

Sample Books on Tough Subjects



Books for calming down, self regulation, feelings

"Calm Down Time" by Elizabeth Verdick
"When I Miss You" by Cornelia Maude Spelman
"Words Are Not for Hurting" by Elizabeth Verdick
"The Feelings Book" by Todd Parr

Books about divorce, separation

"I Miss You Everyday" by Simms Tabaco
"The Family Book" by Todd Parr
"When I Miss You" by Cornelia Maude Spelman
"Was It the Chocolate Pudding? A Story For Little Kids About Divorce" by Sandra Levin's
"Two Homes" by Claire Measure
"Always, Always" by Crescent Gragonwagon, MacMillan
"Annie Stories: A Special Kind of Storytelling" by Judith S Wallerstein and Doris Brett
"Dinosaurs Divorce: A Guide to Changing Families" by Laurence and Marc Brown
"Why Are We Getting A Divorce?" by Peter Mayle
"Daddy Doesn't Live Here Anymore" by R. Turaw
"Months of Sundays" by R. Blue

Living with Grandparents

"Belle Prater's Boy" by Ruth White
"Robert Lives With His Grandparents" by Martha Whitmore Hickman
"The Family Book" by Todd Parr

Same Sex Families

"And Tango Makes Three" by Justin Richardson and Peter Parnell
"The Family Book" by Todd Parr

Modern Families

"Horton Hatches the Egg" by Dr. Seuss
"The Family Book" by Todd Parr
"Who's in a Family?" by Robert Skutch
"Love Is a Family" by Roma Downey
"Why Don't I Have A Daddy?: A Story of Donor Conception"
"Mommy, Was Your Tummy Big?" by Carolina Nadel (Invetro)

Death

"Water Bugs and Dragonflies: Explaining Death to Young Children" by Doris Stickney

Accepting Different Kinds of Friends

"I Accept You as You Are!" by David Parker
"It's Okay to Be Different" by Todd Parr
"Margaret and Margarita" by Lynn Reis

References:

Devereux, Center for Resilient Children. 2013. Preschool. Online: www.centerforresilientchildre.org/S

WHAT TO PUT IN A CALM DOWN BOX

www.andnextcomesL.com

Items that provide proprioceptive support

- Weighted lap cushion or weighted stuffed animal
- Weighted vest or pressure vest
- Stretchy resistance bands
- Sensory tunnel
- Mini massager
- Body sock
- Small blanket

Items to squeeze & keep hands busy

- Fidgets like Tangle Jr. or puffer ball
- Rubik's Cube
- Play dough or silly putty
- Pipe cleaners
- Stress balls
- Bubble wrap
- Bag of tissue paper to rip
- Scarves or fabric scraps
- Spinning top

Items to support breathing & relaxation

- Bottle of bubbles
- Pinwheels
- Straws and cotton balls or pom poms

Items for olfactory sensory support

- Calming essential oil spray
- Smelling bottles
- Scratch and sniff stickers

Items to get kids moving

- Book of yoga poses or yoga activity cards
- Skipping rope

Items for auditory sensory support

- Noise cancelling headphones
- MP3 player with music
- Audiobooks

Items for oral motor sensory support

- Chew toy or chew necklace
- Chewing gum, hard candies, or lollipops
- Snacks with a variety of textures
- Whistle, harmonica, party blowers, or similar
- Rescue Remedy Spray

Items that give kids a brain break

- Puzzle
- Books to read
- Blank notebook and writing utensils
- Coloring books
- Scratch art doodle pad
- Small chalk board, Magna-Doodle, Etch-a-Sketch, or Boogie Board
- Activity books
- Photo album

Items to visually calm

- Visual calm down cards
- Sensory bottle or calm down jar
- Light up toys
- Flashlight
- Plastic snow globe
- Kaleidoscope
- Hourglass
- Eye mask