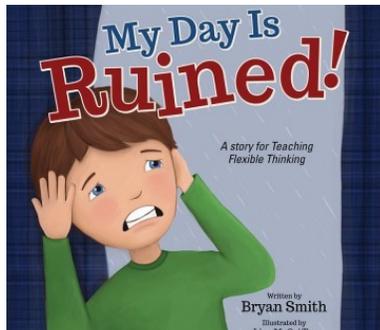


# Self-Regulation: Developing Flexible Thinking

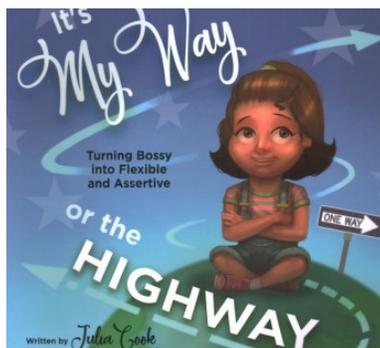
Selected by Joan Pearce, Andrea Flesher and Andrea Wilson



## My Day is Ruined!

by Bryan Smith, c2016 (IL: K-3, RL: 2.6)

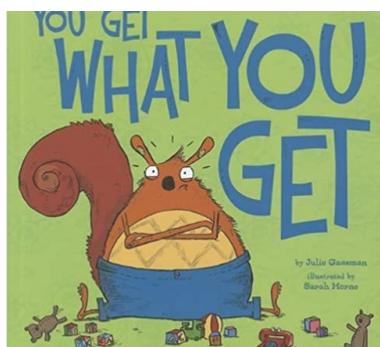
"When the championship baseball game gets rained out, ballplayer Braden curls up on the couch and cries. Just another one of his overreactions. Braden always lets small disappointments ruin his day, so his mom and teacher give him a lesson on 'flexible thinking.' Will this help Braden feel better when disappointment comes his way?" - *Follett*



## It's My Way

by Julia Cook, c2019 (IL: K-3, RL: 2.1)

"Cora June is B-O-S-S-Y! She points out her teacher's boring assignments. She dictates the games people play at recess. She even objects to family dinners. If Cora June doesn't get her way, she can make life miserable for those around her. Will anyone put the brakes on her outlandish demands?" - *Pub.*



## You Get What You Get

by Julie Glassman, c2012

"Melvin throws fit after fit when he doesn't get what he wants. He must learn how to deal with disappointment. After all, you get what you get and you don't throw a fit." - *Amazon.ca*



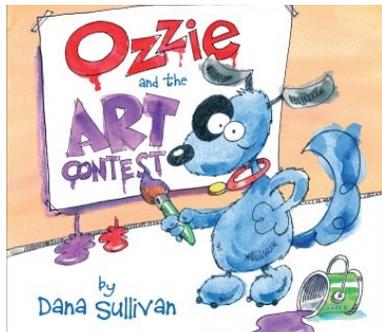
## The Most Magnificent Thing

by Ashley Spires, c2014 (IL: K-3, RL: 2.9)

"A little girl has a wonderful idea. With the help of her canine assistant, she is going to make the most magnificent thing! She knows just how it will look. She knows just how it will work. But making the most magnificent thing turns out to be harder than she thinks." - *Follett*

# Self-Regulation: Developing Flexible Thinking

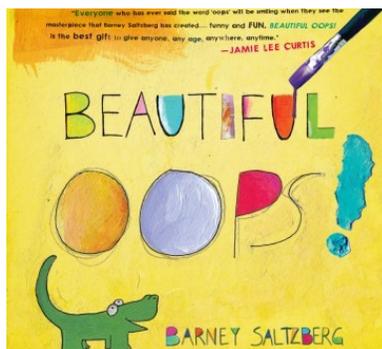
Selected by Joan Pearce, Andrea Flesher and Andrea Wilson



## Ozzie and the Art Contest

by Dana Sullivan, c2013 (IL: K-3, RL: 2.6)

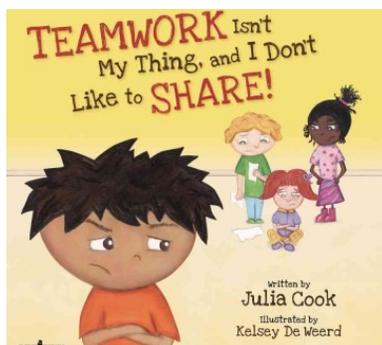
"Ozzie the dog loves to draw and when his kindergarten teacher announces an art contest, he is sure he will win but he fails to follow directions, loses the contest, and is sad until Miss Cattywhompus reminds him that art is not about winning."  
- Follett



## Beautiful Oops!

by Barney Saltzberg, c2010 (IL: K-3, RL: 2.6)

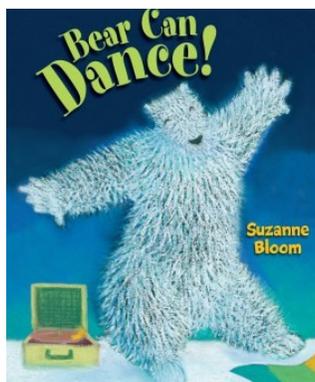
"A life lesson that all parents want their children to learn: It's OK to make a mistake. In fact, hooray for mistakes! A mistake is an adventure in creativity, a portal of discovery. A spill doesn't ruin a drawing--not when it becomes the shape of a goofy animal. And an accidental tear in your paper? Don't be upset about it when you can turn it into the roaring mouth of an alligator."  
- Pub.



## Teamwork Isn't My Thing, and I Don't Like to Share

by Julia Cook, c2012 (IL: K-3, RL: 2.3)

"RJ's having another bad day. His teacher wants him to work with bossy Bernice, messy Frankie and Norma... on a report about Egyptian mummies. After a frustrating school day with his team, RJ goes home to find only one biscuit left in the jar - and his mum makes him share it with his sister. With the help of his coach, RJ learns that working as a team and sharing are skills needed not just on the football field, but in school and at home too."  
- Pub.



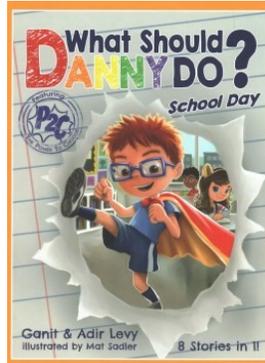
## Bear Can Dance!

by Suzanne Bloom, c2015 (IL: K-3, RL: 1.5)

"Bear wishes he could fly. He wants to swoop and glide and feel the wind in his fur. Yet no matter how hard he flaps his arms, he can't get off the ground. Goose and Fox offer support, but Bear remains earthbound--until he hears music. Suddenly, Bear is gliding and swooping and light on his feet...Bear discovers that not getting what you want isn't always a bad thing. In fact, it may lead to something surprising."  
- Pub

# Self-Regulation: Developing Flexible Thinking

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## What Should Danny Do?

by Ganit Levy, c2019 (IL: K-3, RL: 3.0)

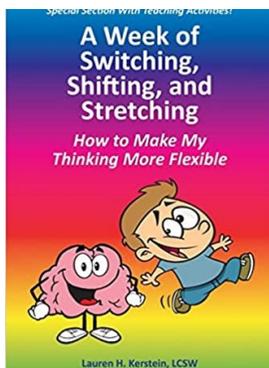
"Danny is a real-life superhero-in-training learning about his most important superpower of all, the Power to Choose. In this book, YOU decide how Danny's School Day will end by making choices that change the story." - Pub.



## The Social Skills Picture Book

by Jed Baker, c2001 (IL: PF)

"Colorful pictures demonstrating nearly thirty social skills, including conversation, play, emotion management, and empathy, help engage and motivate students who need extra help learning appropriate social skills." - Follett



## A Week of Switching, Shifting and Stretching

by Lauren Kerstien, c2013 (IL: PF)

"This picture book assists children on the autism spectrum, and any child for that matter, in examining their black-and-white thinking in order to begin to think more flexibly - rainbow thinking. Using repeated rhymes and illustrations, the child begins to recognise that the more flexible his thinking is, the better he is able to cope with the challenges that life inevitably brings, ultimately, leading to fewer tantrums and meltdowns." - Amazon.ca