Authors and experts share ideas that will empower children and teens. Strengthen your families. Be your best, most trusted source for making positive change! Transform your learning communities.
Freddie the Fly: Bee On, Buzz Off
A story about learning to focus and stay on task
GRADES PRE K-5
Kimberly Delude, Illustrated by Brian Martin

Freddie, our lovable fly, is tappin’ and flappin’ his way to trouble. He whirls around to and fro, buzzing from one distraction to another. Is it any wonder he forgets his lunch, fails his spelling test and leaves the house semi-undressed? Freddie is a go-go-go kind of guy who has no time to listen, focus or pay attention. His lack of concentration causes a real fright when he finds himself lost and alone at the zoo. Will that be the scare Freddie needs to finally take action and turn his BEE on and his BUZZ off? Readers will love finding the answers in this delightfully insightful tale by speech-language pathologist and educator Kimberly Delude. 32 pgs.

ITEM NO. 59-003  $10.95
Parker Plum and the Rotten Egg Thoughts
A story about learning to look on the bright side
GRADES K-6
Billie Pavicic, Illustrated by Susan Gaber

Parker Plum wakes from a night of slumber to find a little green egg resting on his pillow. How did it get there? Parker doesn’t know, and doesn’t seem to care. He plops it in his pocket and starts his day… a day that gets worse by the minute. Breakfast is awful, he misses the bus and, worst of all, he has to sit downwind from Dave, a guy who toots all day! Every disappointment gets Parker more upset and makes the egg grow bigger and bigger until it’s ginormous. Is this rotten, smelly blob about to explode? Fortunately for Parker, veteran lunch lady Mrs. Butterbott thinks she can defuse the situation. But it totally depends on whether Parker is willing to unscramble all his self-defeating thoughts. Can he? See what happens in this creative and colorful tale from talented author and educator Billie Pavicic. 32 pgs.

Middle School Misfits: The Stained Glass Tree
GRADES 4-8
Leona Lugan, Illustrated by Kyle Merriman

Drama defines middle school, especially for Jilly. Not that she likes drama. She’d rather walk invisibly through the hallways than have any eyes turn toward her. But drama will always find Jilly. With Mom battling depression, and the family’s financial struggles, they move frequently. As the family bounces from town to town, Jilly changes schools… a lot! And there is nothing scarier than coming into a new school smack in the middle of the semester. With her country accent… clothes that are far from cool… an odd, funny-to-pronounce family name (that earns her a terrible nickname)… Jilly feels like an outcast. A misunderstood misfit. Can she find a way to fit in while still being true to herself? Independent readers and middle school students will relate to the challenges and joys that Jilly and her schoolmates experience in this timeless tale about facing your fears, making new friends (and frenemies), and avoiding, as much as possible, those humiliating middle school screw-ups. Discussion points and tips are included. 128 pgs.

Diversity is Key
A story about embracing differences
GRADES K-6
Bryan Smith, Illustrated by Lisa M. Griffin

It’s diversity week at Amelia’s school, and she has no clue what it means or why it matters. Every day, she’s introduced to cultures, cuisines and customs that push Amelia outside her comfort zone and test her preconceived notions about people and places. Is Mei really asking me to bow when I introduce myself? Is Rosa really celebrating toes, and how the heck do I eat something wrapped in a cornhusk? And why is Malia’s mom dancing in a grass skirt? Amelia has lots of questions (and a few concerns), but the more she experiences, the more she realizes how diversity makes life more fun.

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Diversity is Key was penned by Bryan Smith, whose Without Limits book series celebrates children with character. 32 pgs.

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A Story Teaching Problem Solving
GRADES K-6
Bryan Smith, Illustrated by Lisa M. Griffin
Blake wants to sell his brother, Braden, to another family. Savannah wants to fight Mary over an insult. Braden sooo wants to sneak out of class to play kickball. The characters in this fast-paced story face conundrums that make each of them consider solutions that are inappropriate, ill-advised or irresponsible. Fortunately, some good old-fashioned fatherly advice coupled with a tried-and-true strategy for solving problems keeps everyone safe and satisfied. This story introduces and encourages readers to use SODAS (Situation, Options, Disadvantages, Advantages, and Solution) as a way to logically and thoughtfully figure out how to solve any problem, from the silly to the serious. *What’s the Problem?* adds to the wildly popular *Executive Function* book series, which skillfully weaves skill teaching into humorous storylines to help readers become flexible thinkers, problem solvers and self-managers. 32 pgs.

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It Was Just Right Here!
GRADES K-5
Bryan Smith, Illustrated by Lisa M. Griffin
In today’s world, kids are overwhelmed with activities and schoolwork. Use this humorous story to help them stay organized.

Blake is always losing things, and everyone acts like it’s his fault. Blake doesn’t think it’s a big deal, however. After all, he’s just a kid! But when his field trip form is missing and the class pet is discovered dwelling among all the debris inside his desk, Blake realizes he has a problem.

With help from his teacher, a timely baseball analogy and support from his parents, Blake discovers the benefits of being organized. Children and parents alike will find this comical, colorful storybook helpful in understanding why everything has its place. Tips for teaching organizational skills are included. This is the fourth title in the *Executive Function* series. 32 pgs.

ITEM NO. 56-010 $10.95

Time to Get Started
A Story about Learning to Take Initiative
GRADES K-5
Bryan Smith, Illustrated by Lisa M. Griffin
Blake is busy! He’s always moving and always has something going on. So why is it that people keep insisting that he do things he doesn’t want to do? Why does he have to clean his room RIGHT NOW? He’ll get to it EVENTUALLY!

Luckily for Blake, his mom is there to work with him on the important skill of taking initiative. And she should know – she says her dad had to work with her on that same task when she was young.

Blake and Mom explore WHY Blake doesn’t want to get started, and they go through a few simple steps on how to take initiative and get things done. Will Blake be able to use these steps to get started on his work at home and at school? Find out in this title in the very popular *Executive Function* series. 32 pgs.

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What Were You Thinking?
A Story about Learning to Control Your Impulses
GRADES K-6
Bryan Smith, Illustrated by Lisa M. Griffin

Third-grader Braden loves to be the center of attention. His comic genius, as he sees it, makes his friends look at him in awe. But some poor decision-making, like ill-timed jokes in class and an impulsive reaction during gym that left a classmate teary-eyed and crumpled on the floor, forces the adults in Braden’s life to teach him about impulse control. But will the lessons shared by his teachers and his mom really help Braden manage his impulses? Find out in this amusing story by Bryan Smith. 32 pgs.

My Day Is Ruined!
A Story for Teaching Flexible Thinking
GRADES K-6
Bryan Smith, illustrated by Lisa M. Griffin

Braden is pumped to play in the championship baseball game. The night before, he dreams of scoring the game-winning run! But alas, it’s not to be. The game is rained out, so Braden curls up on a couch and cries. It seems no matter how small the setback, Braden lets disappointment ruin his mood and his day. Will learning “flexible thinking” give Braden the resiliency he needs to handle life’s letdowns? 32 pgs.

Of Course It’s a Big Deal!
A Story about Learning to React Calmly and Appropriately
GRADES K-5
Bryan Smith, illustrated by Lisa M. Griffin

What was supposed to be a carefree afternoon of go-cart racing quickly turns sour when Braden shouts and pouts about the rules. Hearing his parents say the rules are the rules only makes him madder and more meltdowns follow. Will Braden ever learn to keep his cool in the face of disappointment, roll with the punches and realize that not everything in life is a big deal? See what lessons are learned in this fast-paced story for teaching the perils of overreacting and losing self-control. 32 pgs.
Hey Goose! What’s Your Excuse?
GRADES Pre K-4
Lisa M. Griffin
A heartwarming tale about spreading your wings and finding yourself. Boone is a gosling, loving life on the water with his goose family. He feels safe and comfortable in his small corner of the pond, so why would he ever leave?
When Boone’s mom and siblings swim off to the opposite shore, he won’t follow. He has his reasons, like the water seems too cold and deep, and the other shore looks too muddy. But when he sees his family having fun, he wonders what he’s missing. Are they eating doughnuts down there? Are they warming their feathers by a campfire? What if they see the elusive pond Yeti over there?
Soon enough, Boone’s curiosity grows bigger than his fears. Slowly he paddles away from his safe space, taking readers on a journey that reveals why leaving your comfort zone can lead to exciting and unexpected places.
32 pgs.

Green-eyed Goose
GRADES Pre K-4
A Boone Story about Overcoming Envy and Jealousy
Lisa M. Griffin
Boone is back, and boy is he bothered!
Why is his brother Finn the first to fly? And why can Otter flip but Boone can’t? And what’s with Beaver’s big tail? It just doesn’t seem fair!
What Boone doesn’t realize at first is that everyone is different. All of the animals at the pond are born with different talents, different sizes and shapes, and different abilities.
Fortunately, Boone is surrounded by friends who help him understand that it’s natural to look at what others have and wonder what it would be like. But it’s more important for Boone to recognize his own strengths and talents, to be grateful for those, and to work hard to earn more of whatever he wants.
Written and illustrated by the talented Lisa M. Griffin, this tale will engage young readers and help remind them of the importance of gratitude and hard work.
32 pgs.

A Flicker of Hope
GRADES K-6
Julia Cook, Illustrated by MacKenzie Haley
In terms of resilience and well-being, hope is a critically important predictor of success.
Sometimes the dark clouds overhead seem too heavy and you feel like giving up. Little Candle knows all about this. Bad grades, being teased by classmates, and wondering who her real friends are – makes it so all she can see is darkness. But, as Little Candle is reminded she has purpose and her own unique gifts, her dim light begins to shine brighter. This hopeful story emphasizes the many different ways to ask for help, and how to be a hope builder for others. 32 pgs.

Is There an App for That?
Hailey Discovers Happiness through Self-Acceptance
GRADES K-5
Bryan Smith, Illustrated by Katia Wish
Magic Apps promise to make Hailey taller, faster, smarter and so much more! What harm is there in trying them? The apps only last one day, and surely this will solve all of her problems, right?
Join Hailey on her comical adventure as she uses app after app, trying to be someone she just isn’t, and begins to realize that trying to be like others isn’t all it’s cracked up to be. 32 pgs.

Activity Guide
20 classroom activities designed to teach and reinforce the skill of “Accepting Self.” An enclosed CD provides ready-to-print forms and handouts. 40 pgs.

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EMOTIONS
When I Couldn’t Get Over It, I Learned to Start Acting Differently
A story about managing SADness
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Bryan Smith, Illustrated by Lisa M. Griffin
Kyle is a fourth-grader who sometimes feels blue and out of sorts. He’s not sure why, but he can never bounce back when he gets into a funk. When things go wrong at school or home, he can’t shake it off and just move on. With the help of a kind teacher, Kyle learns how to recognize and manage his sadness by reframing his attitude and learning how to Start Acting Differently.
It is important for children to know that sometimes feeling sad is a normal part of life. Author Bryan Smith gives young readers the tools to manage and work through their feelings of sadness. Includes special tips for parents and educators. 32 pgs.

Mindset Matters
GRADES K-5
Bryan Smith, Illustrated by Lisa M. Griffin
Amelia takes up skateboarding with gusto and feverishly builds a swing set for her kid brother. But at the first sign of trouble – tumbling off her skateboard and whacking her thumb with a hammer – she’s done. Her confidence shattered, Amelia frets she’s a failure. But after a little self-reflection and some loving advice from dear-old Dad, Amelia learns she needs a “gonna get it done” mindset.
Mindset Matters teaches children how to see problems and dilemmas as opportunities to learn and grow. Written for readers in grades K-5, this storybook includes tips to help parents and teachers foster a healthy “gonna get it done” mindset in every child. Updated with more direct skill teaching. 32 pgs.

Kindness Counts
A story for teaching random acts of kindness
GRADES K-6
Bryan Smith, Illustrated by Brian Martin
When Cade learns strangers have paid for his family’s ice cream at the drive-through, he wonders why anyone would do such a crazy thing. That’s when his dad tells him about random acts of kindness.
Cade thinks it’s a cool concept and is eager to start paying it forward, too. But when Dad reminds him that random acts of kindness should be done without wanting or expecting anything in return, Cade starts feeling a little less generous. What will Cade do when being generous and kind requires making a real sacrifice?
This is the first story in the author’s WITHOUT LIMITS book series. 32 pgs.

Empathy Is My Superpower!
A story about showing you care
GRADES K-6
Bryan Smith, Illustrated by Lisa M. Griffin
Amelia can’t quite get why some people behave the way they do. Why does her brother cry when it’s dark? Why does her classmate Kayla take so long to do her math? And what’s up with that strange-smelling dish that Priya brings to lunch every day? With the help of her parents, Amelia soon learns about the importance of empathy and starts to see the power it can have! Will Amelia be able to put her new-found skill to good use and help others find strength in empathy as well? Written for readers in grades K-6, this storybook also includes tips to help parents and teachers foster empathy in every child. 32 pgs.

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Lynn Meltzer

Helps teachers incorporate executive function processes – planning, organizing, prioritizing and self-checking – into the classroom curriculum. Chapters describe effective strategies for optimizing what students learn by improving how they learn. Easy-to-implement assessment tools, teaching techniques and activities, and planning aids are presented. The book also covers the nuts and bolts of differentiating instruction for students with learning or attention difficulties. Case examples illustrate individualized teaching strategies and classroom accommodations. 252 pgs.

Integrating Growth Mindset in Schools
Strategies and Scripts for Bringing Growth Mindset to Your Learning Community
GRADES K-12
Lisa King, Eds, LPC

This researched-based, easy-to-implement program helps streamline growth mindset into schools. The book is specifically broken into K-8 and 9-12 instruction and provides a user-friendly way for schools to weave growth mindset ideas into the school day. Included are email templates, scripts, and downloadable PowerPoints for parent workshops, staff professional development, and interactive lessons for group or classroom. 176 pgs.

Executive Function "Dysfunction" Strategies for Educators and Parents
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Rebecca A. Moyes, MED

A concise and accessible guide for understanding and supporting children with executive function difficulties. The author offers a wealth of practical hints, tips, and accommodations for tackling issues such as organizational and time-management problems, lack of attention, and behavioral difficulties. Packed with real-world examples and multiple strategies, this book is a must-read for educators and parents. 127 pgs.

Mindset Matters
GRADES 2-7
A Counseling Curriculum to Help Students Understand How to Help Themselves Succeed with Growth Mindset
Lisa King, Eds, LPC

Research shows that children start off with a “growth mindset” – thinking they can do anything. But as they get older, and things get harder, they form a fixed mindset and lose their optimism. Infusing the growth mindset theory into learning helps students increase achievement. This book’s innovative and easy-to-implement lessons provide students with a foundation of brain science, the magic of grit, and the benefits of learning. The activities show students that their talents and abilities can be developed through effort and persistence, and will lead to positive outcomes. 168 pgs.

Executive Skills in Children and Adolescents, 3rd Ed.
GRADES K-12
Peg Dawson, Richard Guare

Concise and practitioner-friendly, this book explains how these critical cognitive processes develop and why they play such a key role in children’s behavior and school performance. Provided are step-by-step guidelines and many practical tools to promote executive skill development by implementing environmental modifications, individualized instruction, coaching, and whole-class interventions. Includes more than two-dozen reproducible assessment tools, checklists, and planning sheets. 224 pgs.
Mindsets in the Classroom
Building a Growth Mindset Learning Community
GRADES 1-8
Mary Cay Ricci

When students believe that dedication and hard work can change their performance in school, they grow to become resilient, successful students. This resource provides educators with ideas for building a growth mindset school culture and highlights the importance of critical thinking and teaching students to learn from failure. The four most important components of a growth mindset learning environment are presented along with a sample professional development plan, ideas for communicating the mindset concept of “grit,” instructional coaching, grading, and more.

With this book’s easy-to-follow advice, tasks, and strategies, teachers can grow a love of learning in their students. 208 pgs.

Resiliency Skills to Rebound & Recover
GRADES 5-9
Becky Kirby, MEd

This book contains 60 activity-based lessons that teach children how to rebound and recover from difficult or challenging situations. The seven topic areas include: Emotions and Self-Awareness; Changing Thoughts and Impulse Control; Managing Stress and Mindfulness; Communication and Problem Solving; Believe in Yourself; Support and Resources; and Games and Activities. Each includes ASCA standards pre/post tests, and a CD with reproducible worksheets/pages. 192 pgs.

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GRADES 5-10
Tamara Zentic, MS, Illustrated by Lisa M. Griffin

ZEST: Live It! is a pick-me-up for kids who’ve lost the pep in their step. Students are introduced to the concept of “ZEST” through stunning illustrations and short, poetic statements. The illustrations and creative rhymes will inspire readers to embrace life regardless of the challenges they face.

Active, hands-on activities in the activity guide encourage students to become more motivated and less apathetic. Each of the 23 lessons focuses on improving executive function by teaching students how to display effort, express pride in accomplishments, initiate conversations, and make decisions. Suggestions for flipped classroom assignments are given with detailed teacher-friendly instructions. Incorporating the use of technology in the lessons keeps students motivated and engaged. Convenient ready-to-print forms and worksheets included on CD.

Grit & Bear It! and Activity Guide
GRADES 5-10
Tamara Zentic, MS, Illustrated by Lisa M. Griffin

In addition to teaching students the basics of reading and writing, you want students to acquire other skills for success. With this book and activity guide combination, children learn and practice “grit” – a combination of determination and perseverance, and a willingness to take risks and bounce back from failure.

Its punchy lines and stunning illustrations give readers important insights into success and achievement. The book can be used as a stand-alone or with the supplemental activity guide to engage even the most reluctant students.

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**GRADES K-12**  
An Easy-to-Follow Guide to Teaching 183 Basic to Complex Life Skills  
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Cathy DeSalvo, MS, Mike Meeks, MS, Matthew Buckman, PhD
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Teaching Social Skills to Youth with Mental Health Disorders
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Jennifer Resetar Volz, PhD, Tara Snyder, PsyD, Michael Sterbo, MHD
This guide helps therapists, counselors, psychologists, educators, and other practitioners incorporate social skill instruction into treatment planning for a child diagnosed with a mental health disorder. Includes a discussion of how to individualize treatment plans and charts that list the social skills that caregivers might target for each of more than a hundred DSM-IV-TR diagnoses. Examples of treatment plans show how social skills can be integrated into plans across different settings and levels of care. 184 pgs.

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Rescue Me?
GRADES 5-12
Tamara Zentic, MS
184 pgs.

Find more Tier 2 & 3 resources on pages 14-17.
Advancing Differentiation
Thinking and Learning for the 21st Century
GRADE K-12
Richard M. Cash, EdD

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Carol Butler, MS Ed, RN,C, Ester R.A. Leutenberg

This guide offers facilitator-led sessions with activities, discussions, and reflection sheets that inspire all teens to reach their full potential. A special section is addressed to teens with mental illness or addiction issues and provides them with guided discovery of their strengths, interests, hopes, and dreams. Includes many reproducible pages and worksheets. 241 pgs.

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GRADE 7-12
Jeanne R. Mach, et al.

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30 Flexible Research-Based Activities to Build EQ Skills
GRADE 5-9
Maurice J. Elias, PhD, Steven E. Tobias, PsyD

Developing emotional intelligence (EQ) in students is essential to preparing them for success. This practical resource for educators explains what emotional intelligence is and why it is important. The book includes detailed, yet flexible, guidelines for teaching fundamental EQ in an intentional and focused way. Thirty hands-on, research-based lessons are designed to take approximately 35 minutes each, but can be easily adapted to meet the specific needs of a school or group. Digital content includes reproducible forms. 178 pgs.

Making Differentiation a Habit
GRADE K-12
Diane Heacox, EdD

In this updated edition of her guide to daily differentiated instruction, Diane Heacox outlines the critical elements for success in today’s classrooms. She gives educators evidence-based differentiation strategies and user-friendly tools to optimize teaching, learning and assessment for all students. New features include an expanded section on grading, information on connections between personalized learning and differentiation, integration of strategies with Tier 1 instructional interventions, scaffolding strategies, revised planning templates and updated resources, which include digital tools and apps for assessment. Digital content includes customizable forms from the book. 178 pgs.

The School Climate Solution
Creating a Culture of Excellence from the Classroom to the Staff Room
GRADE 1-12
Jonathan C. Erwin

A positive learning environment makes school a more pleasant place to be for students and educators. But research also shows it’s the solution to reducing discipline issues, increasing graduation and attendance rates, and improving student learning and achievement.
Steeped in social-emotional learning, this book for teachers, principals, coaches or any other school leader shows you how to involve the whole community in identifying and celebrating its positive values and to encourage behavior based on those values. 190 pgs.
**deCoding Respect: Everyone Can Code with HTML**  
*GRADES 5-12*  
*Tamara Zentic, MS*

Blend STEAM into your daily teaching! This book offers a unique and engaging way to integrate character development lessons with lessons on computer coding. The computer coding skills in this manual are taught in the HTML format. By the time the 15 lessons are completed, students will have developed all the code necessary to launch their own websites. The social skills component emphasizes respecting yourself and others. Each lesson offers three differentiated instruction ideas on how to use the coding instructions for additional academic lessons.

Includes CD with print-ready handouts and instructions or as a downloadable eBook. 113 pgs.

**About These Books:** Lessons are written in an easy-to-follow format with talking points to help you define and explain a skill and how to use a skill in different settings and situations. Role-play scenarios and classroom activities also are provided. Some of the activities blend the teaching of social skills into academic lessons in math/science, language arts, social science, and physical education. Includes CDs with reproducible pages.

**Tools for Teaching Social Skills in School**
*Lesson Plans, Activities, and Blended Teaching Techniques to Help Your Students Succeed*  
*GRADERS K-12*

*Michele Hensley, Jo C. Dillon, Denise Pratt, MS, Jacqueline Ford, Roy Burke, PhD*

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**More Tools for Teaching Social Skills in School**
*GRADERS 3-12*  
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*Midge Odermann Mougey, EdD, Jo C. Dillon, Denise Pratt, MS*

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Every day Noodle hears all about what he needs to do and why he needs to do it. He hears it from his parents, teachers and coaches, and he’s sick of it! What’s the point of making his bed every morning? Does it really matter how he kicks the soccer ball? And who cares if he plays the piano too fast or writes too sloppily?

In these pages, Noodle discovers why changing all his “need tos” into “I did its” will actually make him happier and more prepared to do whatever he’s asked. Includes helpful tips and advice for parents and educators on how to help children become more self-motivated. 32 pgs.

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But It’s Not My Fault

GRADES K-6
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Poor Noodle. Things just don’t seem to be going his way. But it’s not his fault! It isn’t his fault that his brother’s game ran late, and he didn’t finish his homework. Or that his mom forgot to remind him to turn in his library book. Or that Mary Gold got in his airspace and hit his arm with her head.

Luckily, Noodle’s mom is there to teach him not to blame others or try to find fault but instead take responsibility for his actions.

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Everything in Noodle’s life stinks, or so he thinks. Homework stinks. Practice stinks. Yard work stinks. And family pictures? They REALLY stink!

This is the story of a boy whose attitude, or “baditude,” is alienating everyone around him. Can Noodle let go of his angst and try to find the brighter side of life?

With help from a teacher and his mom, Noodle learns how to turn his “have tos” into “get tos” and his baditude into gratitude! 32 pgs.

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GRADES K-6
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Norman, aka “Noodle,” is a procrastinator who’s constantly being told what to do. But Noodle has SO MANY other fun things to do, like hang out with friends and play video games. So it’s no surprise his cat goes hungry, the trash piles up and his homework isn’t done.

Noodle always chooses to do the things he wants to do while never getting around to doing the things he NEEDS to do! This story creatively highlights strategies to help children learn how to do what needs to be done while still finding time for fun.

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Cheaters Never Prosper

GRADES K-6
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Noodle’s really done it this time! What should have been a friendly competition among classmates to make a sweet treat quickly turns sour after Noodle cheats his way to victory. He says he didn’t really want to cheat but everyone has to once in a while, so what’s the harm? Will Noodle get burned by his own deception, or will he muster the courage to confess to his trickery?

Young readers will learn a valuable lesson about the cost of cheating while enjoying a few laughs in this storybook from the Responsible ME! series by Julia Cook. 32 pgs.

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GRADES K-6
Julia Cook, Illustrated by Anita DuFalla

The flower patch has always been the same. Purples pal around with Purples. Blues buddy up with Blues. Talls only talk with Talls, and Shorts always stand with Shorts. So when a Purple suddenly sprouts next to a Blue, all sorts of confusion ensues. Fortunately, Momma Blue is there to remind everyone about the beauty of diversity, including how the wind, rain, sun and bees treat all flowers the same regardless of the color of their petals or the size of their stems.

Award-winning author Julia Cook shares a timely and valuable lesson about appreciating differences and embracing diversity in life and in friendships. 32 pgs.

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Kip Jones

Willie Bohanon knows self-determination is a key to success. Too bad his closest friends don’t think so. They struggle to set the simplest of goals. Even Willie, despite a strong family and awesome role models, sometimes loses focus and gives up. Luckily for him and his pals, a mentor teaches them about SWAG – Self-determination, Working hard, Ambition, and Guidance. It’s a timely lesson for the teens, who are reminded that they power their own success. 40 pgs.

Activity Guide (Downloadable)
Activities and lesson plans teach students the power of self-determination.

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Kip Jones

Willie enjoys hanging with Hugh, until he realizes Hugh acts like the world revolves around him. When Hugh’s offered a free coat, he demands three. When someone does him a favor, he won’t say “Thank you.” Hugh acts like an entitled jerk!

Willie, counselor Mr. J, and famed local athlete Kendal Cobb work together to try to help Hugh and students like him. Will Hugh overcome his attitude of entitlement and develop an attitude of gratitude? Find out in this graphic novel from the Urban Character Education series. 40 pgs.

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GRADES 3-8
Kip Jones

In this graphic novel, Willie and his friends face big troubles. Bernard is struggling with a tough home life and questionable new friends. And Chelsey is lying to cover up for others. Negative peer pressure is pushing all of them into bad situations.

Can Mr. J, the school counselor, help them find their voices and do what’s right before it’s too late? An insightful story about the importance of being true to yourself and resisting negative peer pressure. 40 pgs.

Activity Guide (Downloadable)
Teach students to stand up to negative peer pressure with these fun, interactive lessons that incorporate hands-on activities and group games.

Twenty Downloadable Activities and Games
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I Can’t Find My Whatchamacallit!!
GRADES 2-6
Julia Cook

Cletus can’t find anything in his room, is very messy, disorganized, and is constantly losing things. Fortunately, Cletus has his cousin Bocephus to help him get organized. This book will help children understand, develop, and apply organization – a vital executive function skill. Children who possess effective organizational skills can learn how to manage daily responsibilities and plan ahead. 32 pgs.

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Study Skilled… NOT!!
GRADES 2-6
Julia Cook

Bocephus over-studies and stresses about every assignment and test. Cletus studies as little as possible and puts off any preparation until the night before. Knowing that neither approach is effective, Cletus’ mom introduces them to a powerful, hands-on study tip called “The amazing Great 8!” The boys learn that when they practice good study skills, it can affect not only their grades, but also their attitude. Spotlights the unique differences and strengths that live in all of us. 32 pgs.

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The Technology Tail
A Digital Footprint Story
GRADES 1-6
Julia Cook, Illustrated by Anita DuFalla

Don't be mean and irresponsible! That's the straight-to-the-point advice "Screen" has for young readers who are active on social media. Whether tapping out messages on their computers, tablets or phones, "Screen" wants you to know everything you post is attached to you for life, creating a digital trail that can't be erased.

The Technology Tail delivers a timeless message to a new generation just learning how to navigate the fast-changing digital age. Written for children in grades 1-6, this storybook uses rhymes and colorful illustrations to grab their attention. There are also tips for parents and teachers who want to reinforce online safety, kindness, and respect in a digital world.

Rumor Has It…
GRADES K-6
Julia Cook, Illustrated by Kyle Merriman

Rumor has it… that the girls have a couch in their bathroom. And they sometimes take naps in there. And guess what else? Whether we've been the subject of a rumor or the one spreading a rumor about someone else, most of us have been involved with rumors somehow. But how many people really stop to think about the damaging effects?

Award-winning author Julia Cook cleverly brings this serious subject to light in an entertaining, but cautionary, take on the importance of NOT starting or spreading rumors. Told through the eyes of the rumor marble, the story describes how a simple misunderstanding starts a chain reaction that can't be undone. Children will laugh as they learn that it's much easier to prevent a train--or rolling rumor marble--from starting to roll forward than trying to stop one.

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Think Poster (Downloadable)
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Well, I Can Top That!
GRADES K-6
Julia Cook, Illustrated by Anita DuFalla

Brad has a lot of great things going on in his life—or at least that's what he tells all of his classmates! When one student wins a contest, Brad brags about how he won an even bigger contest. When another student breaks his arm, Brad blabs about how he broke BOTH his arms AND legs. Children and adults will get a real kick out of Brad's tall tales as he learns the difference between being a "pull-upper" and a "one-upper!" This terrific story by award-winning author Julia Cook is part of the Communicate with Confidence series, written to help young readers master the art of communicating.

ITEM NO. 55-029 $10.95

Gas Happens!
What to Do When It Happens to You
GRADES K-6
Julia Cook, Illustrated by Anita DuFalla

As educators and parents, we've all been there. Gas is passed and a variety of snickers, giggles and negative comments ensue. But did you know that everyone and every living thing passes gas (except jelly fish and coral sponges)? Join Gus as he and his classmates learn a brief biology lesson behind why we all pass gas, and the right way to handle it when it happens in public.

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DECIBELLA
6-Inch Voice
GRADES K-6
Julia Cook, Illustrated by Anita DuFalla

Isabella is a spirited girl who enjoys shouting out her thoughts, ideas and feelings. In fact, she loves using her loud voice so much, it's earned her the nickname "Decibella!" Young readers will be entertained as they see how Isabella learns the "five volumes" of voice and discovers that different situations require different tones. Award-winning author Julia Cook uses a fun, yet educational, style to show kids how and when to use their five voices--whisper, 6-inch, table-talk, strong speaker, and outside.

ITEM NO. 55-030 $10.95

Communicate with Confidence
BOOK SERIES

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When things don’t go as planned, Priscilla begins to worry. She worries about being late to school. She worries about assignments. She worries about tests. She worries about her test scores. She even worries about how her parents will react to her test scores. Priscilla worries so much, she starts to sprout ears, tusks and a tail... making her look like a warthog!  
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The WORST Day of My Life EVER!
My story about listening and following instructions (… or not!)
GRADES K-6
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RJ’s teacher wants him to work with bossy Bernice, messy Frankie, and Norma. After a frustrating school day with his “team,” RJ has to share the last cookie with his sister! With the help of his coach, RJ learns that working as a team and sharing are skills he needs on the soccer field, in school, and at home. 32 pgs.

Activity Guide for Teachers
Entertaining games and engaging activities using everything from jigsaw puzzles to beach balls. Students learn and practice how to work as a team and share. Reproducible activity sheets included on a CD. 32 pgs.

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My story about asking for permission and making an apology!
GRADES K-6
Without telling anyone, RJ and his friend Sam walk home from school instead of riding the bus. At home, RJ and his sister snack on Mom’s double-chocolate cake and spoil Grandma’s birthday surprise. Dad helps RJ learn how to do a better job of asking permission, and his principal has him practice making an apology. 32 pgs.

Activity Guide for Teachers
Activities and games to help students learn to ask for permission and make an apology. Students are asked to brainstorm answers to “what if” questions, create “apology triangles,” use objects to visualize the skills, and more. Reproducible activity sheets on CD. 32 pgs.

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My story about accepting ‘no’ for an answer and disagreeing... the right way!
GRADES K-6
RJ tries his best to turn every “No” into “Maybe” or “We’ll see.” Even though he doesn’t have much success, RJ keeps arguing until his teacher suggests he try to join the Say YES to NO Club. If RJ can learn how to accept “No” for an answer and disagree appropriately, he can add his name to the club’s Star Board. 32 pgs.

Activity Guide for Teachers
Classroom ideas and activities for teaching students to accept ‘no’ for an answer and disagree appropriately. These 24 games and activities call upon students to use imagination, teamwork, and creativity. Reproducible activity sheets included on a CD. 32 pgs.

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BY JULIA COOK

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My story about using my social filter… or not!
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RJ says what he thinks… no matter how it sounds or makes others feel: “Gram, how come your skin looks like a Dalmatian?” “She stinks, Mom!” RJ’s mouth is getting him into a lot of trouble. A rude comment at school earned him a detention. An insensitive remark at home earned him a scolding and made his sister cry. RJ doesn’t realize his words are wrong. He thinks he’s just offering feedback. It’s time RJ starts using a social filter when he speaks. With help from his parents, he learns he doesn’t have to verbalize every thought that pops into his head. In fact, sometimes the less said the better! Tips for parents and educators included. 32 pgs.

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for Teachers
It’s confusing for children to understand why we tell them to be honest or to speak up in one setting, then tell them to keep their thoughts to themselves in another.
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These 15 colorful books are wonderful resources for teaching social skills to young children (ages 4-8). Made to be read aloud, these books help children visualize how their behaviors affect themselves and others. Each book also includes a special section for adults that suggests ways to reinforce the ideas and skills being taught. 36-40 pgs. each

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GRADERS K-6
Julia Cook, Illustrated by Anita DuFalla

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Fortunately, Blue's mom is around to point out how much Blue and his friends can learn from the wind, the rain, and the bees because they treat all flowers the same. Will Blue start to look at the world differently? Find out in this timely and important tale about valuing diversity. 32 pgs.

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Downloadable Activities
See page 20.

Author Julia Cook’s award-winning series to help kids in grades K-6 get along with each other.

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GRADERS K-6
Julia Cook, Illustrated by Bridget Barnes

Brown envies the other pencils who enjoy coloring and playing together. He is lonely because he doesn't get used much and hardly ever needs sharpening. Soon he discovers that to make friends, he has to be a friend. Part of the Building Relationships series, this book teaches kids how to practice the art of friendship and get along with others. 32 pgs.

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A book about table manners
GRADERS K-6
Julia Cook, Illustrated by Anita DuFalla

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I Want to Be the Only Dog
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Take the bite out of sibling rivalry! Three adorable pooches – Jake, Angus and Kirby – all want to be the top dog in their owner's eye. That's why they're quick to bark out the flaws in each other. Jake's too bossy. Angus is too annoying. Kirby's too selfish. Will these three ever learn to get along? Award-winning author Julia Cook uses her trademark rhymes to highlight why siblings are such a special gift, even if they don't always play nice. 32 pgs.

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Julia Cook, Illustrated by Anita DuFalla

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Cliques Just Don't Make Cents
GRADERS K-6
Julia Cook, Illustrated by Anita DuFalla

Penny tries to hang with the Silver Coin Clique, but she usually feels left out. Dollar coin is different from the silver coins too, and she starts to teach Penny how special and valuable she really is. Includes tips on how to help young people, especially girls, who feel excluded and left out by others. 32 pgs.

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Peer Pressure Gauge
GRADERS K-6
Julia Cook, Illustrated by Anita DuFalla

When Norbert is less than eager to try new food, he experiences first-hand what it's like to be on the receiving end of peer pressure. Teachers, parents, and kids alike will enjoy this imaginative story as they learn the skills necessary to triumph over this difficult issue. 32 pgs.

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Tease Monster
GRADERS K-6
Julia Cook, Illustrated by Anita DuFalla

With help from theTease Monster, kids learn why some teasing can have a negative bite if it's meant to be hurtful and cause embarrassment. But they also learn why teasing can be friendly and nice if it tries to make someone feel better and is not done out of spite. 32 pgs.

ITEM NO. 55-023 $10.95
A Good Friend
GRADES 5-10
Ron Herron, Val J. Peter
This book advises children in such areas as the basics of conversation and friendship. Included are nine easy-to-follow “people” skills, like giving and receiving compliments, introducing yourself, and showing respect and sensitivity. Each skill puts getting along with others into easily managed steps. A special chapter deals with the challenge of shyness. Great resource and appropriate reading for pre-teens (ages 10 and up) as well. 84 pgs.

ITEM NO. 56-007 $10.95

Kindness Counts
GRADES K-6
Bryan Smith, Illustrated by Brian Martin
When a complete stranger unexpectedly pays for Cade’s ice cream, it leads to a family discussion about random acts of kindness. Cade is so impressed by the gesture, he tries paying it forward too. But when his dad wants to donate old toys, Cade’s generosity is put to the ultimate test. Can he be kind when it requires sacrifice or just when it’s convenient? 32 pgs.

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Boundary: A Guide for Teens
GRADES 7-12
Val J. Peter, Tom Dowd
This book invites young people to examine their lives and relationships. It begins by helping teens define what physical, emotional, and sexual boundaries are. Stories illustrate how personal space and feelings can be either respected or violated. The book’s journal format encourages teens to reflect on and record feelings about their own relationships. 113 pgs.

ITEM NO. 25-014 $8.95

Diversity is Key
GRADES K-6
Bryan Smith, Illustrated by Lisa M. Griffin
It’s diversity week at Amelia’s school, and every day she’s introduced to new cultures, cuisines and customs. The more she experiences, the more she realizes how diversity makes life more fun. She also discovers that differences shouldn’t divide people because we are stronger together. 32 pgs.

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Downloadable Activities & Poster
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Kim Yeutter-Brammer, MBA, Susan Lamke, MS, et al.

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Included on this CD are surveys for students, staff, and parents to assess the bullying climate in school, 18 skill posters, 9 simplified skill posters for younger students, worksheets, a lesson plan, role-play scenarios, and ideas for class meetings.

The Power of Bystanders

Willie Bohanon’s longtime friend Stewart is being bullied by a new student. But Willie and his friends just aren’t sure how to help him. Fortunately, with help from custodian Mr. Daryl, counselor Mr. Jones, and Principal Hammontree, they learn how to handle bullying like a B.O.S.S. (Bystanders hold the key; Open your mouth; Stand up for others; Stick together).

This Urban Character Education series story presents strategies to help kids learn how bystanders can stop bullying. 40 pgs.
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This practical handbook helps adults understand and manage children’s anger. Using easy-to-learn games, active and passive, verbal and non-verbal, and for different-sized groups, it fosters successful anger management strategies for children ages 5-12. Encourages children to use their imaginations and express emotions in healthy ways. 159 pgs.
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Julia Cook
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Positive Strategies to Teach Self-Control and Prevent Violence
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Daniel L. Daly, PhD, with Michael N. Sterba, MHD
Angry, aggressive, or violent youth threaten the well-being of themselves, other children, and caregivers. They may need medication and therapy to treat their problems, but they also must learn how to control negative thoughts and emotions. The authors offer effective short- and long-term ideas and strategies for defusing aggression in youth based on the approach and proven teaching methods developed in the Boys Town Model®. Sample Treatment Plans from a variety of settings help caregivers see how intervention strategies can be developed for aggressive youth and used in different environments. Included is a social skills chart that can be used as an easy reference guide by caregivers as they teach new pro-social skills to replace old behaviors. 225 pgs.
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GRDES 7-12
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The Worry Workbook for Teens
Jamie A. Micco, PhD

Worried about school, tests, making new friends or even what the future holds? The teen years are full of big changes, and it’s normal to worry sometimes. But if you have chronic, difficult-to-control worries, you may have trouble sleeping and paying attention. You might even experience physical symptoms like stomachaches and headaches.

With this book, you’ll uncover the real reasons you worry all the time, stop unhelpful “junk mail” thoughts from taking over, challenge your worries, face your fears and—most importantly—reach your goals! 148 pgs.

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This practical, research-supported workbook will help you understand the habit of procrastination, reduce it and increase your ability to get things done. Using tips and tools based in Cognitive Behavior Therapy, you’ll learn how to address unfounded fears, improve self-perception, manage your time and feelings of boredom or indifference, and increase critical-thinking abilities and organizational skills. 134 pgs.

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The Think Confident, Be Confident Workbook for Teens
Leslie Sokol, PhD, Marci G. Fox, PhD, Aaron T. Beck, MD

Self-confidence shapes the way you see the world. When you have healthy self-esteem, it helps you move through life and boosts your resilience against stress. On the other hand, negative thinking has negative consequences: low self-esteem and self-doubt can hold you back and lead to increased risk of anxiety, depression, and self-destructive behaviors. This book will help you recognize, rethink, and replace self-doubt, enabling you to transform your negative self-image. 224 pgs.

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Teens learn to handle awkward social situations with grace and confidence. Skills will help teens stop worrying about what others think, improve relationships, speak with confidence, and not let embarrassment get in their way. 124 pgs.

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GRADES 3-8
Trevor Romain and Elizabeth Verdick
Stress can make you feel anxious, awful and afraid. When kids show signs of stress, they need stress-management tools that work. With jokes, fun illustrations and plenty of authentic examples, this book helps kids understand what stress is – and gives tons of tips to cope.
Revised to address modern stressors like electronic devices and social media, this updated classic helps kids deal with stress like a seasoned panic mechanic. 104 pgs.

A Flicker of Hope
GRADES K-6
Julia Cook, Illustrated by MacKenzie Haley
Little Candle’s flame has gone from bright and strong to just a flicker. Bad grades and being teased by classmates makes her want to give up. But, as Little Candle is reminded, she has purpose and her own unique gifts, and her dim light begins to shine brighter. This creative story reminds children that dark clouds can be temporary and asking for help is always okay. 32 pgs.
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Offers parents of children ages 6-16 a menu of proven techniques to use when facing family challenges: a teen who’s defiant; siblings who constantly bicker; a child having trouble in school; and parents and kids who don’t communicate or have fun together anymore. Provides step-by-step advice that will help parents build good family relationships, prevent and correct misbehavior, use consequences to improve behavior, teach self-control, and stay calm. As each new parenting technique is introduced, the authors explain each step, provide many clear examples, and give you an action plan for implementing it in your home. Also addressed are topics of special interest—how to deal with school problems, computer misuse, and internet and social media dangers. 377 pgs.

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Frank E. Bowers, PhD, with Tara R.S. Borsh, PsyD
With a father’s insight and a clinician’s knowledge, Dr. Bowers examines the challenges a child with ADHD presents and offers parents workable, effective ways of handling behavior problems. He reminds parents that, despite the diagnosis, children need to be held responsible for their actions, and he suggests how to use positive discipline strategies to help them learn better behavior. 147 pgs.

Lying Up a Storm
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Julia Cook
Whenever Levi doesn’t like the truth, he kind of sorts out other stuff to say. A great resource to help children understand not only the consequences of telling a lie, but also how one lie can often lead to telling several more. Helps parents and teachers understand that lying can be a normal response for a child and offers tools to help guide children toward truthfulness. 32 pgs.

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**Correcting Misbehavior**

When children misbehave, do you find yourself yelling, issuing threats, or even giving up if the negative behavior continues? This DVD can show you how to stop misbehavior and turn the problem situation into an opportunity to teach your child a better way to behave. The Common Sense Parenting® technique of Corrective Teaching stops negative behavior, delivers a consequence, and teaches children a positive, alternative behavior. 30 min.

**Teaching Children Self-Control**

What’s a parent to do when a child blows up, throws a temper tantrum, or throws you out with the uncooperative, silent treatment? Teaching children how to stay in control when they are frustrated or angry is a difficult parenting challenge. This DVD gives you the tools to handle emotionally intense situations with your child. Learning how to stay calm yourself is the first step you must take when facing an upset child. Then the video demonstrates how you can calm the child down. 28 min.

**Teaching Kids to Make Good Decisions**

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**Raising Children without Losing Your Voice or Your Mind**

On this DVD, child psychologist Dr. Pat Friman reveals 10 truths or “laws” that all parents should understand and follow if they want to raise happier, better-behaved children. They include:

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Using stories and humor to explain the behavioral science behind his recommended parenting techniques, Dr. Friman gives a presentation that will entertain as well as educate parents and other caregivers seeking better ways of raising children, from toddlers to teens. 1 hr, 40 min.

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With plenty of laugh-out-loud examples, Dr. Pat Friman explains how “insane” behavior on the part of teens is actually normal. Dr. Friman tells viewers which behaviors to address and how, and which behaviors should simply be ignored as teen “insanity” that will be outgrown. His presentation speaks directly to parents, caregivers, and educators who are looking to better understand and deal with the craziness of adolescence. Patrick C. Friman, PhD, is Director of Clinical Services at Boys Town where he and his staff counsel hundreds of youth and families each year. 1 hr, 15 min.
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Although his voice has been stilled for over half a century, Father Flanagan’s inspiring words resonate with truth and power for us today. Each page will help you rekindle your passion and zest for life and its many blessings. 117 pgs.

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– Father Flanagan

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