

Outline	Early Elementary (K-2)	Book Titles
<p><b><u>Self Management</u></b></p> <ul style="list-style-type: none"> <li>1A - Self care to promote mental health &amp; overall wellness.</li> </ul>	<ul style="list-style-type: none"> <li>Individuals understand the benefits of eating healthy foods, mindfulness, getting enough sleep, being active both physically and socially.</li> </ul>	<ul style="list-style-type: none"> <li><i>Eating the Alphabet</i></li> <li><i>David at School</i></li> <li><i>Interrupting Chicken</i></li> <li><i>The Berenstain Bears and Too Much Junk Food</i></li> </ul>
<p><b><u>Self Management</u></b></p> <ul style="list-style-type: none"> <li>1B - Resiliency</li> </ul>	<ul style="list-style-type: none"> <li>Individuals identify their own positive physical, social, and mental characteristics and those of others.</li> <li>Individuals set reasonable goals and develop strategies to work toward them and assess the outcomes of experiences to build resiliency.</li> </ul>	<ul style="list-style-type: none"> <li><i>Giraffes Can't Dance</i></li> <li><i>Rosie Revere Engineer</i></li> <li><i>The Book of Mistakes</i></li> <li><i>The Girl Who Never Made Mistakes</i></li> <li><i>The Little Engine that Could</i></li> <li><i>Fantastic Elastic Brain</i></li> </ul>
<p><b><u>Self Management</u></b></p> <ul style="list-style-type: none"> <li>1C - Feelings</li> </ul>	<ul style="list-style-type: none"> <li>Individuals identify and express different feelings and when one might experience these feelings and how long the feelings are likely to last.</li> </ul>	<ul style="list-style-type: none"> <li><i>Feelings - Alike</i></li> <li><i>When Sophie Gets Angry...</i></li> <li><i>Alexander and the Horrible, No Good, Terrible, Very Bad Day</i></li> </ul>
<p><b><u>Relationships</u></b></p> <ul style="list-style-type: none"> <li>2A - Communication Skills</li> </ul>	<ul style="list-style-type: none"> <li>Communication is the sharing of information (information, ideas, and opinions).</li> <li>Social connections to one or more close individuals are important.</li> </ul>	<ul style="list-style-type: none"> <li><i>The Boy Who Cried Wolf</i></li> <li><i>How to be a Friend</i></li> <li><i>How to Lose Your Friends</i></li> <li><i>Say Please, Little Bear</i></li> </ul>
<p><b><u>Relationships</u></b></p>	<ul style="list-style-type: none"> <li>Individuals</li> </ul>	<ul style="list-style-type: none"> <li><i>The Rainbow Fish</i></li> </ul>

<ul style="list-style-type: none"> <li>● 2B - Empathy, Compassion, &amp; Acceptance</li> </ul>	<p>understand the meanings of empathy, compassion and acceptance and how to express them appropriately.</p> <ul style="list-style-type: none"> <li>● Individuals identify characteristics of healthy family relationships and peer relationships.</li> <li>● Individuals identify personal space and boundaries of others.</li> </ul>	<ul style="list-style-type: none"> <li>● <i>The Crayon Box that Talked</i></li> <li>● <i>A My Name is Alice</i></li> <li>● <i>Me I Am</i></li> <li>● <i>The Days the Crayon Quit</i></li> <li>● <i>The Dot</i></li> <li>● <i>Elmer</i></li> <li>● <i>It's Okay to Be Different</i></li> <li>● <i>Chrysanthemum</i></li> <li>● <i>Spaghetti and a Hotdog Bun</i></li> <li>● <i>Bear Feels Sick</i></li> </ul>
<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>● 2C - Gratitude &amp; Forgiveness</li> </ul>	<ul style="list-style-type: none"> <li>● Individuals understand the meaning of gratitude (a feeling of appreciation or thanks) and forgiveness and how to express it. Individuals understand forgiveness and that, when warranted, forgiveness is a healthy part of moving forward after a negative experience.</li> </ul>	<ul style="list-style-type: none"> <li>● <i>The Thankful Book</i></li> <li>● <i>Bear Says Thanks</i></li> <li>● <i>An Awesome Book of Thanks</i></li> <li>● <i>The Berenstain Bears The Forgiving Tree</i></li> <li>● <i>We All Need Forgiveness</i></li> <li>● <i>I Love my New Toy</i></li> <li>● <i>Lilly's Purple Plastic Purse</i></li> </ul>
<p><b>Resource Management</b></p> <ul style="list-style-type: none"> <li>● 3A - What to ask for help for self and others</li> </ul>	<ul style="list-style-type: none"> <li>● Individuals recognize that sharing feelings is a healthy action.</li> </ul>	<ul style="list-style-type: none"> <li>● <i>Wemberly Worried</i></li> <li>● <i>The Kissing Hand</i></li> <li>● <i>Pout, Pout Fish</i></li> </ul>
<p><b>Resource Management</b></p> <ul style="list-style-type: none"> <li>● 3B - When to ask for help for self and others</li> </ul>	<ul style="list-style-type: none"> <li>● Individuals will be encouraged to recognize the difference between a situation that requires immediate attention and one that can wait and</li> </ul>	<ul style="list-style-type: none"> <li>● <i>Tattle Tongue</i></li> <li>● <i>Don't Squeal Unless it's a Big Deal</i></li> </ul>

	develop the ability to know when help is needed and when it is not needed.	
<p><b>Resource Management</b></p> <ul style="list-style-type: none"> <li>● 3C - Where to ask for help for self and others</li> </ul>	<ul style="list-style-type: none"> <li>● There are safe, trusted adults in school and at home to help individuals with their mental health needs.</li> </ul>	<ul style="list-style-type: none"> <li>● <i>Gingerbread Man Loose in the School</i></li> </ul>
<p><b>Resource Management</b></p> <ul style="list-style-type: none"> <li>● 3D - How to ask for help for self and others</li> </ul>	<ul style="list-style-type: none"> <li>● Individuals identify characteristics of a trusted adult in school and at home; this is the first step in accessing help.</li> <li>● Individuals identify trusted adults with whom they can share feelings.</li> </ul>	<ul style="list-style-type: none"> <li>● <i>A Bad Case of Tattle Tongue</i></li> <li>● <i>How Full is Your Bucket?</i></li> <li>● <i>Howard B. Wigglebottom Learns about Bullies</i></li> <li>● <i>The Juice Box Bully</i></li> </ul>

<b><u>Other Resources</u></b>
<ul style="list-style-type: none"> <li>● The Recess Queen</li> <li>● The Most Magnificent Thing</li> <li>● No, David</li> <li>● Llama Llama Time to Share</li> <li>● How you Filled a Bucket Today?</li> <li>● Rulers of the Playground</li> </ul>