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# Get Free 7 Habits For Happy Kids Lesson Plans

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## CONTEXT?F=A4A5A0 - AVILA CABRERA

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### THE 7 HABITS OF HAPPY KIDS

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*Simon and Schuster* In The 7 Habits of Happy Kids, Sean Covey uses beautifully illustrated stories to bring his family's successful philosophy to the youngest child. For the Seven Oaks friends, there is always something to do. Whether they're singing along with Pokey Porcupine's harmonica or playing soccer with Jumper Rabbit, everyone is having fun and learning all sorts of things. These seven stories show how practicing the 7 Habits makes this possible for the whole Seven Oaks Community. From learning how to take charge of their own lives to discovering how balance is best, the Seven Oaks friends have tons of adventures and find out how each and every kid can be a happy kid!

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### THE LEADER IN ME

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### HOW SCHOOLS AND PARENTS AROUND THE WORLD ARE INSPIRING GREATNESS, ONE CHILD AT A TIME

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*Simon and Schuster* Children in today's world are inundated with information about who to be, what to do and how to live. But what if there was a way to teach children how to manage priorities, focus on goals and be a positive influence on the world around them? The Leader in Me is that programme. It's based on a hugely successful initiative carried out at the A.B. Combs Elementary School in North Carolina. To hear the parents of A. B Combs talk about the school is to be amazed. In 1999, the school debuted a programme that taught The 7 Habits of Highly Effective People to a pilot group of students. The parents reported an incredible change in their children, who blossomed under the programme. By the end of the following year the average end-

of-grade scores had leapt from 84 to 94. This book will launch the message onto a much larger platform. Stephen R. Covey takes the 7 Habits, that have already changed the lives of millions of people, and shows how children can use them as they develop. Those habits -- be proactive, begin with the end in mind, put first things first, think win-win, seek to understand and then to be understood, synergize, and sharpen the saw -- are critical skills to learn at a young age and bring incredible results, proving that it's never too early to teach someone how to live well.

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## **THE 7 HABITS OF HIGHLY EFFECTIVE TEENS**

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*Simon and Schuster* Over 3 million copies sold. Over 800 positive reviews. Adapted from the New York Times bestseller *The 7 Habits of Highly Effective People*, *The 7 Habits of Highly Effective Teens* is the ultimate teenage success guide—now updated for the digital age. Imagine you had a roadmap—a step-by-step guide to help you get from where you are now, to where you want to be in the future. Your goals, your dreams, your plans...they're all within reach. You just need the tools to help you get there. That's what Sean Covey's landmark book, *The 7 Habits of Highly Effective Teens*, has been to millions of teens: a handbook to self-esteem and success. Now updated for the digital age, this classic book applies the timeless principles of 7 Habits to the tough issues and life-changing decisions teens face. Covey provides a simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and appreciate their parents, as well as tackle the new challenges of our time, like cyberbullying and social media. In addition, this book is stuffed with cartoons, clever ideas, great quotes, and incredible stories about real teens from all over the world. Endorsed by high-achievers such as former 49ers quarterback Steve Young and 28-time Olympic medalist Michael Phelps, *The 7 Habits of Highly Effective Teens* has become the last word on surviving and thriving as a teen.

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## **THE 7 HABITS OF HAPPY KIDS**

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*Simon and Schuster* This latest addition to the "7 Habits" brand for children offers a collection of stories that covers different habits with accessible tips and tools for improving one's life through practical lessons. 350,000 first printing.

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## **GOOB AND HIS GRANDPA**

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### **HABIT 7**

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*Simon Spotlight* Discover the importance of friendship with the 7 Oaks gang in this Level 2 Ready-to-Read edition of the seventh book in the 7 Habits of Happy Kids series from Sean Covey and Stacy Curtis. After the death of his grandfather, Goob has a hard time getting back into his normal routine. But when all of his friends spend time with him doing the things he loves to do, he discovers ways to stop feeling so sad. Each of the Level 2 Ready-to-Reads in this winning series focuses on one habit.

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## LILY AND THE YUCKY COOKIES

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### HABIT 5

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*Simon and Schuster* Learn to listen with more than your ears with the 7 Oaks gang in this Level 2 Ready-to-Read edition of the fifth book in the 7 Habits of Happy Kids series from Sean Covey and Stacy Curtis. On a rainy day, Lily wants to make cookies. But instead of paying attention to the recipe, she tells her dad she knows what she is doing. What could go wrong? Lily comes to understand the importance of listening—not just with your ears, but your eyes and heart as well! Each of the Level 2 Ready-to-Reads in this winning series focuses on one of the 7 Habits of Happy Kids.

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## WILMA UNLIMITED

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### HOW WILMA RUDOLPH BECAME THE WORLD'S FASTEST WOMAN

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*Houghton Mifflin Harcourt* A biography of the African-American woman who overcame crippling polio as a child to become the first woman to win three gold medals in track in a single Olympics.

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## THE 7 HABITS OF HIGHLY EFFECTIVE FAMILIES

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*Macmillan* Describes how successful families build a loving environment, effectively resolve problems, and cope with human relations issues

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## THE 8TH HABIT

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### FROM EFFECTIVENESS TO GREATNESS

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*Simon and Schuster* In the 7 Habits series, international bestselling author Stephen R. Covey showed us how to become as effective as it is possible to be. In his long-awaited new book, THE 8th HABIT, he opens up an entirely new dimension of human potential, and shows us how to achieve greatness in any position and any venue. All of us, Covey says, have within us the means for greatness. To tap into it is a matter of finding the right balance of four human attributes: talent, need, conscience and passion. At the nexus of these four attributes is what Covey calls voice - the unique, personal significance we each possess. Covey exhorts us all to move beyond effectiveness into the realm of greatness - and he shows us how to do so, by engaging our strengths and locating our powerful, individual voices. Why do we need this new habit? Because we have entered a new era in human history. The world is a profoundly different place than when THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE was originally published in 1989. The challenges and complexity we face today are of a different order of magnitude. We enjoy far greater autonomy in all areas of our lives, and along with this freedom comes the expectation that we will manage ourselves, instead of being managed by others. At the same time, we struggle to feel engaged, fulfilled and passionate. Tapping into the higher reaches of human genius and motivation to find our voice requires a new mindset, a new skill-set, a new tool-set - in short, a whole new habit.

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## THE HIGH TRUST CLASSROOM

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*Routledge* This book provides a roadmap to developing a high-trust classroom, a classroom with increased student achievement, with few discipline problems, where students are intrinsically motivated, and where the teacher can confidently use creative lesson planning.

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## ALL ARE WELCOME

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*Knopf Books for Young Readers* Join the call for a better world with this New York Times bestselling picture book about a school where diversity and inclusion are celebrated. The perfect back-to-school read for every kid, family and classroom! In our classroom safe and sound. Fears are lost and hope is found. Discover a school where all young children have a place, have a space, and are loved and appreciated. Readers will follow a group of children through a day in their school, where everyone is welcomed with open arms. A school where students from all backgrounds learn from and celebrate each other's traditions. A school that shows the world as we will make it to be. "An important book that celebrates diversity and inclusion in a beautiful, age-appropriate way." - Trudy Ludwig, author of *The Invisible Boy*

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## ATOMIC HABITS

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### AN EASY & PROVEN WAY TO BUILD GOOD HABITS & BREAK BAD ONES

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*Penguin* The #1 New York Times bestseller. Over 4 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. *Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or

achieve any other goal.

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## **POSITIVE PSYCHOLOGY IN THE ELEMENTARY SCHOOL CLASSROOM**

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*W. W. Norton & Company* Use the neuroscience of emotional learning to transform your teaching. How can the latest breakthroughs in the neuroscience of emotional learning transform the classroom? How can teachers use the principles and practices of positive psychology to ensure optimal 21st-century learning experiences for all children? Patty O'Grady answers those questions. *Positive Psychology in the Elementary School Classroom* presents the basics of positive psychology to educators and provides interactive resources to enrich teachers' proficiency when using positive psychology in the classroom. O'Grady underlines the importance of teaching the whole child: encouraging social awareness and positive relationships, fostering self-motivation, and emphasizing social and emotional learning. Through the use of positive psychology in the classroom, children can learn to be more emotionally aware of their own and others' feelings, use their strengths to engage academically and socially, pursue meaningful lives, and accomplish their personal goals. The book begins with Martin Seligman's positive psychology principles, and continues into an overview of affective learning, including its philosophical and psychological roots, from finding the "golden mean" of emotional regulation to finding a child's potencies and "golden self." O'Grady connects the core concepts of educational neuroscience to the principles of positive psychology, explaining how feelings permeate the brain, affecting children's thoughts and actions; how insular neurons make us feel empathy and help us learn by observation; and how the frontal cortex is the hall monitor of the brain. The book is full of practical examples and interactive resources that invite every educator to create a positive psychology classroom, where children can flourish and reach their full potential.

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## **THE SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE**

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### **RESTORING THE CHARACTER ETHIC**

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*Macmillan Reference USA* A revolutionary guidebook to achieving peace of mind by seeking the roots of human behavior in character and by learning principles rather than just practices. Covey's method is a pathway to wisdom and power.

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## **THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK**

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*Harmony* Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how to cope with such issues as work, children, money, sex, and stress. 35,000 first printing. Tour.

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## **WAKING UP**

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## **A GUIDE TO SPIRITUALITY WITHOUT RELIGION**

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*Simon and Schuster* For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a

rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

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## **LIFE STRATEGIES FOR TEENS**

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*Simon and Schuster* From the son of Dr. Phil McGraw comes *Life Strategies for Teens*, the New York Times bestselling guide to teenage success, and the first guide to teenage life that won't tell you what to do, or who to be, but rather how to live life best. Are you as tired as I am of books constantly telling you about doing your best to understand your parents, doing your homework, making curfew, getting a haircut, dropping that hemline, and blah, blah, blah? —Jay McGraw, from the Introduction Well, you don't have to be anymore! Employing the techniques from Dr. Phillip C. McGraw's *Life Strategies*, his son Jay provides teens with the Ten Laws of Life, which make the journey to adulthood an easier and more fulfilling trip. Whether dealing with the issues of popularity, peer pressure, ambition, or ambivalence, *Life Strategies for Teens* is an enlightening guide to help teenagers not only stay afloat, but to thrive during these pivotal years. Whether you are a teen looking for a little help, or a parent or grandparent wanting to provide guidance, this book tackles the challenges of adolescence like no other. Combining proven techniques for dealing with life's obstacles and the youth and wit of writer Jay McGraw, *Life Strategies for Teens* is sure to improve the lives of all who read it.

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## **THE 7 HABITS OF HIGHLY EFFECTIVE TEENS: WORKBOOK**

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*Mango Media Inc.* This completely updated and redesigned personal workbook companion to the bestselling *The 7 Habits of Highly Effective Teens* provides engaging activities, interactives and self-evaluations to help teens understand and apply the power of the 7 Habits. Sean Covey's *The 7 Habits of Highly Effective Teens* has sold more than 2 million copies and helped countless teens make better decisions and improve their sense of self-worth. Pairing new interactives with modern explanatory graphics, *The 7 Habits of Highly Effective Teens* workbook reaches today's teen generation effectively.

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## **FIRST THINGS FIRST**

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*Mango Media Inc.* The New York Times–bestselling time management book from the author of *The 7 Habits of Highly Effective People*. Stephen R. Covey's *First Things First* is the gold standard for time management books. His principle-centered

approach for prioritizing gives you time management tips that enable you to make changes and sacrifices needed in order to obtain happiness and retain a feeling of security. First Things First: The Interactive Edition takes Dr. Covey's philosophy and remasters the entire text to include easy-to-understand infographics, analysis, and more. This time-saving version of First Things First is the efficient way to apply Dr. Covey's tested and validated time management tips, while retaining his core message. This guide will help you:

- Get more done in less time
- Develop and retain rich relationships
- Attain inner peace
- Create balance in your life
- And, put first things first

"Covey is the hottest self-improvement consultant to hit US business since Dale Carnegie." —USA Today "Covey has reached the apex with First Things First. This is an important work. I can't think of anyone who wouldn't be helped by reading it." —Larry King, CNN "These goals embody a perfect balance of the mental, the physical, the spiritual, and the social." —Booklist Readers should note that this ebook edition differs slightly from the print edition and does not contain all the same materials.

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## **MIND TOOLS FOR MANAGERS**

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### **100 WAYS TO BE A BETTER BOSS**

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*John Wiley & Sons* The manager's must-have guide to excelling in all aspects of the job *Mind Tools for Managers* helps new and experienced leaders develop the skills they need to be more effective in everything they do. It brings together the 100 most important leadership skills—as voted for by 15,000 managers and professionals worldwide—into a single volume, providing an easy-access solutions manual for people wanting to be the best manager they can be. Each chapter details a related group of skills, providing links to additional resources as needed, plus the tools you need to put ideas into practice. Read beginning-to-end, this guide provides a crash course on the essential skills of any effective manager; used as a reference, its clear organization allows you to find the solution you need quickly and easily. Success in a leadership position comes from results, and results come from the effective coordination of often competing needs: your organization, your client, your team, and your projects. These all demand time, attention, and energy, and keeping everything running smoothly while making the important decisions is a lot to handle. This book shows you how to manage it all, and manage it well, with practical wisdom and expert guidance. Build your ideal team and keep them motivated Make better decisions and boost your strategy game Manage both time and stress to get more done with less Master effective communication, facilitate innovation, and much more Managers wear many hats and often operate under a tremendously diverse set of job duties. Delegation, prioritization, strategy, decision making, communication, problem solving, creativity, time management, project management and stress management are all part of your domain. *Mind Tools for Managers* helps you take control and get the best out of your team, your time, and yourself.

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## **STUDIO THINKING 2**

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## THE REAL BENEFITS OF VISUAL ARTS EDUCATION, SECOND EDITION

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*Teachers College Press* "The first edition of this bestseller was featured in *The New York Times* and *The Boston Globe* for its groundbreaking research on the positive effects of art education on student learning across the curriculum. Capitalizing on observations and conversations with educators who have used the Studio Thinking Framework in diverse settings, this expanded edition features new material, including: The addition of Exhibitions as a fourth Studio Structure for Learning (along with Demonstration-Lecture, Students-at-Work, and Critique). Explanation and examples of the dispositional elements of each Habit, including skill, alertness (noticing appropriate times to put skills to use), and inclination (the drive or motivation to employ skills). A chart aligning Habits to the English Language Arts and Mathematics Common Core. Descriptions of how the Framework has been used inside and outside of schools in curriculum planning, teaching, and assessment across arts and non-arts disciplines. A full-color insert with new examples of student art. *Studio Thinking 2* will help advocates explain arts education to policymakers, help art teachers develop and refine their teaching and assessment practices, and assist educators in other disciplines to learn from existing practices in arts education. Lois Hetland is professor and chair of art education at Massachusetts College of Art and Design and senior research affiliate at Project Zero, Harvard Graduate School of Education. Ellen Winner is professor and chair of psychology at Boston College and a senior research associate at Project Zero. Shirley Veenema is an instructor in visual arts at Phillips Academy in Andover, Massachusetts. Kimberly M. Sheridan is an assistant professor in the College of Education and Human Development and the College of Visual and Performing Arts at George Mason University. "Our decade of using the Studio Thinking Framework in California's schools positions us for success in this new era because of the foundation of reflective, creative, and critical thinking developed in our schools and districts." —From the Foreword to the Second Edition by Louise Music, Executive Director of Integrated Learning, Alameda County Office of Education, Hayward, CA "Studio Thinking [is] a vision not only of learning in the arts but what could be learning most anywhere." —From the Foreword to the First Edition by David N. Perkins, Professor of Education, Harvard Graduate School of Education, and Senior Co-Director of Harvard Project Zero Praise for the First Edition of *Studio Thinking*— "Winner and Hetland have set out to show what it means to take education in the arts seriously, in its own right." —*The New York Times* "This book is very educational and would be helpful to art teachers in promoting quality teaching in their classrooms." —*School Arts Magazine* "Studio Thinking is a major contribution to the field." —*Arts & Learning Review* "The research in *Studio Thinking* is groundbreaking and important because it is anchored in the actual practice of teaching artists.... The ideas in *Studio Thinking* continue to provide a vehicle with which to navigate and understand the complex work in which we are all engaged." —*Teaching Artists Journal* "Hetland and her colleagues reveal dozens of practical measures that could be adopted by any arts program, inside or outside of the school.... This is a bold new step in arts education." —David R. Olson, Professor Emeritus, University of Toronto "Will be at the top of the list of essential texts in arts education. I know of no other work in art education with this combination of

authenticity and insight.” —Lars Lindström, Stockholm Institute of Education “The eight studio habits of mind should become a conceptual framework for all preservice art education programs; this book should be read by all early and experienced art educators.” —Mary Ann Stankiewicz, The Pennsylvania State University "

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## **RAISING HAPPINESS**

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### **10 SIMPLE STEPS FOR MORE JOYFUL KIDS AND HAPPIER PARENTS**

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*Ballantine Books* Drawing on what hard science says about the factors that breed happiness in childhood and beyond, here are 10 simple principles for fostering the skills and habits that will set the stage for optimism, emotional health, and confidence for kids.

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## **HABITS OF MIND**

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### **A DEVELOPMENTAL SERIES**

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### **YOUR FANTASTIC ELASTIC BRAIN**

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### **STRETCH IT, SHAPE IT**

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Introduces the anatomy and functions of the brain; describes how the the brain is able to stretch and grow; and explains how mistakes are an essential part of learning.

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## **ACHIEVE PLANNER**

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The Achieve Planer is engineered to help take your largest life goals and reach them. Monthly organization sheets keep you on track and highlight the tools you have to make steps towards your goals. Daily sheets provide reflection space to keep you grounded to the positives each day offers, while including the normal organization space for to-dos, appointments, and notes like other planners. The Achieve Planner is the perfect way to keep life organized, on track, and full of value. The Achieve Planner features a hard cover to ensure it holds up to heavy use and is small enough to carry handy; fitting in most handbags.

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## **WHAT DOES IT MEAN TO BE PRESENT?**

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*Sourcebooks, Inc.* A Mom's Choice Gold Award Winner! Being present means... Noticing when someone needs help Waiting patiently for your turn Focusing on what's happening now Follow a group of friends at school, at home, and at the beach as they experience just what it means to be present. More Awards for What Does It Mean to Be Present? The Living Now: Books For Better Living Award The Nautilus Silver Award for Children's Picture Book The Moonbeam Gold Children's Book Award for Mind-Body-Spirit/Self-Esteem

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## **LIVING THE 7 HABITS**

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## STORIES OF COURAGE AND INSPIRATION

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*Simon and Schuster* In the ten years since its publication, *The 7 Habits of Highly Effective People* has become a worldwide phenomenon, with more than twelve million readers in thirty-two languages. *Living the 7 Habits: Stories of Courage and Inspiration* captures the essence of people's real-life experiences, applying proven principles to help them solve their problems and overcome challenges. In this uplifting and riveting collection of stories, readers will find wonderful examples of hope and encouragement as they are touched by the words of real people and their experiences of change—change that got them through difficult times; change that solved family crises; change that mended broken relationships; change that turned their businesses around; change that influenced entire communities.

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## DON'T LAUGH AT ME

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Illustrated version of a song pointing out that in spite of our differences, we are all the same in God's eyes.

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## MINDSET

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### THE NEW PSYCHOLOGY OF SUCCESS

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*Random House* The updated edition of the bestselling book that has changed millions of lives with its insights into the growth mindset “Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”—Bill Gates, *GatesNotes* After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. *Mindset* reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

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## THE DOT

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*Candlewick Press* Features an audio read-along! With a simple, witty story and free-spirited illustrations, Peter H. Reynolds entices even the stubbornly uncreative among us to make a mark -- and follow where it takes us. Her teacher smiled. "Just make a mark and see where it takes you." Art class is over, but Vashti is sitting glued to her chair in front of a blank piece of paper. The words of her teacher are a gentle

invitation to express herself. But Vashti can't draw - she's no artist. To prove her point, Vashti jabs at a blank sheet of paper to make an unremarkable and angry mark. "There!" she says. That one little dot marks the beginning of Vashti's journey of surprise and self-discovery. That special moment is the core of Peter H. Reynolds's delicate fable about the creative spirit in all of us.

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## **MY MOUTH IS A VOLCANO**

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*National Center for Youth Issues* Teaching children how to manage their thoughts and words without interrupting. Louis always interrupts! All of his thoughts are very important to him, and when he has something to say, his words rumble and grumble in his tummy, they wiggle and jiggle on his tongue and then they push on his teeth, right before he ERUPTS (or interrupts). His mouth is a volcano! But when others begin to interrupt Louis, he learns how to respectfully wait for his turn to talk. My Mouth Is A Volcano takes an empathetic approach to the habit of interrupting and teaches children a witty technique to help them manage their rambunctious thoughts and words. Told from Louis' perspective, this story provides parents, teachers, and counselors with an entertaining way to teach children the value of respecting others by listening and waiting for their turn to speak.

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## **50 WAYS TO FEEL HAPPY**

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*QED Publishing* An activity-based exploration of ways to be happier and improve your wellbeing, through thoughtful, inspiring text, fun activities and light-hearted illustrations.

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## **12 RULES FOR LIFE**

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## **AN ANTIDOTE TO CHAOS**

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*Ballantine Books* "What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life"--

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## **THE HIDDEN BRAIN**

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## **HOW OUR UNCONSCIOUS MINDS ELECT PRESIDENTS, CONTROL MARKETS, WAGE WARS, AND SAVE OUR LIVES**

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*Random House* The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a

mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

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## **HAVE YOU FILLED A BUCKET TODAY?**

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### **A GUIDE TO DAILY HAPPINESS FOR KIDS**

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*Bucket Fillers Incorporated* This heartwarming book encourages positive behavior by using the concept of an invisible bucket to show children how easy and rewarding it is to express kindness, appreciation and love by "filling buckets." Updated and revised, this 10th anniversary edition will help readers better understand that "bucket dipping" is a negative behavior, not a permanent label. It also explains that it's possible to fill or dip into our own buckets.

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## **WHEN I GROW UP**

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### **HABIT 2 (7 HABITS OF HAPPY KIDS)**

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*Simon Spotlight Tagalong* Allie can't wait to grow up. She is going to fly to the moon, go to work, be a mom, and maybe even be president. But to accomplish all of that, she must first brush her teeth, go to bed, and start the day all over again!

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## **SEEING SYMMETRY**

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*Holiday House* This book is aligned with the Common Core State Standards for fourth-grade mathematics in geometry: (4.G.3). Once you start looking, you can find symmetry all around you. Symmetry is when one shape looks the same if you flip, slide, or turn it. It's in words and even letters. It's in both nature and man-made things. In fact, art, design, decoration, and architecture are full of it. This clear and concise book explains different types of symmetry and shows you how to make your own symmetrical masterpieces. Notes and glossary are included.

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## **THE 6 MOST IMPORTANT DECISIONS YOU'LL EVER MAKE PERSONAL WORKBOOK**

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### **UPDATED FOR THE DIGITAL AGE**

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*Simon and Schuster* A hands-on companion workbook to the New York Times bestseller *The 6 Most Important Decisions You'll Ever Make*, now updated to include new information about technology and how it affects teens today. In *The 6 Most Important Decisions You'll Ever Make*, Sean Covey gives teens the advice they need to make informed decisions that will lead to long-term success and happiness. He shares guidance on the big issues in their lives, such as how to succeed in school, make good friends, get along with parents, wisely handle dating and sex, avoid or overcome addictions, build self-esteem, and much more. In this valuable workbook,

Covey allows readers to practice and learn how to actually make those decisions with enhancing stories, exercises, advice, and practical wisdom that can be applied to real life. It also encourages teenagers to talk to their parents, their friends, and their role models about these important issues. This newly revised edition includes new material for the digital age and how social media and technology affects the 6 Decisions in today's world.

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## **THE 7 HABITS ON THE GO**

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*Mango Media Inc.* *Principle-Centered Guidance for Times That Seem Out of Control*  
The world is changing dramatically and it's easy to be alarmed and lose focus of what really matters most. Don't fall into that trap! Carry your own weather, be proactive, and learn and apply the time-tested principles of *The 7 Habits of Highly Effective People*. A lot can happen when you have a burst of inspiration. This compact adaptation of *The 7 Habits of Highly Effective People* can prove to be inspirational, even in chaotic times. Want to discover lifechanging habits that will propel you toward a more productive and effective life? This book, inspired by Stephen R. Covey's all-time international bestseller, *The 7 Habits of Highly Effective People*, offers an efficient—yet in-depth—guide. Find new or renewed wisdom and direction. Readers who have never learned *The 7 Habits* before—as well as longtime fans who want a refresher—will find wisdom, direction, self-reflection, and life-affirming challenges that easily can be applied right now. Our rapidly changing world can be stressful, but with this condensed guide, you can develop the principles needed to stay proactive and positive. If you'll devote just minutes each day, you can learn the timeless principles of *7 Habits*, find motivation, and take simple steps toward the successful, fulfilling life you deserve. Create a truly inspired life. The positive paradigm shifts that *The 7 Habits* can produce help you break free of old beliefs and motivate you toward meaningful change. Develop positive behaviors to bring clear communication and harmony to your relationships—not just with others, but also the one you have with yourself. Discover these breakthroughs and more with *The 7 Habits on the Go*.

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## **HOW FULL IS YOUR BUCKET? FOR KIDS**

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*Simon and Schuster* An illustrated adaptation of the long-running bestseller *How Full Is Your Bucket?* (more than 400,000 copies sold) for kids — told through the story of a boy who learns a valuable “bucket filling” metaphor and watches it come to life as the day unfolds. Every moment matters. Each of us has an invisible bucket. When our bucket is full, we feel great. When it's empty, we feel awful. Yet most children (and many adults) don't realize the importance of having a full bucket throughout the day. In *How Full Is Your Bucket? For Kids*, Felix begins to see how every interaction in a day either fills or empties his bucket. Felix then realizes that everything he says or does to other people fills or empties their buckets as well. Follow along with Felix as he learns how easy it can be to fill the buckets of his classmates, teachers and family members. Before the day is over, you'll see how Felix learns to be a great bucket filler, and in the process, discovers that filling someone else's bucket also fills his own.