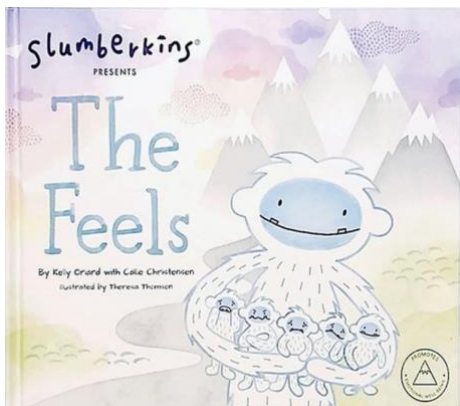


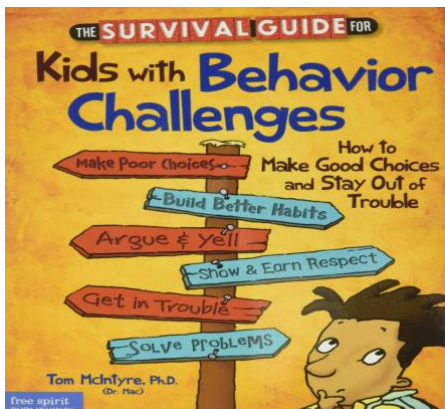
Emotional Disturbance/Behavioral Disorder Annotated Bibliography

Oriard, K., Christensen, C., & Thomson, T. (2019). *The Feels*. Pacific Northwest: Slumberkins. (Grade Level K-4th).



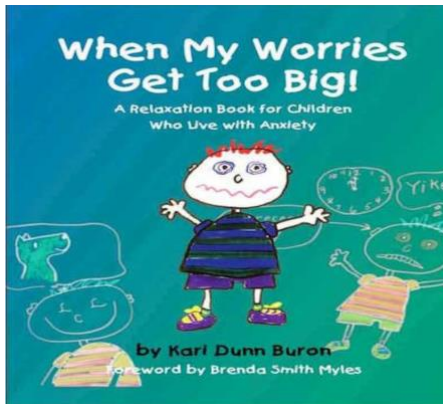
The Feels is an informational book designed by therapist and educator, for younger children to promote emotional wellbeing, emotion identification, and coping skills. This book expresses on a journey of self-discovery, meeting feelings, and how to take care of each one. Throughout the book the children will learn about emotions and how to support each emotion. The book emphasizes that students with emotional disturbance /behavioral disorder are capable of identifying their emotions and managing them as well. The feels is a great book to use in class to help children with the understanding and acceptance of all kinds of feelings. It will help students understand that taking care of themselves and knowing about their emotions is important. They will be able to see that all their classmates have different emotions and its helpful to help each other no matter what emotion they are experiencing. It also helps younger children understand to identify their emotions. At a young age they will be able to see that what they experience, and feel is okay. They will also understand how to take care of each feeling with the help of the explanation the book provides.

McIntyre, T., & Lisovskis, M. (2015). *The survival guide for kids with behavior challenges: How to make good choices and stay out of trouble*. Sydney, N.S.W: Read How You Want. (Grade Level 5th-8th).



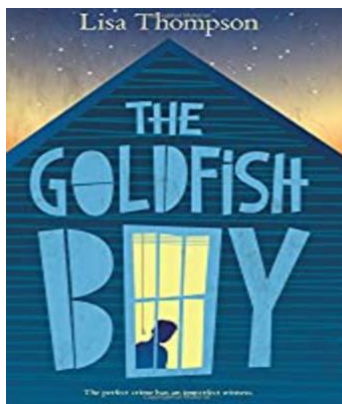
The Survival Guide for Kids with Behavior Challenges is a book that teaches kids with behavior challenges to find practical strategies. These strategies will help them make smarter choices, get along with friends and teachers. All while taking responsibility for their actions and allowing them to enjoy the results of better behavior. Within the book there is a special section at the back of the book that addresses diagnosed behavior disorders. The book highlights helping young students who need help with behavior and guiding them on how to produce it. This book will allow children to see that some friends have trouble with behavior. Despite them making poor choices they will come to realize there are strategies the book provides that their friends could practice and that they could help them with so that they build better habits. Not only will it help peers who may not experience behavior challenges but maybe help those students who do. They are able to use the survival guide to see how they could help change their behavior and how it will benefit them if they do with the guide that is provided.

Buron, K. D. (2013). *When my worries get too big!: A relaxation book for children who live with anxiety*. Shawnee Mission, KS: Autism Asperger Pub. (Grade Level K-3rd).



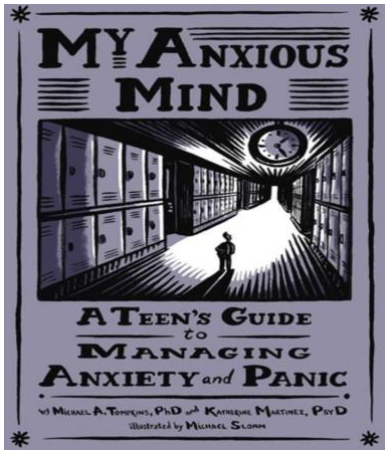
When My Worries Get Too Big! Is a children's book created to help children who live with anxiety. The book offers simple strategies provided by the author to help relax themselves and to focus either on work or play. It provides parents, teachers, and children with helpful tools that give young children an opportunity to explore their own feelings. With either their parents or teachers as they are reacting to events that occur in their daily lives. The book provides opportunities for children who experience anxiety to participate in developing their own self calming strategies. When My Worries Get Too Big will help students see that some classmates have difficulties with a feeling of worry and uneasiness. Just because they have this feeling often compared to others there are tools that the book provides to help them when they are feeling a certain way. That way if they see a friend experiencing this, they are able to understand why. This will also help the student who experience anxiety recognize that they are able to express their own feelings and use tools providing by the book to do so.

Thompson, L. (2018). *The goldfish boy*. New York, NY: Scholastic. (Grade Level 7th-12th).



The Goldfish Boy is a book designed to talk about a main character who suffers from an obsessive-compulsive disorder (OCD). The main purpose is to help readers to see how their health system deals with issues. The book expresses a critical point in the main characters life where he must choose between stepping out of his comfort zone to help a missing child which he has key information about. The book emphasizes that despite any disorder sometimes you must step out of your comfort zone in order to make a difference in your life or in someone else's. The Goldfish Boy will help students see that even though some peers may suffer from certain disorders or they themselves they are still capable of being themselves to help others. This will help them in accepting their classmates despite what disorder they might have because now they understand that it may be difficult for them to fit in. And this will help students maybe with the disorder recognize that it is fine for them to be themselves. And accept the disorder because being themselves will always be good enough.

Tompkins, M. A., Martinez, K. A., & Sloan, M. (2010). *My anxious mind: A teen's guide to managing anxiety and panic*. Washington, DC: Magination Press. (Grade Level 9th-12th).



My Anxious Mind: A teen's guide to managing anxiety and panic is a book created to help teenagers deal with anxiety. The book outlines a simple and proven plan to help the reader understand and how to deal with anxiety or panic. It provides simple to use tools and strategies that easily fit into any teenager's busy routine. The strategies provided are cognitive behavioral strategies to help tackle anxiety and help teen's feel more confident and empowered throughout the process. The book emphasizes the importance of ways for teens with anxiety to improve their interpersonal skills, manage stress, handling panic attacks. Most importantly it discusses the use of diet and exercise appropriately and deciding factors to tell whether certain situations of anxiety will be helped with medications. My Anxious Mind will help students understand that being a teen is a difficult time in their lives. Despite the difficulties they may face this book acts as a guide to help them with anxiety. It will also help the students who may not experience this that some of their friends may deal with these feelings and how they maybe could be of help to them. The book provides cognitive behavioral strategies that may be of help to those students who do suffer when experiencing anxiety.