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[What's in it for Me?](#) - Julia Cook 2019-09-28
Noodle is always being told what to do. Pull the weeds. Make his bed. Kick the ball a certain way in soccer. Ugh! But he wonders, why? What's in

it for him? Luckily, the adults in Noodle's life are there to teach him the importance of moving 'need tos' into 'I did its!' Join Noodle as he learns the value of practicing small chores now, so he'll

be ready for life's big challenges later.

Grief is Like a Snowflake - Julia Cook

2011-09-15

Grief is like a snowflake. Each snowflake is different and everyone shows grief differently. After the death of his father, Little Tree begins to learn how to cope with his feelings and start the healing process. With the help and support of his family and friends, Little Tree learns to cope by discovering what is really important in life, and realizing his father's memory will carry on. Best-selling author, Julia Cook, and a lovable cast of trees, offers a warm approach to the difficult subject of death and dying.

When I Wake Up - Joanna Liu 2016-12-06

"What will I do tomorrow? I'm a little curious..."

This delightful bedtime story provides a whimsical take on everyday activities. Capture the magic of childhood fun and let your little one's imagination run wild.

[Mindsets for Parents](#) - Mary Cay Ricci

2021-09-03

All parents want their children to be successful in school, sports, and extracurricular activities. But it's not just about giving your kids praise or setting them on the right direction. Research shows that success is often dependent on mindset. Hard work, perseverance, and effort are all hallmarks of a growth mindset. That's where *Mindsets for Parents: Strategies to Encourage Growth Mindsets in Kids* comes in. Designed to provide parents with a roadmap for developing a growth mindset home environment, this book's conversational style and real-world examples make the popular mindsets topic approachable and engaging. It includes tools for informally assessing the mindsets of both parent and child, easy-to-understand brain research, and suggested strategies and resources for use with children of any age. This book gives parents and guardians powerful knowledge and methods to help themselves and their children learn to embrace life's challenges with a growth mindset and an eye toward increasing their effort and

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success!

The Girl who Never Made Mistakes - Mark Pett 2011

Beatrice is so well-known for never making a mistake that she is greeted each morning by fans and reporters, but a near-error on the day of the school talent show could change everything.

Bubble Gum Brain - Julia Cook 2017-04-18
Becoming is better than being. (Ages 4-8) Hi, Im Bubble Gum Brain. I like to chew on my thoughts, flex, bend and stretch my brain, and expand the way I think! I make great mistakes that help me learn. Im Brick Brain. With me, things are the way they are and theyre probably not going to change much. I am the way I am and thats just how it is. Meet Bubble Gum Brain and Brick Brain: two kids with two VERY different mindsets. Bubble Gum Brain likes to have fun adventures, learn new things, and doesnt worry about making great mistakes. Brick Brain is convinced that things are just fine the way they

are and theres not much he can do to change them, so why try? When Bubble Gum Brain shows Brick Brain how to peel off his wrapper, Brick Brain begins to realize just how much more fun school and life can be! This creative story teaches children (and adults) the valuable lesson that becoming is better than being, which can open the door to a whole new world of possibilities! Softcover, 32 pages.

Snowmen at Play - Caralyn Buehner 2013-10-17
The cool, lovable Snowmen are back in this brand-new sticker activity book, packed with fun things to make and do. Readers can help the Snowmen sit differences, make their way through mazes, create doodles, finish sticker puzzles, and much more. This bright, busy, book will spark imaginations and creativity and is perfect for holiday vacations.

How to Heal Yourself When No One Else Can - Amy B. Scher 2016-01-08
Be You, Be Happy, Be Free Using energy therapy and emotional healing techniques, How

to Heal Yourself When No One Else Can shows you how to achieve complete and permanent healing by loving, accepting, and being yourself no matter what. Energy therapist Amy Scher presents an easy-to-understand, three-part approach to removing blockages, changing your relationship with stress, and coming into alignment with who you truly are. After overcoming a life-threatening illness, Amy had an epiphany that healing is more than just physical. Her dramatic story serves as a powerful example of how beneficial it is to address our emotional energies, particularly when nothing else works. Discover areas of imbalance and easy ways to address them on your healing journey. Whether you are experiencing physical symptoms or are just feeling lost, sad, anxious, or emotionally unbalanced, this book can change your life. Praise: "Amy has seen the truth and can be a coach to all those who seek healing and authenticity."—Bernie Siegel, MD, bestselling

author of *Love, Medicine, & Miracles* and *The Art of Healing* "[Amy Scher is] an inspiration, not just because she teaches us how to take healing into our own hands, but because she's living proof that it works."—Pam Grout, #1 New York Times bestselling author of *E-Squared* and *E-Cubed* "Amy Scher has penned a remarkable book about the pivotal role of the body, mind, and spirit in attaining true and complete healing. There is much wisdom in this book, written with exceptional clarity, love, and wisdom."—Sanjiv Chopra, MD MACP, Professor of Medicine at Harvard Medical School, motivational speaker, and bestselling author of *Brotherhood with Deepak Chopra* "Amy Scher takes you on a guided journey to resolve emotional, physical, and energetic blockages that get in the way of true healing. You will feel like you have a loving expert coach by your side along the way."—Heather Dane, co-author with Louise Hay of *Loving Yourself to Great Health*
How to Draw Farm Animals - Barbara Soloff

Levy 2009-02-19

This easy-to-follow guide makes it a snap for aspiring artists of all ages to draw everyone's favorite barnyard buddies. If you've never been able to create a likeness of an animal, you'll welcome the book's effective step-by-step diagrams. Using circles, ovals, and other geometric shapes, the diagrams build appealing images of a turkey, duck, horse, cow, and 26 other farm animals. Not only will you learn to make realistic drawings, you'll be on the way to mastering the basics of shape development and the fundamentals of form and dimension as well!

Not Yet - Lori Hockema 2019-08-07

Lisa Cox and Lori Hockema, both former educators, believe that students need to learn to enjoy the process of striving for a goal and not to be defeated by mistakes. The setting of this book is one full day in the life of Lorisa, the main character. The story takes the reader through her day at home and at school as she models for children a positive attitude, makes some

mistakes, and experiences successes, too.

Lorisa's mom demonstrates belief in her daughter by allowing her daughter to learn from her mistakes as noted when she says, "just clean it up." When Lorisa is at home, her younger brother can be found watching her carefully. Lorisa has the character traits of perseverance, kindness, assertiveness, and a positive mindset. She models how to keep a positive attitude through imperfections and mistakes as portrayed by her messy room, unorganized backpack, and always untied shoes. Lisa and Lori as authors, believe in the children who read this book. Are they there? Not yet. They'll get there you bet.

Newton and Me - Lynne Mayer 2010-01-01

While at play with his dog, Newton, a young boy discovers the laws of force and motion in everyday activities such as throwing a ball, pulling a wagon, and riding a bike. Includes "For Creative Minds" section.

[Your Fantastic Elastic Brain](#) - JoAnn M. Deak

2010

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

My Mouth is a Volcano - Julia Cook 2005-01-01

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.

It's Never Too Late to Sleep Train - Craig Canapari, MD 2019-05-07

From a leading pediatric sleep physician comes a revolutionary program that will have everyone in the house sleeping through the night. When Dr. Craig Canapari became a father, he realized that all his years of 36-hour hospital shifts didn't even come close to preparing him for the sleep deprivation that comes with parenthood. The difference is that parents don't get a break—it's hard to know if there's a night of uninterrupted sleep anywhere in the foreseeable future. Sleepless nights for kids mean sleepless nights for the rest of the family—and a grumpy group around the breakfast table in the morning. In *It's Never Too Late to Sleep Train*, Canapari helps parents harness the power of habit to chart a clear path to high-quality sleep for their children. The result is a streamlined two-step

sleep training plan that focuses on cues and consequences, the two elements that shape all habits and that take on special importance when it comes to kids' bedtime routines. Dr. Canapari distills years of clinical research and experience to make sleep training simple and stress-free. Even if you've been told that you've missed the optimal "window" for sleep training, Dr. Canapari is here to prove that it's never too late, whether your child is 6 months or 6 years old. He's on your side in the battle against bedtime, and with his advice, parents and children alike can expect a lifetime of healthy sleep.

But It's Not My Fault - Julia Cook 2018-01-23
It just isn't Noodle's fault that his mom forgot to remind him to turn in his library book. Or that he didn't finish his homework. Luckily he learns not to blame others, but instead to take responsibility for his actions.

A Flicker of Hope - Julia Cook 2018-10-05
HOPE is our children's window for a better tomorrow. In terms of resilience and well-being,

hope is a critically important predictor of success. This creative story from the best-selling author of *My Mouth is a Volcano!*, and *Bubble Gum Brain*, reminds children that dark clouds can be temporary and asking for help is always okay. We all have times when we need to borrow a little hope from someone else. When your clouds get too dark, and too heavy to push away, Reach out and ask, "Can I borrow some light?" "I'm having a really bad day." It's always okay to admit to yourself, "I just can't do it today." Everyone needs somebody sometimes, to help them find their way. Sometimes the dark clouds overhead seem too heavy and you feel like giving up. Little candle knows all about this. Bad grades, blasted on social media, worried about making the team, and wondering who her real friends are "š€š"so many hard things to deal with! All she can see is darkness. But her story begins to change when someone notices she needs a boost of hope. As little candle is reminded she has purpose and her own unique

gifts, and that she isn't the only one with dark clouds, her dim light begins to shine brighter. This hopeful story emphasizes for children (and adults) the many different ways to ask for help, and their ability to be a hope builder for others, too.

Wilma Jean the Worry Machine - Julia Cook
2012-01-15

"My stomach feels like it's tied up in a knot. My knees lock up, and my face feels hot. You know what I mean? I'm Wilma Jean, The Worry Machine." Anxiety is a subjective sense of worry, apprehension, and/or fear. It is considered to be the number one health problem in America. Although quite common, anxiety disorders in children are often misdiagnosed and overlooked. Everyone feels fear, worry and apprehension from time to time, but when these feelings prevent a person from doing what he/she wants and/or needs to do, anxiety becomes a disability. 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. For those worries that are not in anyone's control (i.e. the weather) a worry hat is introduced. A fun read for Wilmas of all ages! Includes a note to parents and educators with tips on dealing with an anxious child.

It's OK to Make Mistakes - Rachel Edmondson
2020-06-30

If you don't like to make mistakes, here's something good to know - Mistakes have special powers, to help us learn and grow! Read this book to help you turn your thinking on its head, and together we can learn to CELEBRATE mistakes instead! 'It's OK to Make Mistakes' is a fun, light-hearted, and educational book to help kids navigate tricky emotions and build resilience. Every child handles pressure differently. This book aims to reassure them that

making mistakes is a part of life and learning. This is supported by real-life examples of notable people and moments in history, as well as fun and colourful illustrations. Ideal for children aged 3-7.

Pop! - Meghan McCarthy 2011-04-05

Gum. It's been around for centuries—from the ancient Greeks to the American Indians, everyone's chewed it. But the best kind of gum—bubble gum!—wasn't invented until 1928, when an enterprising young accountant at Fleer Gum and Candy used his spare time to experiment with different recipes. Bubble-blowing kids everywhere will be delighted with Megan McCarthy's entertaining pictures and engaging fun facts as they learn the history behind the pink perfection of Dubble Bubble.

A Bad Case of Tattle Tongue - Julia Cook

2006-01-01

A Book that Helps Kids Learn the Difference Between Tattling and Telling No one likes "Josh the Tattler" because he tattles way too much. He

tattles on his classmates, his brother, and even his dog! But one night Josh wakes up to find that his tongue is very long, yellow, covered in bright purple spots, and Itchy, Itchy, Scratchy, Scratchy... Will a bad case of Tattle Tongue teach him a lesson? A Bad Case of Tattle Tongue gives teachers and counselors a humorous, cleverly creative way to address the time-consuming tattling-related issues that often sap classroom energy and thwart teaching opportunities. Parents who "battle the tattle" at home, on the playground, in the grocery store, or anywhere else can use this book to both entertain and enlighten their children about "The Tattle Rules." Every adult who desires to help children understand the differences between tattling and the need to warn others about important matters needs this book!

Quiet Please, Owen McPhee! - Trudy Ludwig
2018-07-03

From the author-illustrator team who brought you *The Invisible Boy* comes the story of a boy

who won't stop talking--until he gets laryngitis. You don't have to be a chatterbox to appreciate this tale of listening and learning. Owen McPhee doesn't just like to talk, he LOVES to talk. He spends every waking minute chattering away at his teachers, his classmates, his parents, his dog, and even himself. But all that talking can get in the way of listening. And when Owen wakes up with a bad case of laryngitis, it gives him a much-needed opportunity to hear what others have to say. From the author-illustrator team behind *The Invisible Boy* comes a bright and lively picture book that captures the social dynamics of a busy classroom while delivering a gentle message about the importance of listening.

I Can't Believe You Said That! - Julia Cook
2018-01-23

RJ's mouth is getting him into a lot of trouble. A rude comment at school earned him a detention, and an incensitive remark at home earned him a scholding and made his sister cry. It's time RJ

starts using a social filter when he speaks. He soon realizes he doesn't have to verbalize every thought that pops into his head. In fact, the less said the better!

That Rule Doesn't Apply to Me! - Julia Cook
2018-01-23

The rules keep getting in the way of Noodle's fun. Rules for this, rules for that. There are so many rules! Can Noodle be convinced that rules are meant to help, not harm him?

Decibella and Her 6-Inch Voice - Julia Cook
2018-01-23

Isabella shouts out her every thought. She uses her loud voice so much, everyone calls her "Decibella." Isabella soon learns the "five volumes" of voice. With patience and a little practive, she learns what volume is appropriate for every situation.

Soda Pop Head - Julia Cook 2011-09-01

"There goes Lester. Watch him fester. His ears start to fizz. He gets mad as a griz. His face turns red. He's a Soda Pop Head. You just never

know when Lester will blow. His cap will go flying. If it hits you, you'll be crying, so you'd better stay away from Lester today!" His real name is Lester, but everyone calls him "Soda Pop Head." Most of the time he's pretty happy, but when things seem to be unfair his ears get hot, his face turns red and he blows his top! Lester's dad comes to his rescue by teaching him a few techniques to "loosen the top" and cool down before his fizz takes control. Soda Pop Head will help your child control his/her anger while helping them manage stress. It's a must for the home or classroom.

Factfulness - Hans Rosling 2018-04-03
INSTANT NEW YORK TIMES BESTSELLER
"One of the most important books I've ever read—an indispensable guide to thinking clearly about the world." - Bill Gates "Hans Rosling tells the story of 'the secret silent miracle of human progress' as only he can. But Factfulness does much more than that. It also explains why progress is so often secret and silent and

teaches readers how to see it clearly." —Melinda Gates "Factfulness by Hans Rosling, an outstanding international public health expert, is a hopeful book about the potential for human progress when we work off facts rather than our inherent biases." - Former U.S. President Barack Obama Factfulness: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends—what percentage of the world's population live in poverty; why the world's population is increasing; how many girls finish school—we systematically get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess teachers, journalists, Nobel laureates, and investment bankers. In Factfulness, Professor of International Health and global TED phenomenon Hans Rosling, together with his two long-time collaborators, Anna and Ola, offers a radical new explanation of why this happens. They reveal the ten instincts that

distort our perspective—from our tendency to divide the world into two camps (usually some version of us and them) to the way we consume media (where fear rules) to how we perceive progress (believing that most things are getting worse). Our problem is that we don't know what we don't know, and even our guesses are informed by unconscious and predictable biases. It turns out that the world, for all its imperfections, is in a much better state than we might think. That doesn't mean there aren't real concerns. But when we worry about everything all the time instead of embracing a worldview based on facts, we can lose our ability to focus on the things that threaten us most. Inspiring and revelatory, filled with lively anecdotes and moving stories, *Factfulness* is an urgent and essential book that will change the way you see the world and empower you to respond to the crises and opportunities of the future. --- "This book is my last battle in my life-long mission to fight devastating ignorance...Previously I armed

myself with huge data sets, eye-opening software, an energetic learning style and a Swedish bayonet for sword-swallowing. It wasn't enough. But I hope this book will be." Hans Rosling, February 2017.

Bubble Gum Brain Activity and Idea Book - Julia Cook 2017-10-15

A companion book for the storybook, *Bubble Gum Brain*. This has activities and lessons that can be used to reinforce the concepts in the storybook

[Cure Your Child with Food](#) - Kelly Dorfman 2013-04-23

Why treat your child with drugs when you can cure your child with nutrition? Grounded in cutting-edge science and filled with case studies that read like medical thrillers, this is a book for every parent whose child suffers from mood swings, stomachaches, ear infections, eczema, anxiety, tantrums, ADD/ADHD, picky eating, asthma, lack of growth, and a host of other physical, behavioral, and developmental

problems. Previously published as *What's Eating Your Child?* and now with a new chapter on the unexpected connection between gluten and insatiable appetite, *Cure Your Child with Food* shows parents how to uncover the clues behind their children's surprisingly nutrition-based health issues and implement simple treatments—immediately. You'll discover how zinc deficiency can cause picky eating and affect growth. The panoply of problems caused by gluten and dairy. How ear infections and mood disorders, such as anxiety and bipolar disorder, can be a sign of food intolerance. Plus, how to get your child to sleep, soothe hyperactivity, and deal with reflux using simple nutritional strategies. Ms. Dorfman, a nutritionist whose typical family arrives at her practice after seeing three or more specialists, gives parents the tools they need to become nutrition detectives; to recalibrate their children's diets through the easy E.A.T. program; and, finally, to get their children off drugs—antibiotics, laxatives, Prozac,

Ritalin—and back to a natural state of well-being.

Heat - Mike Lupica 2007-03-01

The #1 Bestseller! Michael Arroyo has a pitching arm that throws serious heat along with aspirations of leading his team all the way to the Little League World Series. But his firepower is nothing compared to the heat Michael faces in his day-to-day life. Newly orphaned after his father led the family's escape from Cuba, Michael's only family is his seventeen-year-old brother Carlos. If Social Services hears of their situation, they will be separated in the foster-care system—or worse, sent back to Cuba. Together, the boys carry on alone, dodging bills and anyone who asks too many questions. But then someone wonders how a twelve-year-old boy could possibly throw with as much power as Michael Arroyo throws. With no way to prove his age, no birth certificate, and no parent to fight for his cause, Michael's secret world is blown wide open, and he discovers that family can

come from the most unexpected sources. Perfect for any Little Leaguer with dreams of making it big--as well as for fans of Mike Lupica's other New York Times bestsellers Travel Team, The Big Field, The Underdogs, Million-Dollar Throw, and The Game Changers series, this cheer-worthy baseball story shows that when the game knocks you down, champions stand tall.

Bubble Gum Brain - Julia Cook 2017-04-25
BECOMING is better than BEING. I have Bubble Gum Brain. I like to chew on my thoughts, flex, bend and stretch my brain, and expand the way I think! I make great mistakes that help me learn. I have Brick Brain. With me, things are the way they are...and they're probably not going to change much. I am the way I am...and that's just how it is. Meet Bubble Gum Brain and Brick Brain: two kids with two VERY different mindsets. Bubble Gum Brain likes to have fun adventures, learn new things, and doesn't worry about making great mistakes. Brick Brain is convinced that things are just fine the way they

are and there's not much he can do to change them, so why try? When Bubble Gum Brain shows Brick Brain how to peel off his wrapper, Brick Brain begins to realize just how much more fun school...and life... can be! This creative story teaches children (and adults) the valuable lesson that becoming is better than being, which can open the door to a whole new world of possibilities! Ready, Get Mindset...GROW!!

Making Friends Is an Art! - Julia Cook
2018-01-23

If Brown can learn to use all of the friendship skills he learns from the others pencils, he will make friends. This first book in the Building Relationship series focuses on relationship-building skills for children. Included are tips for parents and teachers on how to help children who feel left out and have trouble making friends.

Baby's First Bank Heist - Jim Whalley
2019-03-19

Meet Baby Frank, the world's most unlikely

criminal, as he masterminds his very own bank heist. Perfect for fans of Boss Baby. Move over, Bonnie and Clyde, because there's a new criminal mastermind in town . . . Baby Frank! He's the world's most unlikely criminal, but he's about to pull off the most daring baby bank heist ever. Why? To get money for a fluffy new pet, of course. This baby is dangerously cute and desperate for a pet. You have been warned . . .

Baditude - Julia Cook 2015-08-18

Turn scowls and negativity into smiles and positivity! Teach complainers and pessimists to overcome bad moods or feelings of hopelessness by changing their outlook. Learn from Noodle, a boy whose attitude, or 'baditude,' is alienating everyone around him. With help from a teacher and his mom, Noodle learns how to turn his 'have tos' into 'get tos' and his 'baditude' into gratitude! Kids in grades K-6 are empowered to actively look for positives in all situations and manage how they choose to feel about what they cannot control. This title is from the Responsible

Me! series by award-winning author Julia Cook. The series promotes life skills, strengthens character development, and helps kids use better social skills at school and at home. 32 pages

Table Talk - Julia Cook 2018-01-23

Written from the table's point of view, this humorous tale helps kids understand that table manners are about much more than what fork to use. Good table manners are about being respectful, kind and considerate to others.

Thanks for the Feedback, I Think - Julia Cook 2018-01-23

It doesn't matter if RJ hears compliments or constructive feedback, he is never sure how to respond. With guidance from his family, RJ learns why feedback, even when it's difficult to accept, is information he can use to become a better person.

Mindset Matters - Bryan Smith 2019-03-29

Amelia's an up-for-any-adventure second-grader who's eager to try new things. But at the first

sign of trouble, Amelia frets she's a failure. After a little self-reflection and advice from Dad, Amelia learns she needs a "gonna get it done" mindset. With her new outlook, she discovers success has many definitions and that failing doesn't make her a failure.

Valensteins - Ethan Long 2017-12-19

Something strange is in the air on this dark, cold night. The members of Fright Club are always ready to scare, but tonight Fran K. Stein has something else on his mind. He's busy making something, and the other monsters want to know what it is. Could it be a mask with fangs? A big pink nose? Or maybe a paper butt? No . . . it's a Valentine! That means one thing . . . EEEK!! Is Fran in love? What could be scarier than falling in love?!? In this hilariously spooky story by Geisel Award-winning author and illustrator Ethan Long, even the scariest of monsters have true feelings.

The Brain That Changes Itself - Norman Doidge
2007-03-15

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more. An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak,

children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

The Day Punctuation Came to Town -

Kimberlee Gard 2019-08-08

Runner-up for the Reading the West Book Awards

I Have Ants in My Pants - Julia Cook

2020-08-27

Control your wiggles and be the BOSS of your ants. In I Have Ants in My Pants, Julia Cook helps normalize the feeling many kids have when

they struggle to control their wiggles and provides strategies for improving impulse control. Some children just can't sit still no matter how hard they try. And Louis is no exception. He accidentally kicks his friend during story time. He can't stand still in the lunch line. And he wiggles in his seat at the movie theater. Everyone keeps telling him he has ants in his pants, but Louis doesn't see any ants! Louis' mom explains that this means he wiggles a lot, and she teaches him a special tool, the Wiggle Dance. Wiggle and jiggle. Jump up and down. Shake your hands and turn around. Take a deep breath. Scrunch up your nose. Wobble your knees and wiggle your toes. With a little practice and a few helpful tools, Louis learns that he can calm his wiggles and become the boss of the ants in his pants!