
NY Health Central Related Book List

Topic **Careers**

Grade **2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Police Officers	<i>Simon, Charnan</i>		J	For a fluent reader, it identifies the multiple aspects of a police officer's job responsibilities.

Grade **3 - 5**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
How Nurses Use Math	<i>Glasscock, Sarah</i>			This colorful book will help you understand how math skills are essential in just about any career. How much medicine should a patient receive? When is it time for a child's next vaccination?

Grade **4 - 6**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Career as a Medical Examiner	<i>Brezina, Corona</i>			

NY Health Central Related Book List

Topic **Character - Bullying**

Grade **1 - 4**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Talking About Bullying	<i>Powell, Jillian</i>		Difficult topics are handled candidly, but always with a child's best interest at heart. In this book, you can read about bullies and bullying, how to deal with bullies, and where to get help. Section for parents and teachers helps direct discussions.

Grade **2 - 5**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Say Something	<i>Moss, Peggy</i>		A child who never says anything when other children are teased or bullied finds herself in their position when jokes are made at her expense and no one speaks up. Tips about dealing with bullying for older, more sophisticated readers.

Grade **K - 3**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Bully	<i>Caseley, Judith</i>		Mickey and Jack used to be best friends. Then something happens. It becomes a war of words between the two former friends. Bully addresses the issue with sympathy and empathy, stressing the fact that the victim should tell an adult.

NY Health Central Related Book List

Topic Character - Cooperation

Grade 1 - 5

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level Description</i>
The Hair of Zoe Fleefenbacher Goes to School	<i>Anderson, Laurie Halse</i>		Fiction: Importance of teachers and students learning to work together.

Grade K - 2

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level Description</i>
Big Words for Little People	<i>Curtis, Jamie Lee</i>		Everyday scenarios will have little ones developing their vocabulary with multisyllabic words like persevere and stupendous as they absorb the traditional golden rule of treating everyone with respect.

Grade K - 3

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level Description</i>
Cooperation	<i>Riehecky, Janet</i>		Introduces cooperation through examples of everyday situations where cooperation can be used.

Grade K - 4

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level Description</i>
Share and Take Turns	<i>Meiners, Cheri</i>		Explains what sharing means and provides examples of different ways that two people can share what they both want; such as taking turns, dividing things, or playing together. Includes information and extension activities for parents or teachers.

NY Health Central Related Book List

Topic **Character - Diversity**

Grade **2 - 4**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Tolerance	<i>Raatma, Lucia</i>		Each title in this useful "Character Education" series explains a quality as a virtue. Discusses how it appears in the family, with friends, at school, or in the community, and presents a well-known figure who exemplifies that quality.

Grade **K - 2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Don't Call Me Special	<i>Thomas, Pat</i>		This delightful picture book explores questions and concerns about physical disabilities in a simple and reassuring way. Younger children can find out about individual disabilities and special equipment that is available to help the disabled.
I Am Tolerant	<i>Schuette, Sarah</i>		Part of a character values series this book describes tolerance and illustrates ways students can be tolerant. The repetition of words and phrases helps early readers learn new words.
Loudmouth George and the New Neighbors	<i>Carlson, Nancy</i>		When a family of pigs moves in next door, the rabbit George wants nothing to do with them, but finally he gives in and finds out they aren't so bad after all.

Grade **K - 3**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
The Skin I'm In	<i>Thomas, Pat</i>		Encourages kids to accept and be comfortable with differences of skin color and other racial characteristics among their friends and in themselves. Has user guide and additional resources.
Whoever You Are	<i>Fox, Mem</i>		There are children all over the world who may look different, live in different homes and different climates, go to different schools, and speak in different tongues but all children love, smile, laugh, and cry. Their joys, pain, and blood are the same.

NY Health Central Related Book List

Topic **Community**

Grade **K - 1**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Places in My Community	<i>Mahran, Zeina</i>			Different kinds of homes and places in a community. For the emergent reader this helps develop the concept of communities as places providing things that people need and want.

NY Health Central Related Book List

Topic **Death**

Grade **1 - 3**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Someone Special Died	<i>Prestine, Joan Singleton</i>		A young girl describes the anger and sadness she feels after someone she loved dies, and makes a scrapbook to remember the things they did together.

Grade **2 - 4**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
When Dinosaurs Die	<i>Brown, Laurie Krasny/ Brown, Marc</i>		Explains in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.

Grade **3 - 6**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Tear Soup - A Recipe for Healing After Loss	<i>Schwiebert, Pat/ DeKlyen, Chuck</i>		In this fable, a woman who has suffered a terrible loss cooks up a special batch of "tear soup," blending the unique ingredients of her life into the grief process. The text includes a recipe of sound advice for people who are in mourning. Video also.

Grade **K - 6**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
How Do I Feel About: When People Die	<i>Levete, Sarah</i>		Describes how people feel about death, discussing what happens when someone dies, why people die, and how to cope with grief.
Water bugs & Dragonflies - Explaining Death to Young Children	<i>Stickney, Doris</i>		This book utilizes nature and the natural order of creation to describe death, dying, and transformation for children to understand with clarity and hope. This small book is easy to read and share with anyone at any age. Some religious overtones.

NY Health Central Related Book List

Topic **Decision Making**

Grade **1**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
What Makes Me Healthy?	<i>Sui, Nat</i>		I	Understanding the idea of being healthy and recognizing the basic needs. Sharing ideas about ways family members help each other stay healthy.

Grade **2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
It's Your Choice	<i>Beatty, Anne</i>		J	Our body gives us many different signals. When you understand these signals and listen to them you can make healthy choices.

NY Health Central Related Book List

Topic **Dental**

Grade **1 - 2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Make Way for Tooth Decay	<i>Katz, Bobbi</i>		Part of the Hello Reader Series. This rhyming verse book describes how bacteria live in the mouth and cause plaque, cavities, and other problems. It talks about importance of low-sugar foods, brushing, flossing and dental care.

Grade **2 - 4**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Open Wide Tooth School Inside	<i>Keller, Laurie</i>		Dental basics through an imagined Tooth School. Sophisticated language and humor.

Grade **3 - 5**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Tooth Decay and Cavities	<i>Silverstein, Alvin Dr.</i>		This title includes information about milk teeth and permanent teeth, proper oral hygiene, and how other animals use their teeth. It explains the anatomy of a tooth and the role of the immune system in fighting tooth decay.

Grade **4 - 7**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
I Know Why I Brush My Teeth	<i>Rowan, Kate</i>		Sam learns about his teeth and why it is important to keep them clean with regular brushing.

Grade **K - 3**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
ABC Dentist	<i>Ziefert, Harriet</i>		Each letter explains a concept, procedure, piece of equipment or body part that is directly related to seeing a dentist.

Grade **K - 4**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
The Tooth Book	<i>Miller, Edward</i>		A guide book detailing good dental care and hygiene in a fun to learn manner. Text and graphics are eye-catching. The book covers all aspects of dental information as well as including some fascinating trivial tidbits.

NY Health Central Related Book List

Topic **Divorce**

Grade **1 - 5**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Talking About Family Breakup	<i>Powell, Jillian</i>		Explains the emotional and practical problems that arise when family members separate. Discusses what happens to the children; how life will change and remain the same. Parent and teacher section helps with discussions.

Grade **K - 1**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Two Homes	<i>Masurel, Claire</i>		The gently reassuring text focuses on what is gained rather than what is lost when parents divorce. The sensitive illustrations, depicting two unique homes in all their small details, firmly establish Alex's place in both of them.

Grade **K - 2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Mama and Daddy Bear's Divorce	<i>Spelman, Cornelia</i>		With divorce, young children need to be reassured that they won't lose the parent who no longer lives with them. In a very simple way this book emphasizes that the precious things in a child's life stay the same.

NY Health Central Related Book List

Topic **Family**

Grade **K**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
In My Family	<i>Yusof, Faridah</i>		D	Understanding families are different in many ways.

Grade **K - 1**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Families	<i>Phillips, Cory</i>		A - D	Concepts: Families are alike and different in many ways; family members take on roles and responsibilities within their families.

Grade **K - 2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
You're All My Favorites	<i>McBratney, Sam</i>			Three much-loved baby bears begin to wonder if their parents have a favorite.

NY Health Central Related Book List

Topic **Feelings**

Grade **3 - 5**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
The Feelings Book: The Care and Keeping of Your Emotions	<i>Madison, Lynda</i>		Helps girls understand their emotions and learn to deal with them. They'll get tips on expressing their feelings and staying in control, plus advice on handling fear, anxiety, jealousy, and grief.

Grade **K - 2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
A Terrible Thing Happened	<i>Holmes, Margaret</i>		Sherman saw the most terrible thing happen. He tried to forget about it but something inside him kept bothering him. He felt nervous and had bad dreams. Then he met someone who helped him talk about the terrible thing and made him feel better.

NY Health Central Related Book List

Topic **Food**

Grade **1 - 2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Make Mine Ice Cream	<i>Berger, Melvin</i>		K	Traces the making of ice cream from the farm to the store.
Pasta, Please!	<i>Berger, Melvin</i>		H	Traces the making of pasta from grain to the table.

NY Health Central Related Book List

Topic **Growth and Development**

Grade **3 +**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Keeping Fit	<i>Winkler, Peter</i>			Explains why nutrition and exercise are essential to good health. Describes a healthful, balanced diet and exercises that build physical fitness.

Grade **4 - 6**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
The Care & Keeping of You: The Body Book for Girls	<i>Schaefer, Valorie</i>			Provides straight forward advice. This "head-to-toe" guide answers all your questions, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between.

Grade **5+**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
It's Perfectly Normal	<i>Harris, Robie</i>			In this well researched book, the author frankly explains the physical, psychological, emotional and social changes that occur during puberty--and the implications of these changes.
Under the Microscope: Making Life	<i>Walker, Richard</i>			Reproductive System

Grade **K**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Keeping Healthy	<i>Pike, Katy</i>		D	For the early reader this book identifies the need for food, water, exercise and sleep for good health.
Me	<i>Pike, Katy</i>		C	Emergent reader allows for blending of sounds. Identifies things one can do.

Grade **K - 1**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Amazing You!	<i>Saltz, Gail Dr.</i>			Differentiating between body parts that are visible most of the time and those that are kept hidden, showing the differences between girls and boys and offering a simple explanation of how babies are made without explicit reference to sex.
Guess the Baby	<i>French, Simon</i>			When Sam brings his baby brother to school for Show and Tell, it provides Mr. Judd with an opportunity to teach the class some things about babies, including that even grown-ups were babies once.
I'm Growing	<i>Aliki</i>			Basic science information about our growth, both inside and out, from the time we are babies until the end of our teenage years.

NY Health Central Related Book List

Topic **Growth and Development**

Grade **K - 2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
I Know How My Cells Make Me Grow	<i>Rowan, Kate</i>		Sam and his mother talk about the different kinds of cells in his body, how they grow, and how in doing so they help him grow.

Grade **K - 4**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Dinosaurs Alive and Well: A Guide to Good Health	<i>Krasny-Brown, Laurene</i>		In simple text and illustrations, advice on nutrition, exercise, relationships with friends and family, and ways of dealing with stress.
What's the Big Secret	<i>Krasny-Brown, Laurie</i>		Are boys and girls different on the inside? How do you tell girls and boys apart? Do girls and boys have the same feelings? Is sex a dirty word? Where do babies come from? What does being pregnant mean? How do you get a belly button?

Grade **K - 6**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
An Egg is Quiet	<i>Aston, Dianna</i>		A lesson about eggs is really a lesson about life. Elegant, true-to-nature watercolors of countless eggs - of field crickets to sea turtle and ostrich eggs- reveal their beauty, practicality, and variety.

NY Health Central Related Book List

Topic **Human Body**

Grade

Title	Author	ISBN	Level	Description
The Immune System	<i>Derkins, Susie</i>			What the immune system is and how it works. Ways to stay healthy and strong and how to treat immune system diseases.

Grade **1 - 4**

Title	Author	ISBN	Level	Description
Kate Larkin: The Bone Expert	<i>Tate, Lindsey</i>			Partly a first-time-I-broke-a-bone book and partly an orthopedic textbook for the sneakers set, this offering for new readers walks them through the break, the hospital experience, the cast and the recovery.
Under Your Skin: Your Amazing Body	<i>Manning and Granstrom</i>			Illustrated introduction to human physiology with lift-the-flap pages that reveal what is going on under the skin.

Grade **2 - 3**

Title	Author	ISBN	Level	Description
What Makes You Cough, Sneeze, Burp, Hiccup, Blink, etc	<i>Stangl, Jean</i>		L	Describes what makes people cough, sneeze, burp, yawn and other such reflex responses. Explains the role these actions play in maintaining health.

Grade **2 - 4**

Title	Author	ISBN	Level	Description
Amazing Human Body	<i>Levine, Shar</i>			Twenty science activities help to answer questions students might have. With the assistance of adults, they can learn how much air they take in when they breathe, what makes a stomach ache, why their teeth are different shapes, and more.
First Discovery: The Human Body	<i>Perols, Sylvaine</i>			With magnificent detail, this first introduction to the human body helps children discover how their bodies work, inside and out.

Grade **3 - 4**

Title	Author	ISBN	Level	Description
The Skin You're In	<i>Seder, Isaac</i>		O	Takes a look at skin, hair, and nails. How they protect you and keep you healthy.

Grade **4 - 6**

Title	Author	ISBN	Level	Description
Achoo! The Most Interesting Book About Germs	<i>Romanek, Trudee</i>			Kids probe the secrets of illness and sniff out what germs are, why they sometimes make us sick, how our bodies battle them and how vaccines protect us against them.

NY Health Central Related Book List

Topic Human Body

Baa: Genes and Cloning	<i>Nicolson, Cynthia Pratt</i>	In digestible bites, this book discusses the structure and function of genes, their adaptations and mutations, and the secrets of cloning.
Burp: The Most Interesting Book About Eating	<i>Swanson, Diane</i>	Discover what causes those noisy stomach rumbles, what food is made of and how your body breaks it down, why you have cravings, and how sight and smell affect taste, etc.

Grade 4+

Title	Author	ISBN	Level	Description
Head to Toe Science	<i>Wiese, Jim</i>			More than 40 fun, easy-to-do activities using ordinary products found around your house let you discover the wonders of your body from top to bottom, inside and out your brain, your bones, your digestive, circulatory, and nervous systems, and much more

Grade 5+

Title	Author	ISBN	Level	Description
Break It Down	<i>Parker, Steve</i>			Provides a new look at the human body. Find out what happens to the food you eat. Learn all about its incredible journey through your body. This book tells you about amazing things that go on inside your body.
Squirt! - The most interesting book you'll ever read about blood	<i>Romanek, Trudee</i>			Uses colorful illustrations and interesting and diverse facts to provide an examination of blood and its many purposes.

Grade K - 1

Title	Author	ISBN	Level	Description
My Face	<i>Pike, Katy</i>		D	For the emergent reader there are beginning sounds and some consonants. Shows differences in eyes and hair.
See, Hear, Touch, Taste, Smell	<i>Berger, Melvin</i>		F	Simple, age-appropriate examples introduces children to each sensory system and its function.
The Ear Book	<i>Perkins, Al</i>			Pleasant sounds are described in simple words and colorful humorous pictures especially for the beginning reader.
Your Amazing Body	<i>O'Neil, Sarah</i>		G	Entertaining book about the human body and some amazing pieces of information about it.

Grade K - 2

Title	Author	ISBN	Level	Description
The Listening Walk	<i>Showers, Paul</i>			A little girl and her father take a quiet walk and identify the sounds around them.

NY Health Central Related Book List

Topic **Human Body**

Why Do My Teeth Fall Out? *Montgomery, Heather*

How many bones does my body have?
How does my hair grow? Do I have blood
in my whole body? Questions about your
body and answers.

Grade **K - 3**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
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Jessica's X-Ray	<i>Zonta, Pat</i>		Featuring six real x-rays printed on mylar, Jessica's X-Ray is a unique and fun look inside our bodies and the world of x-rays.
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NY Health Central Related Book List

Topic **Hygiene**

Grade **K - 3**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
I Have Asthma	<i>Moore-Malinow, Jennifer</i>		This book has a very encouraging storyline written to meet a young child's perspective and explains both the experience of the character having his first asthmatic attack and his embarrassment/worry of having asthma and how his friends will treat him.
Nit-Pickin'	<i>Van Laan, Nancy</i>		Children who have experienced an invasion of nits will readily empathize with the dilemma facing the protagonist in this humorous look at a lice infestation and the drastic steps taken to remove the bugs. This story is written in verse.

NY Health Central Related Book List

Topic **Illness**

Grade **1 - 4**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
I Know How We Fight Germs	<i>Rowan, Kate</i>			Sam and his mother talk about germs, viruses, and bacteria, including how the body fights harmful germs and uses germs that are helpful.
The Magic School Bus Inside Ralphie	<i>Cole, Joanna</i>			Ralphie is sick and can't host the Frizzle News Network TV show on health. Ms. Frizzle and the gang travel inside his bloodstream to learn how the human body fights germs.

Grade **2 - 3**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Germ Zappers	<i>Balkwill, Fran</i>			Scientifically accurate commentary and colorful graphics to take young readers on an entertaining exploration of the amazing, hidden world of cells, proteins, and DNA.

Grade **2 - 4**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Zack Has Asthma	<i>Powell, Jillian</i>			Part of the Like Me Like You series, this book follows a day in the life of a child with asthma.

Grade **2 - 5**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
What Are Germs?	<i>Silversteink, Alvin Dr.</i>			Explains the science of germs and emphasizes the importance of maintaining personal health.

Grade **3 - 5**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Asthma	<i>Royston, Angela</i>			This informative and easy-to-read book will help children better understand asthma and how those who suffer from it can be helped.

Grade **6+**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Fever 1793	<i>Anderson, Laura Halse</i>		12+	Disease sweeps the streets, destroying everything in its path and turning Mattie's world upside down. At her feverish mother's insistence, Mattie flees the city with her grandfather. But she soon discovers that the sickness is everywhere.

NY Health Central Related Book List

Topic **Illness**

Grade **K - 1**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Aaron's Awful Allergies	<i>Harrison, Troon</i>		Aaron loves his house full of pets, but when he is diagnosed with allergies, he must find new homes for his dog, cats, and guinea pigs. While he is upset at having to do so, he eventually realizes that his goldfish is fun.

Grade **K - 2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Bear Feels Sick	<i>Wilson, Karma</i>		How Bear's good friends take care of him with herbal tea and lullabies until he begins to feel better is the heart of this loving story that will be familiar to any little one who has ever had the sniffles.

Grade **K - 3**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Hair for Mama	<i>Tinkham, Kelly</i>		This is a beautifully story of an African-American family dealing with cancer. 8 yr-old Marcus is concerned for his mother, who has lost her hair because of chemotherapy. After unsuccessfully trying to find a suitable wig, he finds the perfect solution.

Grade **K - 5**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Beyond a Peanut - Food Allergy Awareness	<i>Clifford, Dina</i>		Beyond A Peanut - Food Allergy Awareness Flashcards teach children and those who provide care for them how to stay safe with peanut and tree nut allergies.
You Can't Take Your Body To A Repair Shop	<i>Ziefert, Harriet and Ehrlich, Fred Dr.</i>		Part of the popular You Can't series, this book focuses on common illnesses...bellyaches, vomiting, diarrhea, colds and flu.

NY Health Central Related Book List

Topic Interpersonal Relationships

Grade 2 - 5

Title	Author	ISBN	Level	Description
Learning to Slow Down and Pay Attention	Nadeau, Kathleen			Packed with practical tips, know-how, and fun, this friendly workbook just for kids has solutions for every situation -- at home, at school, and with friends.

Grade 3 - 6

Title	Author	ISBN	Level	Description
Speak Up and Get Along	Cooper, Scott			What if every kid had a handy toolbox of ways to get along with others? That's just what this book is: a collection of 21 concrete strategies kids can pull out and use to express themselves, build relationships, end arguments, fights and bullying.
The Behavior Survival Guide for Kids	McIntyre, Thomas			Up-to-date information, practical strategies, and sound advice for kids with diagnosed behavior problems (BD, ED, EBD) and those with general behavior problems.
The Survival Guide for Kids with ADD or ADHD	Taylor, John			In a kid-friendly format - What are ADD and ADHD? What does it mean to have ADD and ADHD? How can kids diagnosed with ADD and ADHD help themselves succeed in school, get along better at home, and form healthy, enjoyable relationships with peers?

Grade 4 - 6

Title	Author	ISBN	Level	Description
The Higher Power of Lucky	Patron, Susan			Looking for a Higher Power now that her mother has died, 10 - yr old Lucky comes to terms with her mother's untimely death by finding her "Higher Power" in herself.

Grade 6+

Title	Author	ISBN	Level	Description
Twisted	Anderson, Laura Halse		7g. Ad	After finally getting noticed by someone other than school bullies and his ever-angry father, 17-year-old Tyler enjoys his tough new reputation and the attentions of a popular girl. When life starts to go bad again he needs to make decisions.

Grade K - 1

Title	Author	ISBN	Level	Description
Achoo! Good Manners Can Be Contagious	Kelly, Mij			Delightfully funny combination of verse and large color illustrations that will make kids laugh while they're learning the basics of good manners and hygiene.

NY Health Central Related Book List

Topic **Interpersonal Relationships**

Bad Case of Tattle Tongue *Cook, Julia*

This book presents a humorous, cleverly creative way to address the time-consuming tattling-related issues that often sap classroom energy and thwart teaching opportunities.

Grade **K - 2**

Title	Author	ISBN	Level	Description
Do Unto Otters (A Book About Manners)	<i>Keller, Laurie</i>			Without prescribing perfect etiquette, Keller serves up sound, friendly advice for maintaining a peaceable kingdom. Each page bursts with colorful illustrations and is scattered with words of different sizes, fonts & in different languages.
Fill a Bucket	<i>McCloud, Carol</i>			The concept of bucket filling is an effective metaphor for encouraging kind and considerate behavior as well as teaching the benefits of positive relationships to children.
From Me to You	<i>France, Anthony</i>			Rat has the "bathrobe blues." He feels miserable, unloved, is uninterested in food, has no energy, and doesn't wash or get dressed for days on end. A note from a secret admirer shows him how many friends he truly has & the importance of friends.
Mattland	<i>Hutchins, Hazel</i>			Matt finds himself in yet another new home. Surrounded by an uninspiring landscape, and lacking friends, he begins to poke at the mud outside his house. Before he knows it he is not alone anymore but develops a circle of friends.
The Tale of Sir Dragon - Dealing with Bullies	<i>Pendziwol, Jean</i>			This winning combination of adventure and information provides the perfect starting point for discussions about bullying. Provides suggestions for dealing with bullies and how everyone can help stop bullying.
Understanding Sam and Asperger Syndrome	<i>van Niekerk</i>			A heartwarming story that tells of the challenges of living with Asperger Syndrome, a form of autism. This firsthand view of the life of an undiagnosed child presents behaviors and characteristics that are common among children with this disorder.

Grade **K - 4**

Title	Author	ISBN	Level	Description
Owen and Mzee: The Story of a Remarkable Friendship	<i>Hatkoff, Craig</i>			The inspiring true story of two great friends, a baby hippo named Owen and a 130-yr. old giant tortoise named Mzee (Mm-ZAY). When Owen was stranded after the Dec 2004 tsunami, villagers in Kenya worked tirelessly to rescue him.

NY Health Central Related Book List

Topic Nutrition

Grade 1 - 2

Title	Author	ISBN	Level	Description
You Are What You Eat	Berger, Melvin		I	Learn about foods and how nutrition helps us grow.

Grade 1 - 3

Title	Author	ISBN	Level	Description
Why Do People Eat	Needham, Kate			Your body is like a big machine that is always working. Even when you are asleep your heart is beating, your lungs are breathing and your brain is working. Food is the fuel which keeps all these things going.

Grade 1 - 4

Title	Author	ISBN	Level	Description
If You Don't Take Care of Your Body, Where Else Are you Going to	Romain, Trevor			After being defeated at the field day games, Coach Trevor Romain issues a 30-day fitness challenge to Jack, Skye, and Darryl. During the challenge, they learn that physical activity and healthy eating habits are not only good for you but fun as well.

Grade 2 - 3

Title	Author	ISBN	Level	Description
Healthy Eating	McEvoy, Paul		L - M	There are many foods to choose from. Students learn about some of the delicious foods that can help their bodies to grow strong and stay healthy.
My Food Pyramid	Dickmann, Nancy			Books in this series teach children about the food groups, and how they can make healthy food choices.

Grade 2 - 5

Title	Author	ISBN	Level	Description
Food for Thought: The Stories Behind the Things We Eat	Robbins, Ken			The text provides a history of the food—typically where it originated and how it was brought to the attention of a larger population—then highlights specific stories or myths, and interesting facts about it.

Grade 3 - 6

Title	Author	ISBN	Level	Description
Eat Right for a Long & Healthy Life	IRIS Media			Brief vignettes present information about good nutrition and healthy routines.

NY Health Central Related Book List

Topic **Nutrition**

Grade **5+**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
What the World Eats	<i>D'Aluisio, Faith</i>			A photographic collection exploring what the world eats. Featuring portraits of twenty-five families from twenty-one countries surrounded by a week's worth of food.

Grade **K - 1**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Keeping Healthy	<i>Pike, Katy</i>		D	The things my body needs to keep healthy.

Grade **K - 3**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
I Get So Hungry	<i>Campbell, Bebe Moore</i>			When her teacher suffers health problems because of her weight, Nikki, who is always getting teased about her size, decides she wants to live a healthier lifestyle.
The Edible Pyramid	<i>Leedy, Loreen</i>			Each segment of the pyramid is presented in a two-page spread, defining the food group mentioned and illustrating it with many mouth-watering examples. The recommended number of daily servings is also explained.

Grade **K - 4**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
My Food Pyramid	<i>Niehaus, Alisha</i>			Discusses healthy food choices from each food group, exercise, and portions. Focus is on making healthy choices.

NY Health Central Related Book List

Topic Personal Safety

Grade 1 - 4

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
A Family That Fights	<i>Bernstein, Sharon Chesler</i>			Henry's parents fight often. Sometimes his father hits his mother causing Henry to feel frightened and ashamed. Includes a list of things children can do in situations of family violence.

Grade 2 - 6

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
The Safe Side: Internet Safety	<i>Walsh, John</i>			John Walsh and Julie Clark team up to offer important tips about smart internet use.

Grade 3 - 6

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
A Smart Kids Guide to Doing Internet Research	<i>Jukubiak, David</i>			Tells readers how to protect themselves while having fun online.
A Smart Kids Guide to Online Bullying	<i>Jukubiak, David</i>			Tells readers how to protect themselves while having fun online.
A Smart Kids Guide to Socail Networking Online Not Me!	<i>Jakubiak, David</i>			Tells readers how to protect themselves while having fun online. Viewers are walked through vignettes that model the best responses to potential abductions. Expert advice is presented.

Grade 4 - 5

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
My Body is Private	<i>Walvoord-Girard, Linda</i>			A mother-child conversation introduces the topic of sexual abuse and ways to keep one's body private. Julie, who is eight or nine, talks about privacy and saying "no" to touching that makes her uncomfortable.

Grade 5 - 6

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
The Safe Zone: A Kid's Guide to Personal Safety	<i>Chaiet, Donna</i>			Discusses various self-defense options which may be used in an uncomfortable or unsafe situation and suggests what solutions might work in real life.

Grade K - 2

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Berenstain Bears Learn about Strangers	<i>Berenstain, Jan</i>			The Berenstain Bear cubs learn not to be overly friendly with strangers and give rules for dealing with them.

NY Health Central Related Book List

Topic Personal Safety

I Can Play It Safe	<i>Feigh, Alison</i>	This book teaches seven important rules to personal safety in a nonthreatening way. It covers topics like safe versus harmful secrets, safe versus harmful touches, and the importance of having a community of trusted adults to turn to for help.
It's Your Body: You're in Charge	<i>Sunburst Media</i>	Helps differentiate between good and bad touches, the right to say 'no', understand the touching rule, telling what happened. Product #388035 Approx. 20 min
My Body Belongs to Me	<i>Starishevsky, Jill</i>	In a non-threatening, engaging manner, this book teaches kids that when it comes to their body, there are some parts that are for no one else to see and empowers them to tell a parent or teacher if someone touches them inappropriately.
My Body Belongs to Me	<i>Sunburst Media</i>	Designed to help young children protect themselves from the trauma of sexual abuse. Age-appropriate dialogue with counselor and puppets. Product #352969
The Trouble with Secrets	<i>Johnsen, Karen</i>	Secrets can be a confusing issue for children--which secrets should be told and which secrets should be kept? This book helps children distinguish between hurtful secrets and good surprises.
Watch Out! At Home	<i>Llewellyn, Claire</i>	Clearly written in brief passages that are easy for younger children to absorb and understand. The Watch Out! Series of color-illustrated books give kids safety advice for household hazards.
Your Body Belongs to You	<i>Spelman, Cornelia</i>	Explains what to say and do if someone touches your body when you do not want to be touched, especially when the action involves the touching of private parts.

Grade K - 6

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level Description</i>
Please Tell! - A child's story about sexual abuse	<i>Ottenweller, Jessie</i>		This story tells children who have been abused that they are not alone. Sharing this story with other children reminds them that they can tell about sexual abuse and that their courage can lead them to an adult who will help.

NY Health Central Related Book List

Topic **Physical Activity**

Grade **1 - 2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
The Park	<i>Woolley, Marilyn</i>		H	For the early reader this identifies activities a family can do in a park. Graphic allows for reading labels on a map.

Grade **2 - 3**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
We Keep Fit	<i>Armstrong, Isabel</i>		I	Builds understanding that people need exercise and sleep to stay healthy. Recognizes that fitness can be part of everyday activities.

Grade **2 - 5**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Exercise and Your Health	<i>Powell, Jillian</i>			Explains why keeping the body in good condition keeps you healthy, the amount of exercise needed, and where your energy comes from. Describes various exercises for strength, stamina, and suppleness and the benefits derived from them.
Moving - Your Body in Action	<i>Powell, Jillian</i>			Every day you move your body in thousands of different ways. This book looks at each body system and how it is impacted by each movement.

Grade **K - 1**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Bikes	<i>Jacobs, Daniel</i>		F	Identifies different bicycles and their parts.
Keeping Fit	<i>Mahran, Zeina</i>			The concepts developed are people exercise to keep fit, people can exercise in many different ways, and people of all ages can exercise.

NY Health Central Related Book List

<i>Topic</i>	Rape			
<i>Grade</i>	6+			
<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Speak	Anderson, Laura Halse		Yg. Ad	Melinda busted an end-of-summer party by calling the cops. Now her old friends won't talk to her. The safest place to be is alone, inside her own head. But even that's not safe because there's something she's trying not to think about.

NY Health Central Related Book List

Topic **Recycling**

Grade **2 - 4**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Recycle! A Handbook for Kids	<i>Gibbons, Gail</i>			The author clearly explains how recycling conserves energy and reduces pollution as it decreases waste. She shows basic steps involved in making new-from-used paper, glass, cans, and plastic.

Grade **K - 2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Recycle It!	<i>Parkes, Brenda</i>		G	Explains the supply of many resources is limited. Recognizes that materials can be recycled and used again, sometimes in different forms.
Recycled	<i>Powell, Jillian</i>			Miss Drew's efforts to teach her class about recycling are very successful.
Why Should I Recycle?	<i>Green, Jen</i>			Explains about the importance of recycling. It includes a number of tasks children can do. What if everybody continued to throw away old bottles and newspapers? Littered with glass and plastic? What should be recycled and made into new products?

NY Health Central Related Book List

<i>Topic</i>	Safety			
<i>Grade</i>	1 - 2			
<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Signs	<i>Miranda, Anne</i>		K	Why do we need signs? Signs are reminders of rules to follow. Signs help us stay safe. They help us think of others' safety too.
<i>Grade</i>	3 - 5			
<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Living Well: Bicycle Safety	<i>Raatma, Lucia</i>			Explains the importance of being safe. Whether on a bicycle, alone or in a group, on the street or in a park. Also points out specific things one can do to remain safe while cycling.
<i>Grade</i>	4 - 6			
<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Staying Home Alone	<i>Raymer, Dottie</i>			Packed with safety tips, recipes, quizzes, and fun-for-one ideas. Advice on how to stay connected to friends and family, battle boredom, and get along with siblings. Written for girls but good for boys too.
<i>Grade</i>	K - 1			
<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
I Can Be Safe - A First Look at Safety	<i>Thomas, Pat</i>			Teaches children how to be aware of things to do in order to be safe in different situations; such as look both ways when crossing a street and wear special clothing for sports.
<i>Grade</i>	K - 2			
<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Bicycle Safety	<i>Loewen, Nancy</i>			Explains the safe way to ride a bicycle and identifies such important equipment as the helmet, reflectors, and basket.
Bicycle Safety	<i>Pancella, Peggy</i>			Safety tips: Choosing a bike; Helmets; Checking your equipment; Dressing for safety; Safe places to ride; Rules of the road; Hand signals; Crossing streets; Dangers on the road; Ride with care; If you fall; Bicycle fun.
Stop, Drop and Roll	<i>Cuyler, Margery</i>			Jessica, who worries about everything from her spelling homework to remembering to fill her dog's water dish, learns that fire safety begins with extinguishing her fears.

NY Health Central Related Book List

Topic **Science: Evolution**

Grade **4 - 6**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Life on Earth: The Story of Evolution	<i>Jenkins, Steve</i>		Provides an overview of the origin and evolution of life on earth and of what has been learned from the study of evolution.

NY Health Central Related Book List

Topic **Science: Nature**

Grade **4 - 6**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Hidden Worlds: Looking Through a Scientist's Microscope	<i>Kramer, Stephen</i>		There are hidden worlds in nature - places you can visit only with a microscope. Experience looking through a powerful microscope to reveal the hidden beauty of everyday objects.

NY Health Central Related Book List

Topic **Self Awareness**

Grade **2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
The Switcheroo	<i>Reznick, Jenny</i>		J	Identical twins, Carmela and Ana, always did the same thing and dressed in identical clothes. Now that they are getting older there are gradual changes as they discover their own interests. Both decide to try out the others' choices.

Grade **3 - 5**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Have You Filled a Bucket Today?	<i>McCloud, Carol</i>			This heart-warming book encourages positive behavior as children see how easy and rewarding it is to express kindness, appreciation, and love on a daily basis.

Grade **K - 1**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Butterflies in My Stomach and other School Hazards	<i>Bloch, Serge</i>			Imagine what a child pictures when hearing it's raining cats and dogs!" With witty and wonderful images that mix whimsical line drawings with photographs of inanimate objects this book will have children laughing about common idioms.
No Excuses !	<i>Dyer, Wayne</i>			Colorful illustrations and relatable story helps children look past common excuses that stifle dreams and reinforces the message that anything they want to achieve is possible.
When I Feel Scared	<i>Spelman, Cornelia</i>			Children often feel afraid. This book, with its comforting words and illustrations, will help children address those fears and learn some new ways to cope with being afraid.

Grade **K - 2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
Henry's Amazing Imagination	<i>Carlson, Nancy</i>			With a laugh-out-loud text and brightly colored illustrations, Nancy Carlson shows young readers how writing and illustrating their own stories can be a rewarding use of their amazing imaginations.
I Think, I Am !	<i>Hay, Louise</i>			Fun illustrations and simple text demonstrate how to make the change from negative thoughts and words to those that are positive. Children can learn and understand the powerful idea that they have control over their thoughts, words, & what happens to them

NY Health Central Related Book List

Topic **Self Awareness**

It's Not What You've Got	<i>Dyer, Wayne</i>	The concepts developed include - Money does not define who you are; it doesn't matter what others have, and abundance comes in many forms.
When I Feel Good About Myself	<i>Spelman, Cornelia</i>	A young guinea pig explains that self-confidence comes from learning new things without being afraid of making mistakes and to remember that everyone has different qualities that make them lovable.
When I Feel Jealous	<i>Spelman, Cornelia</i>	A little bear describes situations in which she feels jealous, such as when her mother pays too much attention to someone else or when someone has something she wants, and how she copes with the emotion. Jealousy is universal & manageable.
When I Feel Sad	<i>Spelman, Cornelia</i>	A young guinea pig describes situations that make her sad, how it feels to be sad, and how she can feel better.

Grade **K - 3**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
Think Big	<i>Carlson, Nancy</i>		Vinney is frustrated about being one of the smallest children at school, but when he takes his mother's advice and thinks big for a day, he discovers that there are advantages.

NY Health Central Related Book List

Topic	Senses			
Grade	3 - 6			
Title	Author	ISBN	Level	Description
Let's Talk About Needing Glasses	Shaughnessy, Diane			Discusses some reasons why people need to wear glasses, the steps in getting glasses, the teasing one sometimes receives with a change in looks, and the possibility that glasses occasionally break.
Grade	4 +			
Title	Author	ISBN	Level	Description
Wow!	Romanek, Trudee			Explores every aspect of sensory perception—sight, touch, hearing, taste, and smell in a highly readable, entertaining format.
Grade	5+			
Title	Author	ISBN	Level	Description
Under the Microscope: Senses	Baines, Francesca			Explores the human body in an engaging and accessible manner. This comprehensive Under the Microscope series has 8 volumes exploring different body systems.
Grade	K			
Title	Author	ISBN	Level	Description
My Five Senses	Pike, Katy		C	For the emergent reader there are beginning sounds and consonants. Identifies each sense and gives an example.
Grade	K - 2			
Title	Author	ISBN	Level	Description
Hearing	Gordon, Sharon			This Rookie Read-About Health book introduces young readers to the sense of hearing, highlighting the outer and inner ear. Colorful photos and simple text encourage beginner readers.
Grade	K - 4			
Title	Author	ISBN	Level	Description
You Can't Taste a Pickle With Your Ear	Ziefert, Harriet			An introduction to the five senses packed with humor and information.

NY Health Central Related Book List

Topic **Technology**

Grade **4+**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i>	<i>Description</i>
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R U In?	<i>Lester, Brian</i>			Using technology is no big deal, right? It's a big part of your life. But, how much is too much time on the computer or playing video games? What if you see or hear something online that you shouldn't?
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NY Health Central Related Book List

Topic **Wellness**

Grade **K - 2**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
I.Q. Gets Fit	<i>Fraser</i>		It's Health Month and I.Q. is determined to win a gold ribbon. Mrs. Furber teaches the students all about a balanced diet and the food pyramid, drinking the right amount of water, exercising for fitness, and balancing activity with good rest.

Grade **K - 3**

<i>Title</i>	<i>Author</i>	<i>ISBN</i>	<i>Level</i> <i>Description</i>
ABC Doctor	<i>Murphy, Liz</i>		Going to the doctor's office for a checkup can be scary, but it's easier if you know what to expect. This book goes over the ABCs of visiting the doctor from examinations and fevers to nurses and urine samples.

NY Health Central Related Book List
