SPRING 2025

What to Do When You Panic
What to Do When Your Temper Flares, 2E
Happy Together
Mindful Nature
Calm Your Roar Like a Dinosaur
What to Do When the News Scares You, 2E
Take A Hike!
Ask Scarlett
What to Do When Mistakes Make You Quake, 2E

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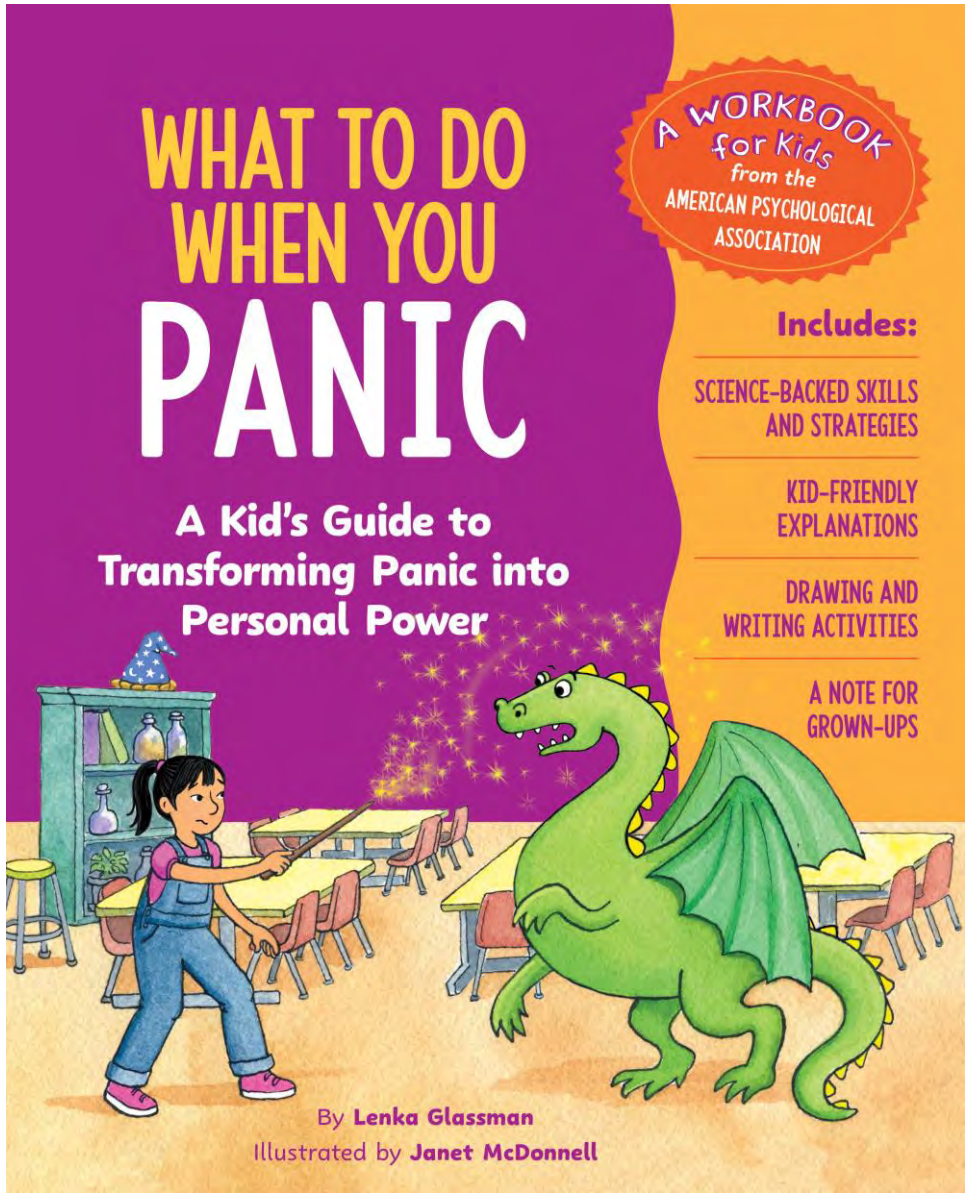
BOOKS FOR KIDS FROM APA

American Psychological Association works to advance psychology as a science and profession and as a means of promoting health and human welfare. APA publishes books for young readers under its imprint, Magination Press, that aim to make navigating life's challenges a little easier. It's the synthesis of psychological science with informational fiction that makes an APA kids book distinctive.



What to Do When You Panic: A Kid's Guide to Transforming Panic into Personal Power
by Lenka Glassman and illustrated by Janet McDonnell

Series: What-to-Do Guides for Kids
ISBN: 978-1-4338-4484-3
Format: paperback, b/w
Trim: 8 x 10
Jacketed: No
Page count: 96
Copyright year: 2025
On-sale date: 1/3/2025
List price: 16.99

TITLE DESCRIPTION: An interactive self-help book designed to help kids overwhelmed with panicky feelings and stress, drawing from scientifically proven techniques most often used by psychologists and school counselors.

KEY WORDS: panic; worry; stress; at-home therapy; mental health; wellness; self-help; behavior; emotion; emotional health; feelings; challenges; social emotional; school counselor; parenting; psychology; American Psychological Association

BISAC SUBJECTS:
JNF024140
JNF053050
JNF053160

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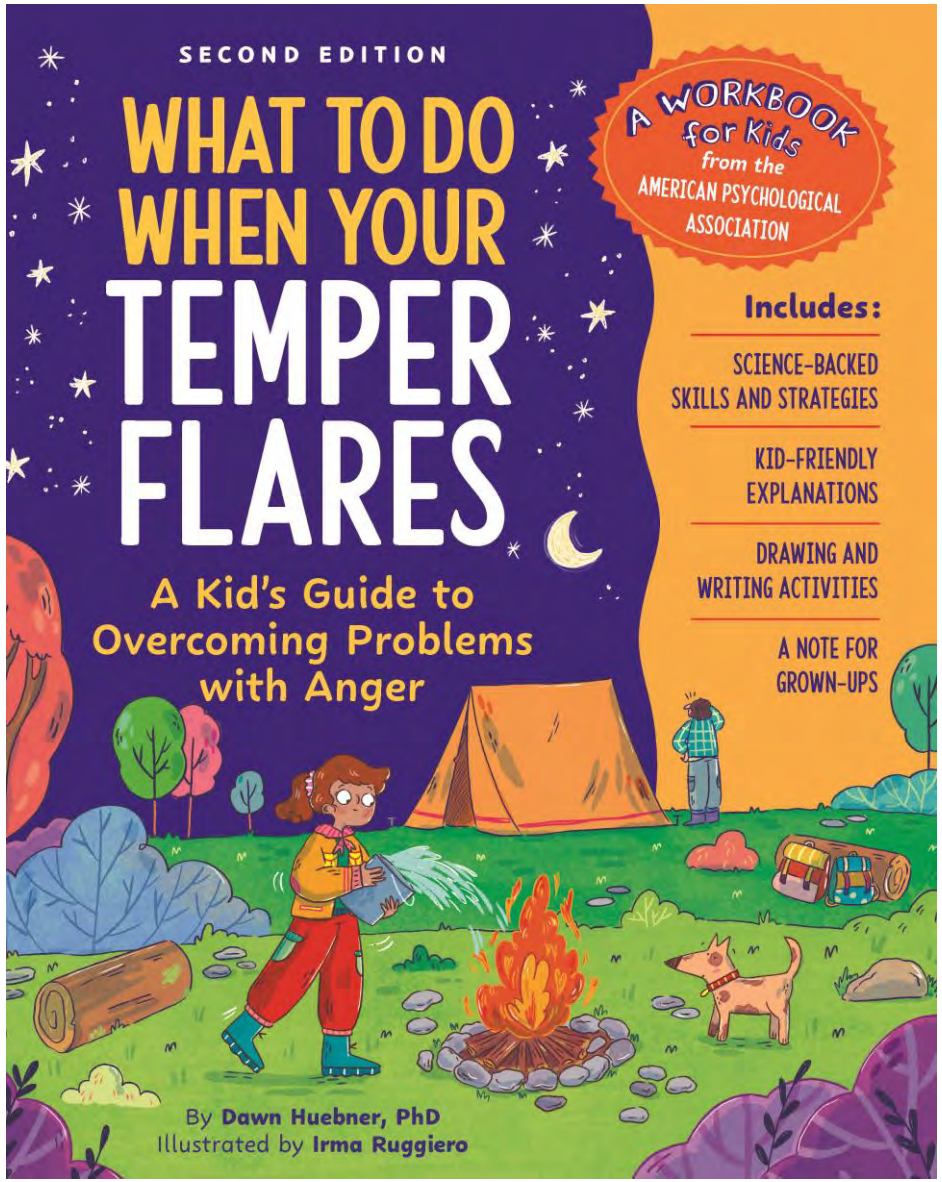

What to Do When Your Temper Flares, 2nd Edition: A Kid's Guide to Overcoming Problems with Anger

by Dawn Huebner and illustration by Irma Ruggiero

Series: What-to-Do Guides for Kids
ISBN: 978-1-4338-4514-7
Format: paperback, b/w
Trim: 8 x 10
Jacketed: No
Page count: 88
Copyright year: 2025
On-sale date: 1/3/2025
List price: 16.99

TITLE DESCRIPTION: This updated edition of What to Do When Your Temper Flares arms kids with "anger dousing" methods plus new mindfulness tool and more advice for modern issues, aimed at cooling angry thoughts and actions.

KEY WORDS: anger; frustration; stress; at-home therapy; mental health; wellness; self-help; behavior; emotion; emotional health; feelings; challenges; social emotional; school counselor; parenting; psychology; American Psychological Association

BISAC SUBJECTS:
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CHAPTER 3

What Causes Anger?

Believe it or not, the main thing that makes you angry is *you*.

That sounds ridiculous, doesn't it? Why in the world would you choose to make yourself mad?

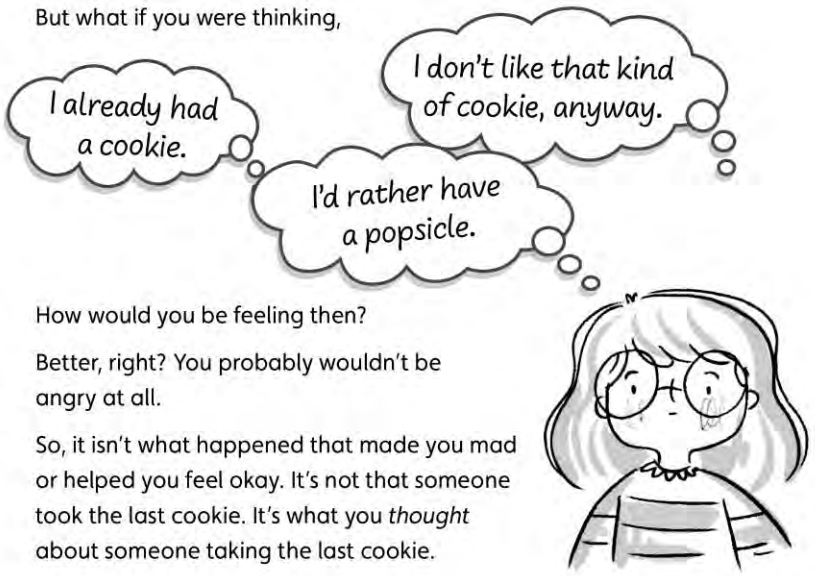
Well...you aren't exactly choosing it. It's just that anger is less about what's happening and more about what you **think** about what's happening. So, it's your thoughts that are making you mad.

Here's how it works:

Pretend someone just took the last cookie from this plate.

What feeling would quickly follow? Anger, right?

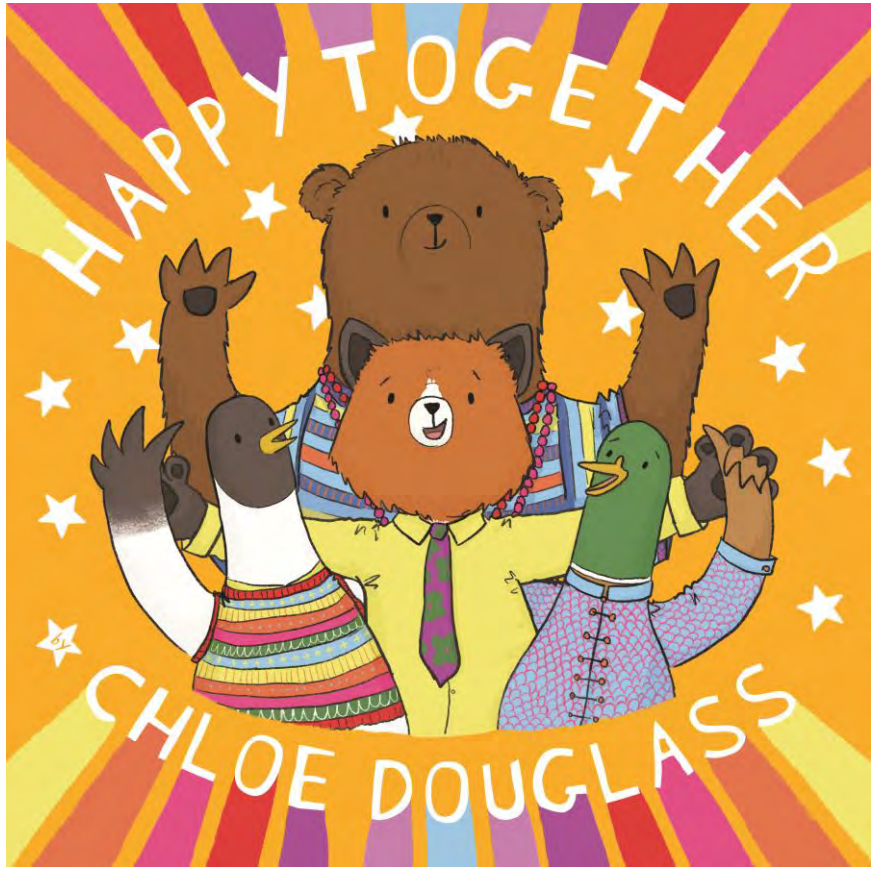
But what if you were thinking,



How would you be feeling then?

Better, right? You probably wouldn't be angry at all.

So, it isn't what happened that made you mad or helped you feel okay. It's not that someone took the last cookie. It's what you *thought* about someone taking the last cookie.



Happy Together
Written and illustrated by Chloe Douglass

ISBN: 978-1-4338-4515-4
Format: hardcover, 4/c
Trim: 10 x 10
Jacketed: Yes
Page count: 32
Copyright year: 2025
On-sale date: 2/4/2025
List price: 18.99

TITLE DESCRIPTION: When a musical mishap exposes The Bad Apples for who they really are, Fox is left to sing and play alone, realizing then, that fame is not all it is cracked up to be.

KEY WORDS: mental health; wellness; psychology; social-emotional; fame; social media; popularity; friends; childhood; envy; self-help; emotions; community health; feelings; social skills; parent resource; classroom resource; therapy; therapeutic; school counselor; American Psychological Association; emotional development

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JUV039060

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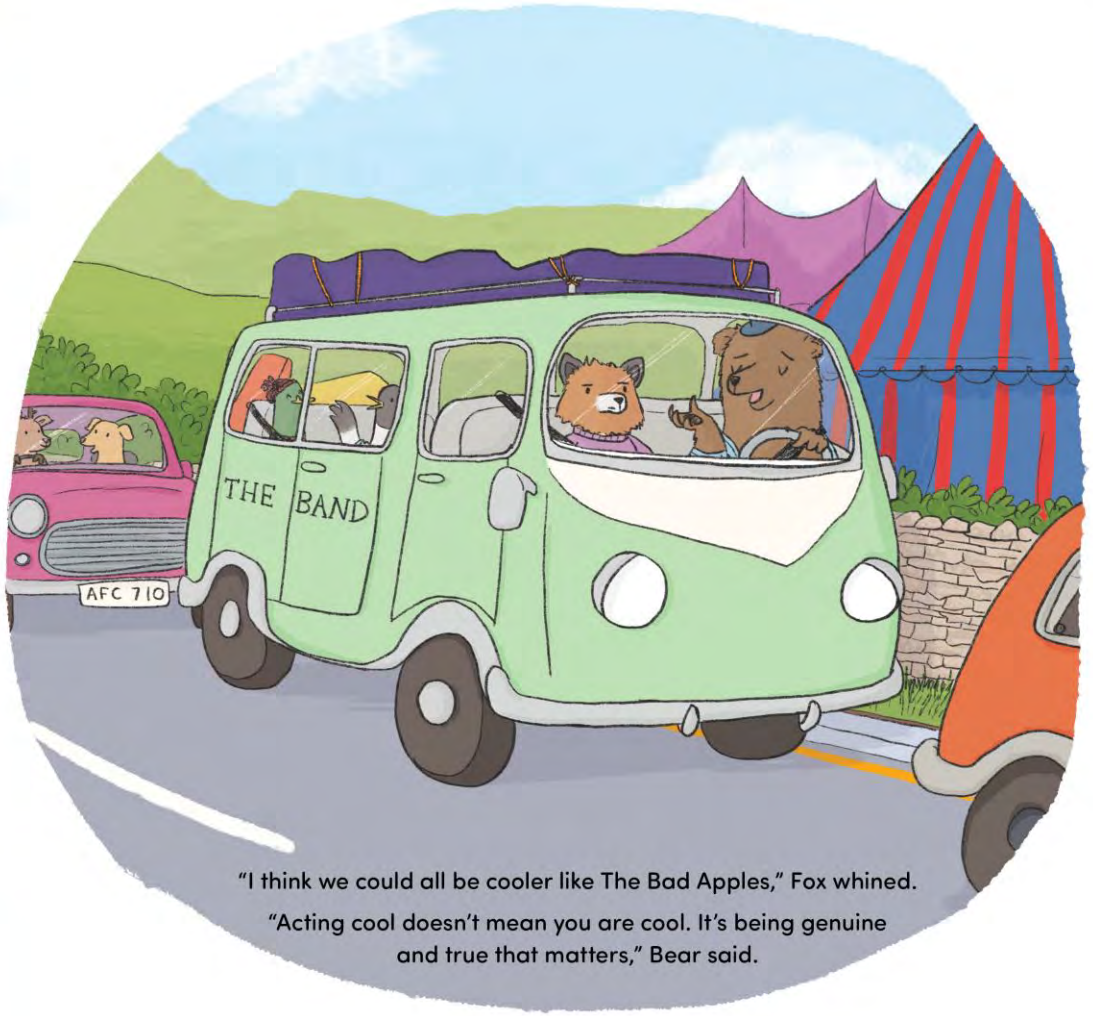
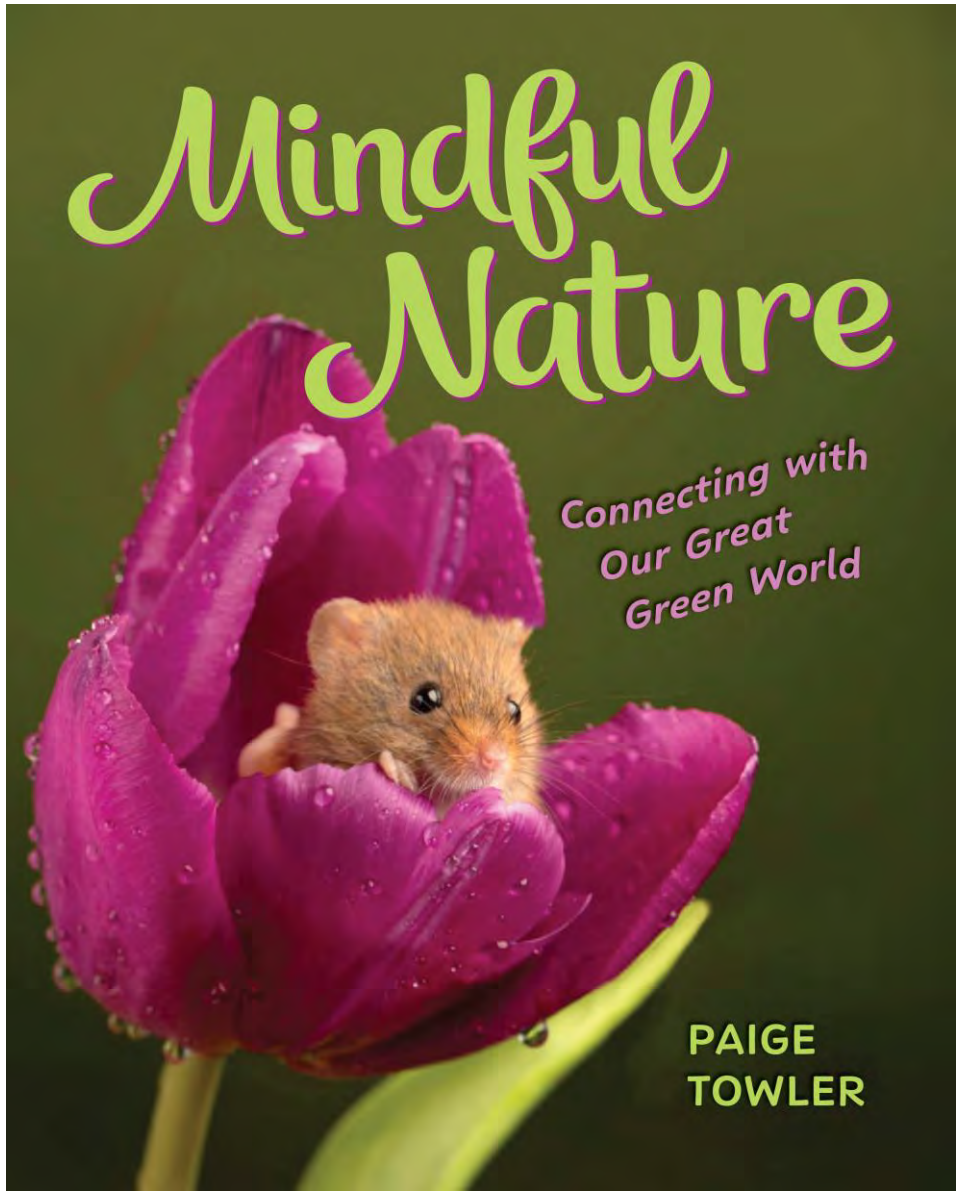
"They dress so fab! We never look as good as they do," Fox yipped.

"I like our unique style," Duck said.



"I think we could all be cooler like The Bad Apples," Fox whined.

"Acting cool doesn't mean you are cool. It's being genuine and true that matters," Bear said.



Mindful Nature: Connecting With Our Great Green World
by Paige Towler; photos by National Wildlife Federation

Series: Nature Smart
ISBN: 978-1-4338-4518-5
Format: hardcover, 4c photography
Trim: 8 x 10
Jacketed: Yes
Page count: 32
Copyright year: 2025
On-sale date: 2/4/2025
List price: 18.99

TITLE DESCRIPTION: ***Mindful Nature*** is a beautiful, calming blend of thought prompts and stunning nature photography to create a truly absorbing and meditative experience for young readers.

KEY WORDS: mindfulness; meditation; mental health; wellness; self-help; behavior; emotion; emotional health; feelings; nature; environment; community; school counselor; parenting; psychology; American Psychological Association

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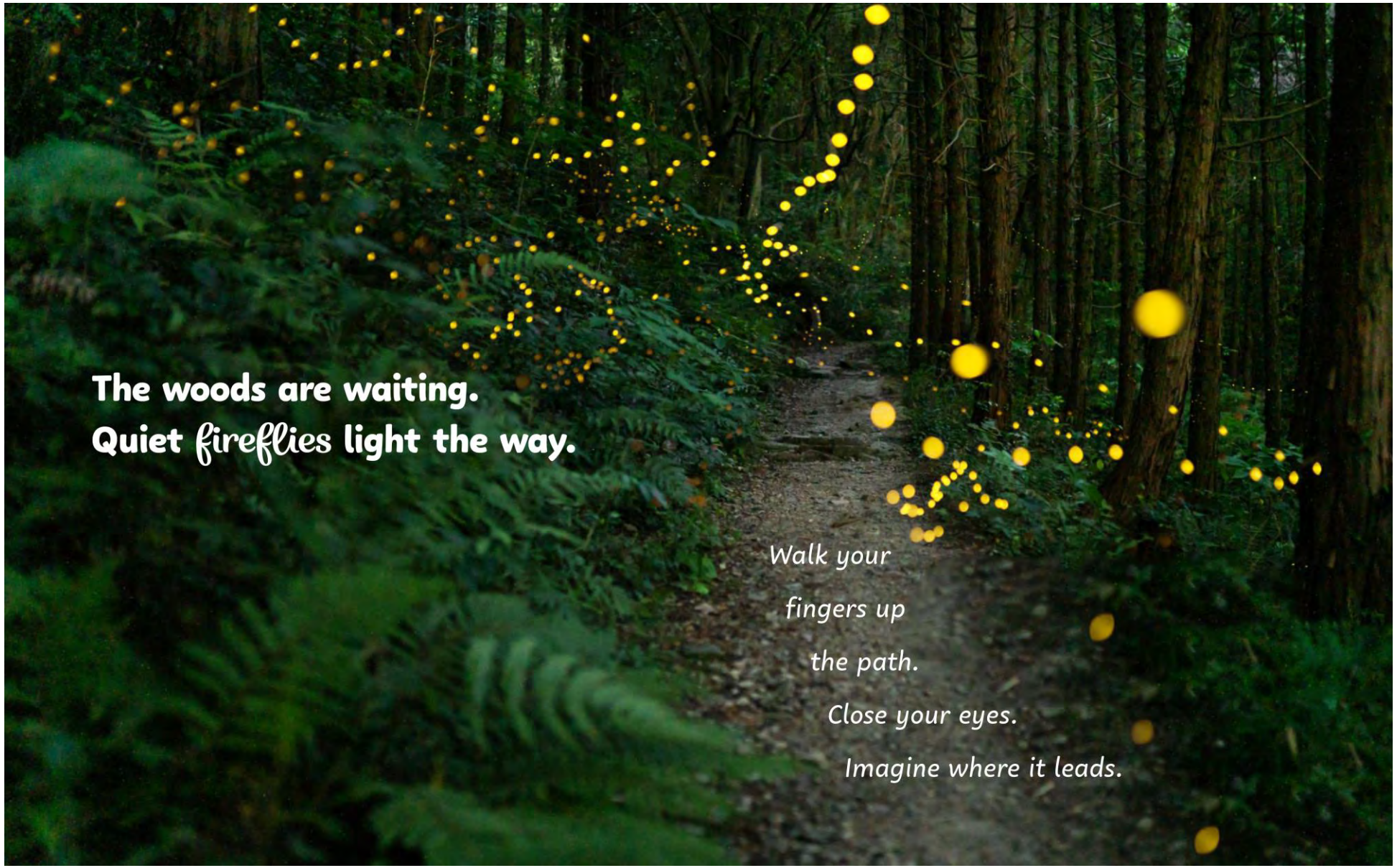
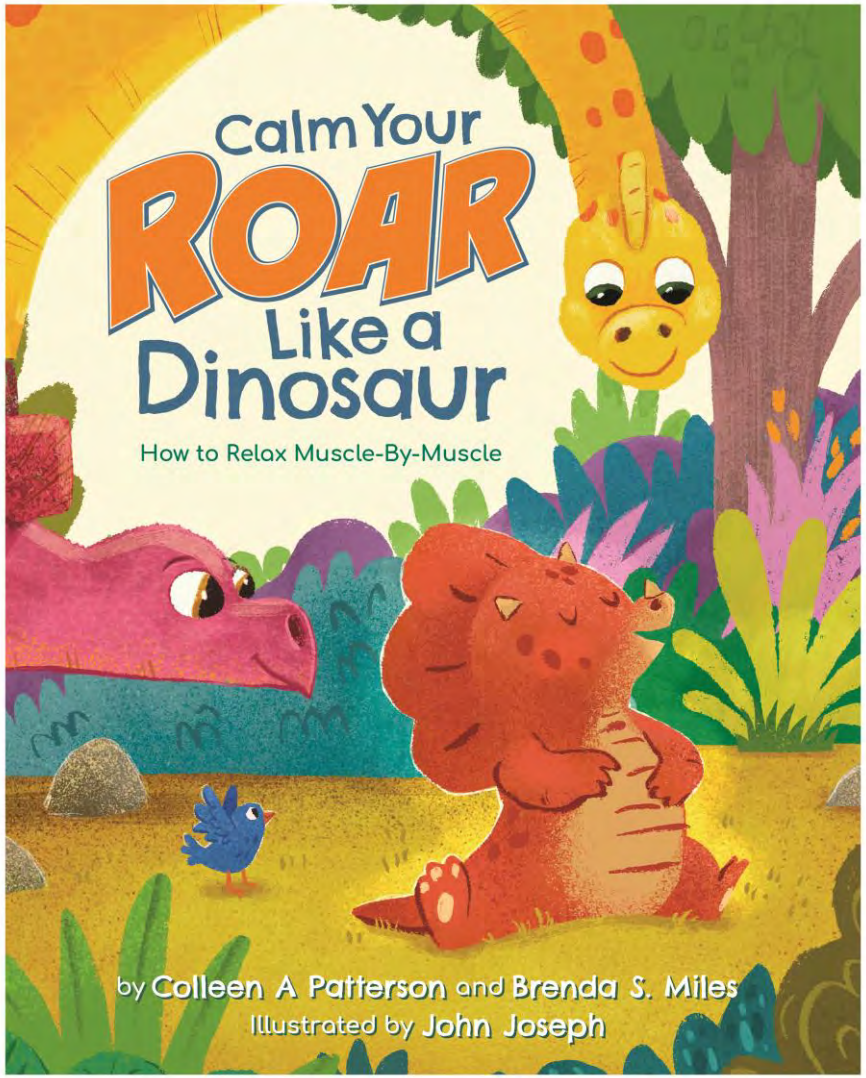

The woods are waiting.
Quiet fireflies light the way.
Walk your
fingers up
the path.
Close your eyes.
Imagine where it leads.



Calm Your Roar Like A Dinosaur
by Brenda Miles and Colleen Patterson, and illustrated by John Joseph

ISBN: 978-1-4338-4465-2
Format: hardcover, 4c
Trim: 8 x 10
Jacketed: Yes
Page count: 32
Copyright year: 2025
On-sale date: 2/4/2025
List price: 18.99

TITLE DESCRIPTION: With its playful rhyme, Calm Your Roar presents a super fun and playful easy-to-learn skill that benefits dinos of all ages, guaranteed to turn dinosaurs into relaxosaurs, even those with the biggest roars!

KEY WORDS: mindfulness; meditation; muscle relaxation; bedtime routine; mental health; wellness; self-help; behavior; emotion; emotional health; feelings; school counselor; parenting; psychology; American Psychological Association

BISAC SUBJECTS:
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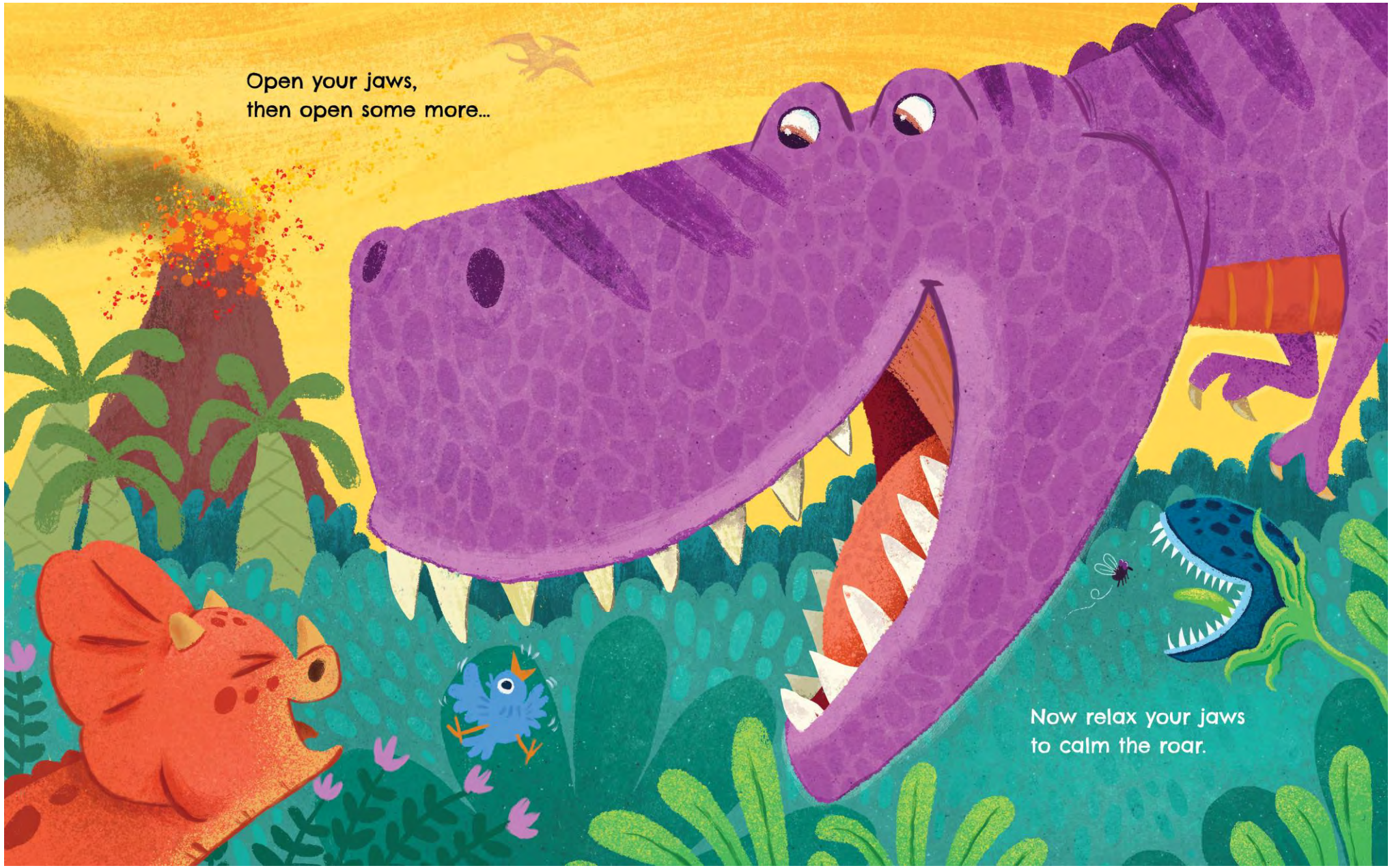
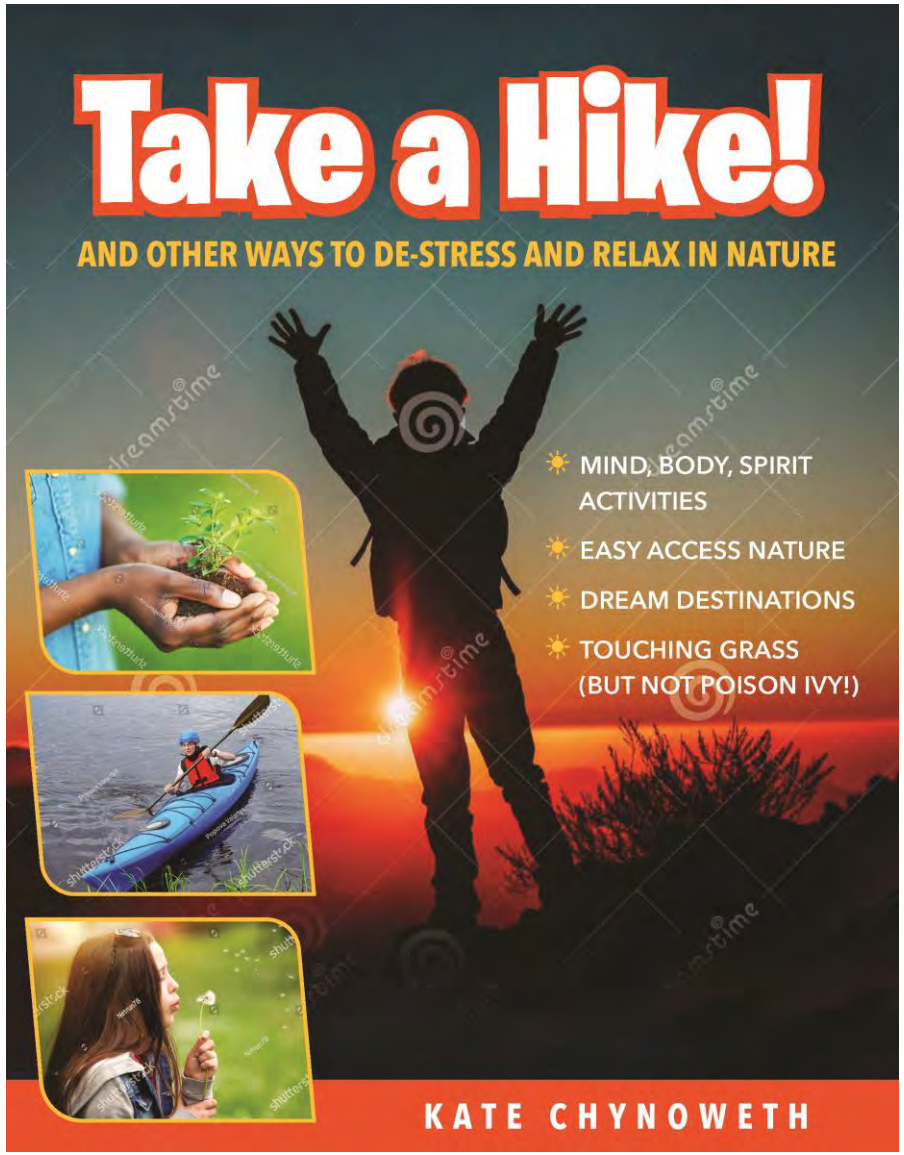

Open your jaws,
then open some more...
Now relax your jaws
to calm the roar.



Take a Hike! And Other Ways to De-Stress and Relax in Nature
by Kate Chynoweth, photography by National Wildlife Federation

Series: Nature Smart
ISBN: 978-1-4338-4521-5; 978-1-4338-4520-8
Format: paperback, 4c**;** hardcover, 4c
Trim: 7 x 9
Jacketed: No
Page count: 176
Copyright year: 2025
On-sale date: 3/3/2025
List price: $18.99; 26.99

TITLE DESCRIPTION: This tween-friendly handbook encourages kids to seek out nature for health benefits and planet protection. Kids who spend more time in nature benefit in mind, body, and spirit! And likewise, benefit the Earth.

KEY WORDS: mindfulness; meditation; muscle relaxation; bedtime routine; mental health; wellness; self-help; behavior; emotion; emotional health; feelings; school counselor; parenting; psychology; American Psychological Association

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Natural Wonder
RIVERS & STREAMS

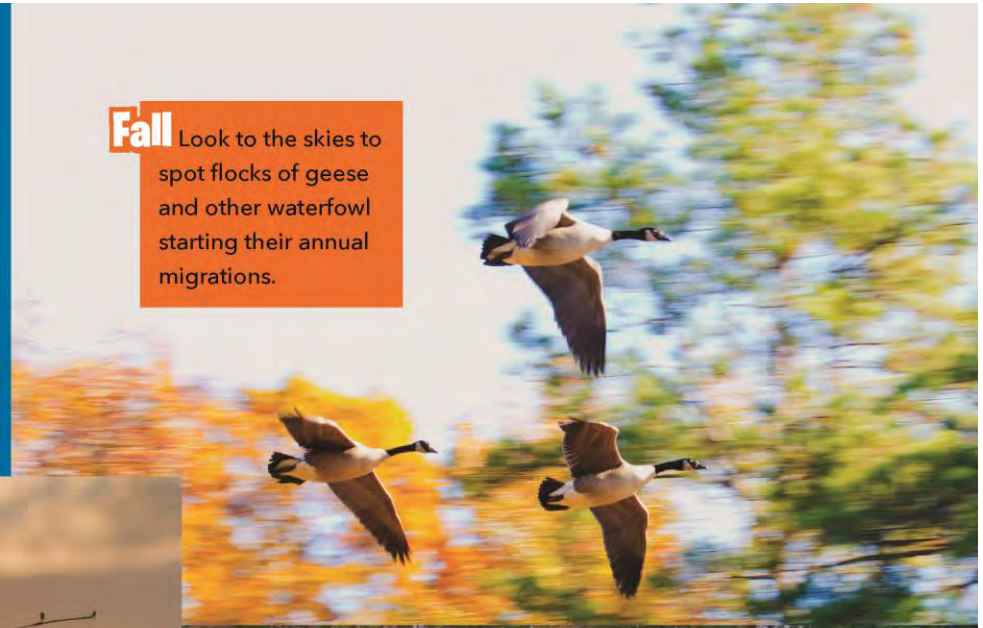
A mighty river is a stunning sight, but where does all that water come from? Rivers begin as smaller bodies of water called creeks, which travel and grow into streams. When streams merge together, flowing from a higher altitude to a lower one with increasing speed, they eventually form a river.

Here are highlights of what you might see near creeks, streams and rivers through the seasons:

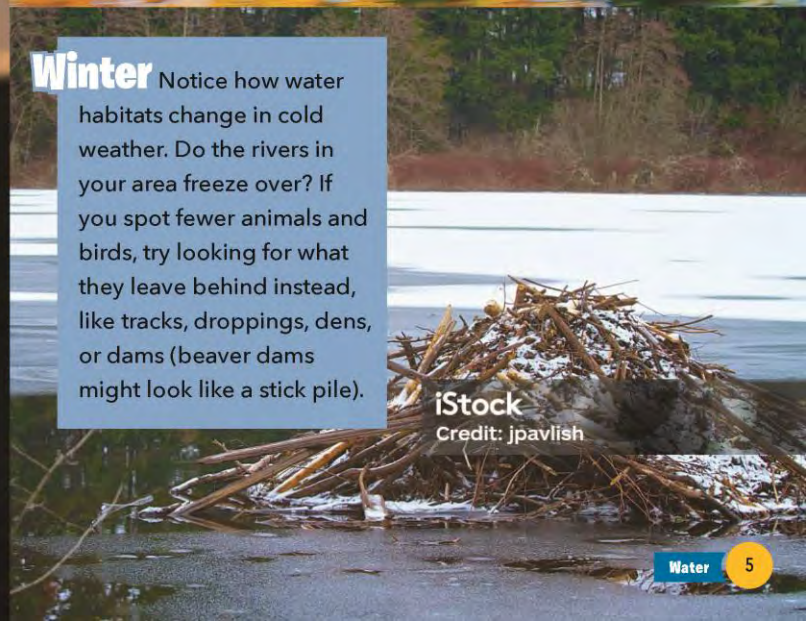
Spring Walk along the edge of a creek or stream to try and spot frog eggs or tadpoles. Keep an eye out for fluffy goslings and ducklings paddling alongside their mothers.

Summer Learn more about the fish that populate the waterways around you. Wade into the water to get a closer peek or try your hand at fishing if you have the opportunity.

Fall Look to the skies to spot flocks of geese and other waterfowl starting their annual migrations.



Winter Notice how water habitats change in cold weather. Do the rivers in your area freeze over? If you spot fewer animals and birds, try looking for what they leave behind instead, like tracks, droppings, dens, or dams (beaver dams might look like a stick pile).



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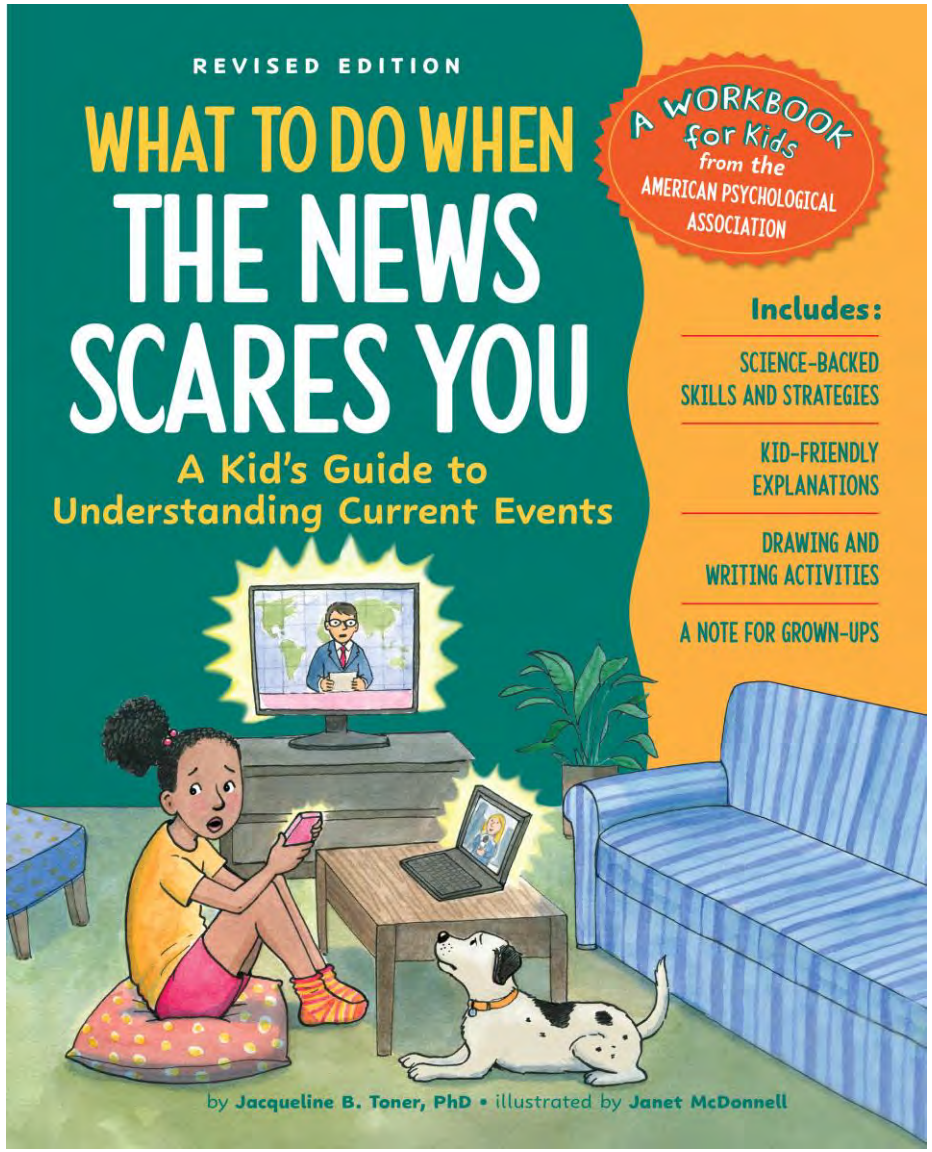

What to Do When The News Scares You, Revised Edition: A Kid's Guide to Understanding Current Events
by Jacqueline Toner and illustrated by Janet McDonnell

Series: What-to-Do Guides for Kids
ISBN: 978-1-4338-4523-9
Format: paperback, b/w
Trim: 8 x 10
Jacketed: No
Page count: 80
Copyright year: 2025
On-sale date: 3/3/2025
List price: 16.99

TITLE DESCRIPTION: When the News Scares You helps children put scary events into perspective. As kids start to worry about things they've heard, this book will equip them to deal with those sensationalized stories and misinformation.

KEY WORDS: news; disaster; trauma; violence; worry; stress; misinformation; disinformation; mental health; wellness; self-help; emotion; feelings; challenges; social emotional; school counselor; parenting; psychology; American Psychological Association

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JNF012030

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CHAPTER SIX

Keeping it Real

When you find out scary news, it can be confusing. Sometimes as you try to understand what has happened, you might have thoughts that worry you. Some of these thoughts can be **unrealistic.**

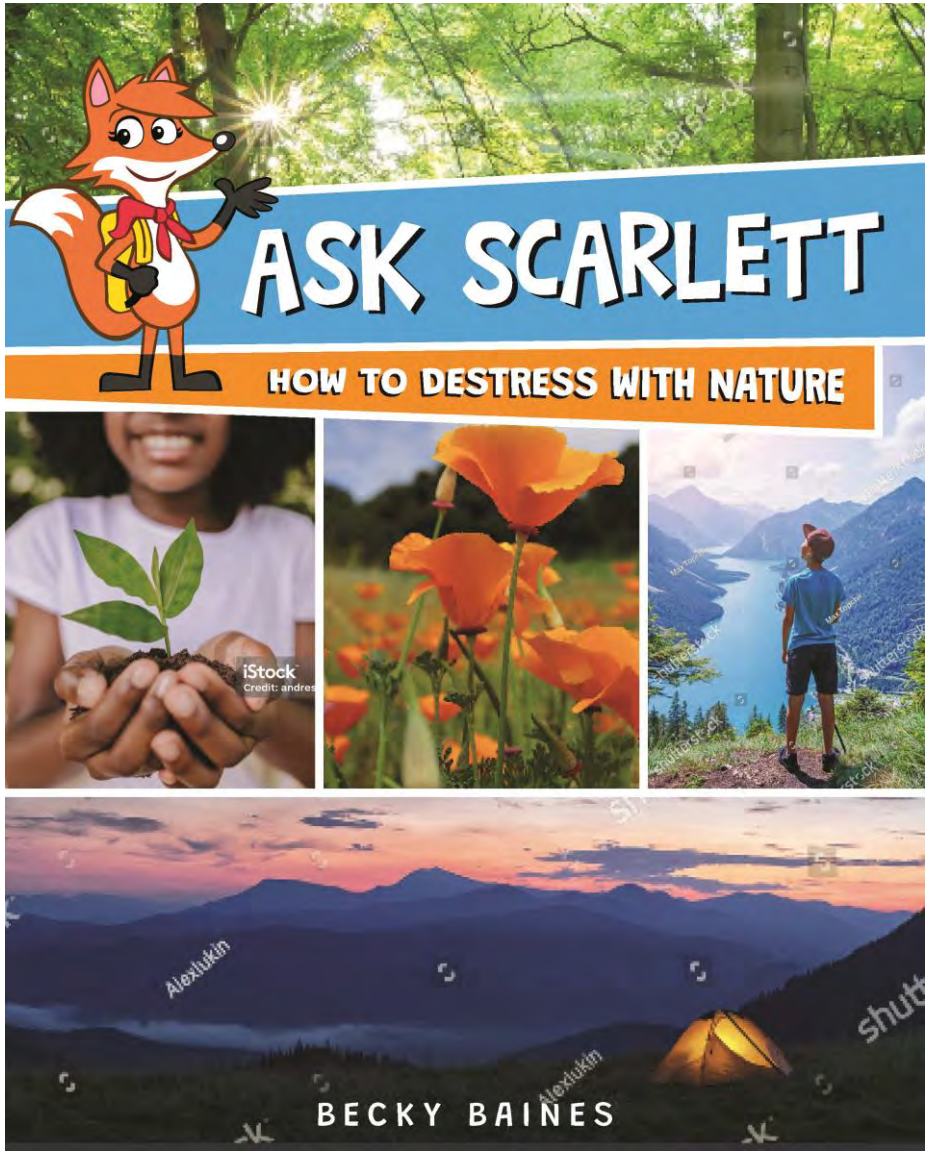
Unrealistic thoughts may be a little bit true but may also give you the idea that things are a lot worse than they really are. If something is scary, the last thing you want is to be extra scared about things that aren't even true! And sometimes those unrealistic thoughts can happen so fast that you might not even realize exactly what they are. This may be the time to do some investigative reporting of your own.

When reporters investigate a story, they try to get to the truth by finding the answers to the questions:

WHO? WHAT?
WHEN? Where?
HOW?

If you can answer those same questions you may find that you had some unrealistic ideas that were making an event seem scarier than it was.

Write a list of the adults in your life who you can trust to give you good answers to your questions about scary news.



Ask Scarlett: How to De-Stress With Nature
by Rebecca Baines, photography by National Wildlife Federation

Series: Nature Smart
ISBN: 978-1-4338-4524-6
Format: paperback, 4c
Trim: 8 x 10
Jacketed: No
Page count: 112
Copyright year: 2025
On-sale date: 3/3/2025
List price: $16.99

TITLE DESCRIPTION: In this guide, Scarlett explains why nature helps the brain, how it supports creativity, how it helps kids become planet protectors, and how being in nature and outside has healthy benefits for mind and body!

KEY WORDS: nature; science; Ranger Rick; mind-body connection; mental health; wellness; self-help; behavior; emotion; feelings; nature; environment; conservation; community; school counselor; parenting; psychology; American Psychological Association

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Can playing with puppies make me happy?

Now that's a great question! We all know that us four-legged furry folks are too cute to resist, but dogs are one-of-a-kind. That's because they've been bred over thousands of years to be a human's best friend. That's right—what was once a wild wolf has transformed into over 400 different breeds of cuddly canines, each one with their own unique look and abilities. What do they have in common? Dogs have the power to perk up your mood. And I'm not just saying that—it's science!

Don't take it PAW-sonally!

Not all dogs are party animals—some like their space. Before you approach a dog for pets, always be sure to ask permission first.

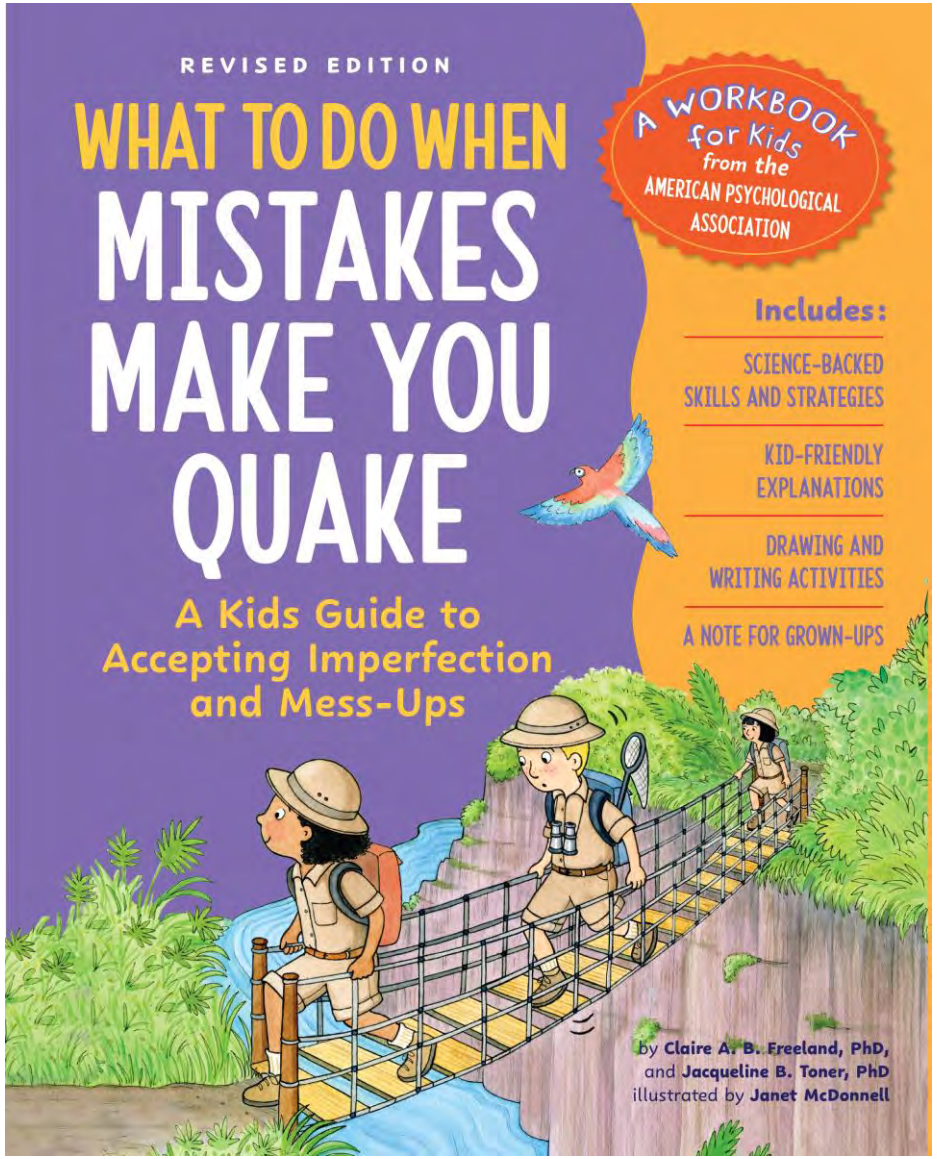
First, petting dogs affects your hormones—the chemical messengers that tell your brain how to feel. When you snuggle a pup, research shows your level of stress hormones goes down, and your level of feel-good hormones goes up. Not only that, but a dog's feel-good hormones go up too! This love goes both ways! But it doesn't just make you feel good, it also benefits your overall health. Your improved mood helps you relax and enjoy the moment, which keeps things like blood pressure even. That means your heart is easily working to pump blood through your body. Also, caring for a dog means keeping active with walks outdoors and more exposure to nature (and by now we know what that leads to)!

Finally, if you take care of a pup, being a responsible pet owner can give you a sense of purpose and help boost your confidence. Dogs are also social creatures, and if you've got a friendly Fido on your hands, you know there's no avoiding interacting with other dog-owners. You'll hone those conversation skills in no time!

Doggy drool not your thing? How about a fuzzy little feline instead? Turns out dogs aren't the only cute critters that can brighten your day. The same effect happens to your hormones if you cuddle up to a kitten as well.

Before You Pop that Quiz, Cuddle a Kitten!

More and more universities and colleges have begun to bring in puppies and kittens from local rescue shelters for "animal therapy" before big exams. Studies show that it temporarily increases brain activity which improves attention, concentration, and creativity. Maybe that's why I know so much, I'm around furry friends all the time!



What to Do When Mistakes Make You Quake, Revised Edition: A Kid's Guide to Accepting Imperfection
by Jacqueline Toner and Claire Freeland' and illustrated by Janet McDonnell

Series: What-to-Do Guides for Kids
ISBN: 978-1-4338-4527-7
Format: paperback, b/w
Trim: 8 x 10
Jacketed: No
Page count: 80
Copyright year: 2025
On-sale date: 4/1/2025
List price: 16.99
TITLE DESCRIPTION: What to Do When Mistakes Make You Quake helps kids who worry about being wrong or blame others failing. This self-help book is the resource for educating, motivating, and empowering children to cope with mistakes.

KEY WORDS: mistakes; perfectionism; fear; stress; at-home therapy; mental health; wellness; self-help; behavior; emotion; emotional health; feelings; challenges; social emotional; school counselor; parenting; psychology; American Psychological Association

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CHAPTER 5

Oops, Yikes, and Shucks

Ichiro and Emmy are neighbors. Behind their homes is a park with a stream. Their parents allow them to explore the park. They set off with backpacks filled with sunscreen, water, and supplies. They are so excited to begin their adventure!

First, they spot some wildflowers along a path. Emmy wants to take a picture. They stop and she looks for her camera, but realizes that she's forgotten to pack it. Oops.

After walking all around the park, Ichiro suggests they stop for a snack. He pulls out a yogurt squeeze tube and manages to squeeze the yogurt right onto his shirt. Yikes, what a mess.

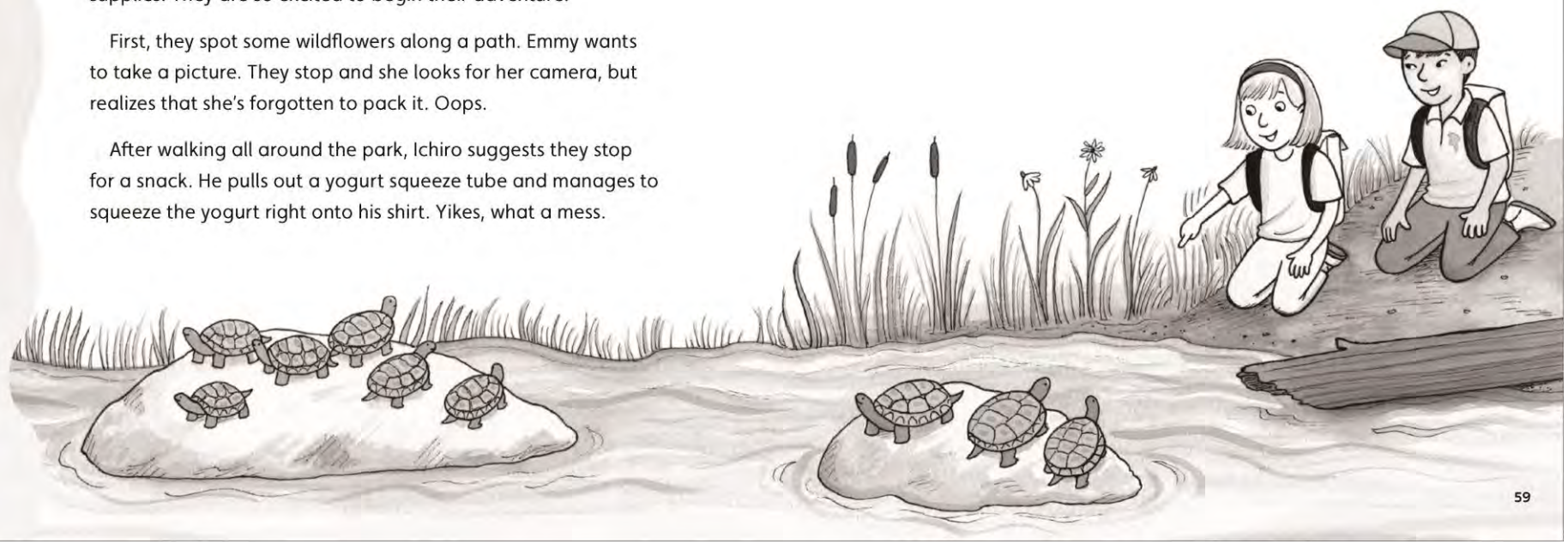
After he cleans up and they finish their snack, they decide to walk down by the stream. They spot some turtles on a giant rock. "Look," says Emmy, "do you see those three turtles?"

Ichiro replies, "There are six more over on that other rock."

"Wow," says Emmy, "eight turtles! I usually don't see any."

"Three and six is nine, Emmy," corrects Ichiro.

"Shucks," murmurs Emmy, "that's what I meant."



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