

A Terrible Thing Happened

Have you ever had an unwelcome thought that you just couldn't get rid of, no matter how hard you tried to push it away? In *Catching Thoughts*, a girl is plagued by an unwanted thought. No matter what she does--ignore it, yell at it, cry about it--the thought won't go away. Frustrated and discouraged, she finally looks that bad thought in the face and says, "Hello." At last, she is able to notice other more beautiful, positive thoughts all around her. As she catches hold of new thoughts, the girl discovers she can fill her mind with whatever she chooses. For every child who has been weighed down by sadness or anxiety, this story teaches kids how to acknowledge unwanted thoughts, show them compassion, then actively replace them with positive thoughts instead. *Catching Thoughts* is a quiet, thoughtful story that teaches readers how to practice mindfulness, focusing on thoughts that bring beauty, joy, and calm into their lives.

If at first you don't succeed, try, try again. Bella wants to find out what she's good at. But she quits everything she (barely) tries because she's a disaster at it. Her somersaults are like clumsy jirafas rolling downhill, her piano playing like elephant feet. When she decides to learn how to bake with her wise old abuela, her first attempt at dulce de leche frosting looks like scaly cocodrilo skin. She must learn it's okay to try again or she won't be good at anything. Peppered with Spanish vocabulary and set in an intergenerational Latinx home, *Bella's Recipe for Success* will show all kids the value of practicing to learn a new skill, and that it's okay to make mistakes along the way. A recipe for Polvorones con Dulce de Leche is included at the back of the book so kids can have fun making their own.

We all feel many different emotions every day. For young children, those feelings can be extra strong. And sometimes, children need help finding the words to describe how they 're feeling. This friendly and positive alphabet book gives children those "feelings words," and explores the idea that while some feelings are more comfortable than others, all are natural and important. *F Is for Feelings* invites children to share, express, and embrace their emotions—every day! A section in the back provides tips and activities for parents and caregivers to reinforce the themes and lessons of the book.

"What we have here is a bad case of stripes. One of the worst I've ever seen!" Camilla Cream loves lima beans, but she never eats them. Why? Because the other kids in her school don't like them. And Camilla Cream is very, very worried about what other people think of her. In fact, she's so worried that she's about to break out in...a bad case of stripes!

I See You

Move Your Mood!

A Beautiful, Terrible Thing

A Guide to Help Kids Cope

"A wordless picture book that depicts a homeless woman who is not seen by all the life around her, except by a little boy. Ultimately, in a gesture of compassion, this boy approaches this woman, in an exchange where he sees her and she experiences being seen"-- After Sherman sees something terrible happen, he becomes anxious and then angry, but when a counselor helps him talk about these emotions he feels better.

Solve kid-sized dilemmas and mysteries with SCIENCE SOLVES IT! These fun science books for kids ages 5–8 blend clever stories with real-life science. Why did the dog turn green? Can you control a hiccup? Is that a UFO? Find the answers to these questions and more as kid characters dive into physical, life, and earth sciences. When Mr. Cooper gives Peggy a new baby duck, she promises to take good care of it. But when Fluff's feathers begin to droop and his eyes are no longer bright and shiny, Peggy discovers why and learns that good nutrition is very important - for growing ducks and growing girls! Books in this perfect STEM series will help kids think like scientists and get ahead in the classroom. Activities and experiments are included in every book!

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when

- coworkers push their work on you—then take credit for it***
- you accidentally trash-talk someone in an email then hit "reply all"***
- you're being micromanaged—or not being managed at all***
- you catch a colleague in a lie***
- your boss seems unhappy with your work***
- your cubemate's loud speakerphone is making you homicidal***
- you got drunk at the holiday party***

Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the

**traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*
A Kid's Guide to Coping With Events in the News
Environmental Racism and Its Assault on the American Mind
An Allegory of the Holocaust
*Fantastic You***

The Terrible Thing that Happened at Our House

Grade level: 1, 2, 3, 4, 5, 6, 7, k, e, p, i, t.

Kar-Ben Read-Aloud eBooks with Audio combine professional narration and text highlighting to bring eBooks to life! Two grandmas. Two delicious recipes. And one granddaughter caught in the middle! Sophie loves Bubbe's Jewish chicken soup, made with kreplach. She also loves Nai Nai's Chinese chicken soup, with wonton. But don't tell Bubbe and Nai Nai that their soups are the same! Can Sophie bring her whole family together for a warm and tasty surprise?

A playful exploration of the many things a wall can be

Teaches the reader how to develop and nurture a loving and positive relationship with oneself by engaging in such behaviors as self-talk and self-compassion throughout the day.

Junie B. Jones Is Not a Crook

The Water Castle

Catching Thoughts

Zach Hangs In There

The Big Bad Wolf in My House

In this allegory, the author's reaction to the Holocaust, the animals of the forest are carried away, one type after another, by the Terrible Things, not realizing that if perhaps they would all stick together and not look the other way, such terrible things might not happen.

Tina's had a growth spurt. Will she get used to being Too-Tall Tina in time to avoid disaster on Sports Day?

Everyone gets angry, so it's never too early for children to learn to recognize feelings of anger, express them, and build skills for coping with anger in helpful, appropriate ways. Children learn that it is okay to feel angry—but not okay to hurt anyone with actions or words. They discover concrete skills for working through anger: self-calming, thinking, getting help from a trusted person, talking and listening, apologizing, being patient, and viewing others positively. Reassuring and supportive, the book helps preschool and primary-age children see that when they cool down and work through anger, they can feel peaceful again.

A Terrible Thing HappenedDalmatian Press

A Terrible Thing to Waste

Remembering Ethan

The Terrible Thing That Happened to Barnaby Brocket

Worry Says What?

Ask a Manager

Allison Edwards, author of the best-selling book *Why Smart Kids Worry*, gives a glimpse into the ways worry whispers to young minds, and offers a powerful tool all children can use to silence those fears. "Worry's songs tie my tummy up in knots, and the things he says make my heart beat very fast. Sometimes he speaks in a whisper, and other times his voice gets so loud I can't hear anything else." Worry and anxiety are currently the top mental health issues among children and teens. Children have a number of worries throughout childhood that will come and go. The problem is not with the worries themselves, but that children believe the worries to be true. With a relatable story and beautiful artwork, *Worry Says What?* will help children (and adults) flip their thinking when anxious thoughts begin and turn them into powerful reminders of all they are capable of accomplishing.

On a day when everything goes wrong for him, Alexander is consoled by the thought that other people have bad days too. Truly bad things happen in life. And while we cannot shelter children from every hurt and harm, we can reassure them that they, like the little elves in these pages, will always be loved and cared for. We can teach children the skills needed for coping with life's biggest challenges and changes. And we can restore children's trust that life, after all, is good. *Healing Days* is a book designed to be used in therapy for young children and functions as an excellent resource for those who have experienced physical or sexual abuse, or other trauma. Readers will follow four children as they learn ways to cope with their own trauma. Sensitive, empowering, and beautifully illustrated, the book models therapeutic coping responses and provides children with tools they may use to deal with their own trauma. A Dear Reader introduction is included for the child reader. Also available is an online Note to Parents and Caregivers.

A Bad Case of Stripes

Something Happened and I'm Scared to Tell

The Terrible Thing That Happens

A Guide for Kids Who Have Experienced Trauma

How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Life at Work

A little squirrel announces that he was once very, very, scared and finds out that he is not alone. Lots of little animals go through scary experiences, but they react in different ways. Turtle hides and gets a tummy ache, monkey clings, dog barks, elephant doesn't like to talk about it. They need help, and they get help from grown-ups who help them feel safe and cope with difficult feelings. This story was written to help children and grown-ups understand how stress can affect them and ways to help them.

A young girl describes what it's like when her mom's new friend comes to stay — a moving story about domestic violence that ends on a hopeful note. The young girl tells us that her mom's new friend is just like the big bad wolf. At first the wolf is nice and kind to her mom, though the girl notices the wolf's cold eyes from the very beginning. When her mom arrives home one day, the wolf suddenly hurls angry words and terrible names at her. From that day on her mother doesn't smile anymore. The girl is careful to clean her room and brush her teeth and do everything to keep the peace, but the wolf is unpredictable. He throws plates on the floor, yelling at her mother and holding the girl's arm so tightly she is left with bruises. Whenever the girl is scared, she hides under the covers in her room. How will she and her mom cope as the wolf becomes increasingly fierce? Val Fontaine and Nathalie Dion have created a powerful, moving story about violence in the home that ends on a note of hope. Correlates to the Common Core State Standards in English Language Arts: CCSS.ELA-LITERACY.RL.2.3 Describe how

characters in a story respond to major events and challenges. CCSS.ELA-LITERACY.RL.2.9 Compare and contrast two versions of the same story (e.g., Cinderella stories) by different authors or from different cultures. CCSS.ELA-LITERACY.RL.2.10 With prompting and support, recount stories, including fables, folktales, and myths from diverse cultures; determine the central message, lesson, and moral, and explain how it is conveyed through key details in the text.

Franny takes her time saying goodbye to the only school she has ever attended, remembering everything that has made it special. Picture book that teaches how to persevere when things get difficult. Zach has set a goal for himself—to get across the trapeze rings on the playground. Every time he tries, he falls off before making it to the end. But with encouragement from his best friend Sonya and positive self-talk, Zach makes a plan to achieve his goal, adapts his plan along the way, and perseveres to the end. Zach feels so great about his success that he writes down the steps he used so he can repeat them next time he faces a tough challenge. Zach Rules Series Zach struggles with social issues like getting along, handling frustrations, making friends, and other everyday problems typical of young kids. Each book in the Zach Rules series presents a single, simple story involving one such problem. As each story develops, Zach and readers learn straightforward tools for coping with the problem and building stronger relationships now and in the future.

When Bad Things Happen

Something Happened in Our Town

After the Worst Thing Happens

A Memoir of Marriage and Betrayal

A Book for Young Victims of Abuse

A youngster relates the terrible problems that occurred after her mother went to work and how the family solved them.

Left reeling after her thoughtless mistake causes a terrible accident, 12-year-old Army Morand channels her grief to help someone in need. Army Morand feels like her life has been blown to bits when the worst thing imaginable happens--her beloved dog dies. It was an accident, but it was also Army's fault. She can't seem to stop hiding from everything and everybody including her best friend JennaLouise. But then Army sees Madison, the little girl who moved in across the way, climbing a tree and walking down the street unsupervised. Her family is not neglectful, just overwhelmed. Army finds herself overcome with the need to help Madison's family to make sure another worst thing doesn't happen--which becomes even more challenging when a big storm threatens her town. After the Worst Thing Happens is a bittersweet story about a girl surprised by the force of a growing need inside her to reach out and lend a hand while trying to escape the swirling sadness of her own sudden loss. In the end, it is about finding love and hope and friendship in very surprising places.

Junie B. Jones experiences glee while showing off her new furry mittens in kindergarten, but disaster strikes when they disappear from the playground.

On a hot summer's day, three children squabble over which ingredients and what quantities should go in their extra special lemonade.

Cool Down and Work Through Anger

Goodbye, School

Alexander and the Terrible, Horrible, No Good, Very Bad Day

A Child's Story about Racial Injustice

Sometimes a Wall...

There is a grocery store. The last grocery store in the world. It stands alone in the middle of a vast wasteland that was once our world. The open sign is still illuminated, brightening the black landscape. It can be seen from miles away, even through the poisonous red ash. Every night at the exact same time, the store comes alive. It becomes exactly as it was before the world ended. Its shelves are replenished with fresh food and water. Ghostly shoppers walk the aisles. The scent of freshly baked breads can be smelled from the rust-caked parking lot. For generations, a small community of survivors, hideously mutated from the toxic atmosphere, have survived by collecting goods from the store. But it is not an easy task. Decades ago, before the world was destroyed, there was a terrible thing that happened in this place. A group of armed men in brown paper masks descended on the shopping center, massacring everyone in sight. This horrible event reoccurs every night, in the exact same manner. And the only way the wastelanders can gather enough food for their survival is to traverse the killing spree, memorize the patterns, and escape the bloodbath before it's too late. From the godfather of bizarro fiction, Carlton Mellick III, comes an absurd horror story unlike anything you've read before.

This title discusses, in simple terms, sexual and physical abuse, explains why adults may become abusive, and encourages children to report such abuse to a trusting adult.

When children learn about something big and bad - even when they hear only bits and pieces - their brains get busy trying to make sense of it. Where did it happen? Why did it happen? And especially, will it happen again? Something Bad Happened guides children ages 6 to 12 and the adults who care about them through tough conversations about national and international tragedies. The non-specific term "bad thing" is used throughout, keeping this a flexible tool, and so children are never inadvertently exposed to events their parents have chosen not to share. Fear, sadness and uncertainty about the "bad thing" all are normalized, and immediately usable coping tools provided. For children and parents to read together, this one-of-a-kind resource by child psychologist and best-selling author Dawn Huebner provides comfort, support and next steps for children learning about troubling world events.

A young girl misses her deceased brother and wants to talk about him, and she does not understand why her parents do not even want to mention his name.

Picky Peggy

Too-Tall Tina

Children Can Learn to Cope with Grief Workbook

Bella's Recipe for Success

Terrible Things

Three children from other countries (Somalia, Spain, and Korea) struggle to adjust to their new home and school in the United States.

*A "powerful and indispensable" look at the devastating consequences of environmental racism (Gerald Markowitz) -- and what we can do to remedy its toxic effects on marginalized communities. Did you know... Middle-class African American households with incomes between \$50,000 and \$60,000 live in neighborhoods that are more polluted than those of very poor white households with incomes below \$10,000. When swallowed, a lead-paint chip no larger than a fingernail can send a toddler into a coma -- one-tenth of that amount will lower his IQ. Nearly two of every five African American homes in Baltimore are plagued by lead-based paint. Almost all of the 37,500 Baltimore children who suffered lead poisoning between 2003 and 2015 were African American. From injuries caused by lead poisoning to the devastating effects of atmospheric pollution, infectious disease, and industrial waste, Americans of color are harmed by environmental hazards in staggeringly disproportionate numbers. This systemic onslaught of toxic exposure and institutional negligence causes irreparable physical harm to millions of people across the country-cutting lives tragically short and needlessly burdening our health care system. But these deadly environments create another insidious and often overlooked consequence: robbing communities of color, and America as a whole, of intellectual power. The 1994 publication of *The Bell Curve* and its controversial thesis catapulted the topic of genetic racial differences in IQ to the forefront of a renewed and heated debate. Now, in *A Terrible Thing to Waste*, award-winning science writer Harriet A. Washington adds her incisive analysis to the fray, arguing that IQ is a biased and flawed metric, but that it is useful for tracking cognitive damage. She takes apart the spurious notion of intelligence as an inherited trait, using copious data that instead point to a different cause of the reported African American-white IQ gap: environmental racism - a confluence of racism and other institutional factors that relegate marginalized communities to living and working near sites of toxic waste, pollution, and insufficient sanitation services. She investigates heavy metals, neurotoxins, deficient prenatal care, bad nutrition, and even pathogens as chief agents influencing intelligence to explain why communities of color are disproportionately affected -- and what can be done to remedy this devastating problem. Featuring extensive scientific research and Washington's sharp, lively reporting, *A Terrible Thing to Waste* is sure to outrage, transform the conversation, and inspire debate.*

After discussing the police shooting of a local Black man with their families, Emma and Josh know how to treat a new student who looks and speaks differently than his classmates.

After Sherman sees something terrible happen, he becomes anxious and then angry, so a counselor helps him talk about these emotions.

Something Bad Happened

Once I Was Very Very Scared

Healing Days

I'm New Here

Chicken Soup, Chicken Soup

A gorgeously written intergenerational story of three kids' search for the elusive Fountain of Youth.

"Provides a fun active way to learn about emotions, linking movement with mood"--

A tale of acceptance from the bestselling author of *The Boy in the Striped Pajamas*. Barnaby Brocket is an ordinary eight-year-old boy in most ways, but he was born different in one important way: he floats. Unlike everyone else, Barnaby does not obey the law of gravity. His parents, who have a fear of being noticed, want desperately for Barnaby to be normal, but he can't help who he is. And when the unthinkable happens, Barnaby finds himself on a journey that takes him all over the world. Drifting from Brazil to New York, from Canada to Ireland, and even to space, the floating boy meets all sorts of different people--and discovers who he really is along the way. This whimsical novel will delight middle-graders, while readers of all ages will find themselves questioning what it means to be "normal."

A woman discovers her marriage is built on an illusion in this harrowing and ultimately inspiring memoir. "Be forewarned: You won't sleep until you finish the last page."—Caroline Leavitt, author of *Cruel Beautiful World* One night. One email. Two realities... Before: Jen Waite has met the partner of her dreams. A handsome, loving man who becomes part of her family, evolving into her husband, her best friend, and the father of her infant daughter. After: A disturbing email sparks suspicion, leading to an investigation of who this man really is and what was really happening in their marriage. In alternating Before and After chapters, Waite obsessively analyzes her relationship, trying to find a single moment from the past five years that isn't part of the long con of lies and manipulation. Instead, she finds more lies, infidelity, and betrayal than she could have imagined. With the pacing and twists of a psychological thriller, *A Beautiful, Terrible Thing* looks at how a fairy tale can become a nightmare and what happens when "it could never happen to me" actually does.

Lulu's Lemonade

F Is for Feelings

When Something Terrible Happens

A Terrible Thing Happened