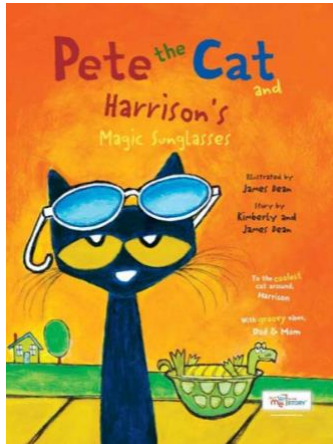


Emotional Behavioral Disorder

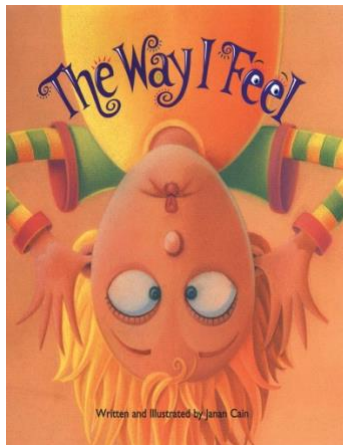
Annotated Bibliography

Dean, Kimberely. (2013). *Pete the Cat and his Magical Sunglasses*. HarperCollins Publisher. (Grade level PreK – 2).



Pete the Cat and his Magical Sunglasses is a book about how to turn a bad day into a good day. This book is made for younger students to express how they feel and how they can manage to turn it into a good day. With students who are not able to turn their bad feelings into good feelings. Pete the Cat character is seen to be having bad feelings, but once having those magical sunglasses been given to him. He seemed to turn his feelings into good feelings for the day. With our students, we can turn to something that the student relies on and let it be “magical” to help the student express their feelings and how we can help turn them into good feelings.

Cain, Janan. (2005). *The Way I Feel*. Parenting Press. (Grade level Pre-K – 2).



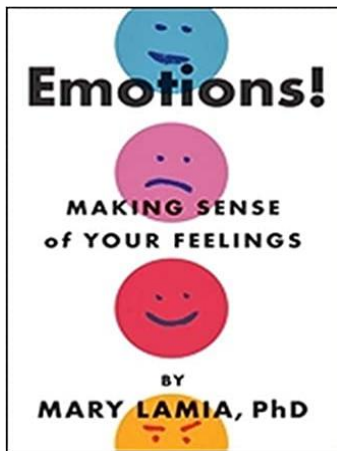
The Way I Feel book defines each feeling and gives an example of how the body can react to this feeling. It is great for students to understand the definition of feelings and how the body reacts with it as well. Students who are expressing a lot of emotion are unaware of how this emotion makes them feel and what it is being define as. Being able to read this book to your students will help them understand the definition of the feelings and how the body can react to it. You can use it in your classroom when a student is having a feeling that he/she is unsure about. This book will help determine how they are feeling and can put a definition to it.

Lee, W Britney & Souva, Jacob. (2019). *The Boy with Big Big Feelings*. Bearnig Books. (Grade level 1-3).



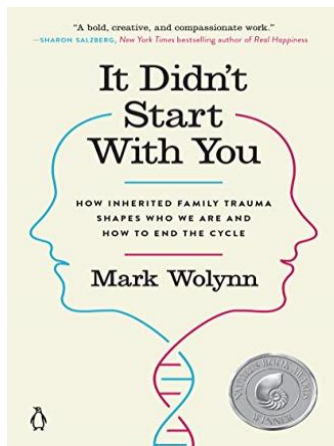
The Boy with Big Big Feelings gives real life examples of how feelings can affect your behavior. This book describes each feeling into a real-life example that can happen in a young student. Reading this can show the students that you are going to have feelings that you can not control because of the situation that is happening. Expressing to them that it is best to let your feelings out to another student or teacher that way they can help along the way with these feelings the students are getting. Students and teachers are the best way to help calm down and understand those feelings.

Larnia, Mary. (2012). *Emotions! Making Sense of Your Feelings*. Magination Press. (Grade level 3-8)



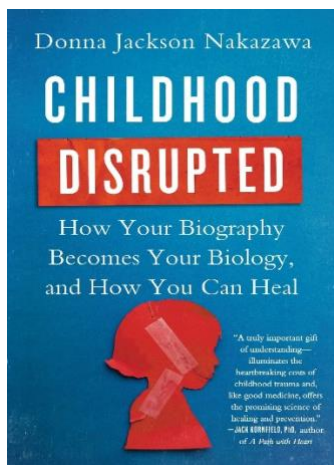
Emotions! Making Sense of Your Feelings is about how you can manage your feelings into making quality life decisions. It is based on the positive side of having all these feelings to where you can manage them to work to your needs. It gives an outline of what the feeling is, how you will feel during that time, and then explains how you can turn that feeling into something that works for you. This book can help students look on the positive side of having all these feelings and mixed emotions. To where they can see how having these emotions can be beneficial if used in the positive way of looking at them.

Wolynn, Mark. (2016). *It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle*. Penguin Publishing Group. (Grade level 5-12).



This book focuses on family trauma that has been going through all the students' lives and possibly even the parents. How that trauma manages our emotions and behavior in the classroom. It gives helpful tools and strategies in how that trauma can be ended in the students live. I feel this book is more turn for the teacher to have on how he/she can find ways to help their student with the trauma they are dealing with. The teacher can decide which parts to let that child read for their own benefit of finding out how does this trauma have to do with my emotions and behavior.

Nakazawa, Donna. (2016). *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal*. Atria Books. (Grade level 6-12)



This book is based around biology and biography of some people who have had their lives turned upside down because of how they feel or what they go through. It gives an understanding of how this can all start through biology, hear people's stories of how they are being affected, and then tie it all together with how you can "heal" through this process. It is given the insight of biology wise of where emotions, feelings and the behavior can all start in different people.