

TOPIC	TITLE	AUTHOR	DESCRIPTION
Emotions	<i>A Little Spot of Anger</i>	Diane Alber	A Story about managing BIG emotions
Emotions	<i>A Little Spot of Anxiety</i>	Diane Alber	A Story about calming your worries
Emotions	<i>A Little Spot of Confidence</i>	Diane Alber	A Story about believing in yourself
Emotions	<i>A Little Spot of Happiness</i>	Diane Alber	A Story about Happiness
Emotions	<i>A Little Spot of Love</i>	Diane Alber	A Story about Love
Emotions	<i>A Little Peaceful Spot</i>	Diane Alber	A Story about Mindfulness
Emotions	<i>A Little Sport of Sadness</i>	Diane Alber	A Story about Empathy and Compassion
Emotions	<i>A Little Scribble Spot</i>	Diane Alber	A Story about colorful emotions
Emotions	<i>The Emotions Book</i>	Liz Fletcher/Greg Bishop	A little story about big feelings
Emotions	<i>Everyone Feels Angry Sometimes</i>	Dr. Daniela Owen/Gulce Baycik	Lessons and practical tips in coping with Anger
Emotions	<i>Everyone Feels Anxious Sometimes</i>	Dr. Daniela Owen/Gulce Baycik	Lessons and practical tips to help calm the feelings of anxiety
Emotions	<i>Everyone Feels SAD Sometimes</i>	Dr. Daniela Owen/Gulce Baycik	Provides practical tricks to help process and soothe feelings of sandness
Emotions	<i>I choose to calm my anger</i>	Elizabeth Estrada	Finding the happy place where I can calm my anger
Emotions	<i>Be mindful of Monsters</i>	Lauren Stockly/Ellen Surrey	A book for helping children embrace thier emotions
Emotions	<i>Mindful Monsters Therapeutic Workbook</i>	Lauren Stockly/Ellen Surrey	
Emotions	<i>What to Do When You Feel Like Hitting</i>	Cara Goodwin PhD	A no hitting book for toddlers
Emotions	<i>My Body Sends a Signal</i>	Natalia Maguire/Anastasia Zababashkina	Helping kids recognize emotions and express feelings
Emotions	<i>The Feelings Activity Book for Children</i>	Diane Romo	Exploring emotions through engaging activities for kids ages 4 to 8
Youth	<i>Blessed Youth</i>	Sarah Griffith Lund	Breaking the silence about mental illness with children and teens. Young people are feeling overwhelmed and depressed in greater numbers each year. We must overcome the stigma and shame of talking about mental illness, remove barriers and allow them to flourish. Our youth need to know they are not alone.
Youth	<i>Blessed Youth Survival Guide</i>	Sarah Giffith Lund	This companionship booklet is designed to help youth take care of themselves during the stressful teen years and for the adults in their lives to talk with them about their feelings, fears and give them hope to find ways of navigating this time in their lives.