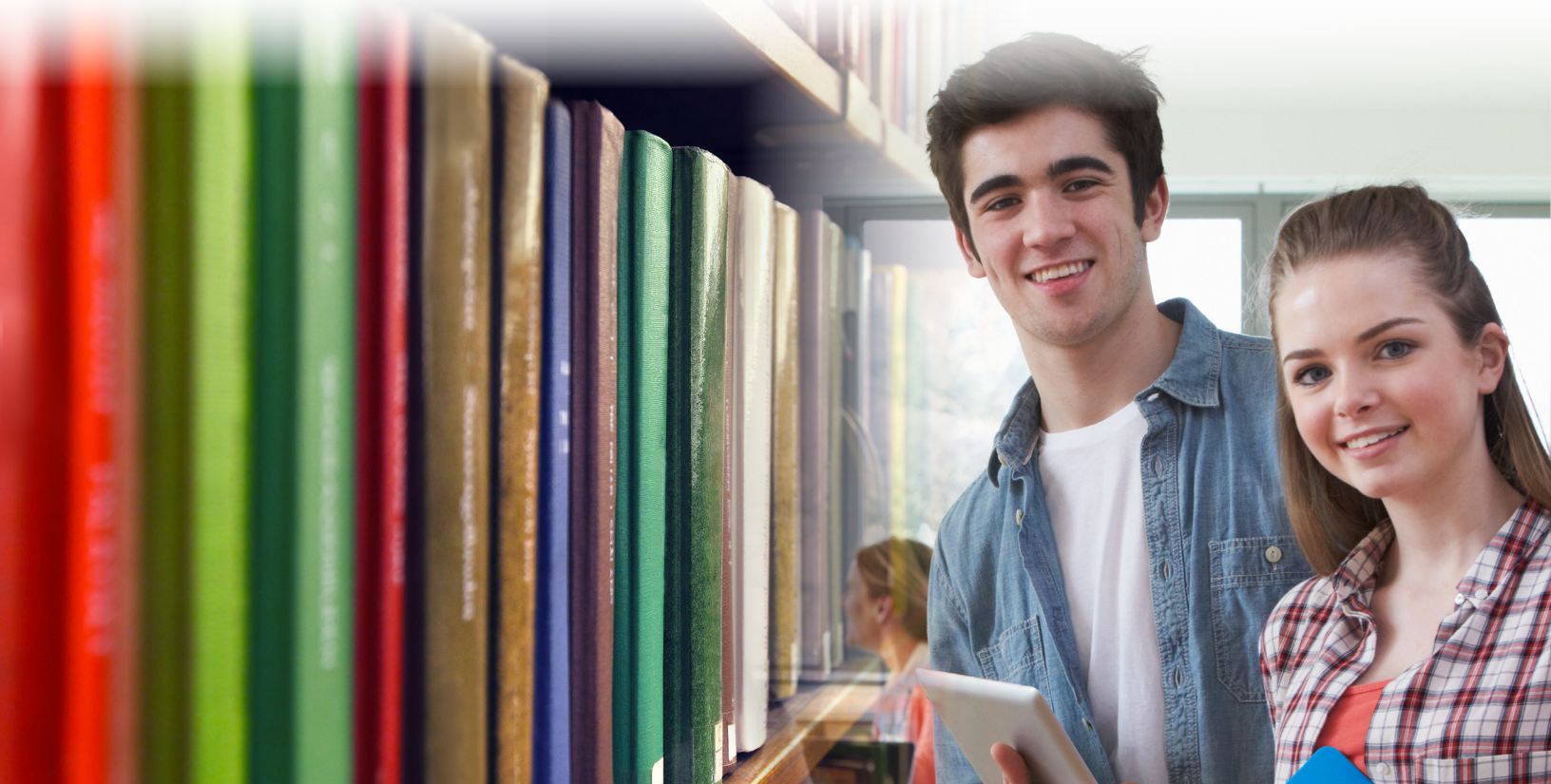




The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS



CHILDREN'S BOOK COLLECTION TO HELP TEENS BETTER MANAGE THEIR EMOTIONS

TOOL: Prevention | Intervention

TARGET AUDIENCE: Teens

TOOL INTENDED FOR: Professionals | Parents

DESIGN

Line Massé
Jeanne Lagacé-Leblanc
Claudia Verret



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TOOL: Prevention | Intervention

TOOL INTENDED FOR: Professionals | Parents

– Details: Teachers, psychoeducators, special education technicians, parents, psychologists.

TARGET AUDIENCE: Teens

NEEDS AND BEHAVIOURAL MANIFESTATIONS

– Teens who have difficulty managing their emotions, particularly teens who are stressed, impulsive, inattentive, hyperactive, oppositional, aggressive, anxious, depressed or those with autism spectrum disorder.

SPECIFIC GOALS

– To provide parents and professionals with suggestions for children's books that can be used to help teens manage their frustration or anger.

DESIGN

Line Massé (Full Professor) – Université du Québec à Trois-Rivières

Jeanne Lagacé-Leblanc (Research Assistant) – Université du Québec à Trois-Rivières

Claudia Verret (Full Professor) – Université du Québec à Montréal

CHILDREN'S BOOK COLLECTION TO HELP TEENS BETTER MANAGE THEIR EMOTIONS

Cassada Lohmann, R. (2011). *Journal pour gérer ma colère : des activités pour modifier les comportements colériques et déplacés*. La boîte à livres.

Ciarrochi, J. V., Hayes, L. & Bailey, A. (2014). *Deviens maître de ta vie* (adapted by F. Dionne, I. Rose & P. St-Amand). La boîte à livres.

Deslauriers, S. (2017). *Éli : comprendre la dépression à l'adolescence*. Midi trente.

Germain, V. & Chan, A. (2018). *Après le choc : surmonter un événement bouleversant ou traumatisant*. Midi trente.

Guindon, K. & Van Dijk, S. (2014). *Quand l'humeur m'emporte*. La boîte à livres.

