

Terrible Thing Happened Margaret Holmes

Mr. Men meets The Color Monster--with a unicorn!--in the third book in this series that taps into the current trend of books about childhood emotions, this one about sadness. A little unicorn's rainbow-colored mane shifts to a single color when he's feeling a particularly strong emotion. It seems like a storm comes over him when he's sad, and his mane turns deep blue. But when he repeats a breathing exercise, the clouds clear and his rainbow returns--and if he ever feels sad again, he'll know just what to do. This distinctive series about coping with strong feelings integrates a breathing exercise into the story, making these books perfect for parents who are seeking practical tools for their children. With accessible, mainstream artwork and unicorn character appeal, each book focuses on just one emotion, allowing parents and children to dive deeper into individual moods. Little Unicorn is Shy will release at the same time.

El enojo esta' BIEN La Violencia NO written by Julie Federico and illustrated by Glori Alexander, is a thoughtful, much-needed addition to pre-school teachers' and social workers' libraries. With vibrant, TV-cartoon-like illustrations and simple, direct text appropriate for even the youngest children, this picture book explores the complexity and vitality of anger, and when it is appropriately expressed and when it is not. True emotional intelligence is something recognized and respected but rarely taught and discussed, even among adults. The goal of this worthy project is to engage children in a safe, non-threatening exploration of complicated, often-frightening feelings. Federico lets kids know that anger is normal, though managing its expression can be complicated. Clear language and child-friendly art invite a direct, straightforward examination of when anger is appropriate and how to safely express it through art, physical activity, tears. What's not OK is hitting, biting, throwing and hurting. The book gently and clearly reminds its vulnerable audience that adults can find the journey just as tricky as children do. If an adult hurts a child or someone they love, Federico instructs her young readers that telling a trusted adult is a safe and right action for them to take. Needless to say, this is complex emotional territory, and Federico's tone is perfect: even, loving, simple, clear. Educators and caregivers may well find this a helpful tool in eliciting important conversations, and the book includes contact information for The National Domestic Violence Hotline and other respected sources of support. www.juliefederico.com

After Sherman sees something terrible happen, he becomes anxious and then angry, but when a counselor helps him talk about these emotions he feels better.

There's nothing unusual or different about the Brocket family - and they're keen to keep it that way. But when Barnaby Brocket comes into the world, it's clear he's anything but ordinary. To his parents' horror, Barnaby defies the laws of gravity - and floats. Soon, the Brockets decide enough is enough. The neighbours are starting to talk. They never asked for a weird, abnormal, floating child. Barnaby has to go . . . Betrayed and frightened, Barnaby floats into the path of a very special hot air balloon - and so begins a magical journey around the world, with a cast of extraordinary new friends.

After his father dies, Sam tells how he feels and what he can do so he doesn't hurt so much.

Examines in simple text and illustrations a variety of situations that cause varying degrees of emotional or physical trauma and how to deal with each.

Alex is an alligator who has experienced 'scary' things. In this charmingly illustrated story,

he talks about how this affects him and how he copes. By reading about the different parts of Alex that come out because of the scary things he has experienced, such as The Destroyer when he is angry, Spacey when he dissociates, and Puddles when he is sad, children will learn to recognise when they experience these emotions themselves and find solutions for overcoming them. Alex talks about the different coping strategies he uses to get back to being himself, such as breathing techniques, a counting game, painting, and finding a safe space he can go to, encouraging children to think about when they can do to help themselves handle difficult feelings. An essential resource for professionals working with children who have experienced trauma, including social workers, counsellors, therapists, and child psychologists, as well as for parents and foster carers. Suitable for children aged approximately 4 to 8 years.

Allison Edwards, author of the best-selling book *Why Smart Kids Worry*, gives a glimpse into the ways worry whispers to young minds, and offers a powerful tool all children can use to silence those fears. "Worry's songs tie my tummy up in knots, and the things he says make my heart beat very fast. Sometimes he speaks in a whisper, and other times his voice gets so loud I can't hear anything else." Worry and anxiety are currently the top mental health issues among children and teens. Children have a number of worries throughout childhood that will come and go. The problem is not with the worries themselves, but that children believe the worries to be true. With a relatable story and beautiful artwork, *Worry Says What?* will help children (and adults) flip their thinking when anxious thoughts begin and turn them into powerful reminders of all they are capable of accomplishing.

[Please Tell](#)

[You've Got Dragons](#)

[A Photo Activity Workbook to Develop Communication Between Mothers and Young People](#)

[Exploring Big Feelings After Living in a Stormy Home](#)

[How Are You Feeling Today Baby Bear?](#)

[A Child's Story About Sexual Abuse](#)

[A Child's Guide to Domestic Violence Prevention](#)

[The Healing Book](#)

[The King and Queen of Mean](#)

[Worry Says What?](#)

[Something is Wrong at My House](#)

An interactive book to help children and families express their feelings, ask questions, and explore their memories about a loved one who has passed away.

A young boy describes the frequent fights his parents have, explains how they make him feel scared and confused, and tells what he does to make himself feel better.

This wonderful picture book for children and adults alike introduces the powerful practice of mindfulness in a fun and exciting way. With the delightful Monkey and his serene friend Happy Panda guiding readers to a calmer and more attentive mind, this whimsical yet warm presentation will

delight all readers. As our story begins, Monkey is not so mindful - his Monkey Mind constantly jumping from one thing to another - but he encounters a mysterious and playful friend in Happy Panda. Panda helps Monkey recognize the simple joy of doing what you're doing while you're doing it. The funny and tragic, bestselling biography of The Queen's sister, Princess Margaret, perfect for fans of Netflix's The Crown. A GUARDIAN BOOK OF THE YEAR • A TIMES BOOK OF THE YEAR • A DAILY MAIL BOOK OF THE YEAR 'I honked so loudly the man sitting next to me dropped his sandwich' Observer Boy built a wall to keep himself safe. Behind it he felt strong and more protected. Then Someone Kind came along. She bounced a ball, sang and painted on the other side of the wall, and Boy began to wonder if life on the other side might be better after all. Written for children aged 4 to 9, this gentle full-colour picture book uses a simple metaphor to explain how children who have had painful or traumatic experiences can build barriers between themselves and other people. It will help children explore their feelings and encourage communication.

Workbook for a course in self-discovery for children aged 7-14 who have alcoholics in their family.

Discusses how natural it is to feel contradictory emotions; presents situations, such as the first day of school, the birth of a sibling, or a move to a new house; and identifies two emotions each event is likely to elicit.

Ollie talks about the feelings that he has been having since the death of his mother. Includes information for caregivers.

[The Terrible Thing that Happened at Our House](#)

[A Guide for Kids Who Have Experienced Trauma](#)

[Facing the Death--and Celebrating the Life--of Someone You](#)

[Love](#)

[An Elephant in the Living Room](#)

[Waiting for Normal](#)

[The Terrible Thing That Happened to Barnaby Brocket](#)

[Once I Was Very Very Scared](#)

[Little Unicorn Is Sad](#)

[A Family That Fights](#)

[Something Happened and I'm Scared to Tell](#)

[Double-dip Feelings](#)

Talking about Domestic Abuse is an activity pack for children of nine years and above and adolescents where

families have experienced domestic abuse, to help and encourage them to open up to their mothers about their distressing experiences. Based on the authors' work with families who have experienced domestic abuse, the activities are designed around four important themes: building self-esteem; naming feelings; facilitating communication between mothers and children; and talking about personal experiences, including domestic violence, and are accompanied by photographs which act as prompts for discussion. The authors explain the need of young people to communicate with their parents about painful memories. They also establish practical 'ground rules' on how mothers can enter into that communication successfully and how to make the most of the activities provided. Further information is also given on support services that are available to families coping with domestic abuse. This will be an essential tool for families including young people who have lived through domestic abuse, as well as social workers and other professionals working with them.

Kirkus Reviews Best Picture Book of 2019 There's someone in the living room. It's Dad. It is Angryman. Boj's father can be very angry and violent. Boj calls this side of his father's personality "Angryman." When Angryman comes no one is safe. Until something powerful happens... Gro Dahle's astute text and Svein Nyhus's bold, evocative art capture the full range of emotions that descend upon a small family as they grapple with "Angryman." With an important message to children who experience the same things as Boj: You are not alone. It's not your fault. You must tell someone you trust. It doesn't have to be this way!

After Sherman sees something terrible happen, he becomes anxious and then angry, so a counselor helps him talk about these emotions.

Addie is waiting for normal. But Addie's mom has an all-or-nothing approach to life: a food fiesta or an empty pantry, jubilation or gloom, her way or no way. All or nothing never adds up to normal. All or nothing can't bring you all to home, which is exactly where Addie longs to be, with her half sisters, every day. In spite of life's twists and turns, Addie remains optimistic. Someday, maybe, she'll find normal. Leslie Connor has created an inspiring novel about one girl's giant spirit. waiting for normal is a heartwarming gem.

Acclaimed book, now in English and Spanish, helps adults teach children about abuse, getting help, and how to set boundaries to stay safe. Without being taught about body boundaries, a child may be too young to understand when abuse is happening—or that it's wrong. Now available in a bilingual English-Spanish edition, *My Body Belongs to Me / Mi cuerpo me pertenece* offers a tool parents, teachers, and counselors can use to sensitively share and discuss the topic of sexual abuse. Through simple language and colorful illustrations, this straightforward, gentle book guides young children to understand that their private parts belong to them alone. The overriding message is that if someone touches your private parts, tell your mom, your dad, your teacher, or another safe adult. In a country where, according to estimates from the CDC, one in four girls and one in six boys will be sexually abused before age eighteen, this book is an essential abuse-prevention resource to help children feel, be, and stay safe. Using her experience working as a New York City prosecutor of child abuse and sex crimes, Jill Starishevsky has crafted a book that addresses body boundaries in a way that kids can understand and that doesn't seem scary or heavy-handed. Includes, in both English and Spanish, a letter to adults at the beginning and a section in the back with suggestions and resources for discussing the book with children.

Written and illustrated by a girl who was sexually molested by a family member, this book reaches out to other children by carrying Jessie's message "It's o.k. to tell; help can come when you tell." Written and illustrated by a young girl who was sexually molested by a family member, this book reaches out to other children in a way that no adult can, Jessie's words carry the message, "It's o.k. to tell; help can come when you tell." This book is an excellent tool for therapists, counselors, child protection workers, teachers, and parents dealing with children affected by sexual abuse. Jessie's story adds a sense of hope for what should be, and the knowledge that the child protection system can work for children. Simple, direct, and from the heart, Jessie gives children the permission and the courage to deal with sexual abuse. "Please Tell!" is a beautifully simple book with a profoundly important message for children who have been sexually abused: the abuse wasn't their fault. Written and illustrated by Jessie, herself a pre-teen survivor of

sexual abuse, it tells kids just what to do to get the help they need." Kristin A. Kunzman, abuse therapist and author of *The Healing Way: Adult Recovery from Childhood Sexual Abuse*

Henry, Claire, and Joe hate it when their parents fight. The fighting often wakes them from a sound sleep, causing Claire and Joe to cry. The crying makes their father angrier--sometimes he even hits their mother.

The Empowering Kids Series is a collection of empathically reflective stories told from the perspective of young children. These books are meant to be used by parents and mental health providers to facilitate the child's verbalization of their feelings and experiences, thereby advancing the healing process and are aimed at validating the readers' experiences and feelings, thereby reducing feelings of shame and isolation.

[El enojo esta' BIEN La Violencia NO](#)

[Counselling and Supporting Children in Distress](#)

[Empowering Kids That Have Witnessed Domestic Violence](#)

[Tuff Stuff](#)

[Mindful Monkey, Happy Panda](#)

[Talking about Domestic Abuse](#)

[A Terrible Thing Happened](#)

[A Children's Book about Trauma](#)

[Angryman](#)

[Sam Feels Better Now! an Interactive Story for Children Trauma](#)

A new edition of the classic picturebook about coping with fears.

On a day when everything goes wrong for him, Alexander is consoled by the thought that other people have bad days too.

Healing Days is a book designed to be used in therapy for young children and functions as an excellent resource for those who have experienced physical or sexual abuse, or other trauma. Readers will follow four children as they learn ways to cope with their own trauma. Sensitive, empowering, and beautifully illustrated, the book models therapeutic coping responses and provides children with tools they may use to deal with their own trauma. A Dear Reader introduction is included for the child reader. Also available is an online Note to Parents and Caregivers.

This beautifully illustrated card set is a practical tool for promoting emotional literacy with children aged from 4 to 8 years. The central characters (a boy and a girl) express and share their different feelings, both positive and difficult, using the language of metaphor, for example, 'Sometimes I feel like the world is my enemy' and 'Sometimes I feel like I am my very own super hero'. Following the

characters' expressions, children are encouraged to recognise and explore the intensity of their own emotions safely through metaphor, while at the same time 'owning' the feelings as the story is told through the first person. The cards can serve as a springboard to allow children to invent their own personal metaphors for their feelings, and will help them to realise that they are not alone in feeling as they do. A valuable tool for teachers and therapists working with young children, this practical resource will help students to recognise and express their emotions.

BEST SELLER! Trauma: Teaching Kids all about Trauma is a wonderful book to help children. How trauma affects our thoughts, feelings and behavior are discussed to help children recognize and express how they might have, or might be, affected by stressful events in their lives. Ways of coping with trauma are suggested as well as the message that kids are survivors and can overcome things that might have been traumatic in their lives. The book includes vivid illustrations, keywords, simple explanations, open-ended questions as well as a fun "Can you spot it?" game throughout the book to keep children engaged and refocus if they become distracted or anxious due to the topic being discussed. Review questions, a word search as well as useful on-line resources are also provided.

REVIEWS: "A wonderful book to read and share with your kids. It is very informative, yet simple, easily allowing you to introduce the concept of trauma to your children. You will love the colorful and bright illustrations which will keep even the youngest children interested. An excellent resource for everyone." Lymaris Barger, Mother of Maya (9) and Owen (5) "Robert Edelman has written a sensitive and thoughtful book about a difficult but prevalent condition. Illustrations are beautifully detailed and will be appreciated by all. A Guide to Teaching Kids about Trauma can be used in both educational and therapeutic settings and is appropriate for young and middle age children. Parents will also find this book engaging and very useful with helping their children cope with traumatic events." Dr. Linda Abeles, Clinical Psychologist "This easy to read book highlights many of the challenging aspects of trauma, with illustrations and activities to engage a young person. Mr. Edelman has created a straightforward book to not only talk about trauma, but take steps to cope with the aftermath that traumatic events can cause. It is designed for children and those working with children (parents/caregivers, foster parents, schools, religious organizations, counselors, treatment programs and other professionals)." Joshua Leblang, Ed.S, LMHC - Senior Lecturer at the University of Washington's School of Medicine

Is your child confused about why some people are mean? It's tough being a child of a selfish, or cruel parent or relative. The King and Queen of Mean helps children understand narcissistic behavior and the erratic actions of people with personality disorders. This book gives a light-hearted explanation about the self-involved behavior of family members. It teaches children to observe how people treat each other so that they can make informed choices about taking care of themselves. The book does not use the word narcissism. As your child grows up, he or she will encounter the concept of personality disorders and draw their own

conclusions about the actions of egotistical, self-centered family members. It includes two articles on helping children when divorcing or sharing custody with a personality-disorder parent. The book was written by the author of the popular LynneNamka.com who writes extensively about narcissism. Twenty adults who grew up with a hateful parent gave input to the content of this book which helps children understand malicious adult behavior.

Sam saw something awful and scary! Ms. Carol, a special therapist, will show Sam how to feel better. Children can help Sam feel better too by using drawings, play, and storytelling activities. They will be able to identify and manage their own feelings and difficulties in their lives following a traumatic event, crisis, or grief.

Therapists' Acclaim for "Sam Feels Better Now" "This beautiful little picture book is the ideal guide for a series of therapy sessions that will focus the child's attention on positives and help to deal with the traumatic memories" -- Bob Rich, PhD., AnxietyAndDepression-help.com ""Sam Feels Better Now"" provides the child and therapist a safe metaphor for exploring trauma issues. The story teaches children that coming to therapy can be a good thing." --JoAnna White, Ed.D., Professor and Chair Department of Counseling and Psychological Services, Georgia State Univ. Visit the author online: www.JillOsborne.com Book #2 in the Growing with Love Series From Loving Healing Press www.LovingHealing.com "Redefining what's possible for healing mind and spirit since 2003."

A warm book about losing your temper, and how to feel like yourself again. With its bright illustrations and sweet story, this title is the perfect read aloud for librarians, teachers, and parents. Five-year-old Katie is a good kid -- most of the time. But sometimes...well, sometimes, say when her little brother knocks down her beautiful castle after she told him not to touch it and she knows she'll never be able to make it look that good again...sometimes Katie gets so mad she's Bombaloo, she's just not herself. Being Bombaloo is scary. But a little time out and a lot of understanding from Mom help Bombaloo calm down. And cleaning up the mess that Bombaloo made, then sharing hugs and sorries with her family, help Katie feel like Katie again.

[A Story to Help Children Who Have Experienced Something Scary](#)

[A Book about Parent's Fighting](#)

[Sometimes I Feel...](#)

[Sam's Dad Died](#)

[A Book for Children in Foster Care](#)

[Sometimes I'm Bombaloo](#)

[Teaching Kids All about Trauma](#)

[A Book for Young Victims of Abuse](#)

[A Leader's Guide for Helping Children of Alcoholics](#)

[Maybe Days](#)

[Little Mouse Finds a Safe Place](#)

A youngster relates the terrible problems that occurred after her

mother went to work and how the family solved them.

`A book which will be of great interest and use to teachers and school staff... case examples and details of interventions are very helpful... [a book for] teachers to dip into when faced with a pupil troubled by fears and phobias, or an issue such as bullying' - Young Minds Magazine **`This book successfully integrates current theory, practice and research. It is concise and easy to read.... I broadened and deepened my understanding from reading it. I can imagine some EPs and others using individual chapters as informative, quick revisions of key subject areas.... Additionally, this book will be useful to the growing army of other adults now working with children and young people' - British Psychological Society Division of Educational and Child Psychology Newsletter** **Increasingly, the carers of children must call on basic counselling skills in their interactions with young people and their families. This book addresses the key issues and problems faced by adults involved in the care of children, and gives them the knowledge they need to provide effective support for the children and young people with whom they work. Integrating theory, practice and research, the authors give clear, accessible interventions designed to alleviate distress. They demonstrate how appropriate counselling approaches and support systems can be incorporated by practitioners into their existing repertoire of skills.**

Introduces the people and procedures involved in foster care, and the feelings, reactions, and concerns of new foster children.

Includes an afterword for caregivers.

This title discusses, in simple terms, sexual and physical abuse, explains why adults may become abusive, and encourages children to report such abuse to a trusting adult.

Baby Bear lives in a home with the Big Bears, and loves to chase butterflies and make mud pies - they make Baby Bear's tummy fill with sunshine. Then, one night, Baby Bear hears a big storm downstairs in the house and in the morning, Baby Bear's tummy starts to feel grey and rainy. How will such a small bear cope with these big new feelings? This sensitive, charming storybook is written to help children who have lived with violence at home to begin to explore and name their feelings. Accompanied by notes for adults on how to use each page of the story to start conversations, it also features fun games and activities to help to understand and express difficult emotions. It will be a useful book for social workers, counsellors, domestic violence workers and all grown-ups working with children.

A little squirrel announces that he was once very, very, scared and finds out that he is not alone. Lots of little animals went through scary experiences, but they react in different ways. Turtle hides and gets a tummy ache, monkey clings, dog barks, and elephant doesn't

like to talk about it. They need help, and they get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings. This story was written to help children and grown-ups understand how stress can affect children and ways to help them.

[The Day My Daddy Lost His Temper](#)

[Alex and the Scary Things](#)

[Molly's Mom Died](#)

[Stories to Help Children Understand Emotions](#)

[Alexander and the Terrible, Horrible, No Good, Very Bad Day](#)

[A book about body safety / Un libro sobre el cuidado contra el abuso sexual](#)

[My Body Belongs to Me / Mi cuerpo me pertenece](#)

[Ma'am Darling: 99 Glimpses of Princess Margaret](#)

[Healing Days](#)

[A Child's Book of Hope Through Grief](#)

[The Boy Who Built a Wall Around Himself](#)