

Resource Collection – Grades 4/5/6

We're happy to be able to provide the following collection of books and websites, chosen because they enhance THE GREAT BODY SHOP curriculum for students in grade(s) 4/5/6.

Growth and Development

The Body Book: An Owner's Manual (available for male or female), Sara Stein. Workman Publishing Company. This book is a complete guide to our insides, "How our bodies get built, learn, repair themselves, and make us who we are." Full of facts, statistics, explanations and connections.

BRAIN SURGERY FOR BEGINNERS AND OTHER MAJOR OPERATIONS FOR MINORS: A SCALPEL-FREE GUIDE TO YOUR INSIDES, Steve Parker. Simon and Schuster. This colorful book gives kids a look at the human body from the perspective of their amazing brains. For example, the introduction to reproduction, "the brain's way of producing more brains is to get its body to make babies."

EXTRAORDINARY GIRLS, Maya Ajamera, Olateju Omolodun, and Sarah Strunk. Charlesbridge. Stunning photographs illustrate what ordinary girls from over 60 countries are doing that makes each girl extraordinary.

JOEY PIGZA LOSES CONTROL, L Jack Gantos. Farrar, Straus, Giroux. Joey Pigza takes medication to help control his behavior in the classroom. When Joey meets his dad for the first time he recognizes the way he behaved before he got his new meds.

LEARN ABOUT THE BODY: A FASCINATING FACT FILE AND LEARN-IT-YOURSELF PROJECT BOOK, Steve Parker. Lorenz Books. Nineteen informative sections on different parts of the body and their functions, 250 illustrations, photographs and anatomical sketches, 10 do-it-themselves projects, and frequent fact boxes make this a great resource.

MY BODY, MY SELF (New Revised Edition of GROWING UP GUIDE FOR GIRLS), Lynda Madaras w/ Area Madaras. New Market Press. Text, quizzes, exercises and letters present information on relationships with family and friends. Deals with peer pressure, popularity, feelings, self knowledge, problem-solving, basics of good communication.

TOO OLD FOR THIS, TOO YOUNG FOR THAT: YOUR SURVIVAL GUIDE FOR THE MIDDLE SCHOOL YEARS, Harriet S. Mostache, PhD. Free Spirit. This entertaining book covers the physical and emotional changes of pre-puberty, also addresses family issues, peer pressure, setting and reaching goals, and preparing for the years ahead.

UNDERSTANDING YOUR BRAIN, (Usborne Science for Young Readers), Rebecca Treays. EDC Publishers. A colorful book that answers many questions about the brain, including what it's made of, how it remembers information, how it dreams, how hypnosis works on it, and how electrical impulses travel through it.

WHAT IF...THE HUMAN BODY, Steve Parker. Cooper Beech Books. This book explores the workings of the human body by asking what might happen if things were very different. For instance, "What if we had no skin?" Or, "What if our bones were on the outside?"

Growth and Development, Ages 11 to 14 Years - Overview

<http://children.webmd.com/tc/growth-and-development-ages-11-to-14-years-overview>

TEEN GIRLS' HEALTH

<http://teens.webmd.com/default.htm> (TEEN BOYS' HEALTH COMING SOON)

INFORMACIÓN PARA NIÑOS

http://kidshealth.org/kid/centers/spanish_center_esp.html

Nutrition

TAKING CHARGE OF MY MIND AND BODY: A GIRL'S GUIDE TO OUTSMARTING ALCOHOL, DRUG, SMOKING, AND EATING PROBLEMS, Gladys Folkers, M.A. and Jeanne Engelmann. Free Spirit. Current facts about alcohol, drugs, smoking, and eating disorders. First-person stories and proven strategies to help girls choose to stay healthy.

WHAT HAPPENS TO A HAMBURGER, Paul Showers. HarperTrophy. An elementary look at the digestive system and how it breaks up foods for use in the body. Ages 5-9.

ADOLESCENT NUTRITION

<http://www.keepkidshealthy.com/adolescent/adolescentnutrition.html>

Illness Prevention/AIDS

AIDS & HIV: THE FACTS FOR KIDS, Rae Simons, Elise DeVore Berlan, M. D. and MPH. This book gives kids the essential facts about HIV/AIDS in age-appropriate language. It covers how people contract HIV and how it affects the body.

AIDS AND OTHER EPIDEMICS, Carol Ballard. This book focuses on AIDS, SARS, malaria, meningitis, and more. Informative chapter on transmission of HIV.

AIDS QUESTIONS ANSWERS FOR KIDS, GRADES 5-6, Linda Schwartz. Learning Works. An exploration of important questions students might ask about AIDS, including the causes of AIDS, the illnesses that accompany it, myths and truths about getting and/or avoiding AIDS, and tips to resist peer pressure.

BLOODY MOMENTS AND FURTHER HIGHLIGHTS FROM THE ASTOUNDING HISTORY OF MEDICINE, Gael Jennings. Annick Press. Mabel is bored and grumpy, until a slimy envelope labeled “The Guts of Human Life” plops through her letter slot. The envelope contains a CD-ROM which, when placed in her computer, draws Mabel into the past and through all sorts of hilarious, amazing, disgusting adventures.

HOW TO HELP CHILDREN THROUGH A PARENT’S SERIOUS ILLNESS, Kathleen McCue and Ron Brown. St. Martin’s Press. A comprehensive guide offering practical advice for helping kids 3-19 years of age cope with their feelings, regardless of the outcome of a parent’s illness.

LOSING UNCLE TIM, Mary Kate Jorda. Albert Whitman and Co. Daniel’s Uncle Tim is sick in bed, but he loves visits from his nephews and can still play games with him. When Uncle Tim dies from AIDS, Daniel struggles to accept his death.

RYAN WHITE: MY OWN STORY, Ryan White. Dial Books for Young Readers. Young AIDS victim Ryan White describes his battle against the disease he contracted from a blood transfusion given to treat hemophilia. Grade 5 and up.

YOUNG PEOPLE AND CHRONIC ILLNESS, Kelly Huegel. Free Spirit. Ten stories about how children cope with the physical, emotional and social realities of chronic illnesses, including diabetes, cancer, and hemophilia.

INFECTIONS: HIV AND AIDS

<http://kidshealth.org/parent/infections/std/hiv.html>

Family Life/Sexuality

ASKING ABOUT SEX AND GROWING UP: A QUESTION AND ANSWER BOOK FOR BOYS AND GIRLS, Joanna Cole. Morrow Junior Books. This book uses a question and answer format to offer straightforward information on a wide variety of subjects including the differences between boys and girls, body changes, crushes and dating, having a baby, and preventing pregnancy.

THE TUESDAY CAFÉ, Don Trembath. Orca Book Publishers. Harper Winslow has some problems. He is having trouble at school and feels his parents don't understand him. The juvenile court judge sentences him to write a 2000-word essay titled, "How I Plan to Turn My Life Around."

TURNS ON A DIME, Julie Lawson. Stoddart. Eleven-year-old Jo is struggling to be accepted by her peers, is rejected by her friends, and questions the love of her family when she learns she was adopted. In the midst of her loneliness, Jo inherits a pendant and a story from her grandmother.

HOW TO TALK TO YOUR KIDS ABOUT SEX

<http://www.webmd.com/parenting/news/20080116/how-to-talk-to-your-kids-about-sex>

Community Health/Environment

COME BACK SALMON, Molly Cone. Sierra Club Books. A true story of how a fifth-grade class in Washington State cleaned up the polluted Pigeon Creek. Dedicated to their project, they even raised salmon in a classroom aquarium.

FIFTY SIMPLE THINGS KIDS CAN DO TO SAVE THE EARTH, Sophie Javna. Andrews McMeel Publishing. Filled with tips and enjoyable projects geared towards the interests and abilities of kids aged 9 and up.

KID HEROES OF THE ENVIRONMENT: SIMPLE THINGS REAL KIDS ARE DOING TO SAVE THE EARTH, The Earthworks Group. This book offers over twenty-five true stories about kids working to protect the earth with tips on how your kids can do it too.

SOME OF THE KINDER PLANETS, Tim Wynne-Jones. Orchard Books. Nine wonderful stories about off-beat situations and the ordinary boys and girls who manage to create something magical from them. A Boston Globe-Horn Book Award Winner.

THE OTHER SIDE, Angela Johnson. Orchard Books. The teenage narrator of this book both loved and hated her hometown. When the town faces destruction, she sees it in a whole new way and there isn't enough room in the world to capture her feelings. Poems and photos attempt to preserve the essence of Shorter, AL.

Substance Abuse Prevention

DEATH AT DEVIL'S BRIDGE, Cynthia DeFelice. Farrar, Straus, Giroux. In this exciting adventure novel Ben Daggett must face up to his own weaknesses as he decides whether to tell on a

friend taking dangerous risks, including stealing and joy riding in boats and cars, and dealing drugs.

THE HOUSE THAT CRACK BUILT, Clark Taylor. Chronicle Books. With simple text and surreal pictures, this repeating story offers readers a glimpse into the havoc crack-cocaine wreaks upon a city and the people in it. A haunting book.

HOW TO SAY NO AND KEEP YOUR FRIENDS, Sharon Scott. Human Resources Development Press. This handbook gives teens and preteens specific advice on how to get out of difficult peer pressure situations. It begins by telling readers that peer pressure often means being faced with a tough decision, then presents problems and offers examples of how to handle those situations.

Personal Safety/Emotional Health

BRIDGE TO TERABITHIA, Katherine Patterson. Jess and Leslie are best friends. They work hard at their friendship. Jess wants desperately to belong at school. Leslie just doesn't fit in, and she doesn't seem to care. Together, they share a secret hiding place.

CHARLIE'S STORY, Maeve Friel. Peachtree Publishers. Charlie learns that her individuality and strength give her the power to overcome the torment of school bullies and make decisions about her life. Recommended for 12 and up.

LIBBY BLOOM, Susan Rowan Masters. Henry Holt & Co. Fourth grader Libby feels, oh, so ordinary and somehow ridiculous especially when compared to her older sister. It takes a perceptive teacher, some tuba lessons, and some TLC to show Libby she has talents of her own. Grades 2-4.

NO MORE SECRETS FOR ME, Oralee Watcher. Using a series of vignettes, children are taught that inappropriate touches from an adult are never their fault, that secrets that feel bad or uncomfortable can be told to a trusted adult and that there are people that can help them with problems.

ON MY OWN, Tova Navarra. Barron's Ed. Series Inc. Offers common sense advice on typical kid issues and a myriad of safety issues. Tells readers what to do if they get a burn, have a nose bleed, or someone is choking. This book also deals with staying home alone and handling emotional issues.

SECRET OF THE PEACEFUL WARRIOR, Dan Millman. H. J. Kramer Inc. It's Danny Morgan's first day at his new school, and he has the bad luck to run into the local bully. An old man's

wisdom helps Danny to realize that the “true warrior” is the “peaceful warrior.” Find out how Danny practices conflict resolution to turn the situation around.

WHEN ZACHARY BEAVER CAME TO TOWN, Kimberly Willis Holt. Holt. Toby’s brother is killed in the Vietnam War and Toby feels lost until Zachary, the fattest boy in the world moves to his town and changes the town and Toby forever.

CHARLIE’S STORY, Maeve Friel. Peachtree Publishers. Charlie learns that her individuality and strength give her the power to overcome the torment of school bullies and make decisions about her life. Recommended for 12 and up.

DEALING WITH BULLIES

<http://kidshealth.org/kid/feeling/emotion/bullies.html>

PREVENTING INJURIES: AT HOME, AT PLAY, AND ON THE WAY

<http://www.safekids.org/safety-basics/pre-teens-and-teens/>

Use these resources only as a guide. They have not been reviewed, and they are not endorsed by the Ventura Unified School District or its employees.