



American  
Counseling Association  
Foundation

## ***Growing Happy & Confident Kids Program*** **Application for Participation**

Name of School or Organization: \_\_\_\_\_

Name of Professional Counselor: \_\_\_\_\_

School/Org Address: \_\_\_\_\_  
*\*please do not provide your home address here, address must match your school or organization*

City, State, Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

ACA Member Number: \_\_\_\_\_

***\*You must be a current ACA member to participate in this program.***

Feel free to use additional paper in answering the following:

1. Describe your school/community center/counseling center and provide some demographic information about the student population.

2. How would the objectives of the GHCK project assist the children in your setting?

Statement of Commitment:

If selected to participate in the *Growing Happy and Confident Kids* project, I agree to fulfill the tasks set forth by the American Counseling Association Foundation, including offering feedback on how the books were used and received.

\_\_\_\_\_  
Counselor Signature

\_\_\_\_\_  
Date

Completed applications should be sent to:  
ACAF, GHCK, 5999 Stevenson Avenue, Alexandria, VA 22304.

For additional information, contact ACAF at (800) 347-6647, ext. 350, or via e-mail at  
[GHCKproject@counseling.org](mailto:GHCKproject@counseling.org).

## ***Growing Happy and Confident Kids Book List***

\*see attached for book descriptions

**Please select 10 books from the following list:**

- Black is Brown is Tan
- Countdown to Kindergarten
- Dinosaurs Divorce
- Don't Despair on Thursdays!
- Don't Rant & Rave on Wednesdays!
- Enemy Pie
- Fall of Freddie the Leaf
- Follow the Money
- The Girls
- Hands are not for Hitting
- Hooway for Wodney Wat
- I Don't Want to Talk About it
- I Like Me!
- The Kissing Hand
- Lemons and Lemonade
- Lilly's Purple Plastic Purse
- Mick Harte Was Here
- Money, Mama and Three Little Pigs
- My Secret Bully
- The Recess Queen
- Roses are Pink, Your Feet Really Stink
- Secret of the Peaceful Warrior
- Shadow Moves
- Simon's Hook
- Stand Tall, Molly Lou Melon
- Stephanie's Ponytail
- Stick Up For Yourself: Every Kid's Guide to Personal Power & Positive Self-Esteem
- Super Study Skills: The Ultimate Guide to Tests & Studying
- The Tower: A Story of Humility
- The Trouble with Money
- Wemberly Worried
- When Dinosaurs Die

## **Growing Happy and Confident Kids Book Descriptions**

\*Click on the book title to see an excerpt (if available).

### **Black is Brown is Tan**

*Author: Arnold Adoff*

*Publisher: Harper Collins Publishers*

*Grades: K - 1*

One of the first children's books ever to present an inter-racial family when it was released in the 1970s, this light story poem presents home life and extended family in all its multiethnic and multicultural differences.

### **Countdown to Kindergarten**

*Author: Allison McGhee*

*Publisher: Silver Whistle/Harcourt*

*Grade: Preschool*

The ten days to the start of kindergarten are chronicled in a manner in which the fears and the unknowns are candidly opened and discussed. In the end the principal character finds that she is very much in line with most of her school-starting peers.

### **Dinosaurs Divorce**

*Authors: Marc Brown and Laurie Krasny Brown*

*Publisher: Little, Brown and Company*

*Grades: 3 - 4*

Using a cartoon dinosaur as the central character, this sensitive and sympathetic treatment of divorce helps children examine what truly happens when parents divorce.

### **Don't Despair on Thursdays!**

*Author: Adolph Moser*

*Publisher: Landmark Editions, Inc.*

*Grades: 4 - 6*

Grief management for children is presented in a sensitive and thorough manner. Author Adolph Moser presents a quality resource for use with a very difficult issue.

### **Don't Rant & Rave on Wednesdays!**

*Author: Adolph Moser*

*Publisher: Landmark Editions, Inc.*

*Grades: 4 - 6*

Anger, from the perspective of children who exhibit the behavior and those who are targets of it, is given a thorough examination. Readers also learn strategies for controlling their anger, even when it reaches the boiling point.

### **Enemy Pie**

*Author: Derek Munson*

*Publisher: Chronicle Books/ LLC*

*Grades: K- 3*

Enemy Pie is a story of a boy whose father teaches him a recipe for turning his enemy into his best friend. It describes the ingredients needed to create wholesome and lasting friendships.

### **Fall of Freddie the Leaf**

*Author: Leo Buscaglia*

*Publisher: Slack Incorporated*

*Grades: PreK - 3*

Published originally in 1982, this classic traces the life of Freddie the Leaf to help the reader understand the delicate balance between life and death. Using the changing of the seasons, author Buscaglia uses gentle, non-threatening images to convey a very difficult message.

### **Follow the Money**

*Author: Loreen Leedy*

*Publisher: Holiday House, New York*

*Grades: 5 - 6*

This book is about how money is minted and used, lost and found. Children can follow along as a quarter is created at the Federal Reserve and is used in various ways by various people in a single day.

### **The Girls**

*Author: Amy Goldman Ross*

*Publisher: Puffin Books*

*Grades: 4 - 6*

The world of “cliques” is examined in this book that portrays many of the characters playing roles in school social groups. The view of the “clique” is seen through the eyes of five girls ranging dramatically in social and affiliation needs.

### **Hands are not for Hitting**

*Author: Martine Agassi, Ph.D.*

*Publisher: Free Spirit Publishing*

*Grades: K - 1*

Building on the theme that hands are not for hitting, this picture book offers alternative ways for using them. It promotes coping skills and constructive strategies for dealing with anger. The book also includes a list of ideas for parents and educators wanting to quell violent behavior in children.

### **Hooway for Wodney Wat**

*Author: Helen Lester*

*Publisher: Houghton Mifflin Company*

*Grades: 1 - 3*

Rodney the rat cannot pronounce his r's, a deficiency that make him the victim of viscous teasing by his fellow students. The matter gets worse when a “bully” character emerges in the class. The book can serve as a “pick me up” for those kids who are the victims of bully behavior and may deter bully behavior by those inclined to act that way.

### **I Don't Want to Talk About it**

*Author: Jeannie Franz Ranson*

*Publisher: Magination Press*

*Grades: PreK - 2*

Divorce is treated sensitively and thoroughly in this “reader friendly” book for the very young student. Speaking to children as children and using animal images to depict the array of emotions that are present in children of divorce, this book treats a difficult situation effectively.

### **I Like Me!**

*Author: Nancy L. Carlson*

*Publisher: Puffin Books*

*Grades: PreK - 2*

Positive messages about life and how to like one's self are conveyed in words and pictures. In teaching the many lessons of self-appreciation, this book is strong in establishing, building and sustaining self-esteem.

### **The Kissing Hand**

*Author: Audrey Penn*

*Publisher: Child & Family Press/ Child Welfare League of America*

*Grades: K - 3*

This is the story of a raccoon who expresses concern about being separated from the security of home to attend school. The sharing of "kissing hands" becomes the method that is used to address the uneasiness until comfort in school is established.

### **Lemons and Lemonade**

*Author: Nancy Loewen*

*Publisher: Picture Window Books*

*Grades: 2 - 5*

When Karly want to earn some money she starts a lemonade stand. At first, business is great. Karly makes a lot of money, but what happens when the kids across the street set up their own stand? Find out in this book about supply and demand.

### **Lilly's Purple Plastic Purse**

*Author: Kevin Henkes*

*Publisher: Glenwillow Books*

*Grades: PreK - 4*

Children act impulsively and often make mistakes in their hasty responses to life situations. Lilly the mouse learns the lessons of patience and responsibility in this story about a classroom situation to which other students will identify.

### **Mick Harte Was Here**

*Author: Barbara Park*

*Publisher: Bullseye Book/Random House*

*Grades: 4 – 5*

Mick Harte dies in a bicycle accident---most likely because he was not wearing his safety helmet. The story then deals with his loss and the impact it has on his family and friends.

### **Money, Mama and Three Little Pigs**

*Author: Lori Mackey*

*Publisher: P4K Publishing*

*Grades: K - 2*

This story in which Money Mama, teaches her piglets to set aside a portion of their income for charity, investments, and savings and to always spend the balance wisely.

### **My Secret Bully**

*Author: Trudy Ludwig*

*Publisher: RiverWood Books*

*Grades: 2 - 5*

Monica and Katie, two friends through the early school years, become estranged when Katie begins to employ bullying, exclusion and embarrassment tactics. Monica's mom helps her to deal with the betrayal, isolation, name-calling, as well as the emotions that are produced in the relationship and the difficult choices she must make to remedy the

problem.

### **The Recess Queen**

*Author: Alexis O'Neill*

*Publisher: Scholastic Press*

*Grades: PreK – 2*

This book takes the reader to the playground and the world where the “Recess Queen” rules her domain. It offers insights into identifying and coping with peers who want to be the bully.

### **Roses are Pink, Your Feet Really Stink**

*Author: Diane de Groat*

*Publisher: Morrow Junior Books*

*Grades: PreK - 3*

Faced with the dilemma of writing something nice on the Valentines of two classmates he doesn't really like, the central character decides to prepare mean messages to each and sign them as coming from the other. What happens after is a lesson in suffering the consequences of bad behavior and how one can recover from such an act.

### **Secret of the Peaceful Warrior**

*Author: Dan Millman*

*Publisher: H. J. Kramer, Inc./Starseed Press*

*Grades: 2 - 4*

This book supports teachers and counselors in their efforts to teach children to take positive, non-physical actions to stand up for themselves. Characters also portray good examples of the meaning of friendship.

### **Shadow Moves**

*Author: Caroline H. Sheppard*

*Publisher: National Institute for Trauma and Loss in Children*

*Grades: PreK – 2*

This is the story of a kitten whose family is engaged in a move. It addresses the issues of pulling away from a secure situation and relocating in a place full of worries and fears.

### **Simon's Hook**

*Author: Karen Gedig Burnett*

*Publisher: GR Publishing*

*Grades: PreK - 5*

A “bad hair” day for Simon results in major teasing and name-calling by his peers. Victims of teasing learn to laugh at difficulty and deal with difficult classmates, as well as new and changed situations.

### **Stand Tall, Molly Lou Melon**

*Author: Patty Lovell*

*Publisher: G. P. Putnam's and Son*

*Grades: K - 3*

Supported by the confidence and encouragement of her grandmother, Molly addresses her frailties and becomes self-assured and a strong young lady. These characteristics are called into action when she moves to a new school and has to deal with new classmates, including the torment of a bully.

### **Stephanie's Ponytail**

*Author: Robert Munsch*

*Publisher: Annick Press, Ltd.*

*Grades: K – 3*

Stephanie wears her hair in a ponytail only to be berated, but then copied. She changes her hairstyle and her classmates respond similarly. This story is about setting trend-setting and following, social dynamics that are often difficult to explain and more difficult to understand.

### **Stick Up For Yourself: Every Kid's Guide to Personal Power & Positive Self-Esteem**

*Authors: Gershen Kaufman, Levi Raphael and Pamela Espeland*

*Publisher: Free Spirit Publishing*

*Grades: 4 - 6*

This book is a self-help guide for promoting self-esteem and positive thinking, one that can guide the student through life situations like making decisions and solving problems. The book emphasizes the importance of personal power and control for children as a precursor of behaviors they will need as adolescents and adults.

### **Super Study Skills: The Ultimate Guide to Tests & Studying**

*Author: Laurie Rozakis*

*Publisher: Scholastic Press*

*Grades: 4 - 6*

The art of “smart study” is offered to the reader needing help in managing his/her time, reading more effectively and becoming a better test taker. It can actually be used as a text for teaching effective study skills.

### **The Tower: A Story of Humility**

*Author: Richard Paul Evans*

*Publisher: Simon & Shuster Books for Young Readers*

*Grades: K - 3*

A story of a young boy who seeks greatness and recognition only to find how lonely and isolated one can feel when those goals are achieved, this book speaks to matters like sharing, vanity and humility in the world beyond oneself.

### **The Trouble with Money**

*Author: Stan and Jan Berenstain*

*Publisher: Random House New York*

*Grades: K - 2*

When little bears spend every nickel and penny, the trouble with money is they never have any. This book teaches the value of saving money.

### **Wemberly Worried**

*Author: Kevin Henkes*

*Publisher: Glenwillow Books*

*Grades: PreK - 2*

Like many children, Wemberley worries about many things, some large like the first day of school...others very trivial. This mouse character shows comfort can be achieved, no matter how worried or different they may be.

### **When Dinosaurs Die**

*Authors: Marc Brown and Laurie Krasny Brown*

*Publisher: Little, Brown and Company*

*Grades: K - 3*

This book offers an honest and balanced explanation of the various forms of death (accident, old age and suicide); one the child can grasp and understand. Using dinosaurs as its characters, the book handles a difficult subject very well.