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Compiled by Edna Böhmer, November 2021

Emotional intelligence

“Emotional intelligence is the capability of individuals to recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goal(s).”



152.4 GOL Goldman, A.
Emotional intelligence : why it is more important than IQ and you can improve yours. 2017

152.4 HAR
HBR'S 10 must reads on emotional intelligence. 2015

152.4 HEA Head, H.
Your emotions. 2019

152.4 WAT Waters, R.
Emotional self-awareness. 2015

152.4 WIL Wilson, R.L.
Understanding emotional development : providing insight into human lives. 2015

152.47 LOH Lohmann, J.
The anger workbook for teens : activities to help you deal with anger and frustration. [2019]

152.47 WAT Waters, R.
Anger. 2015

153.35 ROB Robinson, K.
Out of our minds : the power of being creative. 2017

153.8 BRU Brukner, L.
Self-control to the rescue : super-powers to help kids through the tough stuff in everyday life. 2017

155.25 RYA Ryan, R.M.
Self-determination theory : basic psychology needs in motivation developments and wellness. 2017

155.4 MACL McLean, S.
Parenting traumatized children with developmental differences : strategies to help your child's sensory processing, language development, executive function and challenging behaviours. 2019

155.41 WAT Waters, R.
Empathy and compassion. 2015

155.4124 SOU Southam-Gerow, M.A.
Emotion regulation in children and adolescents : a practitioner's guide. 2016

155.512 MOR Morgan, N.
Positively teenage : a positively brilliant guide to teenage well-being. 2015

618.9289 DOU Douglas, A.
Parenting through the storm : find help, hope and strength when your child has psychological problems. 2017

618.9289 GIM Gimpel, G.A.
Emotional and behavioural problems of young children : effective interventions in the preschool and kindergarten. 2017

618.9289 HAN
Handbook of child and adolescent aggression. 2018

618.928914 ZAN Zandt, F.
Creative ways to help children manage BIG feelings : a therapist's quick to working with preschool and primary children. 2017

616.92891656 THO Thomas, B.
Creative coping skills for teens and tweens : activities for self care and emotional support including art, yoga and mindfulness. 2019

649.1 HOF Hoffman, K.
Raising a secure child : how circle of security parenting can help you nurture your child's attachments, emotional resilient and freedom to explore. 2017

649.5 MAI Mainstone-Cotton, S.
Promoting young children's emotional health and wellbeing : a practical guide for professionals and parents. 2017

616.8589 MON Monastra, V.J.
Teaching life skills to children and teens with ADHD : a guide for parents and counsellors. 2016

616.89142 DIA
DBT skills in schools : skills training for emotional problem solving for adolescents (DBT STEPS A). 2016

616.89142 GRE Greenberger, D.
Mind over mood : how you feel by changing the way you think. 2016

616.89142 GUE Guest, J.
The CBT art activity book : 100 illustrated hand outs for creative therapeutic work. 2016

616.89142 WUP Wupperman, P.
Treating impulsive, addictive and self-destructive behaviors, mindfulness and modification therapy. 2019

616.891425 CBT
CGT strategies for anxious and depressed children and adolescents : a clinician's toolkit. 2017

616.891523 AMA Amador, S.
Teaching social skills through sketch comedy and improv games : a Social Theatre approach for kids and teens including those with ASD, ADHD and anxiety. 2018

616.891653 PLA
Play-based interventions for childhood anxieties fears and phobias. 2018

618.86 NAJ Najavits, L.
Recovery from trauma, addiction or both : strategies for finding your best self. 2017

618.928521 COH Cohen, J.A.
Treating trauma and traumatic grief in children and adolescents. 2017

618.928589 HOL Hollander, M.
Helping teens who cut : using DBT skills to end self-injury. 2017

155.518 BRA Bradhaw, C.M.
The resilience workbook for teens : activities to help you gain confidence, manage stress and cultivate a growth mindset. 2019

155.9042 WAT Waters, R.
Stress and tension. 2015

155.9043 HEA Head, H.
Beat stress and anxiety. 2019

158.1 BAR Baruch-Feldman, C.
The grit guide for teens : a workbook to help you build perseverance self : control & a growth mindset. 2017

158.1 CLA Claybourne, A.
Self-esteem and mental health. 2016

158.1 HEA Head, H.
Self-esteem and confidence. 2019

158.12 COT Cook-Cotton, C.
Mindfulness for anxious kids : a workbook to help children copy with anxiety, stress & worry. 2018

158.2 HIL Hill, Z.B.
Loneliness. 2015

302.231 HOM Homayoun, A.
Social media wellness : helping tweens and teens thrive in an unbalanced digital world. 2018

303.69076 GAR Gartrell, D.
Guidance for every child : teaching young children to manage conflict. 2017

306.7 HIL Hill, Z.B.
Romantic attraction. 2015

306.874 SHI Shipp, J.
The grown-ups guide to teenage humans : how to decode their behavior, develop unshakable trust and raise a respectable adult. 2018

355.0083 HUM Humphreys, J.D.
Child soldier : when boys and girls are used at war. 2015

361.37 ANC Ancona, G.
Can we help? : kids volunteering to help their communities. 2019

370.11 ERK Erkens, C.
Growing tomorrow's citizens in today's classroom : assessing 7 critical competencies. 2018

370.1523 POS Poser, A.
Engage the brain : how to design for learning that taps into the power of emotion. 2019

370.1528 BAM Bambara, L.M.
Behavior support. 2015

370.1528 DJA Djabrayan Hannigan, J.
Building behaviour : the educator's guide to evidence-based initiatives. 2019

370.1528 SEA Searcy, A.
Push past it! : a positive approach to challenging classroom behaviors. [2019]

370.1528 STE Steege, M.W.
Conducting school-based functional behavioural assessments : a practitioner's guide. 2019

370.153 CRE Cree, L.
Be the jellyfish training manual : supporting children's social and emotional wellbeing. 2017

370.153 ELI Elias, M.J.
Boost emotional intelligence in students : 30 flexible research-based activities to build EQ skills (grades 5-9). 2018

370.153 MIN Minasian, K.
20 Ways to implement social, emotional learning in your classroom : easy-to-follow steps to boost class morale & academic achievement. 2018

370.153 MOR Morris, I.
Teaching happiness and well-being in schools : learning to ride elephants. 2015

M 370.153 RAE Rae, T.
Bouncing back and coping with change : building material and social resilience in young people aged 9-14. 2016
1 Book ; 1 CD-ROM

372.21 MRA Mraz, K.
Purposeful play : a teacher's guide to igniting deep and joyful learning across the sky. 2016

372.21 SAL Salcedo, M.
Uncover the roots of challenging behavior : create responsive environments where young children thrive. [2018]

372.372 MAS Mason, S.
Relationships and sex education 3-11 : supporting children's development and well-being. 2019

372.4 LAM Laminack, L.L.
Reading to make a difference : using literature to help students speak freely, think deeply and take action. 2019

372.6 ACC
Accelerating literacy for diverse learners : classroom strategies that integrate social/emotional and academic achievement, K-8. 2017

373.146 PET Peterson, J.S.
How (and why) to get students talking : 78 ready-to-use group discussions about anxiety, self-esteem, relationships and more, (grades 6-12). 2019

612.661 DEM De Meza, L.
A-Z of growing up, puberty and sex. 2018

613.0433 NAG Nagel, P.
The mental health and wellbeing workout for teens : skills and exercises from ACT and CBT for healthy thinking. 2019

613.20835 DAR Darpinian, S.
No weigh! : a teen's guide to positive body image, food and emotional wisdom. 2018

616.8521 LOH Lohmann, R.C.
The sexual trauma workbook for teen girls : a guide to recovery from sexual assault & abuse. 2016

616.8526 MACC MacConville, R.
Positive body image for kids : a strengths-based curriculum for children aged 7-11. 2017

371.782 SPR Springer, B.
Happy kids don't punch you in the face : a guide to eliminating aggressive behavior in school. 2018

371.8019 BET Bethune, A.
Wellbeing in the primary classroom : a practical guide to teaching happiness. 2018

371.826912 CAL Calderon, M.
Success with multicultural newcomers & English learners : proven practices for school leadership teams. [2019]

371.82694 PAR Parker, D.
Building bridges : engaging students' at risk through the power o relationship. [2019]

371.9 HIR Hirschland, D.
When young children need help : understanding and addressing emotional and development challenging. 2015

371.9 KAR Karten, T.J.
Building on the strengths of student's with special needs : how to move beyond disability labels in the classroom. 2017

371.93 RIE Rief, S.F.
How to reach & teach children & teens with ADD/ADHD. 2016

371.93 WEB Weber, C.
Behavior : the forgotten curriculum : an RTI approach for nurturing essentials life skills. 2017

371.94 ALE Alexander, J.
Building trauma-sensitive schools : your guide to creating safe, supportive learning environments. 2019

371.94 CRA Craig, S.E.
Trauma-sensitive schools for the adolescent years : promoting resiliency and healing, graders 6-12. 2017

371.94 SUP
Supporting children with autistic spectrum disorders. 2015

371.94 ZAC Zacorian, D.
Teaching to strengths : supporting students living with trauma, violence and chronic stress. 2017

372.11024 BUC Buckley, M.A.
Sharing the blue crayon : how to integrate social, emotional and literacy learning. 2015

372.12 CRA Craig, S.E.
Trauma-sensitive schools : learning communities transforming children's lives, K-5. 2015

M 370.153 RAE Rae, T.
Building positive thinking habits : increasing self-confidence and resilience in young people through CBT. 2016
1 Book ; 1 CD-ROM

370.1534 ADA Adain, B.
The emotionally connected classroom : wellness and learning experience. [2019]

370.1534 CHA Chandler, A.
The flexible SEL classroom practical ways to build social emotional learning in grades 4-8. 2018

370.1534 MAS Mason, C.Y.
Mindfulness practices : cultivating heart centered communities where students focus and flourish. [2019]

370.154 WAL Walker, T.D.
Teach like Finland : 33 simple strategies for joyful classroom. 2017

370.157 GIN Gini-Newman, G.
Creating thinking classrooms : leading educational change for the century. 2018

370.158 IBE Iberlin, J.M.
Cultivating mindfulness in the classroom. 2017

371.10019 AGU Aguilar, E.
Onward : cultivating emotional resilience in educators. 2018

371.102 JEN Jennings, P.A.
Mindfulness for teachers : simple skills for peace and productivity in the classroom. 2015

371.102 RIP Ripp, P.S.
Passionate learners : how to engage and empower your students. 2016

371.1022 AND Anderson, M.
What we say and how we say it matter : teacher talk that improves student learning and behavior. 2019

371.1022 ENV Evans, W.
Using your voice effectively in the classroom. 2018

371.1022 POL Pollock, M.
School talk : rethinking what we say about and to students everyday. 2017

371.1024 CAS Cassetta, G.
Classroom management matters : the social-emotional learning approach children deserve. 2015

371.1024 LEN Lentfer, V.
Keep calm and teach : empowering K-12 learners with positive classroom management routines. 2019

371.1024 PLE Plevin, R.
Take control of the noisy class : from chaos to calm : from chaos to calm in 15 seconds. 2016

371.1024 ROG Rogers, B.
Classroom behaviour : a practical guide to effective teaching, behaviour management and colleague support. 2015

371.1024 THE
"These kids are out of control" : why we must reimagine classroom management for equity. [2019]

371.109 STE Steer, J.
Supporting kids and teens with exam stress in school : a workbook. 2019

M 371.19 SCH Butler, J.
Mindful classrooms : daily 5-minute practices to support social-emotional learning. (PreK to grade 5). [2019]

M 371.19 SCH
School, family and community partnerships : your handbook for action. 2019

371.192 DIL Dillon, R.
Powerful parent partnerships : rethinking family engagement for students. 2019

371.192 MACE McEwan—Adkins, E.K.
How to deal with parents who are angry, troubled, afraid or just seem crazy : teachers' guide. [2020]

371.2 MUH Muhammed, A.
Time for change : 4 essential skills for transformational school and district leaders. 2019

371.2 SMY Smylie, M.A.
Caring school leadership. [2019]

371.2 ZIE Ziegler, B.
You don't need superpowers to be a kid hero : leading a hero-building school culture. [2020]

371.2011 BRO Brown, V.
The mindful school leader : practices to transform your leadership and school. 2015

371.2012 SCH Schwanke, J.
The principal reboot : 8 ways to revitalize your school leadership. [2020]

371.255 COZ Cozza, b
The multi-age learning community in action : creating a caring school environment for all children.

371.26019 COL Collins-Donnelly, K.
Starving the exam stress gremlin : a cognitive behavioural therapy workbook on managing exam stress for young people. 2018

371.5 LON Longstreths, S.
Effective discipline policies : how to create a system that supports young children's social-emotional competence. [2018]

371.58 DRE Drew, N.
Create a culture of kindness in middle school : 48 character-building lessons to foster respect and prevent bullying. 2017

371.713 ERA Erasmus, C.
The mental health and wellbeing handbook for schools : transforming mental health support on a budget. 2019

371.713 HAG Hagermozer, S.L.M.
Supporting successful inventions in schools & tools to plan, evaluate and sustain effective implementation. 2019

371.713 SAN Santiago, C.D.
Creating healing school communities : school-based interventions for students exposed to trauma. 2018

371.713 SUL Suldo, S.M.
Promoting student happiness : positive psychology interventions in schools. 2016

371.713 SUP
Supporting bereaved students at school. 2017

371.713 VIA Viana, S.G.
Developing children's resilience and mental health : REAL skills for all aged 4-8. 2019