

# **Mental Health and Disabilities Classroom Resources**

## **Books, Games and Tapes for Children**

### **Fears**

The Lion Who Lost His Roar  
When I Feel Afraid

### **Anger**

Josh's Smiley Faces  
Everything I do You Blame on Me  
The Very Angry Day That Amy Didn't Have  
Every Time I Blow My top I Lose My Head  
The Anger Solution - Card Game  
The Penguin Who Lost Her Cool

### **Emotions**

When You're Silly and You Know It  
When You're Happy and You Know It  
When You're Shy and You Know It  
When You're Mad and You Know It  
The Chimp Who Lost Her Chatter (Shyness)  
Face Your Feelings – A Play and Read Book

### **Friendships and Social Skills**

My Best Friend is Me!  
Talk and Work It Out  
You and Me - Card Game  
Building Character With Kelly Bear – CD of songs, Kelly Bear puppet, and 4 books on  
Health, Feelings, Behavior and Activities

### **Self Control**

The Rabbit Who Lost His Hop  
A Bad Case of Tattle Tongue  
My Mouth is a Volcano

### **Physical Impairments and Awareness**

Taking Weight Problems to School  
Taking Cancer to School  
Taking Diabetes To School  
Taking Asthma To School  
Taking Food Allergies to School  
Taking Seizure Disorders to School (Epilepsy)  
Taking Cystic Fibrosis to School  
Taking Arthritis To School

### **Sexual Abuse Prevention/Awareness**

My Body is Mind, My Feelings are Mine

## **Disability Awareness**

Special People, Special Ways

My Friend With Autism

Taking A.D.D. To School

Sometimes I Drive My Mom Crazy But I Know She's Crazy About Me (ADHD)

Taking Tourette Syndrome To School

Taking Hearing Impairment to School

Taking Visual Impairment to School

Taking Cerebral Palsy to School

Taking Speech Disorders to School

Taking Autism To School

Taking Dyslexia To School

Taking Down Syndrome to School

## **Behaviors and Mental Health**

Tobin Learns to Make Friends

Know and Follow the Rules

Understand and Care

Listen and Learn

Share and Take Turns

Teeth Are Not For Biting

Hands Are Not for Hitting

Taking Depression To School

The Hyena Who Lost Her Laugh (Negative Thinking)

The Bear Who Lost His Sleep (Worry)

## **General**

Here Are My Hands (Body Part Awareness)

Brown Bear Brown Bear, What Do You See? (colors)

Polar Bear, Polar Bear, What Do You Hear?

One Is A Drummer (numbers)

## **Books on Tape (includes the book and tape)**

The Three Billy Goats Gruff

Lyle, Lyle Crocodile

Patrick's Dinosaurs

Ira Sleeps Over

Curious George

The Little Red Hen

## **Families and Diversity**

We Adopted You, Benjamin Koo

All Kinds of Families

Robert Lives With His Grandparents

At Daddy's on Saturdays

Was It the Chocolate Pudding? (divorce not a child's fault)

I Love Saturdays y Domingos (Mexican - American)

All the Colors of the Earth

Black, White, Just Right!

# **Mental Health and Disabilities Resource Library**

## **Materials to Share with Staff and Parents**

### **Videos**

Spanking – What to Do Instead  
Yelling – Threatening and Putting Down  
Golpes Y Gritos (Spanking and Yelling)  
Positive Discipline without shaking, shouting or spanking  
Child Abuse and Neglect (for parents)  
Getting Men Involved  
The Different Shades of Autism  
Mental Health in Head Start – It's Everybody's Business (Spanish version too)  
1-2-3 Magic – Managing Difficult Behavior in Children 2-12

### **Books**

What to Do When Your Child Gets Sick  
Language of Letting Go – Daily Meditations for Codependents  
1-2-3 Magic – Managing Difficult Behavior in Children 2-12  
Home Visiting – Promoting Healthy Parent and Child Development  
Parent's Helpers – For parents of children ages 1-5  
Families: We've Never Been here Before  
Families: And Their Self Esteem

### **Game**

Catch Them Being Good – A Positive Discipline Program

### **Materials**

Time Out Clock