

## **ETE/EMM Books on Mental Health and Mental Illness for K-12**

*How Are You Peeling: Foods with Moods* by Saxton Freymann and Joost Elffers, Scholastic. This is a wonderful picture book that describes different feelings that kids may have. By using “expressive” fruit and vegetable pictures, it helps children identify different emotions. (Recommended ages 4-10)

*I am Not Alone: A Teen Guide to Living with a Parent who has a Mental Illness* by Michelle D. Sherman and DeAnne Sherman. . This is a three part book that honestly and gently addresses key issues in dealing with a parent who has a mental illness. It is a great resource for anyone working with teens. It is interactive and provides opportunities for self expression. It helps teens understand mental illness, learn coping skills, deal with friends, identify and find hope. ((Ages 13 and up)

*Putting on the Brakes Activity Book for Young People with ADHD* by Patricia Quinn. This book helps with children ADHD understand the disorders, learn coping skills. (Grades5-9))

*Sad days. Glad Days...A Story about Depression* by DeWitt Hamilton. This book is for children who have a loved one, possibly a mother or father , who suffers from depression. Often children who have a parent that suffers from depression feel they are the cause of what happens around them. This book provides information about depression to reduce children’s feelings of helplessness or guilt and helps them proceed with their own development. (Ages 4-10)

*Sometimes My Mommy Gets Angry*, Bebe Moore Campbell. This is a children’s book about a young girl who learns to cope with difficult moments in her mother’s struggle with bipolar disorder. It is helpful in talking with children about people living with mental illness. The book is narrated from a child’s prospective presenting symptoms and coping strategies. (Ages 4-8)

*Stop Pretending* by Sonya Sone. This is a short collection of poems that Ms Sones wrote after her sister suffered her first episode of bipolar disorder. The poems tell the disbelief and denial about her sister’s disorder to Sonya’s acceptance and healing. It is a short book, but it is excellent to use with teens to help them understand how mental illness can affect loved ones of the person who has a mental illness. (Recommended Ages 13-19)

*Stress Can Really Get on Your Nerves* by Trevor Romain and Elizabeth Verdick. This short paperback includes facts about stress in young people, different stress relievers, relaxation activities, and a chapter for parents and teachers. It is written on a middle school level, but the ideas can be used at any grade level. (K-12)

*Stress Relief: The Ultimate Teens Guide* by Mark Powell. This a clear guide that is also playful and energetic in its voice, but also challenging and inspiring. It addresses specific life issues that trigger stress in teens, It offers practical ideas for handling stress. It includes breathing exercises, mediation, affirmation and creative visualization. (Recommended grades 7-12)

*There and Back Again, Too* by Emily Grossman. This is a second book written by Emily Grossman explaining what it is like to have mental illness and how to help your self. Emily has bipolar II and has written two books to help others understand mental illness The first book is for adults and is

called *There and Back Again*. This second book is for teens. Emily is an experienced middle school teacher and currently works in the mental health field. (Recommended grades 7-12)

*The Survival Guide for Kids with ADD or ADHD* by John Taylor. Activities in this book can be adapted for any age level.. It explains what ADD and ADHD are, describes ways to make things go better at home, at school, and with friends and how to deal with strong feelings such as anger, worry or sadness. It discusses medicine and different foods. It also has some fun quizzes to help kids remember what they are learning. (Grades 3 and up)

*Working It Out* by Donna Alverson. This is a middle school level literature book with stories and poems on conflict resolution. Teacher's edition offers ideas for classroom lessons. This is an excellent book for integrating language arts and mental health, conflict resolution, etc. (Recommended grades 5-8)

*The Face in the Window* by Regina Hanson . Although this book has a longer text than most, includes some dialect, and is set in Jamaica, many children will relate to the story. Dora is frightened walking to school past Miss Nella's house because the old woman seems to see things that aren't there and behaves in strange ways. When Dora's parents find out how afraid she is, they take her to meet Miss Nellie and understand that she is mentally ill but will not harm her. Created with pastels and warm colors, the artwork helps convey the story's narrative and emotional content. Teachers will find this a way to begin discussions on mental illness. (Recommended ages 6-10)

*The Goodnight Caterpillar* by Lori Lite. This is a book to help lower stress levels in young children. It helps children unwind and relax with easy gentle muscle relaxation exercises. It focuses on awareness of different muscle groups to create a complete resting of the mind and body. It can have appositive impact on a child's mental and physical health and immune system. (Recommended ages 4-8)

*Understanding Mental Illness for Teens who Care About Someone with a Mental Illness* by Julie Tallard Johnson. . This book is written for teens by a licensed psychologist. It has chapters entitled: facts about mental illness, understanding the mentally ill person, you and your family, and what can you do. It also included information on where teens can find help. It answers questions that many teens may have; written in an easy to understand format. (Recommended, grades 7-12)

*What's Wrong with Timmy?* By Maria Shriver, Little, Brown and Co. Often when children see other children who look, talk, or act differently, their first question is usually "What's wrong with them?" Maria Shriver has written this book to help children understand that kids with disabilities are not to be feared, ridiculed or bullied, but are to be embraced, challenged and included. This book can help educators, counselors, and parents talk about difference and emphasize things that everyone has in common. (Recommended ages 4-10)

*When Sophie Gets Angry-Really Really Angry* by Molly Bang, Scholastic. This is an excellent book to help children who are experiencing anger problems. Although it is written for ages 4-8, the messages are ageless and can be used at any level. It can even be used to begin an assignment asking older students to create their own books for young children to help them learn what to do to control anger. Everyone gets angry and in this Caldecott Honor book, children will learn positive coping strategies that Sophie uses when she gets angry. (Ages 4-10)