**Topics and Resource Options**

**To be updated throughout the year as needed**

Bullying

* 3 Anti-bullying books  [Dare! (The Weird! Series): Frankel, Erin, Heaphy, Paula](https://www.amazon.com/dp/1575424398/ref%3Dcm_sw_em_r_mt_dp_AMFKVX7E32T7Z6N3ZH9C)
* [The Recess Queen: O'neill, Alexis, Huliska-Beith, Laura: 9780439206372: Amazon.com: Books](https://www.amazon.com/dp/0439206375/ref%3Dcm_sw_em_r_mt_dp_N4RG4T5GNW96SCKTMY51)
* Rude vs. Mean vs. Bullying [FREERudevsMeanvsBullying.pdf](https://drive.google.com/file/d/1-FW2wqs29MMbEVE5Q8U9oSgXSjO_0uDe/view?usp=sharing)

Choking Game

* As required by ICSD: [Eriks\_Cause\_IRON\_COUNTY\_STUDENT\_SCRIPT\_rv\_08\_2019.pdf](https://drive.google.com/file/d/173jfnBByC6Sn8T4Ddw0-fkXgr5lt8Ziz/view?usp=sharing)

Conflict Resolution

* [Peace Week in Miss Fox's Class Paperback – Picture Book, March 1, 2018](https://www.amazon.com/dp/0807563900/ref%3Dcm_sw_em_r_mt_dp_JNTM1YM9SY28ZFK10MPY)
* Different Perspectives [perspective](https://docs.google.com/document/d/1NAtugT22BcV474nMmuxUP02XJdN2E12CHoirQsavo84/edit?usp=sharing)
* [Conflict Resolution for Kids | 5 Finger Rule for Kids | Resolving Conflict for kids](https://youtu.be/Z1N6uhd05kg)

Communication

* (apologizing, asking permission) [Sorry, I Forgot to Ask! (BEST ME I Can Be!) Paperback – Picture Book, July 15, 2012](https://www.amazon.com/dp/1934490288/ref%3Dcm_sw_em_r_mt_dp_H1Q4XTH4H07RMYCJR26N)
* [Amazon.com: The Blind Men and the Elephant (Hello Reader!, Level 3, Grades 1&2)](https://www.amazon.com/dp/0590458132/ref%3Dcm_sw_em_r_mt_dp_6758JCPSVTWEQRW1DDPS)

Drug Prevention

* Botvin Lifeskills (According to State Law [Utah Code Section 53G-10-406; R277-910], all 4th grade students should receive the 8 Elementary Botvin LifeSkills Training lessons.)

Emotions

* [A Little SPOT of Emotion 8 Book Box Set (Books 1-8: Anger, Anxiety, Peaceful, Happiness, Sadness, Confidence, Love, & Scribble Emotion): Diane Alber: 9781951287139: Amazon.com](https://www.amazon.com/dp/1951287134/ref%3Dcm_sw_em_r_mt_dp_TEFH75EEQF1WNHFF1GFY)
* [When Sophie Gets Angry - Really, Really Angry… (Scholastic Bookshelf): Bang, Molly, Bang, Molly: 0787721905332: Amazon.com: Books](https://www.amazon.com/dp/0439598451/ref%3Dcm_sw_em_r_mt_dp_EXR4BDA02XCZPB61AJHY)

Empathy

* [The Rabbit Listened Hardcover - Cori Doerrfeld](https://www.amazon.com/dp/073522935X/ref%3Dcm_sw_em_r_mt_dp_HEGX79KXM1035Y37PBC1)
* [Making and Keeping Friends .pdf](https://drive.google.com/file/d/1sc0ZwWdIX0Wo6qfS19TBaA3D83UM3AFV/view?usp=sharing)
* [020 - Friendship Classroom Guidance Lesson for Kindergarten and Pre-K Counseling.pdf](https://drive.google.com/file/d/1r1Ys2oiIv5MByWHcP5XeKK2TkW3bxsHp/view?usp=sharing) (Copyright)

Gratitude

* [Thankful: Vickers, Elaine, Cotterill, Samantha: 9781534477346: Amazon.com: Books](https://www.amazon.com/dp/1534477349/ref%3Dcm_sw_em_r_mt_dp_TE73CBT7N69K485GDV1F)

Growth Mindset

* [Bubble Gum Brain Paperback – Picture Book, April 25, 2017](https://www.amazon.com/dp/193787043X/ref%3Dcm_sw_em_r_mt_dp_CYQB7ABYQDJHBHR5G8M1)
* [Developing a Growth Mindset! | Dr. Nagler's Laboratory](https://youtu.be/ivKLEVPI6mM)
* [CGI \*\*Award-Winning\*\* 3D Animated Short : "Soar" - by Alyce Tzue | TheCGBros](https://youtu.be/UUlaseGrkLc)
* [Growth Mindset for students - Episode 1/5](https://youtu.be/2zrtHt3bBmQ)
* [Growth Mindset Song For Students](https://youtu.be/0roRXBlEuRs)

Inclusion

* [We're All Wonders: Palacio, R. J.: 9781524766498: Amazon.com: Books](https://www.amazon.com/dp/1524766496/ref%3Dcm_sw_em_r_mt_dp_DR1M4XGFJ2BP9GGK3G5R)

Kindness Challenge

* <https://thegreatkindnesschallenge.com/wp-content/uploads/2021/09/Checklist-Preview-Page_2021-2022.pdf>
* [The Power of One: Every Act of Kindness Counts: Ludwig, Trudy, Curato, Mike: 9781524771584: Amazon.com: Books](https://www.amazon.com/dp/1524771589/ref%3Dcm_sw_em_r_mt_dp_HKHG2859JG0MGTYN1ZMG)

Making Choices

* Power to Choose Series (4 volumes) [What Should Danny Do? (The Power to Choose Series) Hardcover – Illustrated, May 17, 2017](https://www.amazon.com/dp/069284838X/ref%3Dcm_sw_em_r_mt_dp_AFDABCK47YXK7DH179XV)

Mindfulness

* [Happy Right Now Hardcover – Picture Book, October 29, 2019](https://www.amazon.com/dp/1683643526/ref%3Dcm_sw_em_r_mt_dp_X58SADTH5MXWK247VZJB)
* [The Lemonade Hurricane: A Story of Mindfulness and Meditation Paperback – Picture Book, September 8, 2020](https://www.amazon.com/dp/0884488772/ref%3Dcm_sw_em_r_mt_dp_PS6VAXWS069Z5Y1R5NY0)
* [My Magic Breath: Finding Calm Through Mindful Breathing Hardcover – Picture Book, May 15, 2018](https://www.amazon.com/dp/006268776X/ref%3Dcm_sw_em_r_mt_dp_1A4Q1NV8JAGMMSE573WH)
* Super Yoga (various short clips for brain breaks) [Winter Wonderland (Super Yoga) | Cosmic Kids](https://youtu.be/yE1NEiVf2Gk)
* Mindfulness and Self Regulating Breaks: [30 Social Emotional Learning Self-Regulation Breaks Mindfulness Breathing Videos](https://www.teacherspayteachers.com/Product/30-Social-Emotional-Learning-Self-Regulation-Breaks-Mindfulness-Breathing-Videos-5715750)

Resilience

* [The Three Ninja Pigs: Schwartz, Corey Rosen, Santat, Dan: 8601400985496: Amazon.com: Books](https://www.amazon.com/dp/0399255141/ref%3Dcm_sw_em_r_mt_dp_J6HYYCQTT8W34XK7CN9G)
* Not giving up rock balancing: [Stone Balance Demo - March 2021 - Michael Grab (Gravity Glue)](https://youtu.be/pY3qP3pKt18)
* Weebles example of being a “bounce back kid:” [A Lesson On Resilience](https://youtu.be/sKpBJjsZ7EE)
* Never give up “Cheese Contest” [Never Give Up, Traditional Cheese Shop.](https://youtu.be/jfqj7Qs-9Is)
* [No Biggy!: A Story About Overcoming Everyday Obstacles Paperback – Illustrated, June 18, 2019](https://www.amazon.com/dp/1984892495/ref%3Dcm_sw_em_r_mt_dp_HFTGYFH2WNPWAN59MAZ1)
* [Even Superheroes Have Bad Days (Superheroes Are Just Like Us) Hardcover – Picture Book, September 6, 2016](https://www.amazon.com/dp/1454913940/ref%3Dcm_sw_em_r_mt_dp_75SP0H1Z8HQM0BBW6WJ2)