mental health, and it also relates to mental health in general, because it is never too late to go to college and get a good education. I have always had a pretty good understanding of how difficult it can be for people with learning disabilities to get a good education, but this book did show me that there is more to learning disabilities than just making it through high school, and finding a college can be rather difficult. I do not think that this book stereotypes in any way.

Reviewed by: Laityn Shaw

Anger

Bang, M. (1999). *When Sophie Gets Angry...Really, Really Angry*. Blue Sky Press, Scholastic.

Reading Level: Preschool-Elementary

This book, a Caldecott Honor and Charlotte Zolotow Award winning book by Molly Bang, is the story of a little girl named Sophie. Sophie is like your average kid, except for one thing: she gets angry – really, really angry. This is the story of how, one day, Sophie's day takes a spin for the worst when her sister takes her stuffed Gorilla away from her. Sophie throws a huge fit and "roars a red, red roar." She may not know how to prevent her anger from spiking, but she knows how to cool herself down. She runs and runs until she has released all the energy and finds her a spot to sit and think. When she has finally cooled down, she goes home and everything is back to the way it is supposed to be.

Many people, including children, are often confused about why they get so aggressive, and what anger management issues are. This book is a good short-and-sweet way to explain to a child why they have these issues, and what they need to do to cool down. Sophie has learned to accept her behavioral disorder, and to deal with it by cooling herself down by running the energy out of her system and finding a place of solitude for calming. The only problem that I had with this book is its simplistic style and bluntness at the end. Overall, it was a useful book to other children with anger management issues as well.

Reviewed by: Chelsey Bivens



Crist, J.J. (2008). *Mad: How to Deal With Your Anger and Get Respect*. Minneapolis, MN: Free Spirit Publishing.

Reading Level: Middle-High School

This book is a guide for teens to control their anger and how to get respect. It shows teens the way to get respect, stay out of trouble and control their anger. It has different activities that teens can do to make sure they stay on the right track in controlling their emotions. This book also shows how to become a good person and respect others.

Many teens when they start school might not have a good time. That could mean later in school they could

lash out on somebody. But when your teen reads this book he/she would understand their emotions better and have a better attitude about life. This book also gives teens ideas when they are mad or sad that will help them get through it with a better attitude about the topic. It is a really good book and will help your teenager grow as a person. Overall, this is a great book guide for teens to control themselves and they way the behavior toward others.

Reviewed by: Miles Stroman – 13 years old



Meiners, C.J. (2005). *Talk and Work It Out (Learning To Get Along)*. Free Spirit. Publishing.

Reading Level: Preschool-Elementary

This book is about working it out and about thinking about

things to make them ok. You can imagine things in your head to work it out.

One time, I wanted to play a game with my brother. He said he did not want to play so I got frustrated. I took a breath and asked him one more time and he said no. I said it was ok so I asked my mom. She did the game with me. That is all you need to know about working things out.

Reviewed by: Kaity Cureton, Providence Elementary School

Verdick, E. (2002). *How to Take the Grrrr Out of Anger*.

Reading Level: Middle-High School

This National Parenting Publications winner is an excellent read for children age 9 and up.

How to Take the Grrrr Out of Anger can help kids with anger management problems to come to terms with

their problem and manage these issues when they arise. This book speaks directly to the kids and offers strategies for controlling anger that they can use right away. However, it is not a boring book that you can't get the kids to read; it blends the tips with jokes and cartoons that make it more interesting for kids to read. Along with keeping the kids entertained, these tactics help the reader to understand that anger is normal and can be expressed in healthier, better ways.

This book teaches them how to recognize their anger when it first arises and how to deal with these situations and emotions. This book is effective with dealing with children with anger management issues and it teaches these young readers that violence is not an acceptable way of resolving conflicts.

Reviewed by: Chelsey Bivens

Anxiety—Divorce

Abercrombie, B. (1995). *Charlie Anderson. Aladdin.*

Reading Level: Preschool-Elementary

This book is about a cat that has two different families. Sarah and Elizabeth found a cat and they named him Charlie. They fed him and gave him a place to sleep. After breakfast, he would go into the woods and wouldn't come back until the late evening. He does this regularly. But one day he doesn't come back that night and they waited outside in the rain for him. The next day, they ask neighbors until one neighbor said they had a cat just like him. When they went inside, they saw Charlie they found out he had another family that was why he was gone most of the day. The family named him Anderson so they combined the names and his new name is Charlie Anderson.

Many children of divorced parents would like this because it could help them feel like the relationship with their parents will still be the same even if they are apart. In this book they use a cute, fuzzy cat to illustrate how a person could have two families and still be happy just like if your parents are apart. You could automatically read this book and feel like you are the cat that is still being loved and taking care of. In general, this is a good book to sit down and think about if you were the cat and how two families can love you.

Reviewed by: Miles Stroman – 13 years old

Hoffman, M. (1995). *Boundless Grace*. Dial.

Reading Level: Preschool-Elementary

This book is about a girl named Grace who has two families. Grace lives with her mom and grandma in America. But, her mom and dad divorced and he lives in Africa with Grace's stepmother, stepbrother and stepsister. Grace thinks the ideal family should have one dad, one mom and a boy and girl with a dog and cat. Because she lives with her mom and grandma she thinks that doesn't apply to her. However when she visits her dad she finds out that a family can have any amount of people along as you love them they will always be in your heart.



Many children think that just because their parents are divorced or do not live together that it was their fault. That is not true because your parents always love you no matter what you do. Sometimes your mom or dad might marry someone else but don't get mad just think that now you can have double the fun. Your parents will always think of you as their child and will love you so don't get upset because you have a stepparent be happy. Overall, this book is very good because it shows that you will always be loved no matter if you parents are together or not.

Reviewed by: Miles Stroman – 13 years old

Anxiety—New Environments

Henkes, K. (2000). *Wemberly Worried*. New York, NY: Greenwillow Books.

Reading Level: Preschool-Elementary

People worry about all different things. Some people don't like worrying and some people worry way too much. In this book, Wemberly worries about everything! She is always wondering what if....? Her parents always tell her not to worry about everything, but she still worries. On her first day of school, she met a friend just like her. She realized that she shouldn't worry anymore. School was too much fun to waste time worrying so much. This book is trying to teach children that you shouldn't always worry and think what if...? If you worry too much, you could miss out on a lot of things. Reading this book could help children that worry too much and teach them that you shouldn't always worry. It is normal for everyone to worry, but children need to focus on the positive and try to have fun sometimes. Reviewed by: Anna Bowers

Wemberly Worried is a story about a mouse named Wemberly and she is worried all the time. Wemberly is worried that no one is going to come to her party. Or that they won't have enough cake. Then she gets

worried about school. But once she gets there, she notices that there is nothing to worry about. When she gets there her teacher introduced her to somebody just like her. When Wemberly leaves her, her teacher says, "come back tomorrow." Then Wemberly said, "don't worry, I will."

Reviewed by: Morgan Gossett, Providence Elementary School

Anxiety—Separation

Pando, N. (2005). *I Don't Want to Go to School*. New Horizon Press.

Reading Level: Preschool-Elementary

There once was a mischievous little rabbit named Simon. Simon had anxiety and separation disorders that made him scared to leave his mommy and go to his first day of school. His mommy kept reminding him of his first day of school and the fun he would have there. Every time he would reply with a nice, big "No Way!" The night before his first day he couldn't fall asleep because he was scared and anxious. Once he finally got to school the next day, he was scared at first. However, he grew to LOVE school and didn't want to leave when his mom arrived to pick him up.

Many people are afraid to cut some strings with the people that they are closest to and love the most, children especially. For nine months the child was with the mom all the time and for the 4-5 years up until school as well. Children have developed a natural psychological attachment with their parent, and it has been rooted in their minds that their mommy or daddy will always be there with them. Once thrown into another environment, the child undergoes detachment and often becomes mentally distressed for fear of abandonment. This book would be good for children going through this tough time because it will help them realize that it will be okay. Overall, it is a good book because it is comical as well as informative towards a younger audience.

Reviewed by: Chelsey Bivens

Asperger's Syndrome

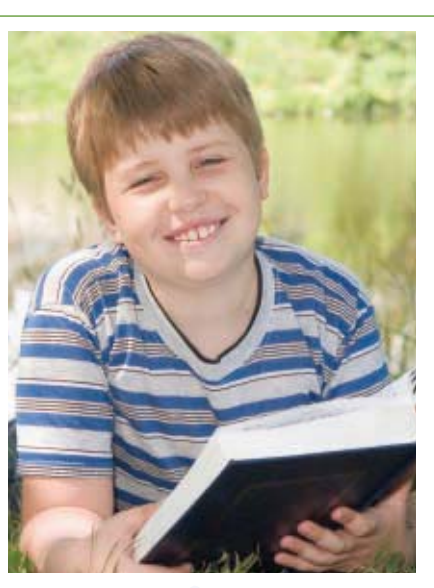
Hoopman, K. (2001). *Blue Bottle Mystery*. Philadelphia, PA: Jessica Kingsley Publishers.

Reading Level: Elementary

This book is about a boy named Ben who has Asperger's Syndrome. He and his friend named Andy find a bottle in the middle of the school yard. Then they start making wishes they started coming true. Now they must find out if it is a real genie in there or it is just a coincidence. But, when his family finds out he has Asperger's Syndrome the family starts dealing with the joy and trouble it brings.

Many children might think old vests have some magical powers to it. But, for real some things just happen at great points in your life. For instance, Andy might just be going through his growth spurt. Things happen and that is just life is sometimes it goes your way or maybe it doesn't. Overall, this book shows that life can go different ways and not just because of a magical vest.

Reviewed by: Miles Stroman – 13 years old



Hoopman, K. (2001). *Of Mice and Aliens*. Philadelphia, PA: Jessica Kingsley Publishers.

Reading Level: Elementary

This book is about a boy named Ben who has Asperger's Syndrome. One day he finds an alien had crashed in his backyard. The alien's name is Zeke and he doesn't know if he can trust them. Zeke doesn't know if he can really be friends with Ben and trust him to help repair his ship. Later, as you read you will see that Ben's friend Andy tries to help him, too. Zeke must now see if he can trust Ben and Andy in repairing his ship and getting back home.

Many people don't understand Asperger's Syndrome because most people don't know how to deal with it. Sometimes you don't like to be around a lot of people and you might get scared. But, it is ok because then you will have more time to focus on your learning and excel in school. Overall, this is a great book that shows that you can still help people even though you don't understand the situation.

Reviewed by: Miles Stroman – 13 years old

Bi-Polar

Anglada, T. (2004). *Brandon and the Bipolar Bear*. Trafford Publishing.

Reading Level: Elementary-Middle

This is a great book for young children who are just beginning to learn about their illness. The author really tries to go in and explain the complicated emotions of a manic depressive cycle that is easy for a child to understand as well as points out the positives of having such intense emotions. This book is great for anyone who needs to explain to their child why they are bipolar.

Reviewed by: Maggie Malloy

Herbert, B. (2005). *My Bipolar, roller coaster, feelings book*. Victoria, BC, Canada: Trafford Publishing.

Reading Level: Preschool-Elementary

This book is about a child named Robert who has bipolar disorder and he is trying to handle it the best he can. Robert has his moments when he is upset and hyper. Sometimes he is a funny, happy little boy but, sometimes he is very cranky so he goes to his room and lies in his bed. His parents teach him to try different types of relaxing techniques to calm down when he is mad. At the end, he knows that there are other kids with this disorder and he is happy to be himself.

Many children don't understand why they have these moments when they are angry or happy at different times. But this book helps children because they can read it and feel like they can get through the pain and struggle. Also, it is short and sweet in how to deal with the disorder. If other children with bipolar had a hard time but did the techniques that helped Robert, they can control their anger and calm down if they are too hyper. Overall, this is an excellent book that any kid with bipolar disorder would like to read and would help them have a happier time.

Reviewed by: Miles Stroman – 13 years old

Lewandowski, L. (2005). *Darcy Daisy and the Firefly Festival*. First Page Publications.

Reading Level: Elementary-Middle

A book I read was called *Darcy Daisy and the Firefly Festival*. The point of this book is to show that having an illness is not a bad thing. It is also to show that gossip is not always real and you should not believe everything you hear. This book is about a little girl who is excited to go to the Firefly festival but hears from her friends that the woman who runs it was diagnosed with "buy-poles disease." She is so upset that they will not have the Firefly Festival and the woman is sick. She tells her mom and she tells her the truth; that she has bipolar disorder and that the Firefly Festival will still be held.

This book was not really helpful to me. It did not change how I think about bipolar disorder because I have relatives who have it so I know a lot about it. This would be helpful to children who are dealing with someone else who has bipolar disorder because it can teach them that you should not be afraid of someone who has bipolar disorder and that they are just like normal people. This book did not help me better understand how someone feels about people who have bipolar disorder because I have been through that situation. This book extremely addresses stigma because Darcy Daisy is scared of the woman who has bipolar disorder and thinks she can catch it just because it's a "disease."

Reviewed by: Kayla Campbell



Theisen, D. & Theisen, A. (2008). *Bipolar Bubbles: A Positive Journey Through the Eyes of a Child with Bipolar Disorder*. Indianapolis, IN: Dog Ear Publishing.

Reading Level: Young Adult

This book is about a little girl named Avalon and she has bipolar disorder. She uses bubbles to explain how she feels and the different moods she is in. When her bubbles pop she is probably upset or angry. Also, when the bubbles float away that mean she is hyper or happy. She has to go multiple doctors like



psychologists, therapists, and psychiatrists. They give her medicine to help control her moods or “bubbles” stay on the right path.

Many children have bipolar disorder and have to take medicine. It is not a bad thing because it doesn’t make you different as you are still the nice, cheerful person just not hyper. The story puts children on a journey into controlling their emotions and built up feelings they still have in them. Also, how Avalon helps others understand by using bubbles that children usually like. Overall, this book is appropriate for all kids that have bipolar.

Reviewed by: Miles Stroman – 13 years old

Bullying

Braun, J. (2009). *Hate List*. New York, NY: Little, Brown and Company.

Reading Level: Middle-High School

The point of the book *Hate List*, was to shine a new light on how people are affected by bullying and abuse. In this book, Valerie is blamed for the murders of six classmates and numerous wounds brought to others. Valerie and her boyfriend, Nick, who pulled the gun on himself after shooting up the commons area of the school, made a list of people that they didn’t like, and they called it the Hate List. Valerie thought that the list was for their eyes only, and it was just a game to them, but Nick thought differently. Nick took the list of people that he and Valerie had created, and he used it to decide who he would kill. Valerie’s life came to ruins whenever the list was shown on the news, and she became just as guilty as Nick was. After going to therapy for five months after the shooting, Valerie is forced back into her school, and she has to face all of the people who blame her for the shooting.

I have no personal experience with this topic, but the book was helpful to me. To me, *Hate List* was basically saying to be careful what you wish for, because you never know if your wishes may come true. This book

has changed how I think about a lot of things. Valerie said that she truly hated these people that Nick killed while they were making the list, but after the list was made, and the people were murdered, there was no turning back. You have to think about all of the consequences to your actions, or things may not turn out as planned. This book could relate to children's mental health, but I think that this book relates to all children in general, because it teaches a very good life lesson. This book would be a very good example to use for someone who is facing the same issues as Valerie or Nick was in the story. I do not think that the book contains any negative stereotypes, and I strongly recommend it to any reader.

Reviewed by: Laityn Shaw

Cook, J. (2009). *Bully B.E.A.N.S.* National Center for Youth Issues.

Reading Level: Preschool-Elementary

There is a girl named Bobette. She tried to be the boss and threaten her classmates to do what she wanted them to do. Everytime she threatened them, she would end with "or I will turn you into a human pretzel". One day a girl went home and told her mom and her mom talked to her about it. Her mom gave her bully beans to help her stand up to Bobette. The bully beans helped the rest of the class to stand up for themselves.

This book helped us in some ways to know it is alright to stand up to a bully and say "no" to them. The book helped us know that it is ok to talk to the teacher or our parents if something is going on at school. It is alright to get help from an adult. We think it relates to children's mental health so that kids can stop being bullied. We think that these types of things really do happen in real life.

Reviewed by: Tanner Behling, 10, New Providence Elementary School, Lexington, SC

Meddaugh, S. (1998). *Martha Walks the Dog*. Boston, MA: Houghton Mifflin Harcourt Publishing Company.

Reading Level: Preschool-Elementary

Martha Walks the Dog is about a dog who loves going on walks every day. One day she came upon a new dog in the neighborhood named Bob. He was a bully! Martha was brought up in a good home and was always told she was a good dog. Bob was always chained up and was always told he was a bad dog! His owner always screamed at him and told him he was a bad, ferocious dog. Bob really believed he was not a good dog. One day when he was out in the neighborhood and the parrot was yelling "good dog, good dog!" It was then that he realized that he could be a good dog. For so long he was told he was bad, and then finally someone gave him words of encouragement. This book helps one to understand that words do

really affect people, in good ways and bad. It also helps to show that positive behavior can be achieved with kind words and words of encouragement.

Reviewed by: Anna Bowers

The story is about an owner that gives their dog alphabet soup and now she knows how talk. The genre of this story is fantasy because it is a fictional story about where the animals talk. This book is written and

illustrated by Susan Meddaugh. The main characters of this story are Bob, Martha, Bob's owner and the parrot.

The problem in the story is that Bob is always mean to other dogs because Bob's owner keeps on calling him a bad dog. The solution is Martha tells the parrot to say good things and Bob likes it so now Bob and his owner are nice to each other. The message that the story sends to us as a reader is to be nice to one another and they will be nice to you! I think this book would be good for a person who is having friendship problems.

Reviewed by: Claire Dinkins, Providence Elementary School



Grief and Loss

Olivieri, L. (2007). *Where Are You?: A Child's Book about Loss*. Lulu.com.

Reading Level: Preschool-Elementary

Losing someone can be very hard. *Where Are You* is a great children's book that teaches them about dealing with a death. Sometimes children don't fully understand death. This book examines the feelings that children have and lets them know that it's okay to be sad. It focuses on the memories that children have of their lost loved one and provides comfort and support for them. This would be a good book for a young child that has recently lost someone they care about. It helps them to understand that it is ok to feel sad and grieve, and remind them to hold on to the memories they shared with them.

Reviewed by: Anna Bowers

Thomas, P. (2001). *I Miss You: A First Look at Death*. Hauppauge, NY: Barron's Educational Series, Inc.

Reading Level: Preschool-Elementary

I Miss You is a wonderful book teaching kids about going through sad deaths. Going through a death can

be very hard for someone. It may depend on how close you were to that person. It is normal to grieve or feel sad when you have just lost someone. Going through a death is not an easy thing. You may want to be alone and think about all the great times you spent with that person, or you may want to be with your family and talk about it. It can take different people different amounts of time to get over a death. This book may be helpful to someone that has just lost a loved one, because it can help them deal with the death, and let them know that it is ok to grieve and feel sad.

Reviewed by: Anna Bowers

Learning Disabilities

Brown, D.S. (2000). *Learning a Living: A Guide to Planning Your Career and Finding a Job for People with Learning Disabilities, Attention Deficit Disorder and Dyslexia*. Bethesda, MD: Woodbine House.

Reading Level: High School

This book lets you know that even though you have a disability, you can still take on the career of your dreams. It gives you advice on how to plan your career and how to discover your strengths and weaknesses. It also helps you to determine if you have a disability and how to assess it. Do you struggle to make new friends and meet new people? This book has an awesome guide on social skills. Appearance is also an important factor in finding a job and starting your career. So this book, *Learning a Living*, gives you grooming and dressing tips. Interviews can sometimes be difficult and intimidating. But after reading chapter 10 on job interviews, you'll impress anyone who has the pleasure of interviewing you. After reading this book you'll be able to achieve the goals you've set for yourself.

Reviewed by: DeVonte Brown

Stern, J. & Ben-Ami, U. (1996). *Many Ways to Learn: A Young People's Guide to Learning Disabilities*. Washington, DC: Magination Press.

Reading Level: Elementary-Middle

This book is a guide into how to control and learn from your disabilities. It shows children how to believe that they will be able to have a good time and still have friends. This book has great illustrations and describes the different types of disabilities and ways you can handle them. It describes the different type of emotions you might go through with your disabilities at home, school or with your friends.

Many kids feel ashamed and embarrassed about what people might do to them and think about them if they show their disabilities so they hide them. But if you just talk to somebody about your disability you might feel better and have a better time around other people because they will understand what you are

going through. I know some children that don't feel comfortable around others because they are afraid they might pick on them, so I tell them it's ok you can just talk to me or a teacher about it. Overall, this is a great book that shows ideas and other ways to control your feelings and your emotions.

Reviewed by: Miles Stroman – 13 years old

Obsessive Compulsive

Huebner, D. (2007). *What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD*. Washington, DC: Magination Press, 07.

Reading Level: Elementary-Middle

This book is a kid's guide to overcoming OCD. It has techniques regarding how to overcome the recurring thoughts of OCD. It helps kid recognize the challenges and appropriately respond to OCD. It helps children get the hang of controlling their problem and control their emotion to it. It really helps children control, educate and motivate to work out their challenges.

Many children don't know what to do when they get stuck on something. So they usually just go with it but this book helps inform children what to do when that happens. You could read this book and see the different activities and explanation on this subject. That is why it is a what-to-do book so children can easily read this book and get the instructions on how to control themselves. Overall, this is a great what-to-do book for kids with OCD.

Reviewed by: Miles Stroman – 13 years old



Wagner, A. & Jutton, P. *Up and Down Worry Hill: A Children's Book about OCD and its Treatment*. Lighthouse Press.

Reading Level: Preschool-Elementary

This book is about a child named Casey who has OCD. It starts when he gets up and he has to do everything four times. He also has a sister who sometimes picks on him because he can't make a decision as fast as she can. At school, he must make sure everything is perfect and he gets frustrated when it is not. He starts discovering who he is when he and his dad go up and down a hill and learns what it is like to have OCD.

Many children don't understand why they have this problem and wonder if they are the only one. The book informs them that there are a lot of people who have this disorder and they still live very good lives. It is not

a bad idea to get some help that's what family members and doctors are for. You can talk to them and ask questions so you can take this process step by step. Overall, this a great story to tell little children that they can always be happy even if others don't understand them.

Reviewed by: Miles Stroman – 13 years old

Trauma

Buntin, E. (1993). *Fly Away Home*. New York: NY: Clarion Books.

Reading Level: Elementary

This book is about a boy and his dad who are homeless. They stay in an airport, because it is better than being out on the street. The boy and his dad try not to be noticed and just mix in with the crowd, because they don't want to be kicked out of the airport. This may be useful to someone who has seen a homeless person and not understood what their life was like. It could also be useful to someone that is homeless, so they could know that there are others out there going through the same thing. After reading this, I have more sympathy for homeless people.

Reviewed by: Emma Bowers

Holmes, M. (2000). *A Terrible Thing Happened*. Washington, DC: Magination Press.

Reading Level: Preschool-Elementary

One of the books I read was called *A Terrible Thing Happened*. It was about a little boy who witnessed something violent or traumatic to him. The little boy tried to deal with his feelings on his own by blocking them out, but he kept feeling weird things such as no appetite, insomnia, and anger. He is constantly getting in trouble and does not know how to handle it. He finally talks to an adult and draws pictures to explain his feelings and he feels much better about it. The point of the book was to show children that you cannot change what you see but you can talk about your feelings to someone you trust to help you feel better.

This book was not extremely helpful to me but it was a little helpful. It taught me a new way to help children talk about their feelings. Although it helped me, it did not change how I felt about this topic. I already knew it was hard for children to talk about seeing something traumatic or violent. This book can relate to children's mental health because if children talk about their feelings, they will have a more positive mental health. This book may be extremely helpful to children who have witnessed violence because they can realize they will feel better after they talk about their feelings.

Reviewed by: Kayla Campbell



Mazer, N.F. (1994). *Out of Control*. New York, NY: HarperCollins.

Reading Level: Middle

This book follows the experience of Rollo. Rollo is a popular kid. He is often mistaken for the tough guy though he really is not. He is a large kid who is afraid to show his peers who he really is. He has trouble accepting himself the way he is and one day he gives into peer pressure and his life is forever changed. This book touches on friendship, relationships, and domestic violence. This book shows the hassles and emotional hurt that can be caused by rumors. *Out of Control* has no happy ending, but ends like life is lived, learning and adapting from mistakes.

Reviewed by: Maggie Malloy



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