

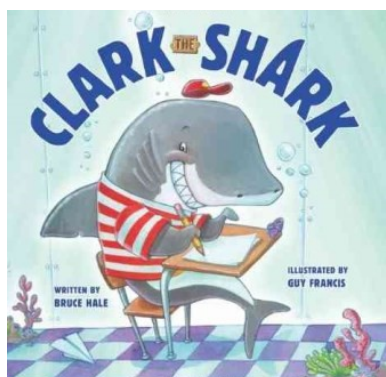
# Self-Regulation: Controlling Impulses

Compiled by Joan Pearce  
*Picture Book Format*



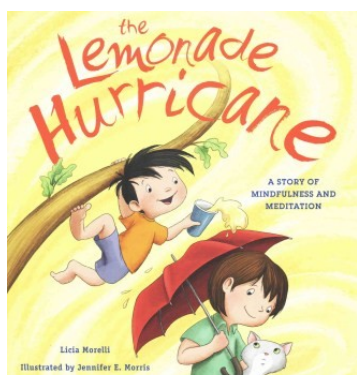
## Interrupting Chicken and the Elephant of Surprise by David Ezra Stein, c2018 (IL: K-3, RL: 2.8)

"It's homework time for the little red chicken, who has just learned about something every good story should have: an elephant of surprise. Or could it be an *element* of surprise (as her amused papa explains)? As they dive in to story after story... something unexpected awaits Papa in every story, but a surprise may be in store for the little red chicken as well." - Pub.



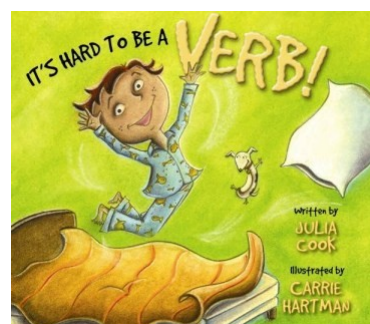
## Clark the Shark by Bruce Hale, c2013 (IL: K-3, RL: 2.7)

"Clark finds everything about school fun and exciting, but his enthusiasm causes problems until he begins inventing rhymes to remind himself to stay cool at school." - Follett



## The Lemonade Hurricane by Licia Morelli, c2015 (IL: K-3, RL: 1.6)

"Emma's little brother Henry is a good kid—but when his day has been too busy and too full, Henry can become a hurricane! Emma wishes that she could teach Henry to be still. One day, she shows Henry how meditation can make a big difference in both their lives." - Pub.

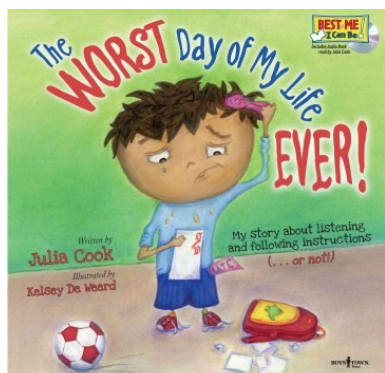


## It's Hard to Be a Verb by Julia Cook, c2008 (IL: K-3, RL: 2.8)

"Louis finds it difficult to keep his inner itching, twitching, and jumping under control until his mother teaches him some tricks she learned from her own experiences with attention deficit disorder to stay still and focused." - Follett

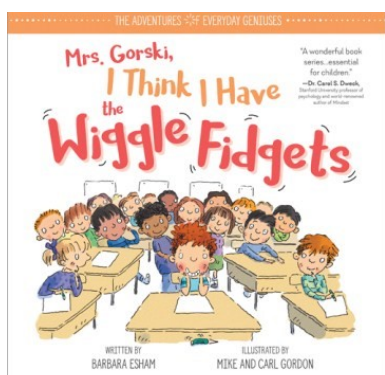
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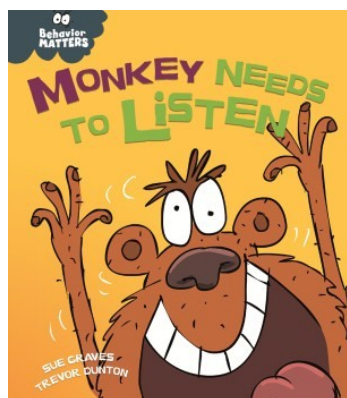
## **The Worst Day of My Life Ever** by Julia Cook, c2011 (IL: K-3, RL: 2.9)

"Kids will learn the most basic of social skills with this humorous story about RJ and his very rough day when nothing goes right. RJ learns that his problems happen because he doesn't listen or pay attention to directions...Four simple steps each for listening and following instructions are presented in rhyme so all kids, including RJ, will be able to remember how and when to use these fundamental social skills." - Pub.



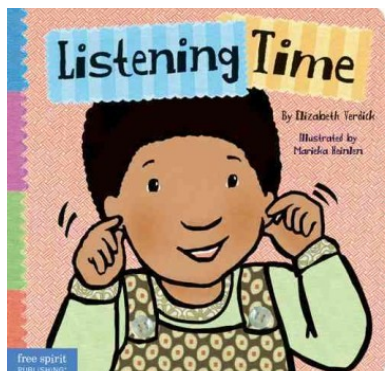
## **Mrs. Gorski I Think I Have the Wiggle Fidgets** by Barbara Esham, c2018 (IL: K-3, RL: 3.8)

"David, who always manages to get into situations due to his nerves and poor planning, tries to figure out how to stay out of trouble in Mrs. Gorski's class and comes up with cures for his "wiggle fidgets" before finding out that people with his condition can be successful." - Follett



## **Monkey Needs to Listen** by Sue Graves, c2017 (IL: K-3, RL: 2.7)

"Listening is an important skill, and readers will discover why it's so important when they learn along with Monkey. When Monkey doesn't listen to the instructions before the big go-kart race, he nearly ruins the race for everyone." - Pub.

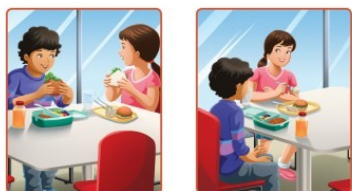


## **Listening Time** by Elizabeth Verdick, c2008 (IL: K-3, RL: 1.5)

"A teacher prepares her young students to listen to her instructions by telling them how to behave." - Follett

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Eva tells me a story.  
I can listen!

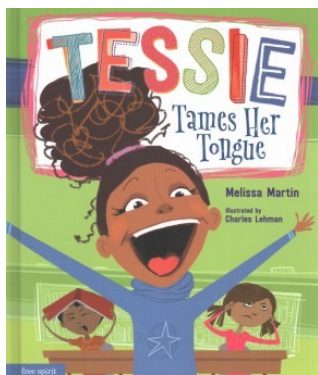
I sit still in my chair.

## I Can Listen

(Series: Civic Virtues)

by Seth Matthas, c2019 (IL: K-3, RL: 1.2)

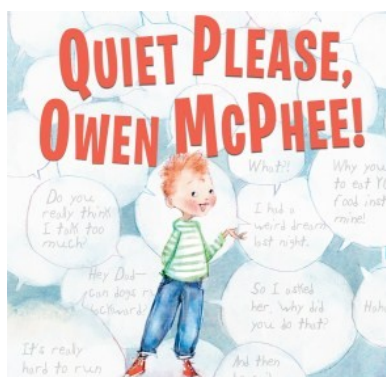
"Simple text and illustrations introduce young boy the value of listening carefully." - Follett



## Tessie Tames Her Tongue

by Melissa Martin, c2017 (IL: K-3, RL: 2.5)

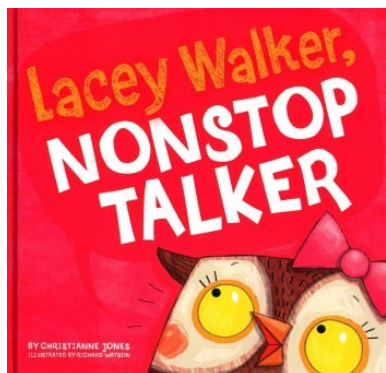
"A book for kids about when to talk and when to listen. Tessie talks too much, but with the help of her counselor, she learns how to become a better listener. Teaches kids strategies to tame talkativeness and improve their listening skills." - Pub.



## Quiet Please, Owen McPhee!

by Trudy Ludwig, c2018 (IL: K-3, RL: 1.8)

"A nonstop talker learns about the power of listening when he comes down with a case of laryngitis." - Pub.



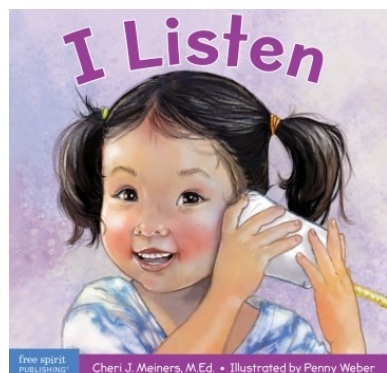
## Lacey Walker, Nonstop Talker

by Christianne Jones, c2012 (IL: K-3, RL: 2.0)

"Lacey Walker loves to talk. She talks all day, and sometimes all night. But when she loses her voice, Lacey learns the importance of listening. She learns about all of the things she misses out on every day." - Pub.

# Self-Regulation: Controlling Impulses

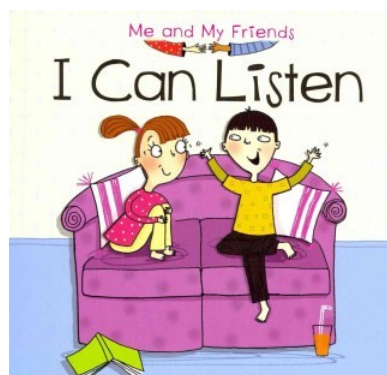
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## **I Listen**

by Cheri Meiners, c2019 (IL: K-3, RL: 1.3)

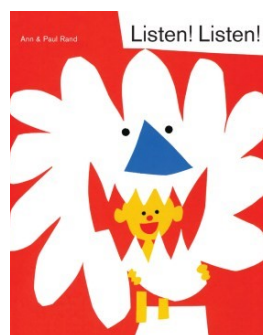
"A book about hearing, understanding, and connecting."  
- Back Cover



## **I Can Listen**

(Series: Me and My Friends)  
by Daniel Nunn, c2015 (IL: K-3, RL: 0.7)

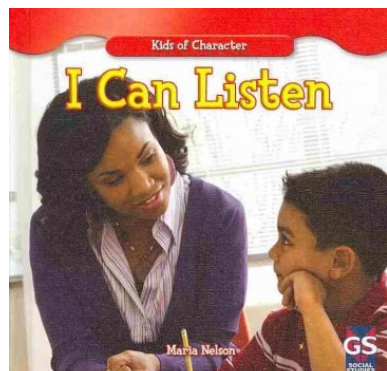
"Text and illustrations show how to be a good listener."  
- Follett



## **Listen! Listen!**

by Ann Rand, c2016 (IL: K-3, RL: 2.1)

"Rhyming text reveals the many sounds that can be heard if one listens closely." - Follett



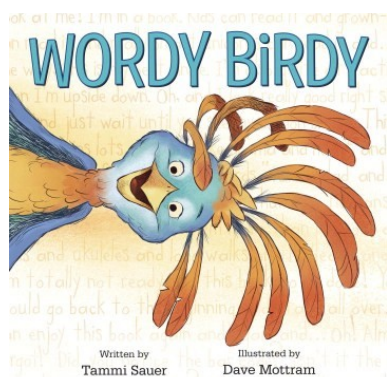
## **I Can Listen**

(Series: Kids of Character)  
by Maria Nelson, c2014 (IL: K-3, RL: 2.6)

"Good listening skills help make communicating with others a better experience...Readers will learn about these skills and more while navigating relatable situations." - Pub.

# Self-Regulation: Controlling Impulses

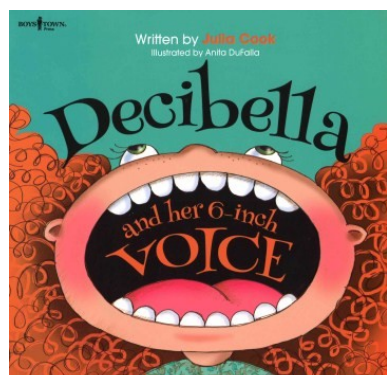
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## Wordy Birdy

by Tammi Sauer, c2018 (IL: K-3, RL: 2.2)

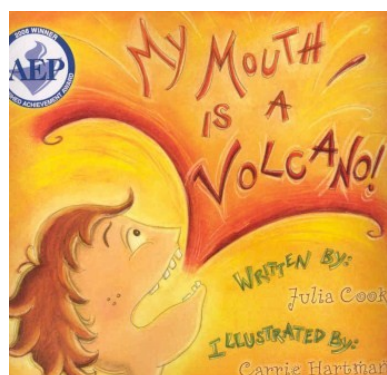
"Wordy Birdy loves to talk, but will she ever learn to listen?" - Pub.



## Decibella and her 6-Inch Voice

by Julia Cook, c2014 (IL: K-3, RL: 3.2)

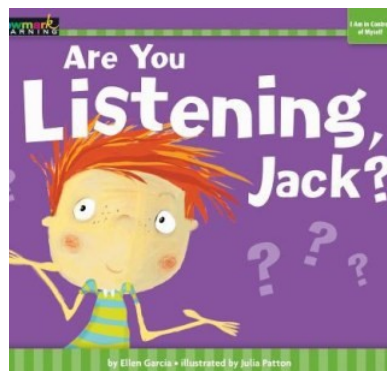
"Isabella enjoys shouting out her thoughts, ideas and feelings so much, it's earned her the nickname 'Decibella!'. Young readers will be entertained as she learns the 'five volumes' of voice—whisper, 6-inch, table-talk, strong speaker, and outside—and that different situations require a different tone." - Pub.



## My Mouth is a Volcano

by Julia Cook, c2005 (IL: K-3, RL: 3.8)

"All of Louis thoughts are very important to him. In fact, his thoughts are so important to him that when he has something to say, his words begin to wiggle, and then they do the jiggle, then his tongue pushes all of his important words up against his teeth and he erupts, or interrupts others. His mouth is a volcano...an empathetic approach to the habit of interrupting..." - Pub.



## Are You Listening Jack?

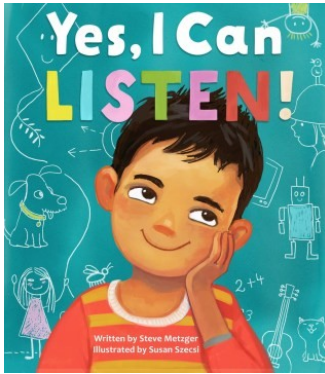
by Ellen Garcia, c2014 (IL: K-3, RL: 1.3)

"Jack learns about listening." - Back Cover

"This series helps children build social and emotional intelligence through shared reading of engaging texts that prompt discussions about real-world experiences." - Pub.

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## Yes, I Can Listen

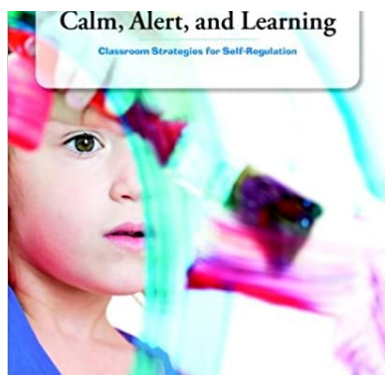
by Steve Metzger, c2019 (IL: K-3, RL: 1.7)

"Rhyming text and color illustrations introduce young readers to ways in which children can listen attentively in a wide range of situations." - *Follett*

# Self-Regulation: Controlling Impulses

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*Non-fiction*



## Calm, Alert, and Learning: Classroom Strategies for Self-Regulation

by Dr. Stuart Shanker, c2012 (IL: PF)

"Dr. Shanker leads us through an exploration of the five major domains—what they are, how they work, what they look like in the classroom, and what we can do to help students strengthen in that domain."

- Pearson



## The Incredible 5 Point Scale

by Kari Dunn-Burton, c2012 (IL: PF)

"Offers teachers, aides, principals, and parents practical advice to help them better understand the behavior of students with Asperger Syndrome and high-functioning autism and manage behavior problems in the classroom and at home." - Follett