

# Talking to Kids about Self-Talk (Webinar Series- Part 2)

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## Recommended Books & Resources

\*\*Pre-read texts before using in lessons or providing to youth to match developmental stage.\*\*

### For children:

*After the Fall* by Dan Santat

*Jabari Jumps* by Gaia Cornwall

*Jabari Tries* by Gaia Cornwall

*Chrysanthemum* by Kevin Henkes

*Giraffes Can't Dance* by Giles Andreae

*We're All Wonders* by R.J. Palacio

*Breathe Like a Bear* by Kira Willey

*Nobody Hugs a Cactus* by Carter Goodrich

### For pre-teens:

*Wonder* by R.J. Palacio

*Auggie & Me* by R.J. Palacio

*Fish in a Tree* by Lynda Mullaly Hunt

*The Feelings Book: The Care and Keeping of Your Emotions* by: Dr. Linda Madison and Josee Masse

*It's Trevor Noah: Born a Crime: Stories from a South African Childhood* (Adapted for Young Readers) by Trevor Noah

*Act* (graphic novel) by Kayla Miller

*Roller Girl* (graphic novel) by Victoria Jamieson

*Becoming Muhammad Ali* by James Patterson & Kwame Alexander

### For teens:

*The Playbook: 52 Rules to Aim, Shoot, and Score in This Game Called Life* by Kwame Alexander

*Quiet Power: The Secret Strengths of Introverts* by Susan Cain, Gregory Mone, Erica Moroz, & Grant Snider

*Conquer Anxiety Workbook for Teens: Find Peace from Worry, Panic, Fear, and Phobias* by Tabatha Chansard

*Fighting Invisible Tigers: Stress Management for Teens* by Earl Hipp

*10 Things I Can See from Here* by Carrie Mac

*What I Carry* by Jennifer Longo

*Trevor Noah: Born a Crime* by Trevor Noah

*Take in the Good* by Gina Biegel