

RECOMMENDED BOOKS—GRADES PRESCHOOL-THIRD GRADE

<u>AUTHOR</u>	<u>TITLE</u>	<u>PUBLISHER</u>
Adams, Florence	<u>Mushy Eggs</u>	Putnam, 1973
Alexander, Martha	<u>We Never Get To Do Anything</u>	Dial, 1979
Anderson, C .W.	<u>Lonesome Little Colt</u>	Macmillan, 1961
Berger, Terry	<u>A Friend Can Help</u>	Children's Press, 1974
Berger, Terry	<u>I Have Feelings</u>	Behavioral, 1971
Bonsall, Crosby	<u>Mine's The Best</u>	Harper, 1973
Brandenberg, Franz	<u>It's Not My Fault</u>	Greenwillow, 1980
Chorao, Kay	<u>Molly's Moe</u>	Sandburg, 1976
Cohen, Miriam	<u>Will I Have A Friend?</u>	Macmillan, 1967
Fassler, Joan	<u>The Boy With A Problem</u>	Human Science Press, 1971
Freeman, Don	<u>Dandelion</u>	Viking Press, 1964
Dotts, Maryann J.	<u>I Am Happy</u>	Abingdon, 1971
Hazen, Barbara S.	<u>Happy, Sad, Silly, Mad</u>	Wonder, 1971
Hitte, Kathryn	<u>Boy, Was I Mad</u>	Parents, 1969
Hoban, Russell	<u>The Little Brute Family</u>	Macmillan, 1966
Iwamatsu, Jun	<u>How to Lose Your Best Friend</u>	
Johnston, Johanna	<u>That's Right Eddie</u>	Putnam, 1966
Kellogg, Steve	<u>Won't Somebody Play With Me?</u>	Dial, 1972
Lexau, Joan M.	<u>I Should Have Stayed In Bed</u>	Harper, 1965
Lobel, Arnold	<u>Frog And Toad Are Friends</u>	Harper, 1970
Mayer, Mercer	<u>There's A Nightmare In My Closet</u>	Dial, 1968
Ness, Evaline	<u>Sam, Bangs, And Moonshine</u>	Holt, 1976
Sharmat, Marjorie	<u>I Don't Care</u>	Macmillan, 1977
Sharmat, Marjorie	<u>I'm Not Oscar's Friend Anymore</u>	Dutton, 1975

Sharmat, Marjorie	<u>I'm Terrific</u>	Holiday, 1976
Simon, Norma	<u>How Do I Feel</u>	Whitman, 1970
Simon, Norma	<u>I Was So Mad</u>	Whitman, 1974
Showers, Paul	<u>A Book Of Scary Things</u>	Doubleday, 1977
Skorpen, Liesel	<u>That Mean Man</u>	Harper, 1969
Smith, Robert Paul	<u>When I Am Big</u>	Harper, 1965
Stevens, Carla	<u>Hooray For Pig</u>	Seabury, 1974
Udry, Janice	<u>Let's Be Enemies</u>	Harper, 1961
Waber, Bernard	<u>Ira Sleeps Over</u>	Houghton, 1972
Whitney, Lama	<u>Just Awful</u>	Addison, 1971
Yashima, Taro	<u>Crow Boy</u>	Viking, 1955
Zalben, Jane	<u>Lyle And Humus</u>	Macmillan, 1974
Zolotow, Charlotte	<u>A Father Like That</u>	Harper, 1971

RECOMMENDED BOOKS—GRADES 4-6

<u>AUTHOR</u>	<u>TITLE</u>	<u>PUBLISHER</u>
Blume, Judy	<u>It's Not The End Of The World</u>	Bradbury, 1972
Brink, Carol	<u>Bad Times Of Irma Baumlein</u>	Macmillan, 1972
Byars, Betsy	<u>Eighteenth Emergency</u>	Viking, 1975
Byars, Betsy	<u>The Pinballs</u>	Harper, 1977
Byars, Betsy	<u>The TV Kid</u>	Viking, 1976
Cleaver, Vera	<u>Grover</u>	Lippincott, 1970
Colamn, Hila	<u>Nobody Has To Be A Kid Forever</u>	Crown, 1976
Conford, Ellen	<u>Anything For A Friend</u>	Little, 1979
Conford, Ellen	<u>Revenge Of The Incredible Dr. Rancid And His Youthful Assistant, Jeffrey</u>	Little, 1990
Cretan, Gladys	<u>All Except Sammy</u>	Little, 1966
Giron, Barbara	<u>Misty And Me</u>	Scribner, 1979
Hassler, Jon	<u>Four Miles To Pinecone</u>	Warne, 1977
Greene, Constance	<u>Unmaking Of Rabbit</u>	Viking, 1972
Greene, Constance	<u>A Girl Called Al</u>	Viking, 1969
Hunt, Irene	<u>Lottery Rose</u>	Scribner, 1976
Konigsdurg, E. L.	<u>All Together, One At A Time</u>	Atheneum, 1971
Konigsdurg, E. L.	<u>From The Mixed-Up Files Of Mrs. Basile E. Frankweiler</u>	Atheneum, 1967
Little, Jean	<u>One To Grow On</u>	Little, 1969
Lowry, Lois	<u>Anastasia Krupnik</u>	Houghton, 1979
Mazer, Norma	<u>Mrs. Fish, Ape, And Me, The Dump Queen</u>	Dutton, 1980
Miles, Betty	<u>The Real Me</u>	Knopf, 1974
Miles, Betty	<u>The Trouble With Thirteen</u>	Knopf, 1979

Paterson, Katherine	<u>Great Gilly Hopkins</u>	Crowell, 1978
Prelutsky, Jack	<u>Rolling Harvey Down The Hill</u>	Greenwillow, 1980
Rodgers, Mary	<u>Freaky Friday</u>	Harper, 1972
Sachs, Marilyn	<u>Bear's House</u>	Doubleday, 1971
Shreve, Susan	<u>Family Secrets</u>	Knopf, 1979
Silverstein, Shel	<u>The Light In The Attic</u>	Harper, 1981
Silverstein, Shel	<u>Where The Sidewalk Ends</u>	Harper, 1974

BIBLIOGRAPHY—ARRANGED ACCORDING TO TOPIC

ADOPTION

Abby, By Jeanette Caines (Harper and Row, 1973)

Adopted Jane, By Helen Daringer (Harcourt, Brace Jovanovich, 1973)

APPEARANCE—BEING PLAIN

The Plain Princess, By Phylis McGinley (Lippincott, 1945)

APPEARANCE—BEING PLUMP

Fat Elliot And The Gorilla, By Manus Pinkwater (Scholastic, 1974)

APPEARANCE—BEING SMALL

Smallest Boy In The Class, By Jerrold Beim (William Morrow, 1949)

APPEARANCE—BEING TALL

Tall Tina, By Muriel Stanek (Albert Whitman, 1970)

Very Tall Little Girl, By Phyllis Krasilovsky (Doubleday, 1969)

APPEARANCE—HAVING FRECKLES

Freckle Juice, By Judy Blume (Four Winds Press, 1971)

APPEARANCE—MISSING TEETH

Eddie And The Fire Engine, By Carolyn Haywood (William Morrow, 1949)

APPEARANCE—WEARING GLASSES

Mom I Need Glasses!, By Angelika Wolf (Lion Press, 1970)

Spectacles, By Ellen Raskin (Atheneum, 1974)

DEATH AND DYING

About Dying: An Open Family Book For Parents And Children Together, By Sarah Bonnett Stein (Walker and Company, 1974)

Annie And The Old One, By Miska Miles (Little Brown, 1971)

Growing Time, By Sandol Stoddard Warburg (Houghton Mifflin, 1969)

The Magic Moth, By Virginia Lee Elly (The Seabury Press, 1972)

Nana Upstairs And Nana Downstairs, By Tomie dePaola (G. T. Putnam's Sons, 1973)

Scat, By Arnold Dobrin (Four Winds Press, 1971)

A Taste Of Blackberries, By Doris Buchanan Smith (Crowell, 1973)

Tenth Good Thing About Barney, By Judith Viorst (Atheneum, 1971)

Why Did He Die?, By Audrey Harris (Lerner Publication, 1965)

DIVORCE

Emily And The Klunky Baby And The Next Door Dog, By Joan Lexau (Dial Press, 1972)

A Father Like That, By Charlotte Zolotow (Harper and Row, 1971)

How Does It Feel When Your Parents Get Divorced?, By Terry Berger (Julian Messner, 1977)

DISABILITIES—BLINDNESS AND DEAFNESS

The Child Of The Silent Night, By Edith Hunter (Houghton Mifflin, 1963)

Lisa And Her Soundless World, By Edna S. Levine (Human Science Press, 1974)

A Rainbow For Robin, By Marguerite Vance (Dutton, 1966)

Seeing Fingers: The Story Of Louis Braille, By Etaa DeGering (McKay, 1962)

Windows For Rosemary, By Marguerite Vance (Dutton, 1956)

DISABILITIES—LEARNING

He's My Brother, By Joe Lasker (Wittman, 1974)

One Little Girl, By Joan Fassler (Human Science Press, 1969)

DISABILITIES—PHYSICAL

Sink I, Rusty, By Matt Christopher (Little-Brown, 1963)

FEAR—AT NIGHT

Bedtime For Frances, By Russel C. Hoban (Harper and Row, 1960)

Buster And The Bogeyman, By Anne Rockwell (Four Winds Press, 1978)

Eugene The Brave, By Ellen Conford (Little Brown, 1978)

Ira Sleeps Over, By Bernard Waber (Houghton Mifflin, 1972)

One Dragon's Dream, By Peter Parey (Bradbury, 1978)

There's A Nightmare In My Closet, By Mercer Mayer (Dial Press, 1976)

FEAR—OF THE UNKNOWN

Things I Hate, By Harriet Wittels and Joan Greisman (Behavioral Publications, 1973)

Where The Wild Things Are, By Maurice Sendak (Scholastic, 1963)

GOING TO THE HOSPITAL

Curious George Goes To The Hospital, By Margeret H.A. Rey (Houghton Mifflin, 1976)

I Think I Will Go To The Hcspital, By Jean Tamburine (Abingdon Press, 1965)

My Doctor, By Harlow Rockwell (Macmillan, 1973)

JEALOUSY OF SIBLINGS

Nobody Asked Me If I Wanted A Baby Sister, By Martha Alexander (Dial Press, 1971)

She Came Bringing Me That Little Baby Girl, By Eloise Greenfield (Lippincott, 1974)

On Mother's Lap, By Ann Scott (McGraw-Hill, 1972)

If It Weren't For You, By Charlotte Zolotow (Harper and Row, 1972)

RACIAL AWARENESS

Bad Boy, Good Boy, By Marie Hall Ets (Crowell, 1967)

The Boy Who Didn't Believe In Spring, By Lucille Clifton (E. P. Dutton, 1973)

Bright April, By Marguerite DeAngeli (Doubleday, 1946)

Fun For Chris, By Blossom Randall (Whitman, 1956)

Gilberto And The Wind, By Marie Ets (Viking, 1963)

Good, Says Jerome, By Lucille Clifton (Dutton, 1973)

The Hundred Dresses, By Eleanor Estes (Harcourt, Brace, Jovanovich, 1972)

My Dog is Lost, Ezra Keats and Pat Cherr (Crowell, 1960)

Two Is A Team, Lorraine and Jerrold Beim (Harcourt, Brace, Jovanovich, 1945, 1974)

SELF-AWARENESS

I've Got Me And I'm Glad, Cherrie Farnette (Incentive, 1977)

Self-Esteem: A Classroom Affair, Michele and Craig Borba (Winston, 1982)

SHYNESS

Benjie, Joan Lexau (Dial Press, 1964)

Crow Boy, Taro Yashima (Viking Press, 1955)

New Boy in School, Mary Justus (Hastings, 1963)

Plenty for Three, Liesel Shorpen (Coward, McCann, and Geoghegan, 1971)

Shy Little Girl, Phyllis Krisilovsky (Houghton Mifflin, 1970)

A Tiger Called Thomas, Charlotte Zolotow (Lothrop, Lee, & Shepard, 1963)

AUDIOVISUAL MATERIALS

F—Film FS—Filmstrip SDFS—Sound Filmstrip

GRADE

TITLE

Kindergarten

Dealing With Feelings: People Are Not For Hitting (SDFS)
Sniffy Escapes Poisoning (F)
Me And The Monsters (F)

Grade One

Most Important Person: Feeling Good, Feeling Happy (F)
Most Important Person: Attitudes: I'm Lonely (F)
Dealing With Feelings: How Do You Feel? (SDFS)
Two Sides To Every Story: Have You Ever Wanted To Be Alone? (FS)
How Friends Are Made (F)
The Poison Problem (F)
What Do You Do? Part One (F)
Meeting Strangers: Red Light, Green Light (F)

Grade Two

The Giving Tree (F)
Forgive And Forget (F)
The Most Important Person: Identity: The Most Important Person (F)
All Kinds Of Feelings (SDFS)
What To Do About Upset Feelings (F)
Mistakes Can Help Us Grow (SDFS)
Drugs A Primary Film (F)
What Would You Do? Part Two (F)
Hopscotch (F)

Grade Three

It's Not Much Fun Being Angry (F)
I Used To Be Angry (F)
Who Cares? (F)
Who Needs Rules? (F)

The Game (F)
How Friends Are Made (F)
Caring: Caring About Friends (SDFS)
Guidance: What's Right? (F)
If (F)
Huffless, Puffless Dragon (F)
Most Important Person: Attitudes: Oops, I Made A Mistake (F)
Who Do You Tell? (F)

Grade Four

Disappointment: A Day That Didn't Happen (F)
Inside Out: Bully (F)
Inside Out: Just Joking (F)
Me (F)
Tempted (F)
I Think (F)
The Fight (F)
Inside Out: But They Might Laugh (F)
Barbara (F)
What Do Drugs Do? (F)
Be Smart, Don't Start (SDFS)
Drugs: Use Or Abuse (SDFS)
Inside Out: Breakup (F)
Inside Out: Home Sweet Home (F)

Grade Five

Inside Out: Strong Feelings (F)
Healthy Feelings: Feelings Are Made (SDFS)
Healthy Feelings: What Can We Do? (SDFS)
Healthy Feelings: Feeling Good (SDFS)
Worry ... I'm In Big Trouble (F)

Self Incorporated: What's Wrong With Jonathan? (F)

What Are Values? (F)

Inside Out: I Dare You (F)

First Cigarette (F)

Lots of Kids Like Us (F)

Route One (F)

All Bottled Up (F)

Grade Six

The Shopping Bag Lady (F)

The Bike (F)

National Quiz (F)

Paper Drive (F)

Self Incorporated: Trying Times (F)

Habits And Hazards: Part One—Alcohol: How Much Is Too Much?
(SDFS)

The Glug (F)

Jackson Junior High: Like Father Like Son (F)

Inside Out: Love Susan (F)

Me And Dad's New Wife (F)

Inside Out: Brothers And Sisters (F)

New Look: Family Relations (F)

Take A Look At Yourself (F)

Poison Plants (F)

Where's Shelly (F)

ANOKA-HENNEPIN DISTRICT NO. 11 CHEMICAL AWARENESS FILMS

<u>Film Title</u>	<u>Vendor</u>
Soft Is The Heart Of A Child	Operation Cork
A Story About Feelings	Johnson Institute
The Enablers	Johnson Institute
The Intervention	Johnson Institute
I'll Quit Tomorrow	Johnson Institute
The Mountain	FMS Products
Psychoactive	Pyramid Films
First Step	Motivision, LTD
It Can't Happen To Me	Paulist Productions
A Slight Drinking Problem	Narcotics Education, Incorporated
The Comebacker, The Bob Welch Story	Churchill Films
Francesca Baby	Walt Disney Education Media
All Bottled Up	
Alcohol, Drugs, And Alternatives	
Hope For The Children	
Where's Shelly	Johnson Institute
Lots Of Kids Like Us	Jerold T. Rogers, Productions

(Information regarding the location of these films can be located through
Judy Sutter's office.)

"FEELING" WORD LIST

Pleasant Feeling Words

Happy	Fascinated	Reassured	Mellow
Joyous	Peaceful	Clownish	Forceful
Strong	Helpful	Protected	Agreeable
Loved	Masterful	Respected	At ease
Powerful	Important	Belonging	Relieved
Hopeful	Fearless	Compassionate	Trusted (ing)
Excited	Accepted	Empathetic	Affectionate
Heard	Encouraged	Courageous	Safe
Understood	Free	Accepted	Ecstatic
Independent	In charge of	Healthy	Playful
Glad	Successful	Triumphant	Satisfied
Relieved	Warm	Determined	Great
Competent	Optimistic	Certain	Surprised
Grateful	Friendly	Comfortable	Eager
Secure	Open	Settled	Poised
Included	Delighted	Genuine	Brilliant
Needed	Gratified	Elated	Witty
Optimistic	Enthusiastic	Brave	Appreciated
Pleased	Confident	Assured	Soothed
Encouraged	Sure	Tolerant	Proud
Enchanted	Contented	Jubilant	Cheerful
Overjoyed	Refreshed	At peace	Adequate

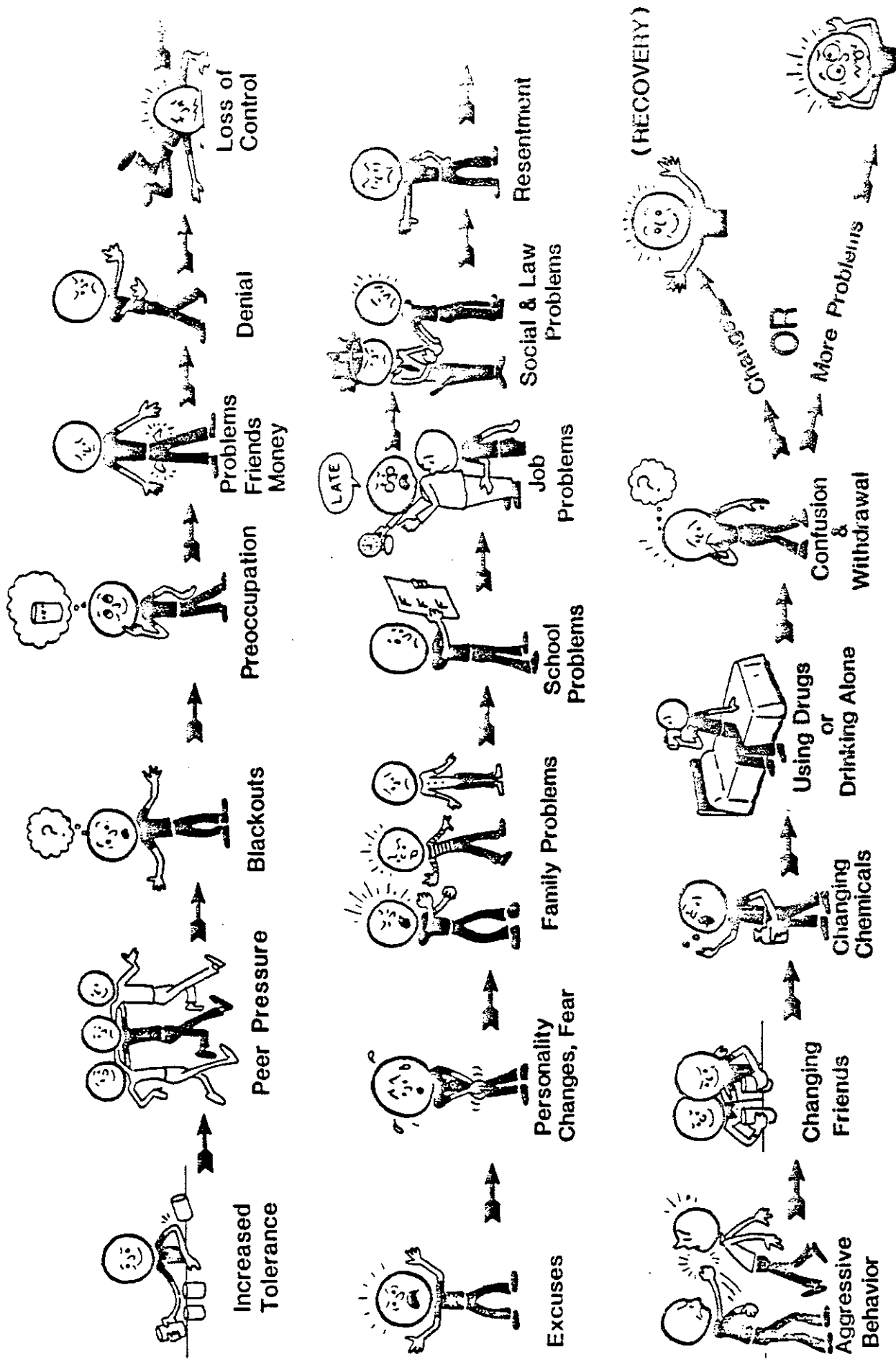
Unpleasant Feeling Words

Neglected	Provoked	Stupid	Outraged
Hostile	Aggravated	Cowardly	Furious
Angry	Unsure	Upset	Offended
Frustrated	Insecure	Revengeful	Mistreated
Jealous	Doubtful	Resentful	Inferior
Helpless	Puzzled	Disgraced	Listless
Depressed	Stumped	Inadequate	Agitated
Pessimistic	Discouraged	Harassed	Annoyed
Bored	Misunderstood	Strained	Indignant
Fearful	Defeated	Forlorn	Doubtful
Scared	Guilty	Lonely	Uncertain
Rejected	Futile	Foolish	Uneasy
Left out	Miserable	Anxious	Hurt
Excluded	Resentful	Unsettled	Disappointed
Overwhelmed	Abused	Reluctant	Abandoned
Overpowered	Humiliated	Tense	Weary
Unhappy	Ridiculed	Apprehensive	Discontent
Embarrassed	Perplexed	Fragile	Irritated
Afraid	Confused	Vulnerable	Distraught
Concerned	Edgy	Torn	Ashamed
Displeased	Jumpy	Disheartened	Frustrated
Directionless	Nervous	Trapped	Bitter
			Mad

SIGNS OF CHEMICAL ABUSE AND POSSIBLE DEPENDENCY

1. Needing to use more of the chemical (drugs or alcohol) to get as high as you used to.
2. Preoccupation — thinking a lot about chemicals and really looking forward to the next time you can get high.
3. Blackouts — lapses in memory which cannot be regained; being awake but not being aware of what you are doing.
4. Using chemicals even though you have tried to change and quit.
5. Beginning to feel the need to use the chemical — coming to depend on the chemical to releave uncomfortable feelings.
6. Hiding or sneaking — secretly using the chemical.
7. Not caring much about hobbies or interests anymore now that you are getting high.
8. Making up excuses for your chemical use — blaming everyone else.
9. Being late or absent from school or work a lot.
10. Gulping or taking a lot of the chemical at once.
11. Having anyone who is really interested in you criticize or worry about your drug or alcohol use.
12. Continuing a pattern of use even though it gets you into trouble and you may feel bad about it.

SIGNS OF A DEVELOPING PROBLEM



(Possible Accident or Overdose)

WHAT ARE AMERICANS DRINKING?



<u>Beverage</u>	<u>Gallons Per Capita</u>	<u>Percent of Total</u>
Water	45.24	24.8%
Soft drinks	39.60	21.7%
Coffee	27.80	15.2%
Beer	24.31	13.3%
Milk	21.60	11.9%
Juices	6.70	3.7%
Tea	6.60	1.6%
Powdered drinks	6.60	1.6%
Wine	2.05	1.1%
Distilled spirits	2.00	1.1%

Source: U. S. Department of Agriculture, 1980.

CLASSIFICATION OF DRUGS
(Mood-altering chemicals)

STIMULANTS: "Uppers"

Chemicals which increase alertness and activity and often suppress appetite; can affect your judgment.

- . Nicotine (cigarettes)
- . Caffeine (coffee, colas)
- . Cocaine ("coke")
- . MDA (in high doses can cause hallucinations)
- . Amphetamines (diet or "pep" pills: Dexedrine, Benzedrine, Methedrine, Preludin)
- . No-Doz (or Vivarin)

DEPRESSANTS: "Downers"

Chemicals which reduce anxiety and act as a muscle relaxant or sedative; can affect your judgment.

- . Alcohol (wine, beer, distilled liquors)
- . Barbiturates (Nembutal, Seconal, Amytal, Phenobarbital)
- . Chloral hydrate
- . Marijuana: THC or cannabis (in high doses can cause hallucinations)
- . Phenothiazines (also classified as "major" tranquilizers: Thorazine, Compazine, Stelazine)
- . Methaqualone (Quaaludes or "ludes," Sopers)
- . Antihistamines (found in some common cold preparations)

NARCOTICS: "Opiates" -- also considered depressants

Chemicals which relieve pain, induce sleep, and often control coughing or diarrhea; can affect your judgment.

- . Codeine
- . Demerol
- . Morphine
- . Heroin
- . Opium (in paregoric for diarrhea)
- . Methadone
- . Percoden
- . Darvon (synthetic analgesic)
- . Cough syrups (often contain codeine: Cheracol, Hycodan, Romilar, etc.)

HALLUCINOGENS: "Psychedelics"

Chemicals which affect sensation, thinking, self-awareness, and emotion; can affect your judgment.

- . Mescaline
- . Lysergic acid (LSD)
- . Phencyclidine: PCP or "Angel Dust" (effects unpredictable, varies with dose and use pattern)
- . Marijuana (in high doses)
- . Hashish or "hash" oil
- . MDA (in high doses)
- . Psilocybin ("mushrooms")

SOLVENTS: "Inhalants" -- also considered depressants

Chemicals which produce drunk-like effects, dizziness, and floating sensations; may cause hallucinations and unconsciousness.

- . Benzene
- . Gasoline
- . Paint thinner
- . Cleaning fluid
- . Lighter fluid
- . Plastic cements
- . Glues
- . Ether

Note: Amyl nitrite, given by inhaling for fainting, produces a stimulant effect or "rush."