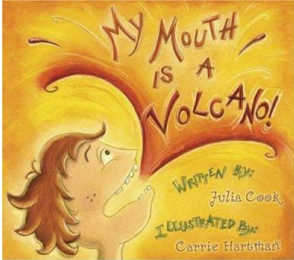


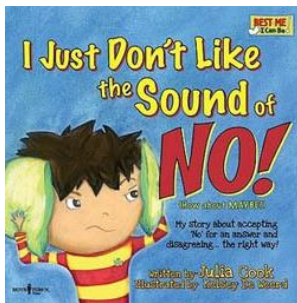
Emotional Disturbance Annotated Bibliography

Cook, J. & Hartman, C. (2005). *My mouth is a volcano!* National Center for Youth Issues. (Grade Level: Kindergarten – 3rd)



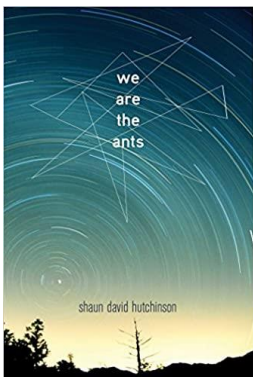
My Mouth is a Volcano! is about a child that is always interrupting the teacher and his peers. However, he learns he does not like being interrupted when his peers begin to do the same to him. The story is told from the child's perspective to allow parents, teachers, and counselors an entertaining way to teach respect of others by listening and waiting their turn. It is an empathetic approach on the habit of interrupting. It teaches children a witty technique to manage their thoughts and words. This book is great for teaching patience to children. It builds awareness that everyone has differences and outbursts, but we should be respectful of others too.

Cook, J. & De Weerd, K. (2011) *I just don't like the sound of no! My story about accepting no for an answer and disagreeing the right way!* Boys Town Press. (Grade Level: Kindergarten – 2nd)



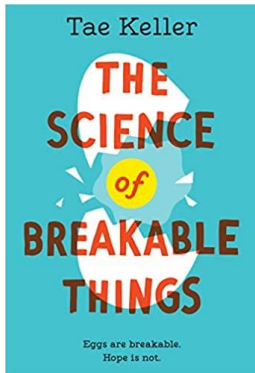
This book is great for children aged 5-8 years old. It is so hard for many children to hear the word no. This book works to teach important social skill to accept no and disagree respectfully. The main character, RJ, continuously argues with his parents and teacher when he is told no. His teacher recommends joining the *Say YES to NO* club. The club rewards the students that learn to accept no for an answer and disagree appropriately with their teacher and parents. RJ finds that using these skills the right way leads to lots of praise and some rewards. This book shows how some behaviors are inappropriate and hurt interpersonal relationships. It also includes tips for parents and educators on how to teach and encourage the development of skills to counter those behaviors.

Hutchinson, S. D. (2017). *We are the ants.* Simon & Schuster Books for Young Readers. (Grade Level: 9th – 12th)



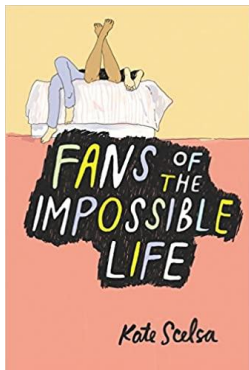
We are the Ants takes an interesting approach to mental illness. The main character, Henry, is abducted by aliens periodically. During the most recent abduction, the aliens give him an ultimatum: the world will end in 144 days and all he has to do to stop it is push a big red button. Henry struggles with if the world is worth saving. He relies on the advice and support of his family and friends to decide. The book deals with suicide, suicidal thoughts, PTSD themes, anxiety, depression, disassociations, and denationalization in an extremely creative way.

Keller, T. (2019). *The science of breakable things*. Yearling. (Grade Level: 3rd – 7th)



Natalie’s teacher suggests she enter an egg drop competition; she thinks it could be the solution to her problems. She plans to use the prize money to fly her botanist mother to see a specific Orchid that has the resilience to survive against impossible odds. She feels that her mother will be able to relate to this and fall in love with life again. Natalie’s mother struggles with depression and does not get out of bed most days. Natalie’s friends not only help her with her project, but also show her that you should talk about your problems. Natalie discovers the science of hope, love, and miracles. This story explores what its like for children to deal with a parent with mental health struggles and the typical ups and downs of the teenage years. It is a hope-filled story with lessons about persevering when life’s challenges try to break you.

Scelsa, K. (2017). *Fans of the impossible life*. Balzer + Bray. (Grade Level: 9th – 12th)



This book is about three friends. The main character Mira struggles with depression. She only feels her best when she is with her gay best friend, Sebby. It highlights that there are good days and bad days to depression. Sebby, is in a foster home right now, and the story highlights the some of the difficulties that could occur living in that environment. Newcomer to the group Jeremy, isolated himself from his peers because of an incident that occurred the year before, is drawn to the two. Jeremy begins to understand the rituals that the two participate in to try to fix the parts of their lives they deem broken. The book shows how support can help make the symptoms of mental illnesses easier to manage. The characters are extremely relatable for children in high school.

Swartz, E. (2019). *Finding perfect*. Square Fish. (Grade Level: 3rd – 7th)



In *Finding Perfect*, the main character Molly struggles with OCD, friendship, and family. Molly has her own definition of perfect, and her mother leaving to take a job that is faraway is not in her definition. She fears that her mom will not return in a year like she promises. Because of this she hatches a plan to win a poetry slam contest because she knows her mother would never miss the fancy banquet. Instead writing slam poetry becomes harder for her and she develops new habits. Counting, cleaning, and organizing are not enough to keep her world from spinning out of control and she must learn that there is no such thing as perfect. This book is an empathetic guide to coping with mental illnesses.