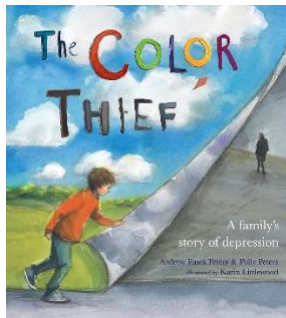


## Annotated Bibliography: Emotional Disturbance

### Early Elementary-



The Color Thief

Written by Andrew Fusek Peters and Polly Peters, illustrated by Karin Littlewood

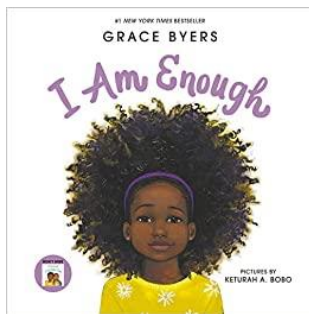
Published by Albert Whitman & Company on September 1, 2015

Grade levels: 1-3 (ages 4-8)

“A child recounts his experience of losing his father to depression in this poignant and beautifully illustrated picture book. The boy's father disappears into a world without color. As the father seeks help, color begins to reappear and with it hope. An ideal book for parents and caregivers to share with children to help them make sense of the devastating effects that depression can cause.”

This book provides young children, ages 4-8, a carefully crafted visual of what it is like to have depression or deal with someone who has depression. The boy in the story watches as his father loses the colors in his life, which is how the authors and illustrator choose to show depression. As the father gets help and leans on loved ones, the boy sees the color returning to the life around his father. The color thief is the depression his father suffers from. This helps normalize the feeling of being empty and alone to children who are often told that it is not ok to feel this way and are more likely to grow up and hide these feelings from loved ones. This story helps children make sense of these feelings and understand what they may feel or look like.

Peters, A. F., Peters, P., & Littlewood, K. (2015). *The Color Thief*. Albert Whitman & Company.



I Am Enough

Written by Grace Byers and illustrated by Keturah A. Bobo

Published by Balzer + Bray on March 6, 2018

Grade levels: Pre-k to 3

“This gorgeous, lyrical ode to loving who you are, respecting others, and being kind to one another comes from *Empire* actor and activist

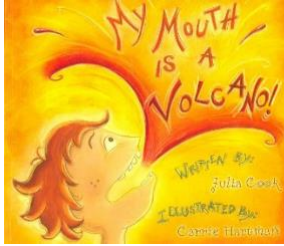
Grace Byers and talented newcomer artist Keturah A. Bobo.

*We are all here for a purpose. We are more than enough. We just need to believe it.”*

This is a story of a young girl as she navigates the similarities and differences between people and learning to love herself because of those differences. Not everyone is the same, and it is harmful to compare yourself and your progress to those around you. You are your own person and do things in your own way. This book highlights how important loving yourself is and how

we should all be practicing positive self-talk more and being kind to others. This book is appropriate for children ages 4-8.

Byers, G., & Bobo, K. A. (2018). *I Am Enough*. Balzer + Bay.



My Mouth is a Volcano

Written by Julia Cook and illustrated by Carrie Hartman

Published by National Center for Youth Issues on October 1, 2005

Grade levels : Pre-k to 3 (ages 4-8)

“Louis always interrupts! *All* of his thoughts are *very* important to him, and when he has something to say, his words rumble and grumble in his tummy, they wiggle and jiggle on his tongue and then they push on his teeth, right before he ERUPTS (or interrupts). His mouth is a volcano! But when others begin to interrupt Louis, he learns how to respectfully wait for his turn to talk.”

Louis is a young boy who has trouble controlling the things that come out of his mouth. He interrupts others when they are speaking, he yells, and he doesn't think about how his words may affect others. His thoughts are very important to him and he needs to say them quickly so others will know they are important, too! Throughout the story you see how those around Louis feel about him interrupting them all the time. His friends get upset, his parents feel disappointed, and his sister is sad. Why can't he understand their thoughts are important, too? Louis begins to understand how it feels when those around him begin to interrupt him instead. Because of this, Louis leans on those around him to learn how to control the volcano inside of him so that it doesn't erupt and disrupt others. This book is appropriate for early elementary students age 4-8.

Cook, J., & Hartman, C. (2005). *My Mouth is a Volcano*. National Center for Youth Issues.

### Upper Elementary-



Some Kind of Happiness

Written by Claire Legrand

Published by Simon and Schuster Books on May 16, 2017

Grade levels: 3-7 (ages 8-12)

“Things Finley Hart doesn't want to talk about:

-Her parents, who are having problems. (But they pretend like they're not.)

-Being sent to her grandparents' house for the summer.

-Never having met said grandparents.

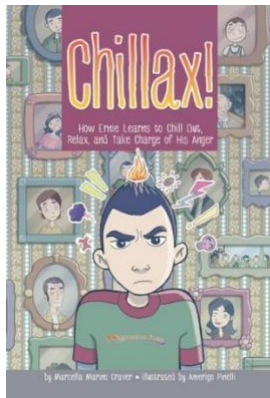
-Her blue days—when life feels overwhelming, and it's hard to keep her head up. (This happens a lot.)

Finley's only retreat is the Everwood, a forest kingdom that exists in the pages of her notebook. Until she discovers the endless woods behind her grandparents' house and realizes the Everwood is *real*—and holds more mysteries than she'd ever imagined, including a family of pirates that she isn't allowed to talk to, trees covered in ash, and a strange old wizard living in a house made of bones.”

Finley is a young girl who is struggling desperately to make sense of the bad things that keep happening in her life and the growing darkness and emptiness she feels in herself because of it. Finley is sent to live with her grandparents who she has never met. In order to escape from her loneliness, Finley creates an imaginary land in the forest behind their house. She begins to uncover secrets and dark things in the forest, deciding that she must save the Forest. But soon Finley realizes the only way to save the forest is to deal with her own mental disability and seek help. In order to save her imaginary world, she must save herself in the real world. Finley struggles with asking for help but discovers in the end that its ok to ask for help when things get dark. This book is intended for ages 8-12 but would be a great starter chapter book for upper elementary school aged children. It is similar to *Bridge to Terabithia* and *Counting by 7's*.

Legrand, C. (2017). *Some Kind of Happiness*. Simon and Schuster Books.

### **Middle School-**



Chillax! (How Ernie Learns to Chill Out, Relax, and Take Control of His Anger)

Written by Marcella Marino Craver and illustrated by Amerigo Pinelli

Published by Magination Press on August 1, 2011

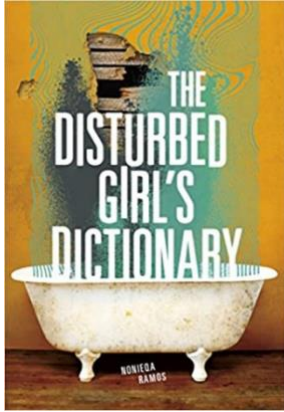
Grade levels: 3-8 (ages 8-13)

“Meet Ernie, a typical kid with an everyday life. Ernie has great friends, a great family (except for his annoying sister), and a great school. There is just one problem -- Ernie doesn't just get mad. He gets MAD!”

This graphic novel focuses on Ernie, who is an average, everyday kid with a big anger problem. In this book, Ernie learns how to deal with his outbursts of anger through the help of his school counselor. Ernie discovers that when he puts his mind to it, and practices, he can control his outbursts and anger. This makes for a happier Ernie, a better brother, a nicer friend, and a caring son. Ernie is in middle school, so this book is aimed for students in middle school, but based on the reading level can be used for students grades 3-8 (ages 8-13).

Craver, M. M., & Pinelli, A. (2011). *Chillax!: How Ernie Learns to Chill Out, Relax, and Take Control of His Anger*. Magination Press.

### **High School/ Young Adult-**



## The Disturbed Girl's Dictionary

Written by NoNieqa Ramos

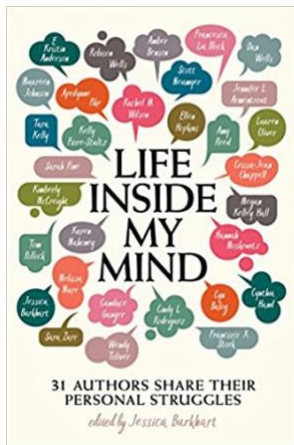
Published by Carolrhoda Lab on February 1, 2018

Grade levels: 9-12 (ages 14+)

“Macy's school officially classifies her as "disturbed," but Macy isn't interested in how others define her. She's got more pressing problems: her mom can't move off the couch, her dad's in prison, her brother's been kidnapped by Child Protective Services, and now her best friend isn't speaking to her. Writing in a dictionary format, Macy explains the world in her own terms—complete with gritty characters and outrageous endeavors. With an honesty that's both hilarious and fearsome, slowly Macy reveals why she acts out, why she can't tell her incarcerated father that her mom's cheating on him, and why her best friend needs protection . . . the kind of protection that involves Macy's machete”

At school, Macy has been labeled as “emotionally disturbed” and at home, Macy is surrounded by family that is dealing with their own mental disabilities. Because of this, she feels like she is losing control of her life and the people in it. One thing she can do is define the things happening around her in her own terms: like defining something in a dictionary. Macy is faced with problems in life that are much bigger than anything a high school student should have to deal with. Because of this, Macy begins to show why she has made the choices that have led her to where she is now. This book is for high school students (age 14) and up.

Ramos, N. (2018). *The Disturbed Girl's Dictionary*. Carolrhoda Lab.



## Life Inside My Mind: 31 Authors Share Their Personal Struggles

Edited by Jessica Burkhart

Published by Simon and Schuster Books on April 10, 2018

Grade levels: 9-12 (ages 14+)

“Have you ever felt like you just couldn't get out of bed? Not the occasional morning, but every day? Do you find yourself listening to a voice in your head that says "you're not good enough," "not good looking enough," "not thin enough," or "not smart enough"? Have you ever found yourself unable to do homework or pay attention in class unless everything is "just so" on your desk? Everyone has had days like that, but what if you have them *every* day?

You're not alone. Millions of people are going through similar things. However issues around mental health still tend to be treated as something shrouded in shame or discussed in whispers. It's easier to have a broken bone--something tangible that can be "fixed"--than to have a mental illness, and easier to have a discussion about sex than it is to have one about mental health.”

This book recounts the lives and events of 31 authors who all struggled or dealt with some mental health impairment in one form or fashion during their life. Some authors recount dealing with family members who suffered from mental disabilities ranging from PTSD to Depression to OCD and everything in between. They talk about how it affected their life to grow up with someone who was diagnosed with a mental disability. Other authors recount growing up and dealing with their own diagnosis and disability. They discuss how it impacted their life to be labeled with a disability and how it shaped the opinion of those around them. They discuss struggles they faced in school and beyond in the real world. Each author also describes the turning point in their life that helped them accept their disability and move forward with their life. The goal of the authors was to show that mental health is not something we need to hide from and it is more common than we are led to believe. The authors state that these are stories written by “this generation for this generation” so that teens do not need to feel so alone or helpless when facing the reality of having a mental disability. This book is for high school students (grade 9-12) and beyond.

Burkhart, J. (Ed). (2018). *Life Inside My Mind: 31 Authors Share Their Personal Struggles*.

Simon and Schuster Books.