

Health Education 1-5:



Recommended Resources for the Renewed Curricula

*A list of professional materials available for borrowing
from the Stewart Resources Centre – August 2013*



The STF Stewart Resources Centre – CHECK US OUT!

In order to serve you better, we have compiled the following list of resources that directly address some of your professional needs. We hope you find this publication helpful, and we would be pleased to hear from you if you would like us to continue producing more specialized resource lists, or if you have suggestions on how we can improve our service to you. We want to serve you better!

We make it easy for you to use the Stewart Resources Centre:

- For rural schools, we mail our resources directly to you and provide a postage-paid mailing label for you to use to mail the resources back to us. (Audio-visual resources are excluded from the Canada Post library mailing rate, so you will need to pay postage to return these items.)
- For schools in Saskatoon, your resources arrive at your school through the weekly inter-school mail delivery. Materials may also be returned to us using this courier system.
- You don't need to know the exact titles for resources you need. Provide a topic and an approximate grade level at which you would like to use the materials, and we will do the rest!
- We are accessible 24 hours a day through the STF website: www.stf.sk.ca
You may search our catalog online or email us your resource requests at: src@stf.sk.ca
- Call us! STF members may call the Stewart Resources Centre toll-free at 1-800-667-7762, ext. 6323, or we can be reached at 373-1660, ext. 6323 for local calls.
- Visit us in person! We are open 8:30 a.m. to 5:00 p.m. from Monday to Friday.



HEALTH EDUCATION GRADE 1



Indicates item is a Ministry of Education's Core Learning Resource.



372.37 A416

All about friends [DVD]

Hawthorne, NY: Sunburst Visual Media, 2007.

Subjects: Friendship – Juvenile films. Social skills in children – Juvenile films.

Summary: Using three scenarios that are relevant to young children, this DVD focuses on ways to choose good friends and ways to be a good friend. The program emphasizes that good friends help their friends to feel positive about themselves. This resource also stresses that good friends will not convince their friends to do something wrong, and they will allow them to have other friends.



372.37 F722

Bird child / Forler, Nan.

Toronto, ON: Tundra Books, 2009.

Subjects: Bullying – Juvenile literature.

Summary: Tiny, bird-like Eliza feels scared and powerless to help the new girl Lainey when her schoolmates taunt her because of her tattered, mismatched clothing and wild yellow hair. She watches shamefully as the sunlight and birds fade from Lainey's once-cheerful drawings. Eliza tells her mother about Lainey and her sad pictures. After this discussion, Eliza "finds her wings" and she is able to defend and befriend Eliza with confidence.

372.37 C993

Bullies never win / Cuyler, Margery.

New York, NY: Simon & Schuster, 2009.

Subjects: Bullies – Juvenile fiction. Worry – Juvenile fiction. Teasing – Juvenile fiction. Self-perception – Juvenile fiction.

Summary: First-grader Jessica worries about everything Brenda the bully might tease her about, until the day she has had enough and discovers a new way to deal with Brenda.

371.58 R622

Bullying : a handbook for educators and parents / Rivers, Ian. Duncan, Neil. Besag, Valerie E. Lanham, MD: Rowman & Littlefield, 2007.

Subjects: Bullying in schools.

Summary: This book explores bullying within public schools. It provides insight into the short- and long-term effects that bullying can have on students, their families, and teachers. Focusing on sexual bullying, homophobic bullying, and bullying of students with disabilities, it offers insights on the social dynamics of the classroom, the hallways, and the playground.

- Annotations have been excerpted from book descriptions provided by the publishers and from bibliographies distributed by the Saskatchewan Ministry of Education.

Caring for Me Series

372.37 O52

Eat, run, and live healthy / Olson, Karen W.

Penticton, BC: Theytus Books, 2005.

Subjects: Diet – Juvenile literature. Food habits – Juvenile literature. Health – Juvenile literature.

Summary: Nurse Ellen visits a classroom of young students to discuss healthy behaviours. During this visit, Nurse Ellen helps the children to understand the importance of eating healthy foods, moving their bodies, drinking water, and getting enough sleep.

372.37 O52

Eyes, ears, nose, and mouth / Olson, Karen W.

Penticton, BC: Theytus Books, 2009.

Subjects: Ear – Care and hygiene – Juvenile literature. Eye – Care and hygiene – Juvenile literature.

Nose – Care and hygiene – Juvenile literature. Mouth – Care and hygiene – Juvenile literature.

Summary: A young First Nations boy visits a doctor because of an obstruction in his nose. The doctor removes the bead, and discusses the proper care of eyes, ears, nose, and mouth.

362.1989 M569

Come sit by me / Merrifield, Margaret.

Toronto, ON: Women's Press, 1990.

Subjects: AIDS (Disease) in children – Juvenile fiction.

Summary: In this picture book, everyone at daycare except Karen stops playing with Nicholas because he has AIDS. When Karen's parents find out that Nicholas is being ostracized, they organize a meeting to address the concerns of the daycare staff, the children, and the students. As a result of this information-sharing session, Nicholas is once again accepted by the other students. A video version of this book is also available for borrowing.



179.9 R815

Cookies : bite-size life lessons / Rosenthal, Amy Krouse.

New York, NY: HarperCollins, 2006.

Subjects: Conduct of life – Juvenile literature. Virtues – Juvenile literature. Manners and customs – Juvenile literature.

Summary: The author explains character traits in a non-didactic way that young children can easily understand - through cookies. For example, "respect" means offering the first cookie to your grandmother, and "greedy" means that one person hoards all the cookies.

791.4334 C911

Crazy hair day [DVD]

Norwalk, CT: Weston Woods, 2009.

Subjects: Hair – Juvenile films. Schools – Juvenile films.

Summary: When young Stanley arrives at school with a wild hairdo, he discovers that he has confused Crazy Hair Day with School Picture Day. After Stanley's classmates laugh at him, he hides in the bathroom. This experience, however, takes a turn for the better when Stanley's best friend and his other classmates support him in a creative way. An entertaining song enlivens the resource, which is based on the book of the same title by Barney Saltzberg.

813.6 P451

The delicious bug / Perlman, Janet.

Toronto, ON: Kids Can Press, 2009.

Subjects: Insects – Juvenile fiction. Sharing – Juvenile fiction.

Summary: This book depicts two hungry chameleons that fight furiously over a juicy bug and nearly get eaten themselves in the process. The chameleons, however, come to recognize the error of their ways and, with the help of a frog, conclude that co-operating and sharing produce better results. The pair also apologizes and makes amends to the forest friends who were forced to endure the disturbance caused by their argument.

791.4334 D725

The dot [DVD] / Reynolds, Peter H.
Norwalk, CT: Weston Woods, 2009.

Subjects: Self-esteem in children – Juvenile films. Children’s art – Juvenile films. Self-confidence – Juvenile films. Drawing – Juvenile films. Animated films.

Summary: Vashti doesn't think she can draw, but her teacher encourages her to “just make a mark and see where it takes you.” Vashti at first ventures one small and unremarkable dot, but is soon creating many dots. She wins praise at the school art show for her work.

813.6 O18

Fancy Nancy / O'Connor, Jane.
New York, NY: HarperCollins, 2006.

Subjects: Family life – Juvenile fiction. Clothing and dress – Juvenile fiction. Individuality – Juvenile fiction. Manners and customs – Juvenile fiction.

Summary: Nancy speaks fancy, dresses fancy, and loves everything fancy. Her family, however, is not fancy so she offers to teach them. After the lesson, the family fancies-up and heads out for dinner. It takes a mishap to discover that there is no fancy way to say “I love you!” Themes around family, self-esteem, imagination, and individuality can be explored with this story.

Get Along Monsters Series



303.69 F565

5 ways to work things out (without fighting) [DVD]

Bristol, CT: Mazzarella Media, 2009.

Subjects: Conflict management – Juvenile films. Social interaction in children – Juvenile films.

Summary: This program gives children five strategies to help them resolve the problems they face in a safe and appropriate way. Children are taught that hitting is not a way to solve a problem and that fights can be avoided when they use their words to talk about the problem.



152.47 E34

8 ways to handle anger (without hitting) [DVD]

Bristol, CT: Mazzarella Media, 2009.

Subjects: Anger in children – Juvenile films. Conflict management – Juvenile films.

Summary: Children learn that recognizing angry feelings is the first step towards handling anger and that they can be in charge when they are able to “catch” their angry feelings. The program advocates simple strategies such as taking time to cool off, walking away from an angry situation, and participating in physical activity. Viewers are also shown that talking about angry feelings to a friend or trustworthy grownup can help to make them feel better.



152.47 W361

We all get mad (sometimes) [DVD]

Bristol, CT: Mazzarella Media, 2009.

Subjects: Anger in children – Juvenile films. Social interaction in children – Juvenile films. Social skills in children – Juvenile films.

Summary: Children learn what anger feels like and what happens to their bodies when they get angry. They come to understand that anger can make them do things that may be hurtful to themselves and others. “Stop and think” is a simple strategy introduced to children. Viewers learn how “stop and think” can help them control their angry feelings.

791.4334 G786

The great fuzz frenzy [DVD]

New York, NY: Spoken Arts, 2006.

Subjects: Prairie dogs – Juvenile films. Children’s films. Animated films.

Summary: Based on the picture book by Janet Stevens, the video begins when a fuzzy green tennis ball tumbles into a prairie dog hole. The arrival of the ball causes a great frenzy as the prairie dogs begin to decorate themselves with green fuzz and argue over who should have more fuzz. After a prairie dog named Big Bart steals all the fuzz, he is captured by an eagle. This crisis causes the prairie dogs to reunite and come to Big Bart’s rescue, thus demonstrating the true meaning of community.

791.4334 H772

Honey...honey...lion! : a story from Africa [DVD]

New York, NY: Spoken Arts, 2006.

Subjects: Sharing – Juvenile films. Children’s films. Africa – Juvenile films.

Summary: Based on the picture book by Jan Brett, this resource tells of a honeyguide who always leads a badger to honey. The badger works to claw the honeycomb out, and the partners share the sweetness. One day, however, the badger decides not to share with the honeyguide, and the bird retaliates by leading the badger to a lion. After nearly losing his life, the badger learns a valuable lesson.

791.4334 H847

How do dinosaurs go to school? [DVD]

Norwalk, CT: Weston Woods, 2009.

Subjects: Schools – Juvenile films. Conduct of life – Juvenile films. Dinosaurs – Juvenile films.

Etiquette for children and teenagers – Juvenile films.

Summary: Based on the rhyming picture book of the same title by Jane Yolen and Mark Teague, this resource features dinosaurs that arrive at school and do not know the rules. The video provides an opportunity for students to discuss appropriate school behaviour.



372.37 F297

I can play it safe / Feigh, Alison.

Minneapolis, MN: Free Spirit Publishing, 2008.

Subjects: Safety education – Juvenile literature. Children and strangers – Juvenile literature. Self-defense for children – Juvenile literature.

Summary: This picture book sensitively focuses on personal safety. It addresses checking in with trusted adults frequently, listening to instincts, keeping secrets, understanding confusing or harmful touches, and making decisions in potentially dangerous situations.

I Wish . . . Series

813.6 H475

I wish I had freckles like Abby / Heling, Kathryn. Hembrook, Deborah.

McHenry, IL: Raven Tree Press, 2009.

Subjects: Freckles – Juvenile fiction. Self-esteem – Juvenile fiction. Friendship – Juvenile fiction. Individuality – Juvenile fiction.

Summary: Rosa goes to elaborate and comical lengths to have freckles like Abby. She realizes she might have something that is just as desirable as the longed-for freckles. Rosa gains appreciation of her own uniqueness.

813.6 H475

I wish I had glasses like Rosa / Heling, Kathryn. Hembrook, Deborah.

McHenry, IL: Raven Tree Press, 2009.

Subjects: Eyeglasses – Juvenile fiction. Self-esteem – Juvenile fiction. Friendship – Juvenile fiction. Individuality – Juvenile fiction.

Summary: Abby goes to elaborate and comical lengths to get glasses like Rosa. She realizes she might have something that is just as desirable as the longed-for glasses. Abby gains appreciation of her own uniqueness.

813.6 H475

I wish I was strong like Manuel / Heling, Kathryn. Hembrook, Deborah.

McHenry, IL: Raven Tree Press, 2009.

Subjects: Strength – Juvenile fiction. Self-esteem – Juvenile fiction. Friendship – Juvenile fiction. Individuality – Juvenile fiction.

Summary: Willie goes to elaborate and comical lengths to be strong like Manuel. He realizes that he has something that is just as desirable. Willie gains appreciation for his own uniqueness.

813.6 H475

I wish I was tall like Willie // Heling, Kathryn. Hembrook, Deborah.

McHenry, IL: Raven Tree Press, 2009.

Subjects: Self-confidence – Juvenile fiction. Self-esteem – Juvenile fiction. Friendship – Juvenile fiction. Individuality – Juvenile fiction.

Summary: Manuel goes to elaborate and comical lengths to be tall like Willie. He realizes that he has something that is just as desirable. Manuel gains appreciation of his own uniqueness.



372.37 I73

Is it okay? : staying safe [DVD]

Hawthorne, NY: Sunburst Visual Media, 2006.

Subjects: Safety education – Juvenile films. Accidents – Prevention – Juvenile films.

Summary: Safety Sam the Fireman and his dog Rescue, teach kids the “Ten Super Safety Rules” that cover street safety, personal safety and safety from strangers. Songs and true-to-life situations help kids relate to these special safety scenarios and reinforce key safety tips. From taking a friend’s medicine or chasing a ball into the street, to opening the door to a stranger or approaching an unknown animal, this program helps kids recognize what they can do to stay safe.



372.37 I89

It's your body : you're in charge [DVD]

Hawthorne, NY: Sunburst Visual Media, 2006.

Subjects: Child sexual abuse – Juvenile films. Child abuse – Juvenile films.

Summary: Through scenarios, this video clearly and sensitively explains the difference between good touches and bad touches. Examples of good touches include high fives, a hug from a sister, and holding hands with your father. Examples of bad touches include pulling hair, kicking, and touching private body parts when it is not for cleanliness (e.g., changing a baby’s diaper) or health (e.g., a doctor’s examination).

813.6 C659

Jack's talent / Cocca-Leffler, Maryann.

New York, NY: Farrar, Straus and Giroux, 2007.

Subjects: Schools – Juvenile fiction. First day of school – Juvenile fiction.

Summary: On the first day of school when the teacher asks the students to talk about their special talents, Jack worries that he may not have any special abilities. As Jack voices his concern, however, he recites all the children's names and talents, and the teacher assures him that he is good at something - remembering!



372.37 U67

Lily and the paper man / Upjohn, Rebecca.

Toronto, ON: Second Story Press, 2007.

Subjects: Homeless persons – Juvenile fiction. Compassion – Juvenile fiction.

Summary: At first, a young girl named Lily is afraid of a gruff homeless man who sells papers on the street. Later, as Lily snuggles down in her warm bed on a cold wintry night, she worries about the homeless man whose toes stick through his shoes. Lily discusses her concern with her doll and comes up with an action plan. This is a heart-warming story that carries valuable messages about caring for others and how a young child can make a positive difference in someone's life.



813.6 S559

Look both ways : a cautionary tale / Shore, Diane Z. Alexander, Jessica.

Lexington, KY: Bloomsbury, 2013.

Subjects: Traffic safety – Juvenile literature.

Summary: In this picture book, a little squirrel learns the importance of traffic safety when he has to cross the street to visit his grandmother.

Looking After Me Series



372.37 G613

Eating well / Gogerly, Liz.

St. Catharines, ON: Crabtree, 2009.

Subjects: Nutrition – Juvenile fiction.

Summary: James loves going to Ethan's house because they are allowed to eat junk food. Things go badly when James eats so much rubbish that he is ill. His father explains the benefits of healthy eating, and soon James converts Ethan too.



372.37 G613

Exercise / Gogerly, Liz.

St. Catharines, ON: Crabtree, 2009.

Subjects: Exercise – Juvenile fiction. Health – Juvenile fiction.

Summary: Like many children their age, Tom and Emily don't get as much exercise as they should. This changes the day their grandmother comes to visit. Soon, the Tom and Emily learn all about the benefits of exercise and start to feel much healthier.



372.37 G613

Keeping clean / Gogerly, Liz.

St. Catharines, ON: Crabtree, 2009.

Subjects: Hygiene – Juvenile fiction.

Summary: Karim and Kurt are two little boys who hate bathing and keeping clean. This changes when they visit the zoo and see how animals groom themselves. After their visit, they decide to pay more attention to their personal hygiene - but they still enjoy getting grubby.



372.37 G613

Safety / Gogerly, Liz.

St. Catharines, ON: Crabtree, 2009.

Subjects: Safety education – Juvenile fiction.

Summary: Molly is an adventurous little girl who never listens to her parents, disobeying all of their rules. One day, Molly gets lost and a strange man offers her a sweet. Molly soon realizes that her parents were right and tries to do things safely from then on.



372.37 G613

Teeth / Gogerly, Liz.

St. Catharines, ON: Crabtree, 2009.

Subjects: Teeth – Care and hygiene – Juvenile fiction.

Summary: Marta has a wobbly tooth. Her mother explains that all children have teeth that fall out, and new ones grow in their place. Marta learns all about how to clean her teeth and look after them so that they last her whole adult life.

302.34 A375

Lucy and the bully / Alexander, Claire.

Morton Grove, IL: Albert Whitman, 2008.

Subjects: Bullying – Juvenile literature.

Summary: When a mean classmate wrecks Lucy's artwork, she discovers that they can be friends once he stops being jealous of her. This story will provide a stimulus for children to discuss strategies for dealing with bullies.



813.6 C164

May I pet your dog? : The how-to guide for kids meeting dogs (and dogs meeting kids) /

Calmenson, Stephanie.

New York, NY: Clarion Books, 2007.

Subjects: Safety – Juvenile fiction. Pets – Juvenile fiction. Picture books for children. Friendship – Juvenile fiction. Dogs – Juvenile fiction.

Summary: This how-to guide explains the best and safest way to deal with an unfamiliar dog. Harry the dachshund gives advice about how to approach a dog and its owner, how to pet a dog safely, how to recognize when a dog doesn't want to be disturbed and what to do when a dog growls.

My Body Series



372.37 M995

My brain : an exciting way to learn about your body! / Hewitt, Sally.

Collingwood, ON: Saunders, 2011.

Subjects: Brain – Juvenile literature.

Summary: An introduction to the brain and its many functions within the human body, including how it helps us breathe, move, sense, learn, and remember.



372.37 M995

My heart and lungs : an exciting way to learn about your body! / Hewitt, Sally.

Collingwood, ON: Saunders, 2011.

Subjects: Cardiopulmonary system – Juvenile literature.

Summary: An introduction to the heart and lungs and their functions within the human body.



372.37 M995

Why do I brush my teeth? : an exciting way to learn about your body! / Royston, Angela.

Collingwood, ON: Saunders, 2011.

Subjects: Teeth – Care and hygiene – Juvenile literature. Dental care – Juvenile literature.
Summary: This book explains dental care in a simple, straightforward manner.



372.37 M995

Why do I run? : an exciting way to learn about your body! / Royston, Angela.
Collingwood, ON: Saunders, 2011.

Subjects: Running – Juvenile literature. Physical fitness – Juvenile literature. Exercise – Juvenile literature.

Summary: This book explains the importance of exercise in a simple, straightforward manner. Labeled diagrams illustrate body parts and processes, and activities give kids a chance to explore, to test themselves, and watch how their bodies react.



372.37 M995

Why do I sleep? : an exciting way to learn about your body! / Royston, Angela.
Collingwood, ON: Saunders, 2011.

Subjects: Sleep – Juvenile literature.

Summary: This book explains the importance of sleep in a simple, straightforward manner.

813.6 R634

The new girl ... and me / Robbins, Jacqui.
New York, NY: Atheneum, 2006.

Subjects: Schools – Fiction. Friendship – Fiction. Kindergarten – Fiction. Pets – Fiction. African Americans – Fiction.

Summary: Two African American girls named Shakeeta and Mia become friends when Shakeeta boasts that she has a pet iguana and Mia learns how to help Shakeeta feel at home even when she is in school.



371.58 N739

No room for bullies : from the classroom to cyberspace / Bolton, José. Graeve, Stan. (Eds.).
Boys Town, NE: Boys Town Press, 2005.

Subjects: Bullying – Prevention. Bullying in schools.

Summary: This book offers ways to measure the social climate of a school; a 12-point checklist on preventing problems in hallways, classrooms, and common areas; advice for establishing and reinforcing classroom rules; a safe Internet-surfing contract for students; and more.

PebblePlus Series

372.37 S385

Snacks for healthy teeth / Schuh, Mari C.
Mankato, MN: Capstone Press, 2008.

Subjects: Nutrition and dental health – Juvenile literature.

Summary: Simple text, photographs, and diagrams present information about healthy snacks for teeth and includes how to take care of teeth properly.



362.76 F171

Prevention in motion : an educational workshop on the prevention of abuse, bullying and harassment for adults who work with children and youth (5th ed.) / Fairholm, Judi. Ferguson, Pam.

Ottawa, ON: Canadian Red Cross, 2005.

Subjects: Bullying – Prevention. Harassment – Prevention. Child abuse – Prevention. Child sexual abuse – Prevention.

Summary: Tailored for adults, this resource clearly defines various types of abuse, neglect, and harassment. It outlines indications of problems and their effects on children and youth. Readers will learn of the barriers and benefits to preventing violence and methods for proactively building safer relationships within schools and communities.

813.6 U22

Rosie and Buttercup / Uegaki, Chieri.

Toronto, ON: Kids Can Press, 2008.

Subjects: Sisters – Juvenile fiction. Sibling rivalry – Juvenile fiction.

Summary: Life is perfect for young Rosie, until one day she decides that she does not really want Buttercup, her baby sister. Rosie's solution to this dilemma is to give Buttercup to her neighbour free of charge! For a while, Rosie is happy – no more crying, no more shushing, and no more sharing everything! Predictably, however, Rosie regrets her decision and asks for her sister back in trade for something she loves – a bag of sun-dried dandelion puffs.

813.6 W345

Scaredy Squirrel makes a friend / Watt, Mélanie.

Toronto, ON: Kids Can Press, 2007.

Subjects: Squirrels – Juvenile fiction. Friendship – Juvenile fiction.

Summary: Timid Scaredy Squirrel is afraid to have a friend because it is too risky – the friend might bite him. Eventually, the infamous squirrel decides that a goldfish would make a perfect friend (no teeth); however, a muddy, rowdy dog interferes when Scaredy attempts to meet the goldfish. Scaredy is terrified at first, but eventually he and the dog become soulmates.



155.4124 S531

Share your feelings : use your words [DVD]

Hawthorne, NY: Sunburst Visual Media, 2008.

Subjects: Emotions in children – Juvenile films.

Summary: A puppet host guides viewers through three scenarios that demonstrate why it is better to express your feelings through words rather than letting them build up inside of you. A catchy song enhances the DVD.

791.4334 S789

Stanley's wild ride [DVD]

Hawthorne, NY: Sunburst Visual Media, 2008.

Subjects: Dogs – Juvenile films. Safety education – Juvenile films.

Summary: Stanley escapes from his back yard and shows his canine friends how to escape from their yards. The dogs enjoy a night of freedom which concludes with rides on anything that has wheels. The dogs finally end their adventures in Stanley's back yard where the police await them. This video is based on the book of the same title by Linda Bailey. A video version of *Stanley's Party* is also included on this DVD.

813.6 T523

Those shoes [DVD]

Saskatoon, SK: Bamboo Shoots, 2009.

Subjects: Animated films. Poetry – Juvenile films. Shoes – Juvenile films.

Summary: Jeremy covets a pair of black high-top sneakers because all his classmates have them. His grandmother cannot afford the shoes, but she and Jeremy do find a too-small pair at the thrift shop. Jeremy spends his own money and purchases the shoes. When Jeremy's shoes do not stretch to fit his feet, he gives them to Antonio, who wears shoes held together with tape. Jeremy learns that generosity is more important than possessing material goods.

791.4334 V975

Voyage to the Bunny Planet [DVD]

Norwalk, CT: Weston Woods, 2010.

Subjects: Rabbits – Juvenile films.

Summary: This DVD features a trilogy of stories written and illustrated by Rosemary Wells: First Tomato, Moss Pillows, and The Island Light. The protagonists, three bunnies that are having bad days, use their imaginations to escape to a temporary sanctuary, the Bunny Planet, where life is blissful. In the first story, Claire finds relief from a dreadful day at school as she enjoys a bowl of first-tomato soup. In the second story, Robert is whisked away from his argumentative aunt and uncle and rambunctious cousin to a peaceful day in the forest. In the third story, Felix escapes a sick day to spend some enjoyable time with his father.

HEALTH EDUCATION GRADE 2



Indicates item is a Ministry of Education's Core Learning Resource.



372.37 F722

Bird child / Forler, Nan.

Toronto, ON: Tundra Books, 2009.

Subjects: Bullying – Juvenile literature.

Summary: Tiny, bird-like Eliza feels scared and powerless to help the new girl Lainey when her schoolmates taunt her because of her tattered, mismatched clothing and wild yellow hair. She watches shamefully as the sunlight and birds fade from Lainey's once-cheerful drawings. Eliza tells her mother about Lainey and her sad pictures. After this discussion, Eliza "finds her wings" and she is able to defend and befriend Eliza with confidence.

371.58 R622

Bullying : a handbook for educators and parents / Rivers, Ian. Duncan, Neil. Besag, Valerie E. Lanham, MD: Rowman & Littlefield, 2007.

Subjects: Bullying in schools.

Summary: This book explores bullying within public schools. It provides insight into the short- and long-term effects that bullying can have on students, their families, and teachers. Focusing on sexual bullying, homophobic bullying, and bullying of students with disabilities, it offers insights on the social dynamics of the classroom, the hallways, and the playground.

Caring for Me Series

372.37 O52

Eat, run, and live healthy / Olson, Karen W.

Penticton, BC: Theytus Books, 2005.

Subjects: Diet – Juvenile literature. Food habits – Juvenile literature. Health – Juvenile literature.

Summary: Nurse Ellen visits a classroom of young students to discuss healthy behaviours. During this visit, Nurse Ellen helps the children to understand the importance of eating healthy foods, moving their bodies, drinking water, and getting enough sleep.

372.37 O52

Eyes, ears, nose, and mouth / Olson, Karen W.

Penticton, BC: Theytus Books, 2009.

Subjects: Ear – Care and hygiene – Juvenile literature. Eye – Care and hygiene – Juvenile literature.

Nose – Care and hygiene – Juvenile literature. Mouth – Care and hygiene – Juvenile literature.

Summary: A young First Nations boy visits a doctor because of an obstruction in his nose. The doctor removes the bead, and discusses the proper care of eyes, ears, nose, and mouth.

362.1989 M569

Come sit by me / Merrifield, Margaret.

Toronto, ON: Women's Press, 1990.

Subjects: AIDS (Disease) in children – Juvenile fiction.

Summary: In this picture book, everyone at daycare except Karen stops playing with Nicholas because he has AIDS. When Karen's parents find out that Nicholas is being ostracized, they organize a meeting to address the concerns of the daycare staff, the children, and the students. As a result of

this information-sharing session, Nicholas is once again accepted by the other students. A video version of this book is also available for borrowing.



179.9 R815

Cookies : bite-size life lessons / Rosenthal, Amy Krouse.

New York, NY: HarperCollins, 2006.

Subjects: Conduct of life – Juvenile literature. Virtues – Juvenile literature. Manners and customs – Juvenile literature.

Summary: The author explains character traits in a non-didactic way that young children can easily understand - through cookies. For example, “respect” means offering the first cookie to your grandmother, and “greedy” means that one person hoards all the cookies.

The Felt Feelings Series

152.47 S817

The angry lizard / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Anger in children – Juvenile literature. Anger – Juvenile literature. Emotions in children.

Summary: Matthew is forced to contend with his pet lizard, who breaks all of the rules when he feels angry. Matthew is perplexed. He receives help from an unlikely character who enters the scene unexpectedly and helps teach Matthew and his lizard about the appropriate expression of anger.

372.37 S817

The butterfly blanket / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Grief in children – Juvenile literature. Grief – Juvenile literature. Death – Juvenile literature.

Summary: This book was created to assist children who have lost a loved one through illness.

Michelle, the protagonist, feels alone and afraid following the death of her mother, but is comforted when she sees butterflies floating together in the shape of her mother.

152.4 S817

Elephant in my room / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Depression, Mental – Juvenile literature. Anxiety – Juvenile literature. Emotions – Juvenile literature.

Summary: An elephant arrives mysteriously in Joshua’s bedroom and grows larger each time Joshua internalizes his feelings. As Joshua tries to hide the elephant from his family, he learns that the only way to get rid of the pesky creature is to shrink it by expressing his feelings as they occur.

305.9083 S817

Glo’s amazing journey / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Resilience (Personality trait) – Juvenile literature. Sick children – Juvenile literature.

Children with disabilities – Juvenile literature.

Summary: This is a story about a young lightning bug who, unlike other lightning bugs, cannot light up. Throughout the story, Glo faces many challenges. She is forced to cope with spending time at the hospital and is fearful when she is required to have an operation. Glo faces her most significant challenge when she attempts to complete a long journey to the sea with her family and friends.

Despite the fact that Glo cannot light up like the others, she perseveres through the long journey, overcoming many obstacles.

372.37 S817

Shelly's shell / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Sexually abused children – Juvenile literature. Sexually abused children – Rehabilitation – Juvenile literature.

Summary: This book was designed to help children who have been sexually abused. Shelly, the main character, is ashamed to tell her mother that she has been sexually abused. Shelly withdraws from her favourite activities, and her shell begins to grow thicker and thicker. Finally, a wise swan helps Shelly to nurture and protect herself and to reclaim her life.

372.37 S817

Stretch / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Families – Juvenile literature. Interpersonal conflict – Juvenile literature. Conflict management – Juvenile literature.

Summary: This book was created to assist those who are coping with family conflict. With the help of some magic, a fictional character named Stretch learns to relay his emotions regarding his parents' conflict. Stretch's parents also learn a lesson in conflict resolution.

372.37 S817

The telling bee / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Child abuse – Juvenile literature. Bullying – Juvenile literature.

Summary: This book was developed to encourage children to disclose abuse and bullying. In this story, a little bee named Carrot is hurt by a bigger bee. Carrot decides to reveal what happened, but no one listens. Finally, a turtle takes time to help Carrot be safe.

Get Along Monsters Series



303.69 F565

5 ways to work things out (without fighting) [DVD]

Bristol, CT: Mazzarella Media, 2009.

Subjects: Conflict management – Juvenile films. Social interaction in children – Juvenile films.

Summary: This program gives children five strategies to help them resolve the problems they face in a safe and appropriate way. Children are taught that hitting is not a way to solve a problem and that fights can be avoided when they use their words to talk about the problem.



152.47 E34

8 ways to handle anger (without hitting) [DVD]

Bristol, CT: Mazzarella Media, 2009.

Subjects: Anger in children – Juvenile films. Conflict management – Juvenile films.

Summary: Children learn that recognizing angry feelings is the first step towards handling anger and that they can be in charge when they are able to “catch” their angry feelings. The program advocates simple strategies such as taking time to cool off, walking away from an angry situation, and participating in physical activity. Viewers are also shown that talking about angry feelings to a friend or trustworthy grownup can help to make them feel better.



152.47 W361

We all get mad (sometimes) [DVD]

Bristol, CT: Mazzarella Media, 2009.

Subjects: Anger in children – Juvenile films. Social interaction in children – Juvenile films. Social skills in children – Juvenile films.

Summary: Children learn what anger feels like and what happens to their bodies when they get angry. They come to understand that anger can make them do things that may be hurtful to themselves and others. “Stop and think” is a simple strategy introduced to children. Viewers learn how “stop and think” can help them control their angry feelings.



398.208997 D698

The giving tree : a retelling of a traditional Métis story about giving and receiving = Laarbr kawmaekit : aen kiitwam achimook aen histwayr chi maykik pi aen ootistikook / Dorion, Leah.
Saskatoon, SK: Gabriel Dumont Institute, 2009.

Subjects: Métis – Folklore.

Summary: This retelling highlights Métis core values and beliefs including strength, kindness, courage, tolerance, honesty, respect, love, sharing, caring, balance, patience, and most of all - a meaningful connection with the Creator and Mother Earth.

791.4334 G786

The great fuzz frenzy [DVD]

New York, NY: Spoken Arts, 2006.

Subjects: Prairie dogs – Juvenile films. Children’s films. Animated films.

Summary: Based on the picture book by Janet Stevens, the video begins when a fuzzy green tennis ball tumbles into a prairie dog hole. The arrival of the ball causes a great frenzy as the prairie dogs begin to decorate themselves with green fuzz and argue over who should have more fuzz. After a prairie dog named Big Bart steals all the fuzz, he is captured by an eagle. This crisis causes the prairie dogs to reunite and come to Big Bart’s rescue, thus demonstrating the true meaning of community.

791.4334 H772

Honey...honey...lion! : a story from Africa [DVD]

New York, NY: Spoken Arts, 2006.

Subjects: Sharing – Juvenile films. Children’s films. Africa – Juvenile films.

Summary: Based on the picture book by Jan Brett, this resource tells of a honeyguide who always leads a badger to honey. The badger works to claw the honeycomb out, and the partners share the sweetness. One day, however, the badger decides not to share with the honeyguide, and the bird retaliates by leading the badger to a lion. After nearly losing his life, the badger learns a valuable lesson.



372.37 I73

Is it okay? : staying safe [DVD]

Hawthorne, NY: Sunburst Visual Media, 2006.

Subjects: Safety education – Juvenile films. Accidents – Prevention – Juvenile films.

Summary: Safety Sam the Fireman and his dog Rescue, teach kids the “Ten Super Safety Rules” that cover street safety, personal safety and safety from strangers. Songs and true-to-life situations help kids relate to these special safety scenarios and reinforce key safety tips. From taking a friend’s medicine or chasing a ball into the street, to opening the door to a stranger or approaching an unknown animal, this program helps kids recognize what they can do to stay safe.

303.69 K29

Kelso in action [DVD]

Hawthorne, NY: Sunburst Visual Media, 2007.

Subjects: Conflict management – Juvenile films. Interpersonal conflict – Juvenile films. Interpersonal communication – Juvenile films.

Summary: Short, true-to-life vignettes help students see how kids just like them use Kelso's Choices to solve everyday problems. The DVD is presented in two separate sections: one for grades K-2 hosted by Kelso himself, and one for Grades 3-5 hosted by a young teen.



372.37 U67

Lily and the paper man / Upjohn, Rebecca.

Toronto, ON: Second Story Press, 2007.

Subjects: Homeless persons – Juvenile fiction. Compassion – Juvenile fiction.

Summary: At first, a young girl named Lily is afraid of a gruff homeless man who sells papers on the street. Later, as Lily snuggles down in her warm bed on a cold wintry night, she worries about the homeless man whose toes stick through his shoes. Lily discusses her concern with her doll and comes up with an action plan. This is a heart-warming story that carries valuable messages about caring for others and how a young child can make a positive difference in someone's life.

Looking After Me Series

372.37 G613

Eating well / Gogerly, Liz.

St. Catharines, ON: Crabtree, 2009.

Subjects: Nutrition – Juvenile fiction.

Summary: James loves going to Ethan's house because they are allowed to eat junk food. Things go badly when James eats so much rubbish that he is ill. His father explains the benefits of healthy eating, and soon James converts Ethan too.

372.37 G613

Exercise / Gogerly, Liz.

St. Catharines, ON: Crabtree, 2009.

Subjects: Exercise – Juvenile fiction. Health – Juvenile fiction.

Summary: Like many children their age, Tom and Emily don't get as much exercise as they should. This changes the day their grandmother comes to visit. Soon, the Tom and Emily learn all about the benefits of exercise and start to feel much healthier.

372.37 G613

Keeping clean / Gogerly, Liz.

St. Catharines, ON: Crabtree, 2009.

Subjects: Hygiene – Juvenile fiction.

Summary: Karim and Kurt are two little boys who hate bathing and keeping clean. This changes when they visit the zoo and see how animals groom themselves. After their visit, they decide to pay more attention to their personal hygiene - but they still enjoy getting grubby.

372.37 G613

Safety / Gogerly, Liz.

St. Catharines, ON: Crabtree, 2009.

Subjects: Safety education – Juvenile fiction.

Summary: Molly is an adventurous little girl who never listens to her parents, disobeying all of their rules. One day, Molly gets lost and a strange man offers her a sweet. Molly soon realizes that her parents were right and tries to do things safely from then on.

372.37 G613

Teeth / Gogerly, Liz.

St. Catharines, ON: Crabtree, 2009.

Subjects: Teeth – Care and hygiene – Juvenile fiction.

Summary: Marta has a wobbly tooth. Her mother explains that all children have teeth that fall out, and new ones grow in their place. Marta learns all about how to clean her teeth and look after them so that they last her whole adult life.

372.83 M235

Mama's saris / Makhijani, Pooja.

New York, NY: Little, Brown, 2007.

Subjects: East Indian Americans – Juvenile fiction. Mothers and daughters – Juvenile fiction.

Summary: A young East Indian girl begs her mother to allow her to wear a sari on her seventh birthday. *Mama's Saris* will help students to understand that individuals have preferences for traditions, play, and dress. The book includes a glossary of Hindi words.



813.6 C164

May I pet your dog? : The how-to guide for kids meeting dogs (and dogs meeting kids) /

Calmenson, Stephanie.

New York, NY: Clarion Books, 2007.

Subjects: Safety – Juvenile fiction. Pets – Juvenile fiction. Picture books for children. Friendship – Juvenile fiction. Dogs – Juvenile fiction.

Summary: This how-to guide explains the best and safest way to deal with an unfamiliar dog. Harry the dachshund gives advice about how to approach a dog and its owner, how to pet a dog safely, how to recognize when a dog doesn't want to be disturbed and what to do when a dog growls.

My Body Series



372.37 M995

My brain : an exciting way to learn about your body! / Hewitt, Sally.

Collingwood, ON: Saunders, 2011.

Subjects: Brain – Juvenile literature.

Summary: An introduction to the brain and its many functions within the human body, including how it helps us breathe, move, sense, learn, and remember.



372.37 M995

My heart and lungs : an exciting way to learn about your body! / Hewitt, Sally.

Collingwood, ON: Saunders, 2011.

Subjects: Cardiopulmonary system – Juvenile literature.

Summary: An introduction to the heart and lungs and their functions within the human body.



372.37 M995

Why do I brush my teeth? : an exciting way to learn about your body! / Royston, Angela.

Collingwood, ON: Saunders, 2011.

Subjects: Teeth – Care and hygiene – Juvenile literature. Dental care – Juvenile literature.

Summary: This book explains dental care in a simple, straightforward manner.



372.37 M995

Why do I run? : an exciting way to learn about your body! / Royston, Angela.

Collingwood, ON: Saunders, 2011.

Subjects: Running – Juvenile literature. Physical fitness – Juvenile literature. Exercise – Juvenile literature.

Summary: This book explains the importance of exercise in a simple, straightforward manner. Labeled diagrams illustrate body parts and processes, and activities give kids a chance to explore, to test themselves, and watch how their bodies react.



372.37 M995

Why do I sleep? : an exciting way to learn about your body! / Royston, Angela.

Collingwood, ON: Saunders, 2011.

Subjects: Sleep – Juvenile literature.

Summary: This book explains the importance of sleep in a simple, straightforward manner.

306.89 B942

My mom's wedding / Bunting, Eve.

Chelsea, MI: Sleeping Bear Press, 2006.

Subjects: Divorce – Juvenile fiction. Remarriage – Juvenile fiction. Weddings – Juvenile fiction.

Summary: Seven-year-old Pinkie has mixed feelings about her divorced mother's wedding especially when she learns that her beloved father will be an attending guest.



362.19 L438

Nathan's wish : a story about cerebral palsy / Lears, Laurie.

Morton Grove, IL: Albert Whitman, 2005.

Subjects: Cerebral palsy – Juvenile fiction. People with disabilities – Juvenile fiction. Wildlife rescue – Juvenile fiction.

Summary: A boy with cerebral palsy helps out at a raptor rehabilitation center and is inspired himself when an owl that cannot fly finds another purpose in life.



371.58 N739

No room for bullies : from the classroom to cyberspace / Bolton, José. Graeve, Stan. (Eds.).

Boys Town, NE: Boys Town Press, 2005.

Subjects: Bullying – Prevention. Bullying in schools.

Summary: This book offers ways to measure the social climate of a school; a 12-point checklist on preventing problems in hallways, classrooms, and common areas; advice for establishing and reinforcing classroom rules; a safe Internet-surfing contract for students; and more.



813.6 M661

Pebble : a story about belonging / Milord, Susan.

New York, NY: HarperCollins, 2007.

Subjects: Beaches – Juvenile fiction. Pebbles – Juvenile fiction. Self-realization – Juvenile fiction.

Summary: This picture book tells the story of a little pebble that wants more from life than just sitting on the beach. One day, in spite of discouragement from its fellow rocks, the pebble finds purpose in the palm of a young boy who claims it as his own and comes to understand that “different” does not mean “better” or “worse”.

PebblePlus Series

372.37 S385

Snacks for healthy teeth / Schuh, Mari C.

Mankato, MN: Capstone Press, 2008.

Subjects: Nutrition and dental health – Juvenile literature.

Summary: Simple text, photographs, and diagrams present information about healthy snacks for teeth and includes how to take care of teeth properly.



362.76 F171

Prevention in motion : an educational workshop on the prevention of abuse, bullying and harassment for adults who work with children and youth (5th ed.) / Fairholm, Judi. Ferguson, Pam.

Ottawa, ON: Canadian Red Cross, 2005.

Subjects: Bullying – Prevention. Harassment – Prevention. Child abuse – Prevention. Child sexual abuse – Prevention.

Summary: Tailored for adults, this resource clearly defines various types of abuse, neglect, and harassment. It outlines indications of problems and their effects on children and youth. Readers will learn of the barriers and benefits to preventing violence and methods for proactively building safer relationships within schools and communities.

813.6 U22

Rosie and Buttercup / Uegaki, Chieri.

Toronto, ON: Kids Can Press, 2008.

Subjects: Sisters – Juvenile fiction. Sibling rivalry – Juvenile fiction.

Summary: Life is perfect for young Rosie, until one day she decides that she does not really want Buttercup, her baby sister. Rosie's solution to this dilemma is to give Buttercup to her neighbour free of charge! For a while, Rosie is happy – no more crying, no more shushing, and no more sharing everything! Predictably, however, Rosie regrets her decision and asks for her sister back in trade for something she loves – a bag of sun-dried dandelion puffs.



813.6 H236

Sandy's incredible shrinking footprint / Handy, Femida. Carpenter, Carole.

Toronto, ON: Second Story Press, 2010.

Subjects: Nature – Effect of human beings on – Juvenile fiction. Recycling (Waste, etc.) – Juvenile fiction. Environmental protection – Juvenile fiction.

Summary: Sandy loves to visit her grandpa's house by the beach. Sandy and her dog, Pepper, play in the sand. One day her walk to the beach is ruined as it is littered with garbage. Sandy meets the "Garbage Lady" who keeps the beach clean by recycling materials found on the beach. Along the way, she teaches Sandy about her "footprint". Sandy discovers that by recycling and reusing items, she is shrinking her footprint.



813.6 C189

Shin-chi's canoe / Campbell, Nicola I.

Toronto, ON: Groundwood Books, 2008.

Subjects: Native children – Canada – Juvenile fiction. Indians of North America – Canada – Residential schools – Juvenile fiction.

Summary: When Shin-chi and his sister go off to his first year of Residential School in a cattle truck, she warns him of all the things he must not do. The days are long, he is very lonely and always hungry, but he finds solace down at the river with a gift from his father, a tiny cedar canoe.



813.6 C189

Shi-shi-etko / Campbell, Nicola I.

Toronto, ON: Groundwood Books, 2005.

Subjects: Native children – Canada – Juvenile fiction. Indians of North America – Canada – Residential schools – Juvenile fiction.

Summary: Shi-shi-etko, a Native girl, spends the last four days before she goes to residential school learning valuable lessons from her mother, father, and grandmother, and creating precious memories of home.

791.4334 S789

Stanley's party [DVD]

Hawthorne, NY: Sunburst Visual Media, 2008.

Subjects: Dogs – Juvenile films. Safety education – Juvenile films.

Summary: Stanley is left at home alone. The infamous canine takes advantage of the situation by lying on the forbidden couch, playing the stereo, and raiding the refrigerator. Soon Stanley invites every dog that he knows to a party that becomes a legend among dogs. The house is left in ruins, and Stanley must face the consequences.

791.4334 S789

Stanley's wild ride [DVD]

Hawthorne, NY: Sunburst Visual Media, 2008.

Subjects: Dogs – Juvenile films. Safety education – Juvenile films.

Summary: Stanley escapes from his back yard and shows his canine friends how to escape from their yards. The dogs enjoy a night of freedom which concludes with rides on anything that has wheels. The dogs finally end their adventures in Stanley's back yard where the police await them. This video is based on the book of the same title by Linda Bailey. A video version of *Stanley's Party* is also included on this DVD.

333.72 K94

Taking care of Mother Earth / Kruger, Leanne Flett.

Penticton, BC: Theytus Books, 2009.

Subjects: Environmental protection – Juvenile literature. Grandparent and child – Juvenile literature.

Summary: A Métis grandmother teaches her young grandson about reusing, composting, and sustaining Mother Earth's natural resources.



179.7 T443

Think about others : what it means to be considerate [DVD]

Hawthorne, NY: Sunburst, 2006.

Subjects: Respect for persons – Juvenile films. Thoughtfulness – Juvenile films.

Summary: Through two age-appropriate scenarios, the resource demonstrates to young viewers ways to show consideration and how consideration not only benefits others but improves one's self-esteem. A lively song enhances the program.

813.6 T523

Those shoes [DVD]

Saskatoon, SK: Bamboo Shoots, 2009.

Subjects: Animated films. Poetry – Juvenile films. Shoes – Juvenile films.

Summary: Jeremy covets a pair of black high-top sneakers because all his classmates have them. His grandmother cannot afford the shoes, but she and Jeremy do find a too-small pair at the thrift shop. Jeremy spends his own money and purchases the shoes. When Jeremy's shoes do not stretch to fit his feet, he gives them to Antonio, who wears shoes held together with tape. Jeremy learns that generosity is more important than possessing material goods.

We are Powerful Series

362.196 B663

Daydreaming Dakota : the world's greatest daydreamer / Bobula, Jill. Bobula, Katherine.

Nepean, ON: Wildberry Productions, 2007.

Subjects: Attention-deficit hyperactivity disorder – Juvenile literature. Attention-deficit disorder children – Juvenile literature.

Summary: *Daydreaming Dakota* is the story of a girl who has attention deficit disorder (ADD). Dakota describes her passion for people and countries around the world. Dakota also shares the challenges she faces when she's daydreaming both at home and at school.

362.196 B663

Dinosaur Diego : the world's smartest dude : Asperger's syndrome (autism) / Bobula, Jill. Bobula, Katherine.

Nepean, ON: Wildberry Productions, 2008.

Subjects: Asperger's syndrome – Juvenile literature. Autistic children – Juvenile literature.

Summary: *Dinosaur Diego* is a story about an amazing young boy who knows endless tidbits about dinosaurs. In fact, he is something of a child expert on dinosaurs. Diego has Asperger's syndrome, a form of autism.

362.196 B663

Eager Eddy : the world's most active dude : attention deficit hyperactivity disorder (ADHD) / Bobula, Jill. Bobula, Katherine.

Nepean, ON: Wildberry Productions, 2007.

Subjects: Attention-deficit hyperactivity disorder – Juvenile literature. Attention-deficit disorder children – Juvenile literature.

Summary: *Eager Eddy* is the story of a young boy who is blessed with enormous amounts of energy. This book describes what Eddy's life is like and how he, his friends and family have grown to live and enjoy his seemingly boundless source of energy.

813.6 B663

Forgetful Frankie : the world's greatest rock skipper, fetal alcohol spectrum disorder / Bobula, Jill. Bobula, Katherine.

Ottawa, ON: Wildberry Productions, 2009.

Subjects: Fetal alcohol syndrome – Juvenile fiction. Picture books for children.

Summary: Frankie creates a wonderful world full of fun and forgets about the rules and consequences. He shares the challenges and joys of living with FASD.

813.6 B663

Ticcing Thomas : the world's fastest arm flapper, Tourette Syndrome / Bobula, Jill. Bobula, Katherine.

Ottawa, ON: Wildberry Productions, 2009.

Subjects: Tourette syndrome – Juvenile fiction. Picture books for children.

Summary: *Ticcing Thomas* is the story of a boy with Tourette Syndrome. Thomas explains how Tourette's isn't just about having a tic. He describes the challenges he faces every day and how he's learned to cope.



362.196994 W347

Where's Mom's hair? : a family journey through cancer / Watters, Debbie.

Toronto, ON: Second Story Press, 2005.

Subjects: Cancer – Juvenile literature.

Summary: Photographs follow Mom as she and her family go through each step of fighting cancer. This book will help parents, family, friends, teachers, counsellors and all adults assist children in understanding what is happening during cancer treatments.

HEALTH EDUCATION GRADE 3



Indicates item is a Ministry of Education's Core Learning Resource.

371.58 R622

Bullying : a handbook for educators and parents / Rivers, Ian. Duncan, Neil. Besag, Valerie E. Lanham, MD: Rowman & Littlefield, 2007.

Subjects: Bullying in schools.

Summary: This book explores bullying within public schools. It provides insight into the short- and long-term effects that bullying can have on students, their families, and teachers. Focusing on sexual bullying, homophobic bullying, and bullying of students with disabilities, it offers insights on the social dynamics of the classroom, the hallways, and the playground.

Caring for Me Series

372.37 O52

Eat, run, and live healthy / Olson, Karen W.

Penticton, BC: Theytus Books, 2005.

Subjects: Diet – Juvenile literature. Food habits – Juvenile literature. Health – Juvenile literature.

Summary: Nurse Ellen visits a classroom of young students to discuss healthy behaviours. During this visit, Nurse Ellen helps the children to understand the importance of eating healthy foods, moving their bodies, drinking water, and getting enough sleep.

372.37 O52

Eyes, ears, nose, and mouth / Olson, Karen W.

Penticton, BC: Theytus Books, 2009.

Subjects: Ear – Care and hygiene – Juvenile literature. Eye – Care and hygiene – Juvenile literature.

Nose – Care and hygiene – Juvenile literature. Mouth – Care and hygiene – Juvenile literature.

Summary: A young First Nations boy visits a doctor because of an obstruction in his nose. The doctor removes the bead, and discusses the proper care of eyes, ears, nose, and mouth.

372.37 C454

Caring for our bodies / Chancellor, Deborah.

St. Catharines, ON: Crabtree Publishing, 2010.

Subjects: Hygiene – Juvenile literature. Health – Juvenile literature.

Summary: This book addresses the benefits of eating well and physical activity. It also addresses other healthy practices such as getting enough sleep and caring for eyes, ears, and teeth.

The Felt Feelings Series

152.47 S817

The angry lizard / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Anger in children – Juvenile literature. Anger – Juvenile literature. Emotions in children.

Summary: Matthew is forced to contend with his pet lizard, who breaks all of the rules when he feels angry. Matthew is perplexed. He receives help from an unlikely character who enters the scene unexpectedly and helps teach Matthew and his lizard about the appropriate expression of anger.

372.37 S817

The butterfly blanket / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Grief in children – Juvenile literature. Grief – Juvenile literature. Death – Juvenile literature.

Summary: This book was created to assist children who have lost a loved one through illness.

Michelle, the protagonist, feels alone and afraid following the death of her mother, but is comforted when she sees butterflies floating together in the shape of her mother.

152.4 S817

Elephant in my room / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Depression, Mental – Juvenile literature. Anxiety – Juvenile literature. Emotions – Juvenile literature.

Summary: An elephant arrives mysteriously in Joshua's bedroom and grows larger each time Joshua internalizes his feelings. As Joshua tries to hide the elephant from his family, he learns that the only way to get rid of the pesky creature is to shrink it by expressing his feelings as they occur.

305.9083 S817

Glo's amazing journey / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Resilience (Personality trait) – Juvenile literature. Sick children – Juvenile literature. Children with disabilities – Juvenile literature.

Summary: This is a story about a young lightning bug who, unlike other lightning bugs, cannot light up. Throughout the story, Glo faces many challenges. She is forced to cope with spending time at the hospital and is fearful when she is required to have an operation. Glo faces her most significant challenge when she attempts to complete a long journey to the sea with her family and friends. Despite the fact that Glo cannot light up like the others, she perseveres through the long journey, overcoming many obstacles.

372.37 S817

Shelly's shell / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Sexually abused children – Juvenile literature. Sexually abused children – Rehabilitation – Juvenile literature.

Summary: This book was designed to help children who have been sexually abused. Shelly, the main character, is ashamed to tell her mother that she has been sexually abused. Shelly withdraws from her favourite activities, and her shell begins to grow thicker and thicker. Finally, a wise swan helps Shelly to nurture and protect herself and to reclaim her life.

372.37 S817

Stretch / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Families – Juvenile literature. Interpersonal conflict – Juvenile literature. Conflict management – Juvenile literature.

Summary: This book was created to assist those who are coping with family conflict. With the help of some magic, a fictional character named Stretch learns to relay his emotions regarding his parents' conflict. Stretch's parents also learn a lesson in conflict resolution.

372.37 S817

The telling bee / Steffy, Lynne.

Renfrew, ON: General Store Publishing, 2010.

Subjects: Child abuse – Juvenile literature. Bullying – Juvenile literature.

Summary: This book was developed to encourage children to disclose abuse and bullying. In this story, a little bee named Carrot is hurt by a bigger bee. Carrot decides to reveal what happened, but no one listens. Finally, a turtle takes time to help Carrot be safe.

Get Along Monsters Series



303.69 F565

5 ways to work things out (without fighting) [DVD]

Bristol, CT: Mazzarella Media, 2009.

Subjects: Conflict management – Juvenile films. Social interaction in children – Juvenile films.

Summary: This program gives children five strategies to help them resolve the problems they face in a safe and appropriate way. Children are taught that hitting is not a way to solve a problem and that fights can be avoided when they use their words to talk about the problem.



152.47 E34

8 ways to handle anger (without hitting) [DVD]

Bristol, CT: Mazzarella Media, 2009.

Subjects: Anger in children – Juvenile films. Conflict management – Juvenile films.

Summary: Children learn that recognizing angry feelings is the first step towards handling anger and that they can be in charge when they are able to “catch” their angry feelings. The program advocates simple strategies such as taking time to cool off, walking away from an angry situation, and participating in physical activity. Viewers are also shown that talking about angry feelings to a friend or trustworthy grownup can help to make them feel better.



152.47 W361

We all get mad (sometimes) [DVD]

Bristol, CT: Mazzarella Media, 2009.

Subjects: Anger in children – Juvenile films. Social interaction in children – Juvenile films. Social skills in children – Juvenile films.

Summary: Children learn what anger feels like and what happens to their bodies when they get angry. They come to understand that anger can make them do things that may be hurtful to themselves and others. “Stop and think” is a simple strategy introduced to children. Viewers learn how “stop and think” can help them control their angry feelings.



398.208997 D698

The giving tree : a retelling of a traditional Métis story about giving and receiving = Laarbr kawmaekit : aen kiitwam achimook aen histwayr chi maykik pi aen ootistikook / Dorion, Leah.

Saskatoon, SK: Gabriel Dumont Institute, 2009.

Subjects: Métis – Folklore.

Summary: This retelling highlights Métis core values and beliefs including strength, kindness, courage, tolerance, honesty, respect, love, sharing, caring, balance, patience, and most of all - a meaningful connection with the Creator and Mother Earth.

Health and Wellness Grade 4 (Canadian Edition)



372.37 M494

Health and wellness grade 4 : student edition / Meeks, Linda Brower.

Health and wellness grade 4 : teacher edition / Meeks, Linda Brower.

Whitby, ON: McGraw-Hill, 2009.

Subjects: Health education (Elementary). Health education – Textbooks.

Summary: The student resource focuses on 10 life skills that students need to become health literate, maintain and improve health, prevent disease, and reduce health-related risk behaviours. Each of the seven chapters opens with questions developed to tap prior knowledge, clearly highlights the objectives, utilizes appealing visuals and graphics, offers activities, and provides lesson reviews.

372.37 O52

Healthy choices, healthy lives / Olson, Karen W.

Penticton, BC: Theytus Books, 2009.

Subjects: Health – Juvenile literature. Children – Conduct of life – Juvenile literature. Native peoples – Health and hygiene – Canada – Juvenile literature. Alcoholism – Juvenile literature.

Summary: In this book, a young First Nations boy is frightened by his aunt's unusual behaviour. The boy's mother, however, comforts him by explaining that his aunt's behaviour is caused by her consumption of alcohol. His mother then discusses the difference between medicinal and non-medicinal drugs, the dangers of smoking, and healthy ways to spend leisure time.

370.15 F898

I like you, I like me, too! : a teacher/parent guide to help children aged 6-10 develop self-esteem based on Choice Theory / Frid, Marcia C.

Regina, SK: Your Nickel's Worth Publishing, 2008.

Subjects: Achievement motivation in education. Choice (Psychology) – Study and teaching (Elementary). Self-esteem – Study and teaching (Elementary). Bullying – Prevention – Study and teaching (Elementary).

Summary: This resource has two main components that could be used together or independently. The main body offers activities that help children to boost their self-esteem and to express themselves in constructive ways. It also provides a poetry and activity unit on making choices to be a friend, a winner, and a leader rather than a bully. The "Magic Choice Carpet" section component offers lesson plans to teach the internal motivational concepts of choice theory developed by Dr. William Glasser.



372.37 S377

Lucy's family tree / Schreck, Karen Halvorsen.

Gardiner, ME: Tilbury House, 2001.

Subjects: Identity – Juvenile fiction. Adoption – Juvenile fiction. Family – Juvenile fiction. Genealogy – Juvenile fiction.

Summary: Lucy, an adopted child from Mexico, is convinced that her family background is too complicated for her to make the family tree she is supposed to create for a homework assignment.

615.321 B427 OVERSIZE

Medicines to help us : traditional Métis plant use / Belcourt, Christi.

Saskatoon, SK: Gabriel Dumont Institute, 2007.

Subjects: Métis – Medicine. Medicinal plants. Medicinal plants – Pictorial works. Traditional medicine. Métis – Ethnobotany.

Summary: The book is printed in conjunction with the set of study prints inspired by the painting by Métis artist Christi Belcourt. Together, these publications explore the medicinal properties of the plants depicted in Belcourt's painting in order to present information relating to traditional Métis medicinal knowledge.

152.4 R813

Michael Rosen's sad book / Rosen, Michael.

Cambridge, MA: Candlewick Press, 2005.

Subjects: Sadness – Juvenile literature. Emotions – Juvenile literature.

Summary: A man tells about all the emotions that accompany his sadness over the death of his son, and how he tries to cope. The book may help students to comprehend their own feelings of sadness and to cope with them in constructive ways.

My Body Series



372.37 M995

My brain : an exciting way to learn about your body! / Hewitt, Sally.

Collingwood, ON: Saunders, 2011.

Subjects: Brain – Juvenile literature.

Summary: An introduction to the brain and its many functions within the human body, including how it helps us breathe, move, sense, learn, and remember.



372.37 M995

My heart and lungs : an exciting way to learn about your body! / Hewitt, Sally.

Collingwood, ON: Saunders, 2011.

Subjects: Cardiopulmonary system – Juvenile literature.

Summary: An introduction to the heart and lungs and their functions within the human body.



372.37 M995

Why do I brush my teeth? : an exciting way to learn about your body! / Royston, Angela.

Collingwood, ON: Saunders, 2011.

Subjects: Teeth – Care and hygiene – Juvenile literature. Dental care – Juvenile literature.

Summary: This book explains dental care in a simple, straightforward manner.



372.37 M995

Why do I run? : an exciting way to learn about your body! / Royston, Angela.

Collingwood, ON: Saunders, 2011.

Subjects: Running – Juvenile literature. Physical fitness – Juvenile literature. Exercise – Juvenile literature.

Summary: This book explains the importance of exercise in a simple, straightforward manner. Labeled diagrams illustrate body parts and processes, and activities give kids a chance to explore, to test themselves, and watch how their bodies react.



372.37 M995

Why do I sleep? : an exciting way to learn about your body! / Royston, Angela.

Collingwood, ON: Saunders, 2011.

Subjects: Sleep – Juvenile literature.

Summary: This book explains the importance of sleep in a simple, straightforward manner.



371.58 N739

No room for bullies : from the classroom to cyberspace / Bolton, José. Graeve, Stan. (Eds.).

Boys Town, NE: Boys Town Press, 2005.

Subjects: Bullying – Prevention. Bullying in schools.

Summary: This book offers ways to measure the social climate of a school; a 12-point checklist on preventing problems in hallways, classrooms, and common areas; advice for establishing and reinforcing classroom rules; a safe Internet-surfing contract for students; and more.



362.76 F171

Prevention in motion : an educational workshop on the prevention of abuse, bullying and harassment for adults who work with children and youth (5th ed.) / Fairholm, Judi. Ferguson, Pam.

Ottawa, ON: Canadian Red Cross, 2005.

Subjects: Bullying – Prevention. Harassment – Prevention. Child abuse – Prevention. Child sexual abuse – Prevention.

Summary: Tailored for adults, this resource clearly defines various types of abuse, neglect, and harassment. It outlines indications of problems and their effects on children and youth. Readers will learn of the barriers and benefits to preventing violence and methods for proactively building safer relationships within schools and communities.



813.6 C189

Shi-shi-etko / Campbell, Nicola I.

Toronto, ON: Groundwood Books, 2005.

Subjects: Native children – Canada – Juvenile fiction. Indians of North America – Canada – Residential schools – Juvenile fiction.

Summary: Shi-shi-etko, a Native girl, spends the last four days before she goes to residential school learning valuable lessons from her mother, father, and grandmother, and creating precious memories of home.

813.6 T523

Those shoes [DVD]

Saskatoon, SK: Bamboo Shoots, 2009.

Subjects: Animated films. Poetry – Juvenile films. Shoes – Juvenile films.

Summary: Jeremy covets a pair of black high-top sneakers because all his classmates have them. His grandmother cannot afford the shoes, but she and Jeremy do find a too-small pair at the thrift shop. Jeremy spends his own money and purchases the shoes. When Jeremy's shoes do not stretch to fit his feet, he gives them to Antonio, who wears shoes held together with tape. Jeremy learns that generosity is more important than possessing material goods.



372.37 B972

What should I do? : making good decisions / Burstein, John.

St. Catharines, ON: Crabtree Publishing, 2010.

Subjects: Decision making – Juvenile literature.

Summary: This book focuses on helping young students to make healthy decisions about important matters such as whether to tell the truth, even though it may have negative consequences. It offers information on eight decision-making skills that students should practise.

306.89 M823

When my parents forgot how to be friends / Moore-Mallinos, Jennifer.

Hauppauge, NY: Barron's, 2005.

Subjects: Children of divorced parents – Juvenile literature. Divorce – Juvenile literature. Broken homes – Juvenile literature.

Summary: This story addresses the emotions, including sadness and guilt, that children often experience when their parents' divorce. After the separation, the protagonist realizes that her family is much happier and that her parents will always love her. The book includes a note to parents that offers suggestions for guiding children through the healing process so that they become survivors of divorce rather than victims.



813.6 O52

Which way should I go? / Olsen, Sylvia. Martin, Ron.

Winlaw, BC: Sono Nis Press, 2007.

Subjects: Grandparent and child – Juvenile fiction. Nootka Indians – Social life and customs – Juvenile fiction. Grief – Juvenile fiction.

Summary: Joey is a happy Nuuchahnulth boy, eager to help and quick to see the bright side of things. But when he loses his beloved grandmother, the sun goes out in his world. Fortunately, she has left something of herself behind a song, which keeps knocking on Joey's heart, and a dance, which urges him to get up on his feet and choose again.

HEALTH EDUCATION GRADE 4



Indicates item is a Ministry of Education's Core Learning Resource.

372.37 J67

Being safe / Johnson, Jinny.

St. Catharines, ON: Crabtree Publishing, 2010.

Subjects: Safety education – Juvenile literature. Accidents – Prevention – Juvenile literature.

Summary: This book addresses ways to stay safe in various situations including while online, while in cars or on bikes, and fire safety. The book highlights behaviours that jeopardize people's safety.

Bully Smart Series

371.58 A678

Are you a bully? [DVD]

Mount Kisco, NY: Human Relations Media, 2005.

Subjects: Bullying – Juvenile films. Bullying in schools – Juvenile films.

Summary: This program encourages students to recognize bullying behaviour in themselves. Through discussion and activities, students are encouraged to define bullying behaviour and its effect on others while brainstorming approaches and resolutions.

371.58 H918

Don't stand by [DVD]

Mount Kisco, NY: Human Relations Media, 2006.

Subjects: Bullying – Juvenile films. Bullying in schools – Juvenile films.

Summary: Using the video-diary format, viewers follow four young students who witness bullying and do something about it. Students see four ways a bystander can stand up to a bully: stop a bully together, talk to the bully, be a friend, and tell an adult. Because bystanders are clearly a part of the bullying problem, these peer intervention strategies can dramatically decrease the incidence of bullying.

371.58 H918

Five ways to stop a bully [DVD]

Mount Kisco, NY: Human Relations Media, 2006.

Subjects: Bullying – Juvenile films. Bullying in schools – Juvenile films.

Summary: This program shows victims and bystanders how to stop a bully. Viewers are guided through five strategies: stay away, stand up, put on a brave face, talk one-on-one, and tell an adult. In each scenario, viewers see what happens when bullies are not stopped versus what happens when someone stands up to the bully. These effective strategies empower children to stop bullying and stay safe.

371.58 H918

Help! I'm a bully! [DVD]

Mount Kisco, NY: Human Relations Media, 2006.

Subjects: Bullying – Juvenile films. Bullying in schools – Juvenile films.

Summary: Bullying is a learned behaviour that can be changed. In this program, the kids themselves discover their bullying behaviour and successfully change it. Three scenarios are enacted: Help, I Spread Rumours; Help, I Leave People Out; and Help, I Thought It Was Funny. Viewers develop a real sense of the damage bullying causes to others and understand that it is not harmless fun.

371.58 R622

Bullying : a handbook for educators and parents / Rivers, Ian. Duncan, Neil. Besag, Valerie E. Lanham, MD: Rowman & Littlefield, 2007.

Subjects: Bullying in schools.

Summary: This book explores bullying within public schools. It provides insight into the short- and long-term effects that bullying can have on students, their families, and teachers. Focusing on sexual bullying, homophobic bullying, and bullying of students with disabilities, it offers insights on the social dynamics of the classroom, the hallways, and the playground.



303.69 C749

Conflict resolution : the top ten starters and stoppers [DVD]

Hawthorne, NY: Sunburst Visual Media, 2007.

Subjects: Conflict management – Juvenile films.

Summary: Through vignettes that feature young students, viewers are shown the 10 most common causes of conflict and ways to negotiate disagreement and diffuse the conflict before it escalates. It emphasizes that the outcome of a conflict depends on the choices made by those involved.

612.39 B972

Energy in, energy out : food as fuel / Burstein, John.

St. Catharines, ON: Crabtree Publishing, 2008.

Subjects: Body weight – Regulation – Juvenile literature. Energy metabolism – Juvenile literature. Nutrition – Juvenile literature.

Summary: This book discusses what a healthy weight is, good food choices, appropriate portion sizes, and the value of daily physical activity. It also addresses diet fads, eating disorders, and steroids and includes suggestions for making healthy choices and setting personal goals.

Health and Wellness Grade 4 (Canadian Edition)



372.37 M494

Health and wellness grade 4 : student edition / Meeks, Linda Brower.

Health and wellness grade 4 : teacher edition / Meeks, Linda Brower.

Whitby, ON: McGraw-Hill, 2009.

Subjects: Health education (Elementary). Health education – Textbooks.

Summary: The student resource focuses on 10 life skills that students need to become health literate, maintain and improve health, prevent disease, and reduce health-related risk behaviours. Each of the seven chapters opens with questions developed to tap prior knowledge, clearly highlights the objectives, utilizes appealing visuals and graphics, offers activities, and provides lesson reviews.

Health and Wellness Grade 5 (Canadian Edition)



372.37 M494

Health and wellness grade 5 : student edition / Meeks, Linda Brower.

Health and wellness grade 5 : teacher edition / Meeks, Linda Brower.

Whitby, ON: McGraw-Hill, 2009.

Subjects: Health education (Elementary). Health education – Textbooks.

Summary: This resource complements the grade 4 curriculum in the areas of healthy eating, physical activity, conflict management, safety, stress management, decision making, and designing and applying action plans.

370.15 F898

I like you, I like me, too! : a teacher/parent guide to help children aged 6-10 develop self-esteem based on Choice Theory / Frid, Marcia C.

Regina, SK: Your Nickel's Worth Publishing, 2008.

Subjects: Achievement motivation in education. Choice (Psychology) – Study and teaching (Elementary). Self-esteem – Study and teaching (Elementary). Bullying – Prevention – Study and teaching (Elementary).

Summary: This resource has two main components that could be used together or independently. The main body offers activities that help children to boost their self-esteem and to express themselves in constructive ways. It also provides a poetry and activity unit on making choices to be a friend, a winner, and a leader rather than a bully. The “Magic Choice Carpet” section component offers lesson plans to teach the internal motivational concepts of choice theory developed by Dr. William Glasser.

303.69 K29

Kelso in action [DVD]

Hawthorne, NY: Sunburst Visual Media, 2007.

Subjects: Conflict management – Juvenile films. Interpersonal conflict – Juvenile films. Interpersonal communication – Juvenile films.

Summary: Short, true-to-life vignettes help students see how kids just like them use Kelso's Choices to solve everyday problems. The DVD is presented in two separate sections: one for grades K-2 hosted by Kelso himself, and one for Grades 3-5 hosted by a young teen.

615.321 B427 OVERSIZE

Medicines to help us : traditional Métis plant use / Belcourt, Christi.

Saskatoon, SK: Gabriel Dumont Institute, 2007.

Subjects: Métis – Medicine. Medicinal plants. Medicinal plants – Pictorial works. Traditional medicine. Métis – Ethnobotany.

Summary: The book is printed in conjunction with the set of study prints inspired by the painting by Métis artist Christi Belcourt. Together, these publications explore the medicinal properties of the plants depicted in Belcourt's painting in order to present information relating to traditional Métis medicinal knowledge.



371.58 N739

No room for bullies : from the classroom to cyberspace / Bolton, José. Graeve, Stan. (Eds.).

Boys Town, NE: Boys Town Press, 2005.

Subjects: Bullying – Prevention. Bullying in schools.

Summary: This book offers ways to measure the social climate of a school; a 12-point checklist on preventing problems in hallways, classrooms, and common areas; advice for establishing and reinforcing classroom rules; a safe Internet-surfing contract for students; and more.



362.76 F171

Prevention in motion : an educational workshop on the prevention of abuse, bullying and harassment for adults who work with children and youth (5th ed.) / Fairholm, Judi. Ferguson, Pam.

Ottawa, ON: Canadian Red Cross, 2005.

Subjects: Bullying – Prevention. Harassment – Prevention. Child abuse – Prevention. Child sexual abuse – Prevention.

Summary: Tailored for adults, this resource clearly defines various types of abuse, neglect, and harassment. It outlines indications of problems and their effects on children and youth. Readers will learn of the barriers and benefits to preventing violence and methods for proactively building safer relationships within schools and communities.



155.2 P968

Proud to be me! : building self-esteem [DVD]

Hawthorne, NY: Sunburst Visual Media, 2007.

Subjects: Self-esteem in children – Juvenile films.

Summary: In this video, the leader of an after-school group notices that the children are feeling negative about themselves. The leader knows that each child has talents, skills, and special qualities; therefore, in order to boost the children's self-esteem she organizes a special program where the children have an opportunity to do or show an audience something that makes them proud.

Slim Goodbody's Life Skills 101



372.37 B972

Can we be friends? : buddy-building strategies / Burstein, John.

St. Catharines, ON: Crabtree Publishing, 2010.

Subjects: Friendship – Juvenile literature.

Summary: This book helps young students learn the steps it takes to meet, make, and keep a friend.



372.37 B972

What should I do? : making good decisions / Burstein, John.

St. Catharines, ON: Crabtree Publishing, 2010.

Subjects: Decision making – Juvenile literature.

Summary: This book focuses on helping young students to make healthy decisions about important matters such as whether to tell the truth, even though it may have negative consequences. It offers information on eight decision-making skills that students should practise.



152.47 T583

Time out on anger : learning self-control [DVD]

Mount Kisco, NY: Human Relations Media, 2007.

Subjects: Conduct of life – Juvenile films. Stress management – Juvenile films. Anger in children – Juvenile films. Self-control in children – Juvenile films.

Summary: Through four age-appropriate vignettes, young students are shown the basics of anger management. Each vignette demonstrates non-violent ways to deal with anger such as taking deep breaths, counting to 10, and talking about feelings of anger. The video stresses that while it is acceptable to be angry, it is never acceptable to hit, yell, or break things.



152.46 C933

What to do when you're scared and worried : a guide for kids / Crist, James J.

Minneapolis, MN: Free Spirit, 2004.

Subjects: Fear – Juvenile literature. Worry – Juvenile literature.

Summary: This user-friendly book addresses emotions that everyone can relate to - fear and worry. It discusses common childhood fears and worries, where these fears and worries originate, and it suggests coping skills for handling these emotions.

HEALTH EDUCATION GRADE 5



Indicates item is a Ministry of Education's Core Learning Resource.

Bully Smart Series

371.58 A678

Are you a bully? [DVD]

Mount Kisco, NY: Human Relations Media, 2005.

Subjects: Bullying – Juvenile films. Bullying in schools – Juvenile films.

Summary: This program encourages students to recognize bullying behaviour in themselves. Through discussion and activities, students are encouraged to define bullying behaviour and its effect on others while brainstorming approaches and resolutions.

371.58 H918

Don't stand by [DVD]

Mount Kisco, NY: Human Relations Media, 2006.

Subjects: Bullying – Juvenile films. Bullying in schools – Juvenile films.

Summary: Using the video-diary format, viewers follow four young students who witness bullying and do something about it. Students see four ways a bystander can stand up to a bully: stop a bully together, talk to the bully, be a friend, and tell an adult. Because bystanders are clearly a part of the bullying problem, these peer intervention strategies can dramatically decrease the incidence of bullying.

371.58 H918

Five ways to stop a bully [DVD]

Mount Kisco, NY: Human Relations Media, 2006.

Subjects: Bullying – Juvenile films. Bullying in schools – Juvenile films.

Summary: This program shows victims and bystanders how to stop a bully. Viewers are guided through five strategies: stay away, stand up, put on a brave face, talk one-on-one, and tell an adult. In each scenario, viewers see what happens when bullies are not stopped versus what happens when someone stands up to the bully. These effective strategies empower children to stop bullying and stay safe.

371.58 H918

Help! I'm a bully! [DVD]

Mount Kisco, NY: Human Relations Media, 2006.

Subjects: Bullying – Juvenile films. Bullying in schools – Juvenile films.

Summary: Bullying is a learned behaviour that can be changed. In this program, the kids themselves discover their bullying behaviour and successfully change it. Three scenarios are enacted: Help, I Spread Rumours; Help, I Leave People Out; and Help, I Thought It Was Funny. Viewers develop a real sense of the damage bullying causes to others and understand that it is not harmless fun.

371.58 R622

Bullying : a handbook for educators and parents / Rivers, Ian. Duncan, Neil. Besag, Valerie E. Lanham, MD: Rowman & Littlefield, 2007.

Subjects: Bullying in schools.

Summary: This book explores bullying within public schools. It provides insight into the short- and long-term effects that bullying can have on students, their families, and teachers. Focusing on sexual

bullying, homophobic bullying, and bullying of students with disabilities, it offers insights on the social dynamics of the classroom, the hallways, and the playground.



372.37 P243

Defend yourself : the immune system / Parker, Steve.

Chicago, IL: Raintree, 2006.

Subjects: Immune system – Juvenile literature.

Summary: This book explains how the body protects itself from illness and disease. It discusses how skin, mucus, cilia, platelets, digestive juices, lymphocytes, and white blood cells help us to defend ourselves against bacteria, viruses, protists, and more. The book also discusses friendly bacteria, vaccines, medicines, allergies, AIDS, and ways that people can protect their bodies by means such as keeping fit, eating well, using common sense, and avoiding tobacco.

152.4 M182

The feelings book : the care and keeping of your emotions / Madison, Lynda.

Middleton, WI: American Girl Publishing, 2002.

Subjects: Emotions in children – Juvenile literature. Girls – Psychology.

Summary: This book helps readers to recognize and describe a variety of emotions, and it suggests strategies to deal with them positively.

Health and Wellness Grade 5 (Canadian Edition)



372.37 M494

Health and wellness grade 5 : student edition / Meeks, Linda Brower.

Health and wellness grade 5 : teacher edition / Meeks, Linda Brower.

Whitby, ON: McGraw-Hill, 2009.

Subjects: Health education (Elementary). Health education – Textbooks.

Summary: This resource supports the Grade 5 curriculum in the areas of personal eating practices, puberty, illnesses/diseases, positive self-image, peer pressure, self-regulation, taking responsibility, analyzing obstacles and envisioning solutions, and designing and implementing action plans.

370.15 F898

I like you, I like me, too! : a teacher/parent guide to help children aged 6-10 develop self-esteem based on Choice Theory / Frid, Marcia C.

Regina, SK: Your Nickel's Worth Publishing, 2008.

Subjects: Achievement motivation in education. Choice (Psychology) – Study and teaching (Elementary). Self-esteem – Study and teaching (Elementary). Bullying – Prevention – Study and teaching (Elementary).

Summary: This resource has two main components that could be used together or independently. The main body offers activities that help children to boost their self-esteem and to express themselves in constructive ways. It also provides a poetry and activity unit on making choices to be a friend, a winner, and a leader rather than a bully. The “Magic Choice Carpet” section component offers lesson plans to teach the internal motivational concepts of choice theory developed by Dr. William Glasser.

813.54 B837

The moon children / Brenna, Beverley A.

Calgary, AB: Red Deer Press, 2007.

Subjects: Fetal alcohol syndrome – Juvenile fiction. Parent and child – Juvenile fiction.

Summary: Billy, who has Fetal Alcohol Syndrome and has been deserted by his father, becomes friends with Natasha, an adopted Romanian girl, who keeps a journal of the phases of the moon. Billy

and Natasha grow to be the type of friends who encourage and strengthen each other, and Billy requires much encouragement and strength when he decides to enter a talent contest.



371.58 N739

No room for bullies : from the classroom to cyberspace / Bolton, José. Graeve, Stan. (Eds.).
Boys Town, NE: Boys Town Press, 2005.

Subjects: Bullying – Prevention. Bullying in schools.

Summary: This book offers ways to measure the social climate of a school; a 12-point checklist on preventing problems in hallways, classrooms, and common areas; advice for establishing and reinforcing classroom rules; a safe Internet-surfing contract for students; and more.



362.76 F171

Prevention in motion : an educational workshop on the prevention of abuse, bullying and harassment for adults who work with children and youth (5th ed.) / Fairholm, Judi. Ferguson, Pam.

Ottawa, ON: Canadian Red Cross, 2005.

Subjects: Bullying – Prevention. Harassment – Prevention. Child abuse – Prevention. Child sexual abuse – Prevention.

Summary: Tailored for adults, this resource clearly defines various types of abuse, neglect, and harassment. It outlines indications of problems and their effects on children and youth. Readers will learn of the barriers and benefits to preventing violence and methods for proactively building safer relationships within schools and communities.



155.2 P968

Proud to be me! : building self-esteem [DVD]

Hawthorne, NY: Sunburst Visual Media, 2007.

Subjects: Self-esteem in children – Juvenile films.

Summary: In this video, the leader of an after-school group notices that the children are feeling negative about themselves. The leader knows that each child has talents, skills, and special qualities; therefore, in order to boost the children's self-esteem she organizes a special program where the children have an opportunity to do or show an audience something that makes them proud.

Slim Goodbody's Life Skills 101



372.37 B972

I said no! : refusal skills / Burstein, John.

St. Catharines, ON: Crabtree Publishing, 2010.

Subjects: Peer pressure – Juvenile literature. Decision making – Juvenile literature. Risk-taking (Psychology) – Juvenile literature.

Summary: This book offers helpful strategies for saying “no” and still maintaining worthwhile friendships. This book is useful for teaching USC5.6 regarding dealing with peer pressure and DM5.1 regarding analyzing obstacles and envisioning solutions to addressing health challenges.



372.37 B972

What should I do? : making good decisions / Burstein, John.

St. Catharines, ON: Crabtree Publishing, 2010.

Subjects: Decision making – Juvenile literature.

Summary: This book focuses on helping young students to make healthy decisions about important matters such as whether to tell the truth, even though it may have negative consequences. It offers information on eight decision-making skills that students should practise.



152.47 T583

Time out on anger : learning self-control [DVD]

Mount Kisco, NY: Human Relations Media, 2007.

Subjects: Conduct of life – Juvenile films. Stress management – Juvenile films. Anger in children – Juvenile films. Self-control in children – Juvenile films.

Summary: Through four age-appropriate vignettes, young students are shown the basics of anger management. Each vignette demonstrates non-violent ways to deal with anger such as taking deep breaths, counting to 10, and talking about feelings of anger. The video stresses that while it is acceptable to be angry, it is never acceptable to hit, yell, or break things.

613.907 W486

We're growing up! [DVD]

Shawnee Mission, KS: Marsh Media, 2010.

Subjects: Puberty – Juvenile films. Sex instruction for children.

Summary: This is a co-educational video program designed for both boys and girls. The narrators talk comfortably and matter-of-factly about human growth. They cover growth patterns (starting with a baby's rapid growth in the womb) and move quickly through childhood to adolescence. A review of male and female anatomy, sexual development, and an emphasis on responsible choices will be points for classroom discussion.

612.661 W486

We're just talking! : for boys and girls [DVD]

Shawnee Mission, KS: Marsh Media, 2007.

Subjects: Adolescence – Physiology – Juvenile films. Puberty – Juvenile films.

Summary: This video presents factual information about boys and girls entering puberty. Topics include male and female physical development, hormones, and the reproductive systems, with an emphasis on physical and emotional health, and especially the benefits of exercise and good nutrition.

372.37 Z65

You can't take your body to a repair shop : a book about what makes you sick / Ziefert, Harriet. Ehrlich, Fred.

Maplewood, NJ: Blue Apple Books, 2004.

Subjects: Diseases – Juvenile literature.

Summary: Accentuated with comical poetry and watercolour cartoon-style illustrations, this appealing book briefly addresses body ailments such as digestive problems, the common cold, skin troubles, and allergies.



Saskatchewan Teachers' Federation
2317 Arlington Avenue
Saskatoon SK S7J 2H8
Telephone: 306-373-1660 or 1-800-667-7762
Facsimile: 306-374-1122
Email: src@stf.sk.ca Website: www.stf.sk.ca