

# Coping with Emotional Challenges

## Resources for February Support Group

### By Gail Poffenroth

Raising Resilient Children by Brooks and Goldstein

[loveandlogic.com](http://loveandlogic.com)

A Childs' Book of Emotions by Pons and Alzina

Why do we Cry by Fran Pintadera

Once I was very Scared by Chandra Ippen

Here are some other "emotion training books" I have used for...

1. giving the kids an awareness of their own emotions
2. giving them a vocabulary to address their emotions
3. giving them an awareness of how they express or suppress their emotions
4. giving me a safe and objective vehicle to discuss their emotions
5. given the family a safe platform from which to address emotions
6. helping me recognize my own emotional patterns

They are:

What if everybody did that? by Ellen Javernick

I can't believe you said that by Julia Cook

**The Worst day of my Life ever.** by Julia Cook

Well I can top that by Julia Cook

What's in it for me by Julia cook

Thanks for the feedback by Julia cook

**Baditude** by Julia Cook

Teamwork isn't my thing by Julia Cook

It's Ok to be different by Sharon Purthill

What if Everybody thought that by Ellen Javernick

What if everybody said that by Ellen Javernick

God Made all of me by Justin Holcomb

Listening with the Heart by Gabi Garcia

**Once I was Very Very Scared** by Chandra Ghosh Ippen

Just In Case You Ever Wonder by Max Lucado

Because I Love you by Max Lucado

The Oak Tree Inside the Acorn by Max Lucado

**Its My way of the Highway** by Juila Cook

**That rule doesn't apply to me** by Julia Cook

**The Invisible Boy** by Trudy Ludwig

It will be Ok by Lysa Terkeurst

Listening to my Body by Gabi Garcia

What if Everybody did that? by Ellen Javernick

But its not my fault by Julia Cook

I just don't like the sound of NO by

Cheaters never prosper

\*\*\*The Procrastinator by Julia Cook

Sorry I forgot to Ask by Julia Cook

**Tori comes out of her shell by Jayne Clark**

**Zoe's Hiding Place When you are Anxious by David Powlison**

**Buster Ears Trip Him Up by Ed Welch (failure and being first)**

**Jax's Tail Twitches When you are Angry by David Powlison**

**Gus Loses His Grip (When you Want something too much) by David Powlison**

**My Mouth is a Volcano by Julia Cook**

[What to Do When Mistakes Make You Quake: A Kid's Guide to Accepting Imperfection](#) by Claire Freeland

[What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity](#) by Dawn Huebner

What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger by Dawn Huebner

[What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety](#) by Dawn Huebner

[What to Do When Fear Interferes: A Kid's Guide to Overcoming Phobias](#) by Claire Freeland