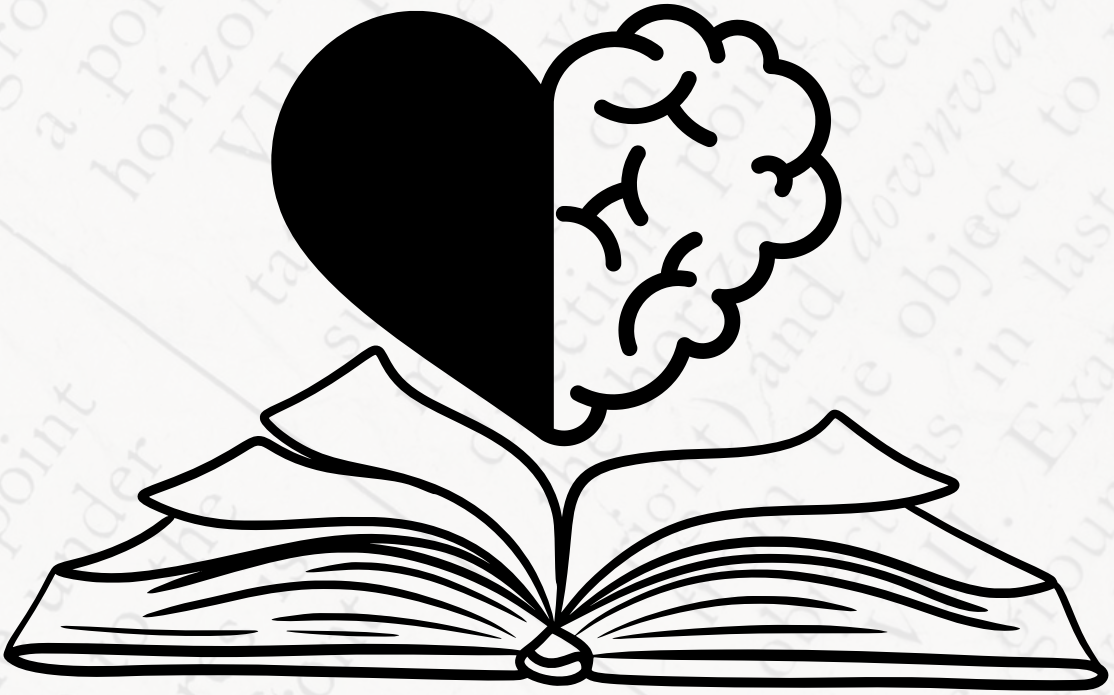
WNC BOOK LISTS

TOPIC CURATED TITLE SUGGESTIONS



MENTAL HEALTH

HOW TO USE
THIS RESOURCE

In this resource you will find a curated list of books about mental health as well as a variety of accompanying materials.

How to Use This Resource

1. Choose a title from the animal main character list.
2. Scan the QR code to play the read-aloud video.
3. Students complete the response sheet while listening.
4. Students vote: Would you keep reading?
5. Display the book cover poster to build classroom book buzz.

Classroom Use Ideas Quick List:

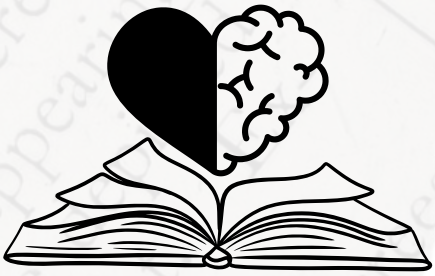
- First Chapter Friday
- Sub plans
- Book tasting stations
- Library preview lessons
- Early finisher reading activities

To check the reading level, video length or to find a book purchasing link, look at this Google Doc that organizes ALL of my First Chapter Friday read aloud videos alphabetically.

Table of Contents

Page 2: Instructions/Table of Contents
Page 4: What is Frist Chapter Friday?
Pages 5-6: Book Tracking Charts
Page 7: Book List
Page 8: Full List Book Cover Poster
Pages 10-15 Individual Book First Chapter Friday Sheets
Pages 17-22: Individual Book Posters

** More resources will be added in the future including a Reading Round Up Video to briefly explain every video on this list and possibly even some thematic coloring sheets.
As always, please email me with any title requests or questions. (wordnerd@amandazieba.com)



HAPPY READING!

MUST TRY

Word Nerd Daily

an app from Amanda Zieba



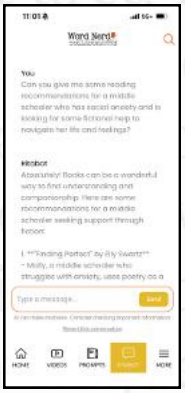
First Chapter Friday Videos



Writing Prompt Library



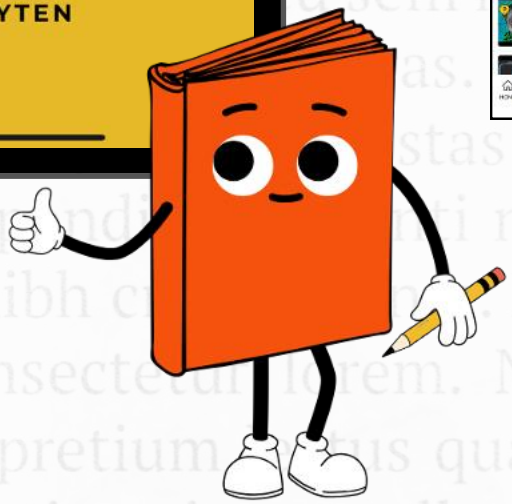
ChatBot for Reading Recs and Lesson Planning





Brain Break Videos





AVIALBLE FOR APPLE AND ANDROID DEVICES



FIRST CHAPTER Friday Videos

Not sure how First Chapter Friday works?

Check out this video for a full explanation and 4 implementation ideas.



If you prefer a written description in lieu of a video, click here.

Click here for a live, continually updated, Google Doc of the First Chapter Friday videos on my channel. Additionally you will find links to purchase the books and watch the read aloud videos, as well as book reading levels, genre/format, video length and more!

All my best,
Amanda Zieba

Teacher Planning Sheet

First CHAPTER Friday



DATE	TITLE	AUTHOR	GENRE	STUDENT REACTION?



BOOKS I'VE Read

Name: _____ Class: _____

Date	Book Title & Author	Reaction	Would Recommend?
			Yes / No
			Yes / No
			Yes / No
			Yes / No
			Yes / No
			Yes / No
			Yes / No
			Yes / No
			Yes / No
			Yes / No

Created by Amanda Zieba, The Word Nerd

WNC BOOK LIST

MENTAL HEALTH

The books on this list touch on many tough topics surrounding the umbrella of mental health.

Alibi Jr. High
by Greg Logsted (PTSD)

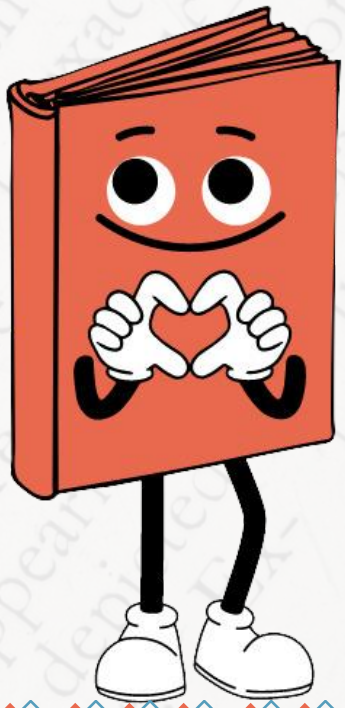
The Canyon's Edge
by Dusti Bowling (Depression)

Iveliz Explains it All
by Andrea Beatriz Arango (Depression)

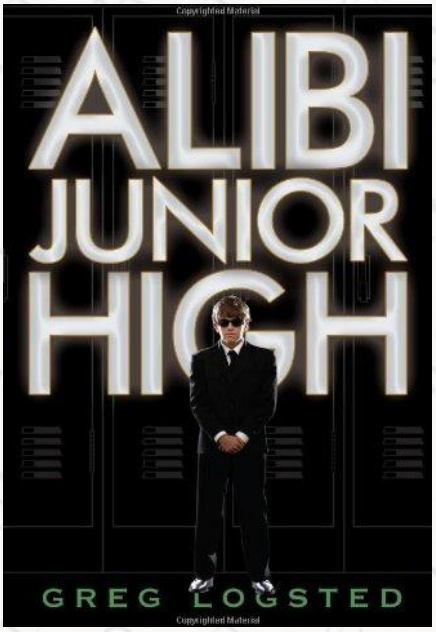
Louder than Hunger
by John Schu (Anorexia)

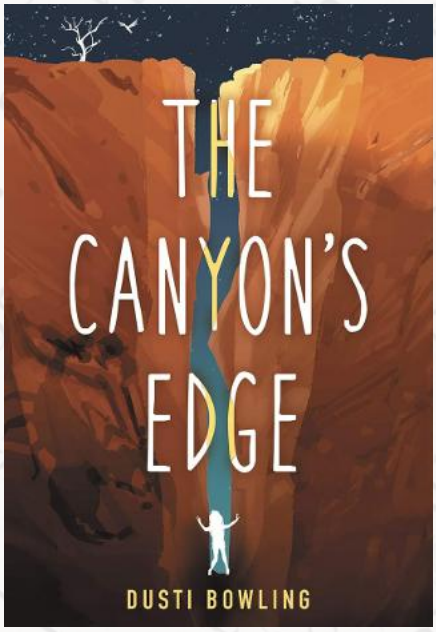
OCDaniel
by Wesley King
(OCD, Depression, Anxiety)

Small as an Elephant
by Jennifer Richard Jacobson
(Manic Depression)

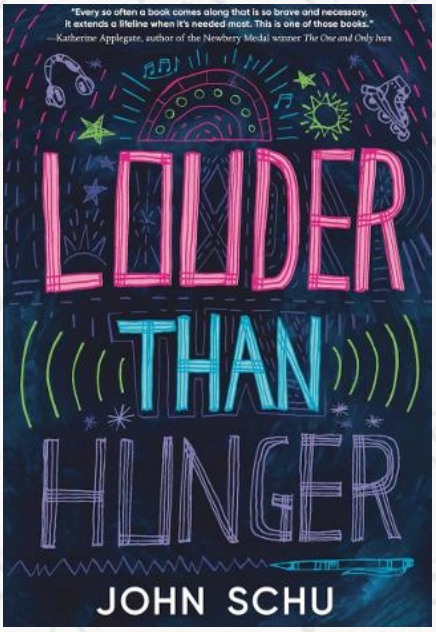


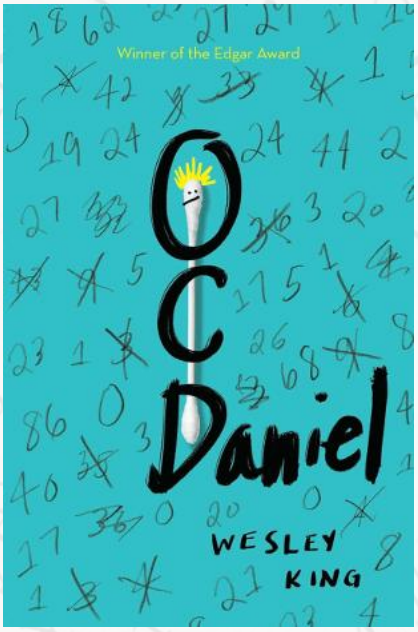
BOOKS ABOUT: MENTAL HEALTH

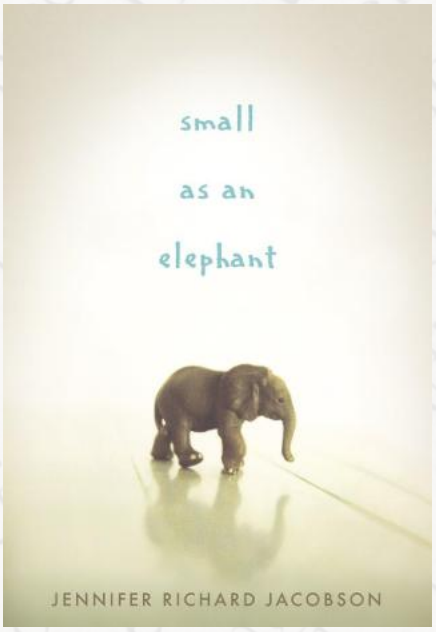










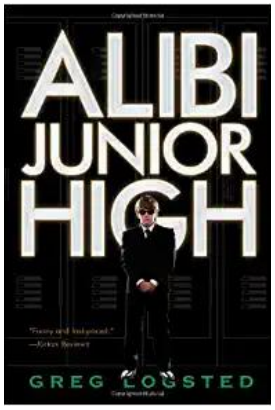


INDIVIDUAL BOOK SHEETS



FIRST CHAPTER FRIDAY

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Name _____ Date _____

Alibi Junior High
by Greg Logsted

Here is a little background information about our First Chapter Friday title and its creator. Feel free to add your own notes and thoughts in the bottom box.

Read Aloud Video

What's It About?

Thirteen-year-old Cody Saron has been 'home schooled' his whole life by his father, whom he believes is an undercover agent for the CIA. Cody never went to a regular school, never lived in one place longer than a few weeks, never had a friend or played on any sports teams. But he is a weapons and explosives expert. A black belt in the arts of Tae Kwon Do and Ju Jitsu. He speaks five languages and has traveled to every corner of the globe. What Cody isn't prepared for is . . . junior high.

When the danger surrounding Cody's dad heats up, Cody is sent to stay with the aunt he's never known, Jenny Williams, in her small Connecticut suburb. Cody knows how to pick a lock or follow a trail, but he has no idea how to fit in with regular kids, how to handle his first crush, or how to make it through a day of classes. And when the threat follows Cody to Connecticut, he just might have to put all his skills to use!

Who Wrote It?

Greg Logsted has lived in Connecticut his whole life. He occasionally escapes but always comes back. He suspects that strings are attached. When he's not writing he's climbing ladders, drinking coffee and turning night into day. He presently lives in Danbury with his wife Lauren Baratz-Logsted and their daughter Jackie.



AR Reading Level: 3.9 Lexile Level: Currently Unavailable

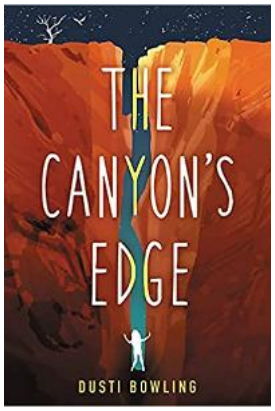
I want to read this book: YES / NO

WHAT I THINK



Use this graphic organizer with the First Chapter Friday videos on YouTube from the Word Nerd.

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Name _____ Date _____

The Canyon's Edge by Dusti Bowling

Read Aloud Video

Here is a little background information about our First Chapter Friday title and its creator. Feel free to add your own notes and thoughts in the bottom box.

What's It About?

Hatchet meets Long Way Down in this heartfelt and gripping novel in verse about a young girl's struggle for survival after a climbing trip with her father goes terribly wrong.

One year after a random shooting changed their family forever, Nora and her father are exploring a slot canyon deep in the Arizona desert, hoping it will help them find peace. Nora longs for things to go back to normal, like they were when her mother was still alive, while her father keeps them isolated in fear of other people. But when they reach the bottom of the canyon, the unthinkable happens: A flash flood rips across their path, sweeping away Nora's father and all of their supplies.

Suddenly, Nora finds herself lost and alone in the desert, facing dehydration, venomous scorpions, deadly snakes, and, worst of all, the Beast who has terrorized her dreams for the past year. If Nora is going to save herself and her father, she must conquer her fears, defeat the Beast, and find the courage to live her new life.

Who Wrote It?

DUSTI BOWLING grew up in Scottsdale, Arizona, where, as her family will tell you, she always had her nose in a book. She released her first middle grade novel in 2017 and hasn't stopped writing since.

Dusti's books have won all sorts of amazing awards! And the best part is she keeps coming out with new books all the time. Currently, she is up to 7!!

Dusti currently lives in Eagar, Arizona with her husband, three daughters, several tarantulas, some guinea pigs, a gopher snake named Burrito, and a cockatiel named Gandalf the Grey. Yes, her real name is Dusti and yes she really does have all of those pets! You can learn more about Dusti and her books at www.dustibowling.com.



AR Reading Level: 4.8 Lexile Level: 750L

I want to read this book: YES / NO

WHAT I THINK



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Name _____ Date _____



Iveliz Explains it All by Andrea Beatriz Arango

Read Aloud Video

Here is a little background information about our First Chapter Friday title and its creator. Feel free to add your own notes and thoughts in the bottom box.



Novel in Verse

What's It About?

Seventh grade is going to be Iveliz's year. She's going to make a new friend, help her abuela Mimi get settled after moving from Puerto Rico, and she is not going to get into any more trouble at school. . . .

Except is that what happens? Of course not. Because no matter how hard Iveliz tries, sometimes people say things that just make her so mad. And worse, Mimi keeps saying Iveliz's medicine is unnecessary—even though it helps Iveliz feel less sad. But how do you explain your feelings to others when you're not even sure what's going on yourself?

Powerful and compassionate, Andrea Beatriz Arango's debut navigates mental health, finding your voice, and discovering that those who really love you will stay by your side no matter what.

Who Wrote It?

Andrea was born and raised in Puerto Rico, and is a former public school teacher with almost a decade of teaching experience. Andrea now writes the types of children's books she wishes students had more access to. She balances her life in Virginia with trips home to see her family and eat lots of tostones de pana. When she's not busy writing, you can find her enjoying nature in the nearest forest or body of water.



AR Reading Level: Unavailable

Lexile Level: 940L

I want to read this book: YES / NO

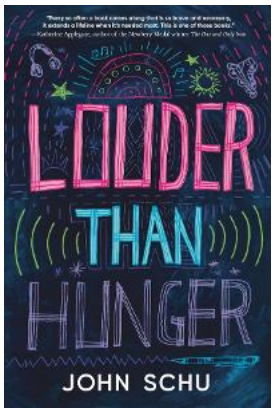
WHAT I THINK



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Name _____ Date _____



Louder Than Hunger

by John Schu

Here is a little background information about our First Chapter Friday title and its creator. Feel free to add your own notes and thoughts in the bottom box.

Read Aloud Video

What's It About?

Jake volunteers at a nursing home because he likes helping people. He likes skating and singing, playing Bingo and Name That Tune, and reading mysteries and comics aloud to his teachers. He also likes avoiding people his own age . . . and the cruelty of mirrors . . . and food. Jake has read about kids like him in books—the weird one, the outsider—and would do anything not to be that kid, including shrink himself down to nothing. But the less he eats, the bigger he feels. How long can Jake punish himself before he truly disappears? A fictionalized account of the author's experiences and emotions living in residential treatment facilities as a young teen with an eating disorder, Louder than Hunger is a triumph of raw honesty. With a deeply personal afterword for context, this much-anticipated verse novel is a powerful model for muffling the destructive voices inside, managing and articulating pain, and embracing self-acceptance, support, and love.

Who Wrote It?

John Schu has made a career out of advocating for the people and things he cares about most: kids, books, and the people that connect them. He was named a Library Journal Mover and Shaker for his dynamic interactions with students and his passionate adoption of new technologies as a means of connecting authors, illustrators, books, and readers. He is the children's librarian for Bookelicious, a part-time lecturer at Rutgers University, and shares his love of reading with countless educators and students around the world. He served as the Ambassador of School Libraries for Scholastic Book Fairs for almost 6 years. Louder Than Hunger relays many of Johns personal experiences of having an eating disorder in 7th grade. Learn more about John, here.



AR Reading Level: N/A

Lexile Level: N/A

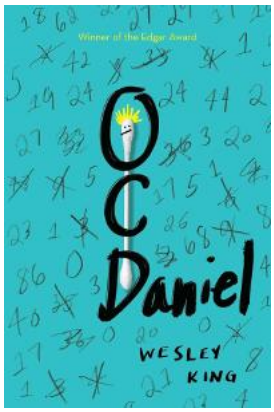
I want to read this book: YES / NO

WHAT I THINK



Use this graphic organizer with the First Chapter Friday videos on YouTube from the Word Nerd.

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Name _____ Date _____

OCDaniel
by Wesley King

Here is a little background information about our First Chapter Friday title and its creator. Feel free to add your own notes and thoughts in the bottom box.

Read Aloud Video

What's It About?

Daniel is the back-up punter for the Erie Hills Elephants. Which really means he's the water boy. He spends football practice perfectly arranging water cups—and hoping no one notices. Actually, he spends most of his time hoping no one notices his OCD habits—he calls them Zaps: avoiding writing the number four, for example, or flipping a light switch on and off dozens of times over. But everything changes when a girl at school, who is unkindly nicknamed Psycho Sara, notices him for the first time. She doesn't just notice him: she seems to peer through him. Then Daniel gets a note: 'I need your help,' it says, signed, Fellow Star Child—whatever that means. And suddenly Daniel, a total no one at school, is swept up in a mystery that changes everything for him.

With great voice and grand adventure, this book is about feeling different and finding those who understand.

EDGAR AWARD WINNER FOR BEST MYSTERY
BANK STREET BEST BOOK OF THE YEAR
SILVER BIRCH AWARD WINNER

Who Wrote It?

The author of 12 novels and counting, Canadian author Wesley King has received over twenty literary awards and seen his books published worldwide. Focusing on middle grade and young adult liter-ature, King is best known for his collaboration with Kobe Bryant on the #1 New York Times Bestselling Wizenard Series, as well as the Edgar Award-winning OCDaniel, which was also a Bank Street Best Book of the Year and Silver Birch winner. His most recent release, Sara and the Search for Normal, won both the Violet Downey and Ruth and Sylvia Schwartz Awards. He currently



splits his time between Nova Scotia, Canada, and a an attempt to travel around the world on a creaking 1967 sailboat.

AR Reading Level: 3.9

Lexile Level: 560L

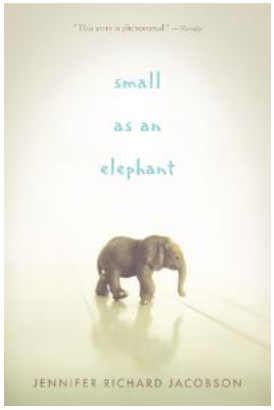
I want to read this book: YES / NO

WHAT I THINK



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Name _____ Date _____

Small as an Elephant
by Jennifer Richard Jacobson

Includes Author Interview!

Here is a little background information about our First Chapter Friday title and its creator. Feel free to add your own notes and thoughts in the bottom box.

Read Aloud Video

What's It About?

"A deeply perceptive look at the universal fear of abandonment." — Booklist (starred review)

Ever since Jack can remember, his mom has been unpredictable, sometimes loving and fun, other times caught in a whirlwind of energy and 'spinning' wildly until it's over. But now she is gone, leaving him all alone on a campsite in Maine. Can he find his way back to Boston before the authorities realize what happened? With nothing but a small toy elephant to keep him company, Jack begins a journey that will test his wits and his loyalties — and his trust that he may be part of a larger herd after all.

- Modern day survival story mixed with mental health awareness.

Who Wrote It?

Coming from a long line of educators, I always knew I'd be a teacher. I didn't always know I'd be a writer, but somehow it turned out that way. I kept a diary since the age of nine, and I won the Edith Bird Bass Essay Contest as a senior in high school in my hometown of Peterborough, NH. The mother of two young children, I accepted the challenge of reading and reviewing 400 picture books for an educational company in the process of creating reading anthologies. Soon after this gig ended, I went on a writing retreat and wrote my first saleable book, A Net of Stars. 3 years later I had my first signing and a few of those children from my first-grade class came to say hello. They were seniors in high school. www.jenniferjacobson.com



AR Reading Level: 4.7

Lexile Level: 690L

I want to read this book: YES / NO

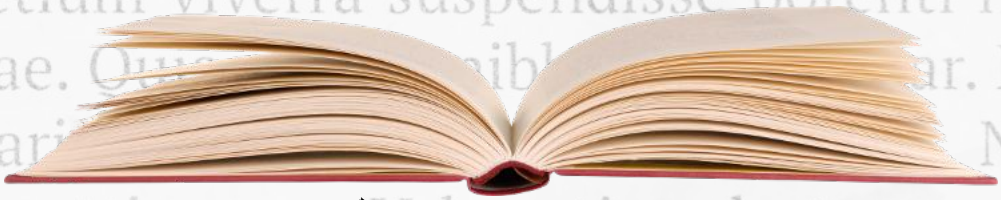
WHAT I THINK



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INDIVIDUAL BOOK POSTERS

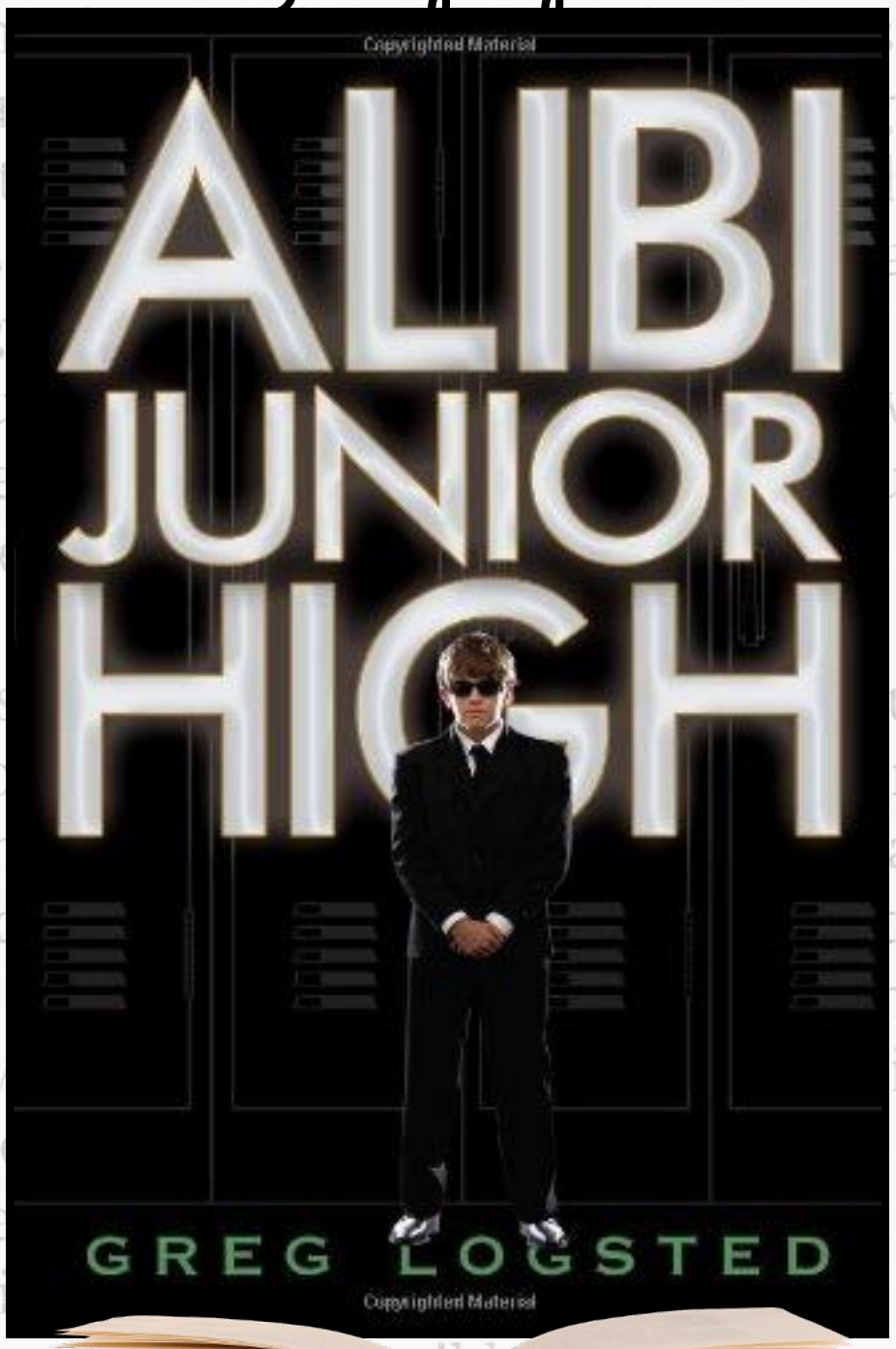




FIRST CHAPTER FRIDAY

ALIBI JUNIOR HIGH

By Greg Logsted

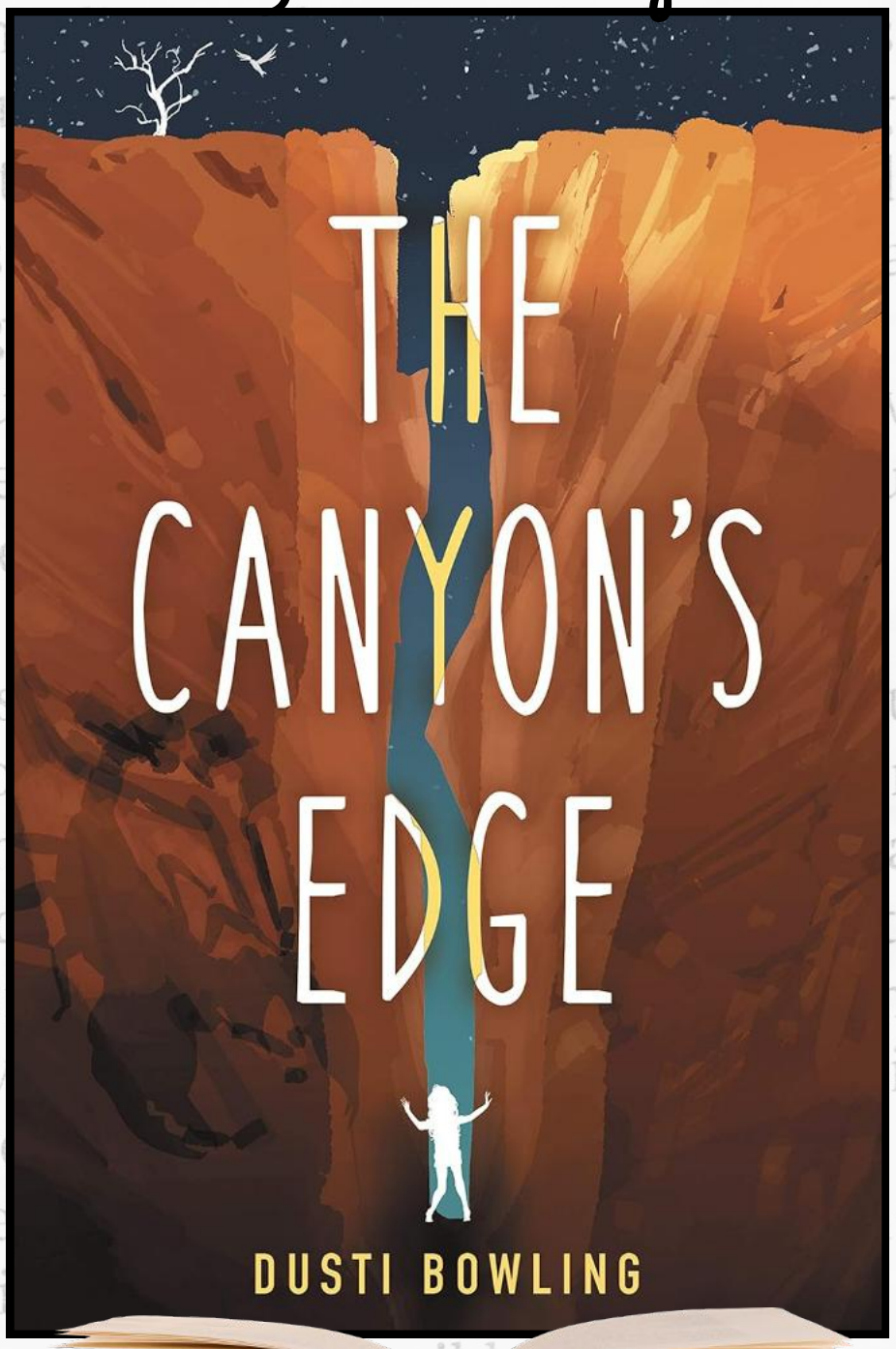




FIRST CHAPTER FRIDAY

THE CANYON'S EDGE

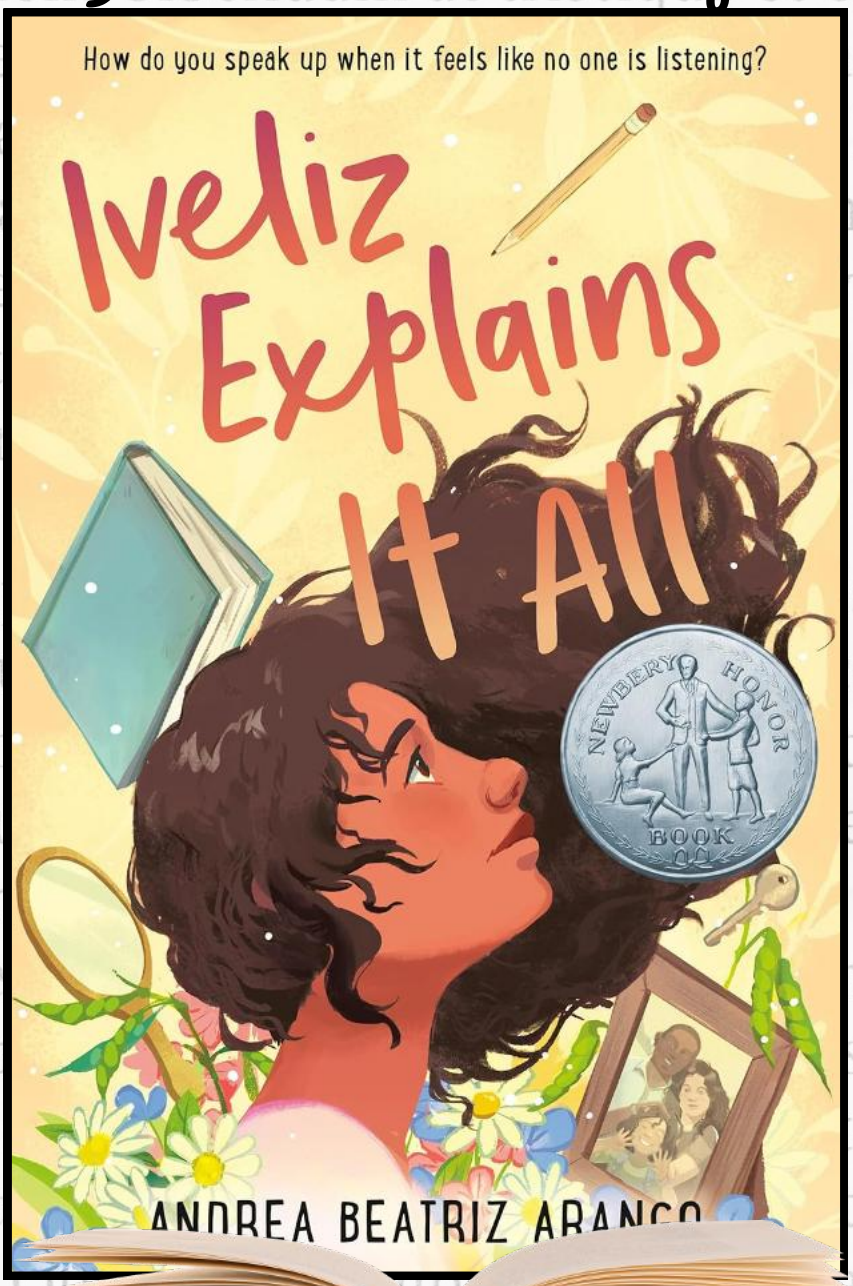
By Dusti Bowling



FIRST CHAPTER FRIDAY

IVELIZ EXPLAINS IT ALL

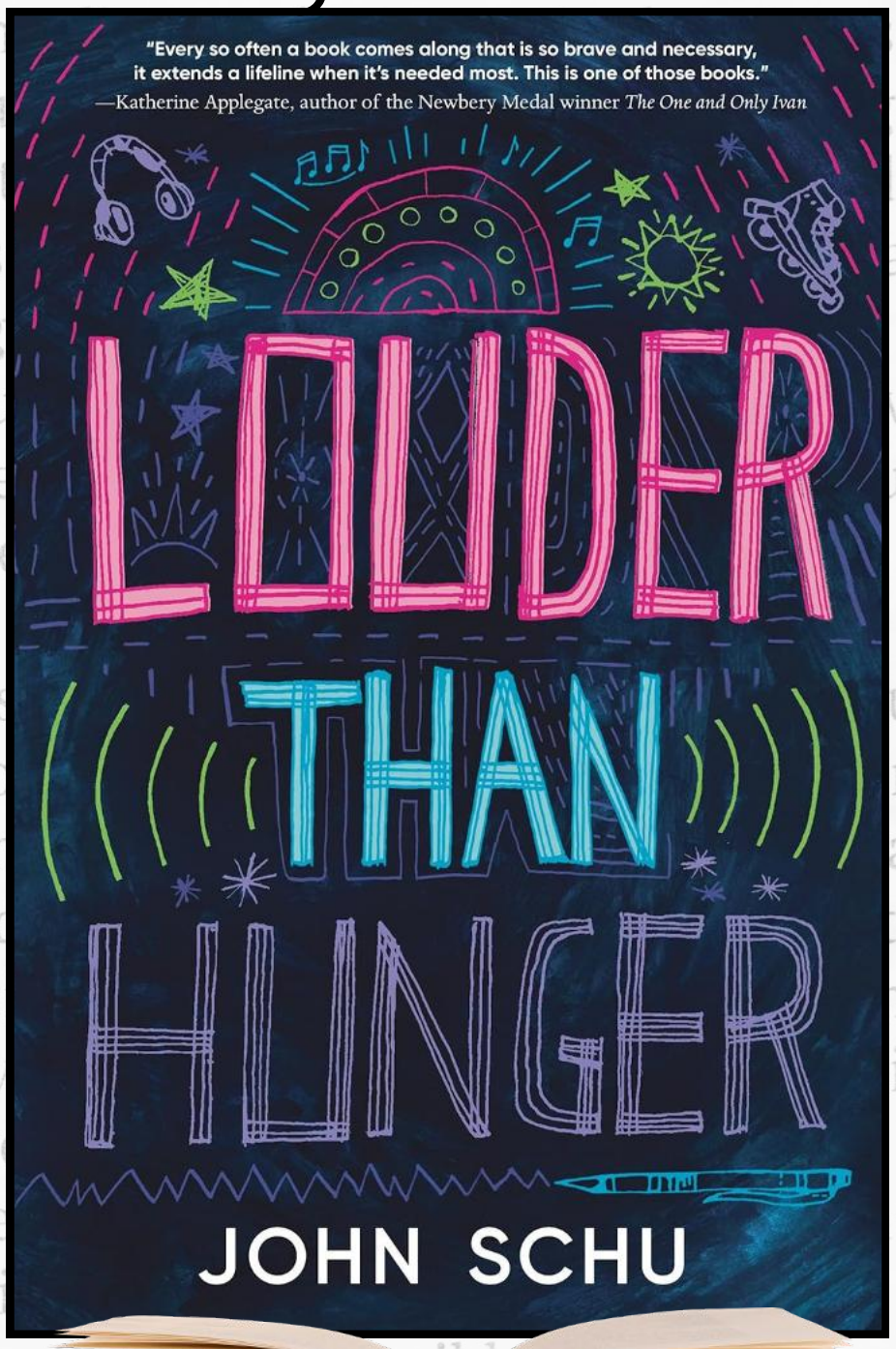
by Andrea Beatriz Arango



FIRST CHAPTER FRIDAY

LOUDER THAN HUNGER

By John Schu

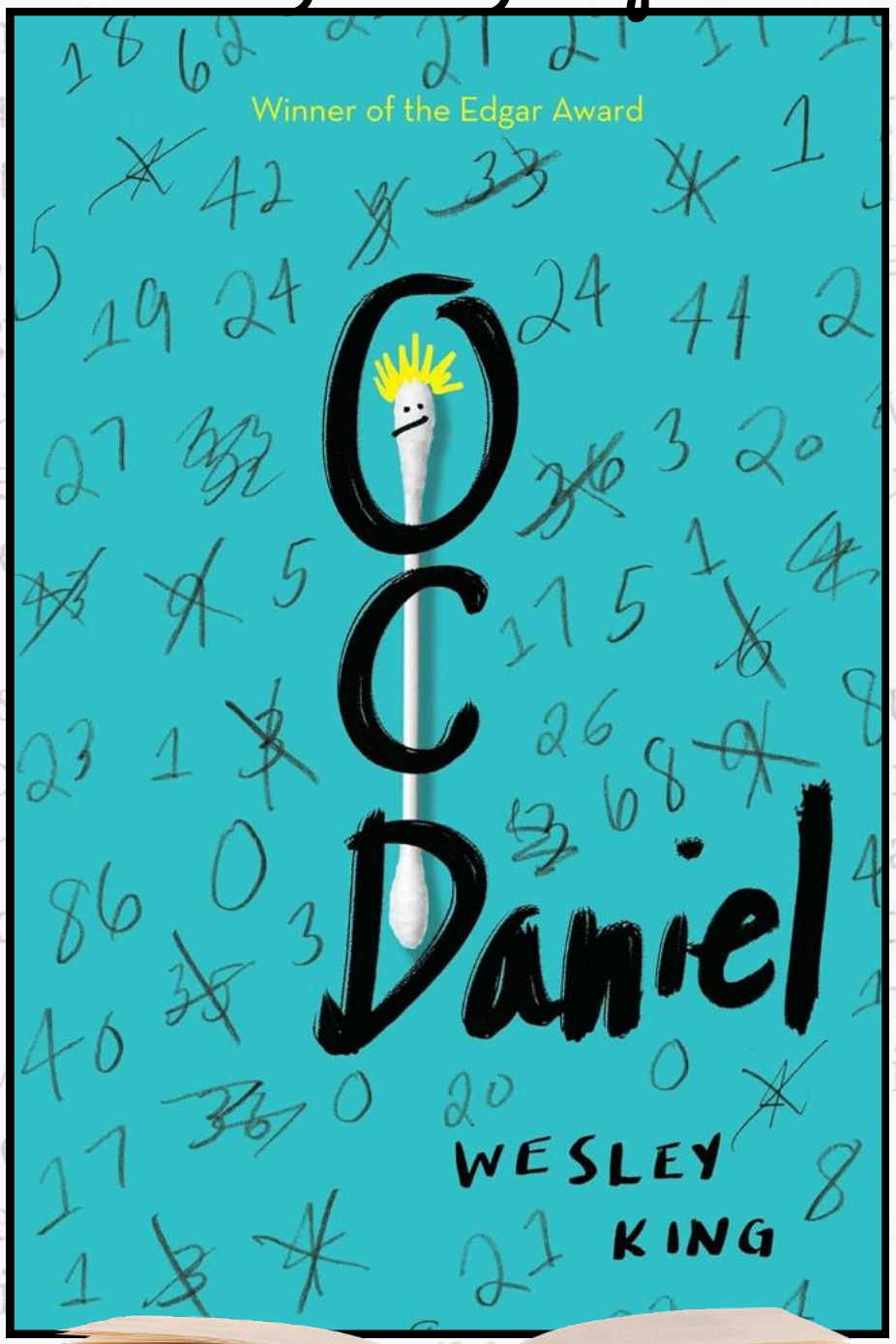




FIRST CHAPTER FRIDAY

OCDANIEL

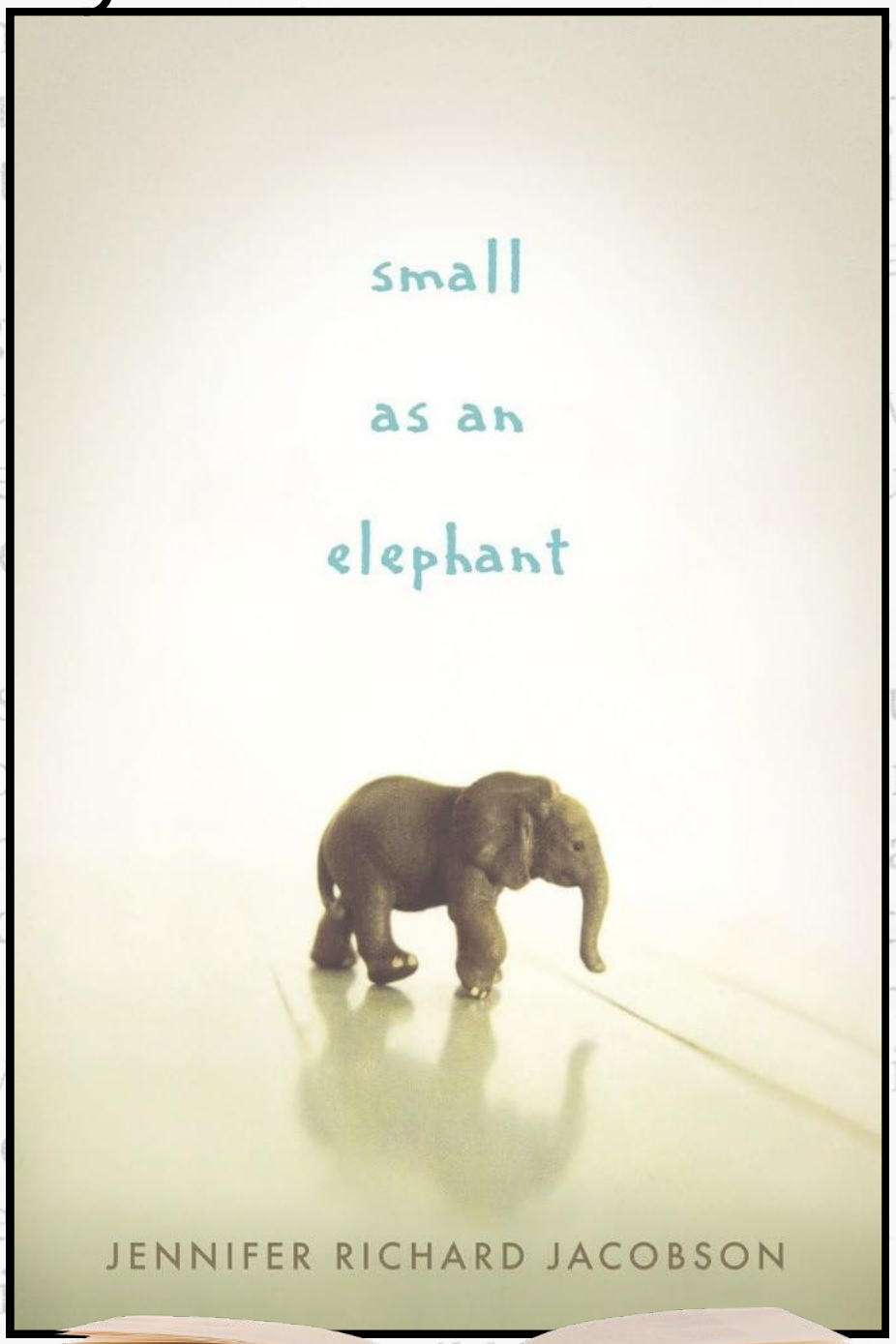
By Wesley King



FIRST CHAPTER FRIDAY

SMALL AS AN ELEPHANT

By Jennifer Richard Jacobson



FIRST CHAPTER FRIDAY