

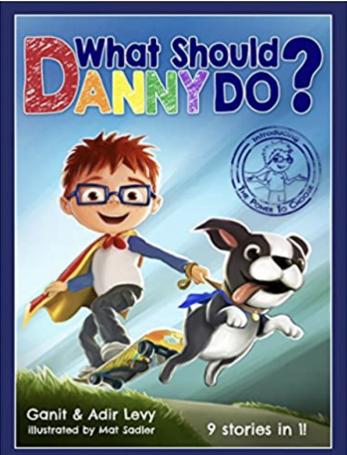
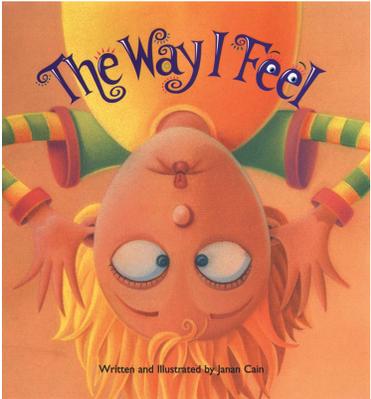
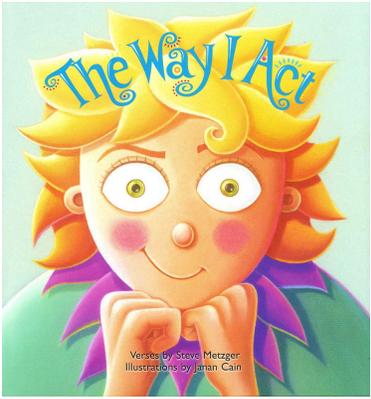
Books That Help Children with Coping and Decision-Making Skills

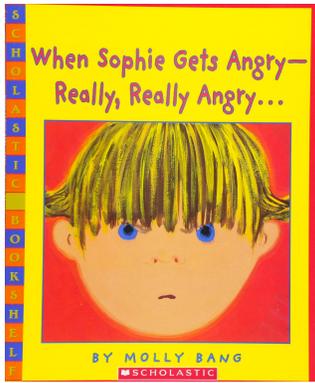
By: Cailey Guerra

This list includes books that can help your child learn how to regulate their emotions and strengthens their decision-making skills. The books are recommended for children ages 3-10 years old.

Children can read on their own or with a caregiver. Once children are finished reading the book, they can work through the provided questions independently or with a caregiver. Children can write down their responses in a journal or share them with a caregiver. These questions can also help a caregiver facilitate a conversation about the book with their children.

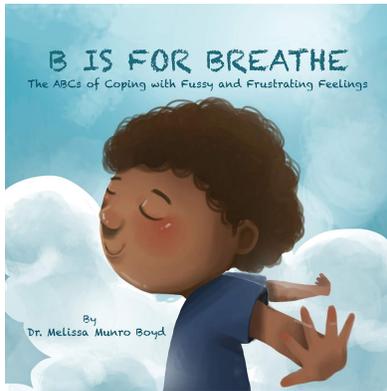
The books are available at the library and also on YouTube if children prefer to listen to a read-aloud!

BOOK	DESCRIPTION	QUESTIONS (answer after reading)
 <p>What Should DANNY DO?</p> <p>Ganit & Adir Levy Illustrated by Mat Sadler 9 stories in 1!</p>	<p>“Danny is a real-life superhero in training learning about his most important superpower of all, the Power to Choose. In this book, YOU decide how Danny’s day will go by making choices that change the story.”</p>	<ol style="list-style-type: none"> 1. Do you think you made the correct choices today? 2. If you did not make the correct choices, how can you make the right choices tomorrow?
 <p>The Way I Feel</p> <p>Written and Illustrated by Janan Cain</p>	<p>This book uses illustrations, text, color, and type font to describe different emotions such as: “happy”, “disappointed”, “angry”, and “jealous” that children commonly experience.</p>	<ol style="list-style-type: none"> 1. How do you feel right now? 2. How do you feel at school? 3. How do you feel when you go to bed?
 <p>The Way I Act</p> <p>Verses by Steve Metzger Illustrations by Janan Cain</p>	<p>This is a book about how emotions shape behaviors.</p>	<ol style="list-style-type: none"> 1. How did your emotions influence how you behaved today? 2. What was your favorite “act” in the book?



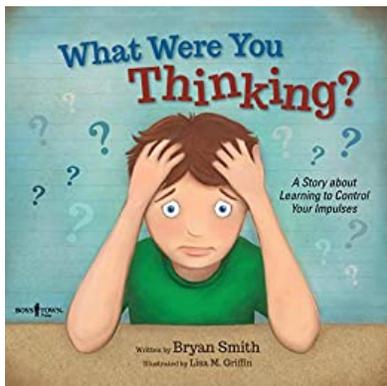
A young girl is upset and does not know how to manage her anger, but takes the time to cool off and regain her composure.

1. What makes you get angry?
2. What do you do when you get really angry?
3. What helps you calm down?



From the letters A to Z, B is for Breathe goes over the many ways that children can express their feelings and develop coping skills at an early age. This book teaches kids how to cope with frustration and emotions and it will inspire them to share their feelings, show positive behavior, and how to calm themselves.

1. What letter was your favorite from the book and why?
2. What are some ways you calm yourself down?
3. Do you already do some of the things mentioned in the book?



This is a story about learning how to control your impulses. It helps children stop and think about the things they are about to do that could possibly get them in trouble.

1. Do you follow the rules at school and at home?
2. Do you think before you do something? If not, how can you change that?