

MINDFULNESS & ANGER BOOK LIST

Don't Pop Your Cork on Monday *by Adolph Moser*

- This book brings cognitive behavioral approaches to managing stress.
- Activity: Students can imitate the different ways we act like “animals” when reacting to stress.

My Mouth is A Volcano *by Julia Cook*

- Takes an empathetic approach to the habit of interrupting and teaches children a witty technique to help them manage their rambunctious thoughts and words.
- Activity: Complete an activity page from this [activity book](#)

Wilma Jean the Worry Machine *by Julia Cook*

- This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety.
- Activity: Have students reflect on ways they can calm themselves when they feel worry