

THOUGHTS ARE
ENERGY!
AND YOU CAN
MAKE OR BREAK
YOUR World
by THINKING!

- SUSAN TAYLOR, American Journalist



I don't know the key to
s u c c e s s

but the key to
f a i l u r e

is trying to please
E V E R Y O N E.

- AUTHOR UNKNOWN



12 HABITS FOR WONDERFUL PEOPLE™

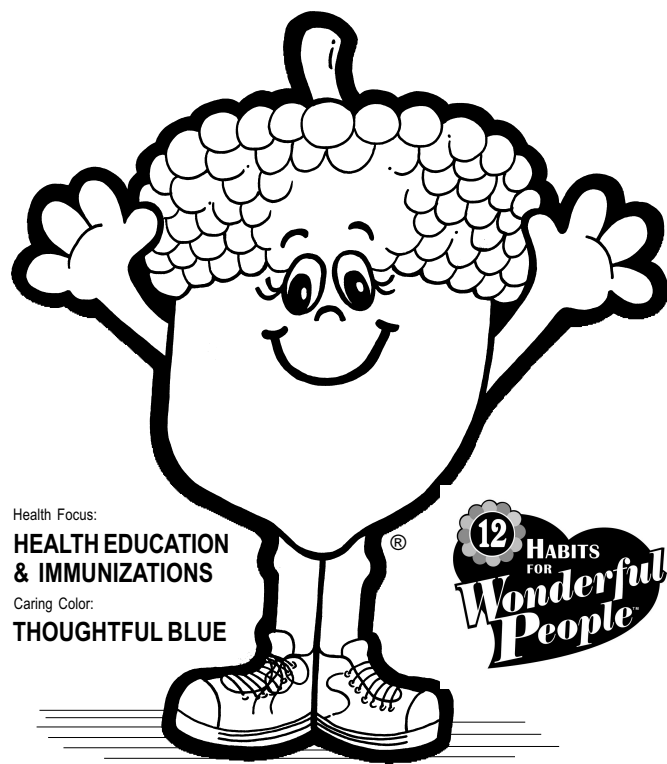
We're Turning Caring Actions into Habits... One Month at a Time™

CALL 814.779.2060

E.MAIL elaine_parke@yahoo.com

WEB WonderfulPeople.net

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Health Focus:
**HEALTH EDUCATION
& IMMUNIZATIONS**
Caring Color:
THOUGHTFUL BLUE

In August

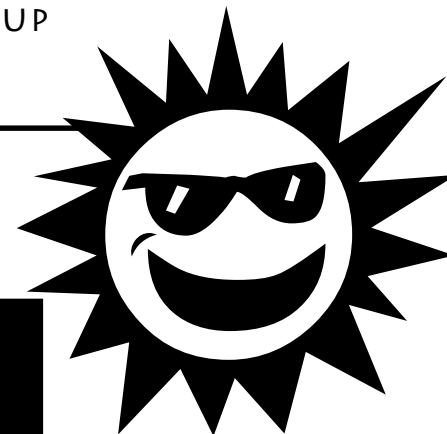
Our Caring Character GREGORY says...

"WHEN I GROW UP"

MY NAME

ROOM/GROUP

SUMMER FUN PLANNER



...Inside...

COOL

activities & games for
you & your family to
get to know each other!

HAVE FUN!

...

BONUS!

**AUGUST
DISPLAY KIT
Inside**

"Quotes"
to Help KNOW
WHO YOU ARE!

...

DON'T FORGET...



**GOOD
BOOKS
is always
FUN!**

IN AUGUST

KNOW

WHO

?

YOU

ARE™



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"THOUGHTFUL BLUE" ◀ CARING COLOR HEALTH FOCUS ▶ "HEALTH EDUCATION & IMMUNIZATIONS"



Log on to www.caringhabits.org for more fun activities to download and enjoy!

Item # 001-au-g

Caring
Color
THOUGHTFUL BLUE

Health
Focus
HEALTH EDUCATION

For more information call 814.779.2060 or
visit WonderfulPeople.net Item# 002-au-m

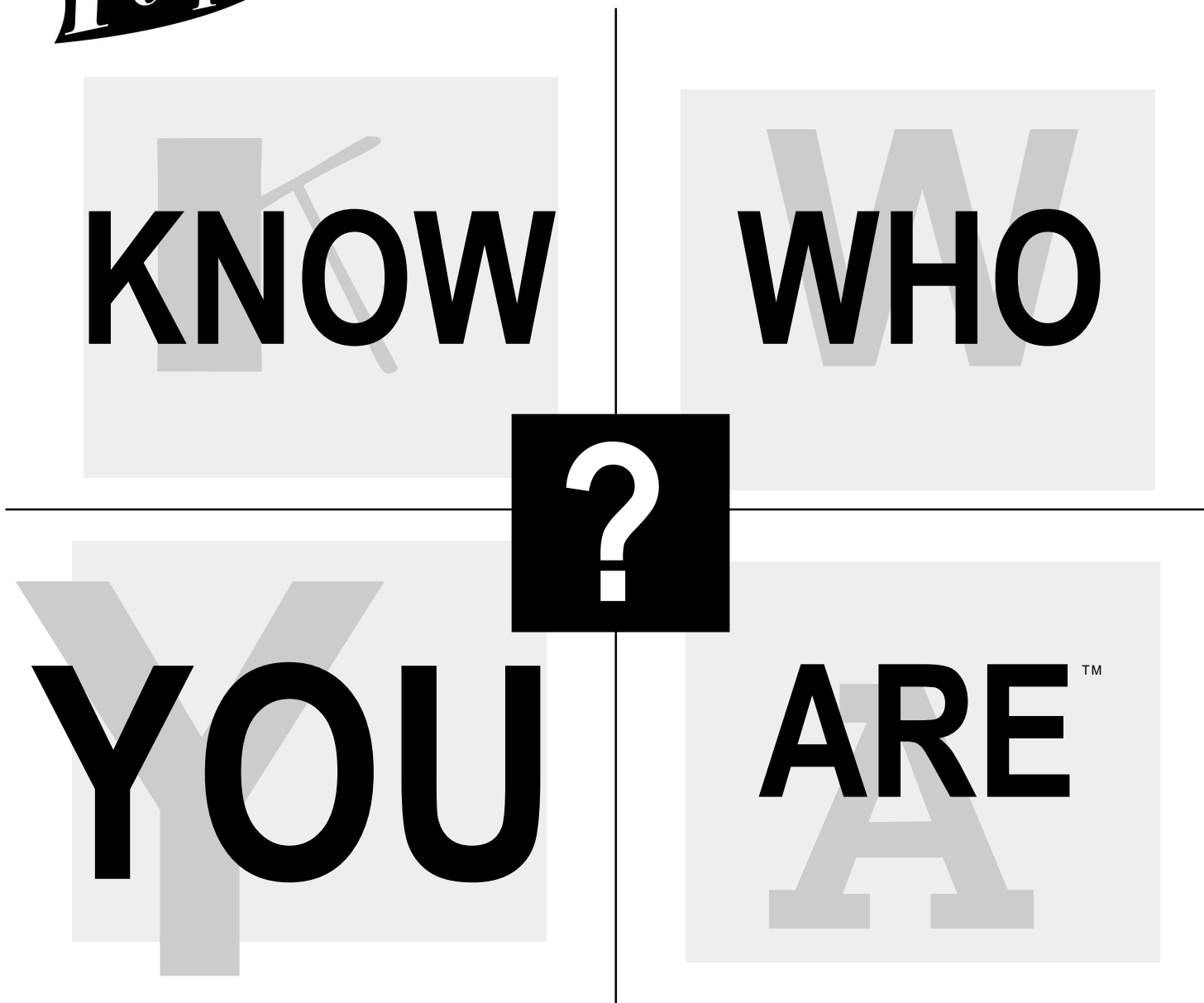
This bookmark belongs to:

Know Who You Are.
What's important to you?
What do you value?
Do you live your life
according to your values?
Use this bookmark everyday in
August to remind yourself to
"Know Who You Are!"

in **August**
and all year round!

**KNOW WHO
YOU ARE™**





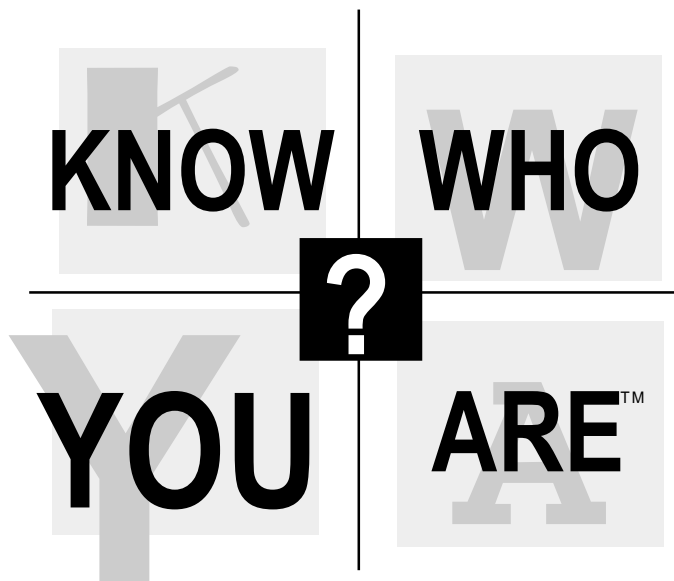
in August
and all year round!

Caring Color **THOUGHTFUL BLUE**

Health Focus **HEALTH EDUCATION & IMMUNIZATIONS**

www.WonderfulPeople.net

WonderfulPeople.net



*in **August***
and all year round!

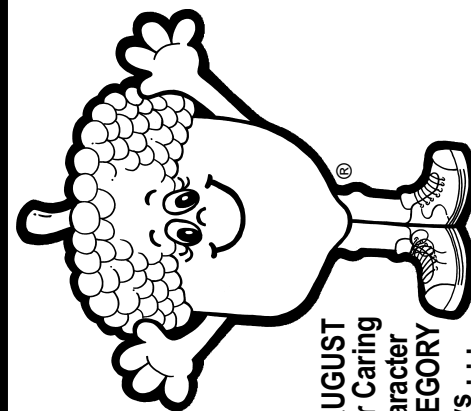
Health Focus: **HEALTH EDUCATION & IMMUNIZATIONS**

Caring Color: **THOUGHTFUL BLUE**

“
*Each morning,
take time to imagine
the person you want
to become.*
”

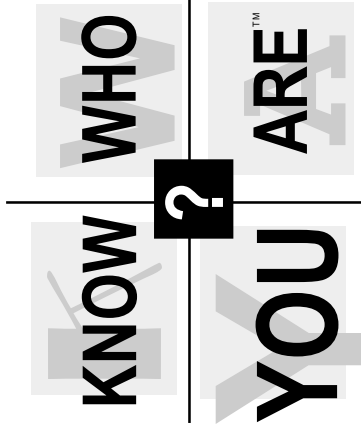
—Author Unknown

www.caringhabits.org



In **AUGUST**
Our Caring
Character
GREGORY
says . . .

“ WHEN I GROW UP ”

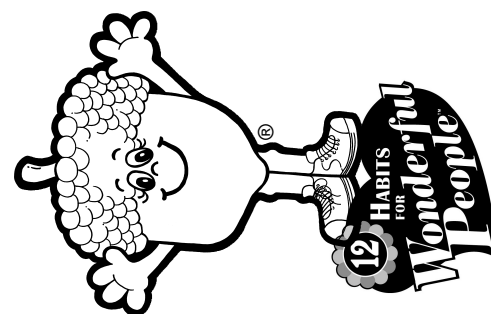


in August
and all year round!

Caring Color: **THOUGHTFUL BLUE**

Health Focus: **HEALTH EDUCATION & IMMUNIZATIONS**

DISPLAY KIT DIRECTIONS: *CUT along the solid lines and FOLD on the dotted lines to make your DISPLAY KIT for August. Use this area to glue tent together. You will have a 2-SIDED DOOR KNOB HANGER, ROUND BUTTON (or adhere to magnet), BOOKMARK & a 3-PANEL TABLE (or DESK) TENT!*



In August
and all year long,
Gregory says . . .

**“ WHEN
I GROW
UP! ”**

Use this special bookmark
everyday in the month of
August to remind yourself
“ **WHEN I GROW UP!** ”

This bookmark belongs to:

Caring Color **THOUGHTFUL BLUE**

Health Focus **HEALTH EDUCATION**

For more information call us! 814.779.2060 or
visit WonderfulPeople.net Item# 002-au-g

Color
GREGORY!



In August
Our Caring
Character
Gregory
says . . .

“ **WHEN I GROW UP!** ”TM



If you could be a “super hero,” who would you be? Why? Create your own “Caring Character.” Give ‘em a name and write a story about their adventures. **Have fun!**

*“ The vital, successful
people I have met
all had one common
characteristic . . .*

They had a plan!”

MARILYN VAN DERBUR, Miss America 1958

GOALS

PLAN your goals for August here.

1. I will KNOW WHO I AM!

2.

3.

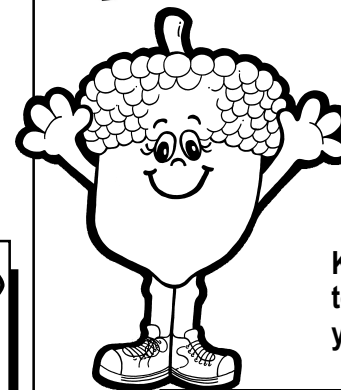
4.



check off
as achieved

☐☐☐☐

In **August** and all year round . . .



KNOW

WHO

?

YOU

ARETM

Know Who You Are. What's important to you? What do you value? Do you live your life according to your values?

August's Health Focus is **HEALTH EDUCATION & IMMUNIZATIONS.**
Do you know what your body needs to stay healthy and strong? It's smart to educate yourself on ways to make your body healthier and strong.

August's Caring Color is
 **THOUGHTFUL BLUE**

Truths for Living

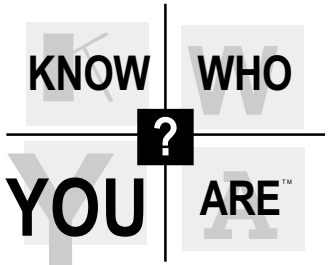
- WILLIAM ARTHUR WARD

The more generous we are, the more joyous we become.
The more cooperative we are, the more valuable we become.
The more enthusiastic we are, the more productive we become.
The more serving we are, the more prosperous we become.
The more outgoing we are, the more helpful we become.
The more curious we are, the more creative we become.
The more patient we are, the more understanding we become.
The more persistent we are, the more successful we become.

Clip the poster (inside front cover) and display for the month of August. Turn to inside back cover and cut your display items. “ Know Who You Are ” and have fun too!



It's AUGUST, So . . .



AUGUST

1

List your goals for August!

2

3

4

5

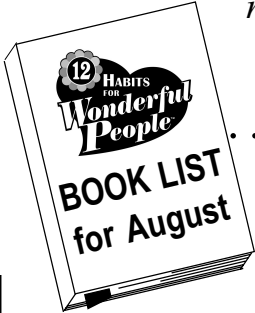
6

7

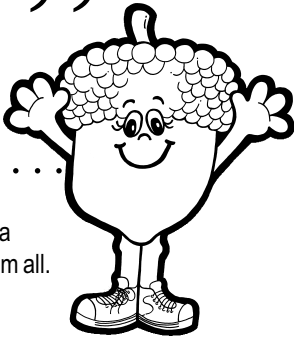
What is important to you?

“Of all the qualities necessary for success, none comes before character.”

- ERNEST A PROCOPE



The books listed below are good summer reads with a “know who you are” theme too. Read one or read them all.



YOUNG ADULTS - Grades 4-8

Amelia Earhart: Flying for Adventure by Mary Dodson Wade, Millbrook Press, 1992, Series: A Gateway Biography. Amelia Earhart strongly believed that women could and should do anything they set their minds to and was a living example of that belief, setting many records before her mysterious disappearance over the Pacific in 1937.

Dogs Don't Tell Jokes by Louis Sacher, Alfred A. Knopf, 1997. Twelve-year-old Gary is called "Goon" because of his compulsive joking and clowning. In this realistic story, Gary is disillusioned with his image as the scourge of seventh grade and decides to change his image and make new friends.

Dork in Disguise by Carol Gorman, HarperTrophy, 2000. Jerry Flack was the smartest kid in his elementary school, but the family's move to a new town and a new middle school gives him a chance to change from "dork" to "cool kid". Jerry soon discovers his new image is not what he really wants and that he would rather be himself.

Gary Paulsen: Author and Wilderness Adventurer by Edith Fine, Enslow Publishers, 2000, Series: People to Know. The life of popular author Gary Paulsen is documented in this biography. It follows his troubled childhood and youth and focuses on many of the first-hand adventures that are included in many of his books.

PRIMARY READERS - Grades K-3

Bach's Big Adventure by Sallie Ketcham, Orchard Books, 1999. In this lighthearted story told by Bach himself, the famous composer is seen as a young, over-confident musician sure he is "the greatest organist in all of Germany and the world." When his older brother informs him that Adam Reincken is better, the young Bach walks 30 miles to listen to the master and discover the truth. When the boy hears Reincken's music he is moved to tears and admits he is not yet the greatest.

Big Brother, Little Sister by Papa Oyibo, Barefoot Books, 2000. Reminiscent of Aesop's Lion and the Mouse, a young elephant manages to become lost in the jungle. Befriended and helped by a mouse, the two become unlikely friends.

Brave Margaret: an Irish Adventure by Robert D. San Souci, Aladdin Paperbacks, 2002. In this Irish folktale, Margaret proves herself as much a hero as any warrior when she fights a sea serpent and rescues her true love from an evil giant.

TRY THESE FUN ACTIVITIES



Hold a weekly family dinner or group meeting. Use the North American Indian “talking stick” tradition. Find any stick and pass it around the table. As each member takes a turn holding the stick they have exclusive opportunity to speak their mind—*uninterrupted!*



Try a day or two with NO T.V. Instead, spend time reading or playing board games, or doing a jigsaw puzzle, or . . . You'll be surprised what you'll learn about your relatives, friends—and yourself!



With your group or family, get out old magazines and cut out pictures that represent each person in some way. Provide paper for each person to create a collage about themselves. Then have each person describe their collage to the others.



Know Who You Are in August and all year round!

V Z X T A Q W A T T R H Q D D A X H N J T T L F P
T M A U Z J N I V R T G Y B B Q I W O X V M Z J G
O R C F M A P H C F U F S E L F K N O W L E D G E
G C Z X B D A Q M E V T L I J F C P T O O S X M Z
F E J C D N F G P E B N H U V U O U A E L K F K D
P G L B R L G O I C W B Y F Q N R C Z R G X I I F
V Y O E U G R K G D Z U R N U P W R T E R R Y S E
K K D U J U T N U D J A Y D N L H S K S E Y I M M
R K Q A F O G N N T S E V J B L N V E P S N E T Q
C Y U J O Z P Y V N K K K B J P O E T O O K S H Y
Y W A V T R U S T W O R T H I N E S S N L W Q T E
E H O N E S T Y A P S E K C H Y I C I S V I C F Y
N R R A G L L G B N B V E Z S Z C E N I E B I J T
W Y Q R X K X W O D W G G P X E G J C B K X F K B
I M H Y T B P H F V P L V E Z C R M E I G W N Q Q
L Y Y V R Z R E D S U N S U N V A M R L R E N U A
J M K Y D O U A H B T R R Y G U Y R I I Q D V D Z
X G F C D R C E V Q L M X W R V I R T T Q A I H Y
M S P M M N T X C E B R N O R G Y N Y Y K Q A F P
Q M H U C Z L X O X R R P J V Z D A E D J C X B X
H S Y E R W B L U A E Y L D H Y G K S B Y P C B Y
K P A N D P A N R F O L W S H C F F E P G F H V H
B T T X F A O X A I S K X H F N W A Y Z J H Q C A
V Y G F H I U S G L N O I Y W H B J O Y Y O W F A
P O U Q Q D A Q E G F Y Z D N N M L A C M Z I K P

You'll discover these important Words-To-Learn in the puzzle above and when you . . . “Know Who You Are!”

- ☐ BRAVERY

☐ COURAGE

☐ GENUINE

☐ HONESTY

☐ INTEGRITY

☐ PURPOSE
- ☐ RESOLVE

☐ RESPONSIBILITY

☐ SELF-KNOWLEDGE

☐ SINCERITY

☐ TRUSTWORTHINESS

☐ TRUTHFULNESS

It's AUGUST, So . . .

KNOW WHO
YOU ARE™

?

| AUGUST | |
|---|--|
| 29 | |
| 30 | |
| 31 | |
| <div><div></div><div>Review your August goals. How did you do? Did you learn more about who you are? How? What are your goals for the coming school year?</div></div> | |

★

DO YOUR BEST
in September
and all year round!

“ Most people search high and wide for the key to success. If they only knew the key to their dreams lies within. ”
- GEORGE WASHINGTON CARVER, American Scientist

Journal Prompts . . . **My Thoughts** . . .

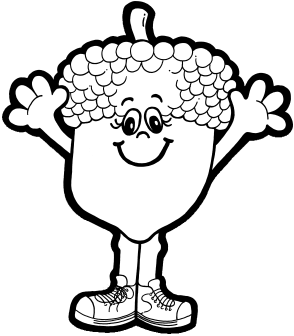
What else would be fun to add to the “Summer Fun UnPlanner?”

What was your “favorite activity” in the Unplanners? Why?

Did practicing the Caring Habits this summer make you a better person? Explain why or why not?

12 HABITS FOR Wonderful People

BOOK LIST for August



YOUNG ADULTS Grades 4-8

The Prince and the Pauper adapted by Marianna Mayer from the Mark Twain novel, *Dial Books for Young Readers*, 1999. In this adapted version of the Mark Twain classic, the text has been simplified for younger readers and illustrated by Gary A. Lippincott into a picture book edition. Most of the fun of the original has been retained, with the beggar Tom switching places with Edward, the heir to the English throne. Once the boys have exchanged clothing, no one can tell them apart and the fun begins.

Remarkable Journeys: The Story of Jules Verne by William Schoell, Morgan Reynolds Pub., 2002. Although the novels of Jules Verne are still read today, many people do not realize his many contributions to science as well. This biography documents his childhood, his training for law, his travels and his many interests. A chance meeting with Alexander Dumas and friendship with Victor Hugo greatly influenced him to write.

Rowan Hood, Outlaw Girl of Sherwood Forest by Nancy Springer, Philomel Books, 2001. When 13 year-old Rosemary's mother is mysteriously murdered, Ro knows her only chance of survival is to flee and search out the father she has never met - Robin Hood. Meeting danger and adventure as courageously as her famous outlaw father, Ro disguises herself as a boy and is befriended by a wolf-dog. A great story adventure.

Sixth Grade Can Really Kill You by Barbara DeClements, Puffin Books, 1995. Helen has made it into the sixth grade, but has trouble reading. If she can't improve, Helen is afraid she'll be in sixth grade forever.

Toad Food and Measle Soup by Christine McDonnell, Viking, 2001. Leo is an average boy suffering through many of the things other boys endure: his mother's new recipes, wanting a dog, trying to change his image and finding a lost dog.

OLDER READERS, YOUNG ADULTS & ADULTS


Profiles of Female Genius: Thirteen Visionary Women Who Changed the World by Gene N. Landrum, Prometheus Books, 1994. In this sequel to his *Profiles of Male Genius: Thirteen Creative Men Who Changed the World*, Landrum profiles thirteen women who have been leaders in their chosen field for at least 10 years since 1960. He has included such diverse women as Golda Meir, Ayn Rand, Ophra Winfrey and Mary Kay Ash to make fascinating reading.

ALL READERS

Join the Golden Rule Revolution* by Elaine Parke; Illustrated by Darlene Patrick, Caring Media International, 2001. More nourishing than chicken soup. This book is a refreshing year-round recipe of heart warming daily inspirations, poems and action tips—all organized into lively monthly themes—that transform Golden Rule Habits into happiness. See Chapter 8 – August - Know Who You Are for daily teacher / classroom / family reading. *WARNING! This book is habit-forming. *May cause a happier life.

HEALTH FOCUS

Did you know that for a healthy diet you need to eat 3-5 servings of vegetables and 2-4 servings of fruit EVERY DAY? This week, ask a parent to help you achieve this goal by including and trying new fruits and vegetables at meal time.



MY THOUGHTS

See Journal writing ideas around this page.

Journal Prompts: Read a book from the book list and share your thoughts about it here.

What is YOUR calling?

Who are YOU?

What are YOUR gifts?

“ We must all find our true purpose ; like Michelangelo or Mozart or Leonardo da Vinci, each of us must develop a mission in life. ”
- MICHAEL JACKSON, American Singer

KNOW WHO YOU ARE®

WORDS -2- LEARN

ALPHABETIZING QUIZ

Using numbers, arrange the August Words-to-Learn below in alphabetical order.

___ Purpose

___ Sincerity

1 Bravery



___ Trustworthiness

___ Honesty

___ Resolve

___ Truthfulness

___ Responsibility

Log on and check all your unplanner answers at  WonderfulPeople.net 

KNOW

WHO

?

YOU

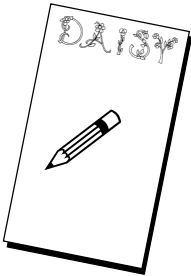
ARE™

| AUGUST | |
|--------|---|
| 8 | |
| 9 | |
| 10 | |
| 11 | |
| 12 | |
| 13 | |
| 14 | <div>? How can "Knowing Who You Are" result in something positive? Explain in a few paragraphs.</div> <div>? Have you recently read a book where a character discovers who they really were? Explain how.</div> <div>? List your own "Top 5 Things" that YOU Like About Yourself.</div> <div>What's important to you?</div> |

“ One should look long and carefully at oneself ”
before judging others. - MOLIÈRE, French Playwright

MORE FUN HERE!

Allow each group member to design their own personal letterhead for stationary. Take the design to a print shop and have sheets run off. This is a great esteem builder- for any age!

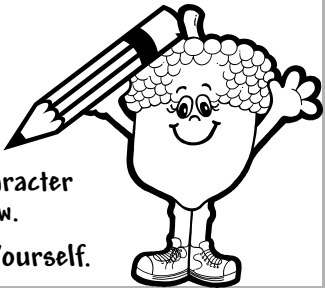


Photocopy a picture of your family or group or write an individual note to each of them. (Use different colored paper for each one) Tear paper into 6 or 9 pieces. Hide the pieces around the house and have each person find their own colored pieces. When they put pieces together they will have found the "treasure"...a most valuable person.



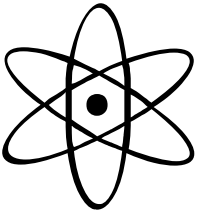
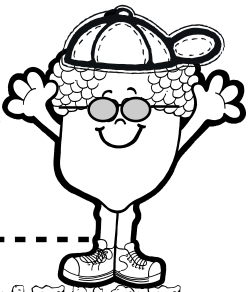
Have everyone make a list of things they promise to do to achieve and assure harmony and growth within the group. When lists are complete, roll papers and place in a juice can or recycled butter tub. Hide this time capsule somewhere for a specified time period. When the capsule is opened, be sure to reward the people who kept their promises.

... MY THOUGHTS ...



HEALTH
FOCUS

Did you know just a short amount of time in the sun can damage your skin? Be sure to protect your skin this summer by using sun block, wearing a hat, and using sunglasses.



EDIBLE SCIENCE

Turn LIQUIDS into SOLIDS
and COOL OFF with ICE CREAM too!

INGREDIENTS

3/4 cup whole milk
1/2 tsp. vanilla
1 cup cream
1/3 cup sugar
Flavoring if desired -Chocolate syrup,
strawberries, peaches, raspberries, etc.

MATERIALS

1 - one pound coffee can
1 - three pound coffee can
3/4 cup salt or rock salt
Crushed ice

Mix the milk, vanilla, cream, sugar and any flavorings and pour into the smaller coffee can and cover.

Put the small can into the larger can and fill with salt and ice.

Roll the can across the floor for 5-10 minutes to turn the liquid into solid ice cream.

Open. Serve. Enjoy!



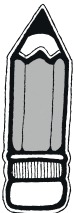
KNOW WHO YOU ARE®

WORD-2-LEARN DICTIONARY FUN

Divide the Character Education Words listed below into syllables.

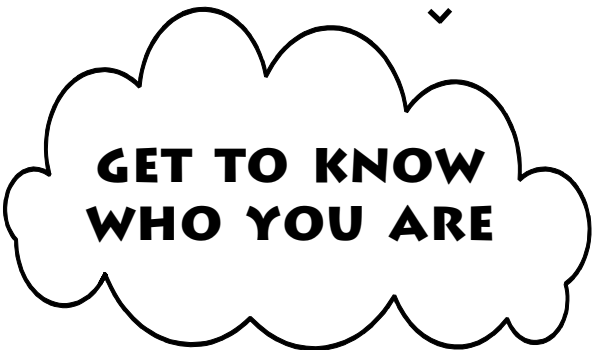
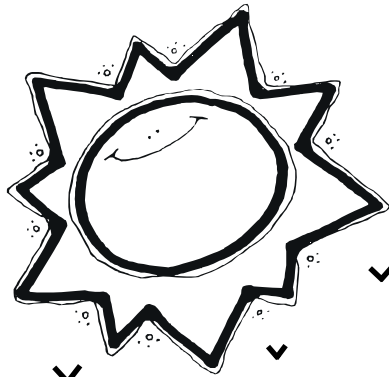
| | |
|-----------------|-----------|
| Bravery | BRA VER Y |
| Courage | |
| Honesty | |
| Integrity | |
| Purpose | |
| Resolve | |
| Responsibility | |
| Self-Knowledge | |
| Sincerity | |
| Trustworthiness | |
| Truthfulness | |

Log on for more fun and check your answers too!



| KNOW WHO YOU ARE™ | |
|-------------------|----------------------------|
| AUGUST | |
| 22 | |
| 23 | |
| 24 | |
| 25 | |
| 26 | |
| 27 | |
| 28 | Do you "Know Who You Are?" |

“ We are *what we believe we are.* ”
- BENJAMIN N. CARDOZO

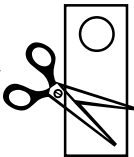


To “know who you are,” it is important to know your family and your heritage. Start a family scrapbook or other family project to document family history. Interview grandparents or older family members to find out about the past. Make sure to include the younger generations too!



As the summer winds down and thoughts turn to back to school, perhaps your new teachers would be interested in knowing who you are before you arrive in their classroom. Write a little note of introduction and send it to your new teacher. He or she might even have time to write back to you!

Make your own bookmarks, doorknob hangers, or table tent designs that reflect who YOU are. Cut out the ones in the back of this book and trace them to make a template. When you are finished display them together for the month of August.



PRIMARY READERS - Grades K-3

Snowflake Bentley by Jacqueline Briggs Martin, Houghton Mifflin, 1998. Winner of the Caldecott Award for illustrations, this beautiful picture book illustrates the life of Wilson Bentley. From the time he was small Bentley loved and was fascinated by snow. At first he attempted to draw the crystals, but they would melt too quickly. As a teenager, his family scraped their savings together to purchase a camera with a microscope. For the next 50 years, Bentley continued to study snowflakes, much to the amusement of his Vermont neighbors. Today, he is recognized for his work with snow crystals and contributions to the development of microphotography.



YOUNG ADULTS - Grades 4-8

Jackie and Me: a Baseball Card Adventure by Dan Gutman, Avon Books, 1999. In Honus and Me Joe discovered his ability to use baseball cards to travel back in time. When Joe decides to visit Jackie Robinson for a report, he experiences first-hand the racial prejudice and discrimination of America in the late 1940's. This book is a great choice for anyone who loves sports, especially for reluctant readers. Another good choice by the same author is Mickey and Me, where Joe plans to meet Mickey Mantle, but instead meets Mickey Maguire, a star in the All-American Girls Professional Baseball League.

HEALTH FOCUS

Did you know you should drink 6-8 glasses of water every day, especially during the hot summer months? Make an effort this week to drink enough water each and every day! When you are hot and perspire, your body loses water.



A Story for AUGUST

the month to “KNOW WHO YOU ARE!®”

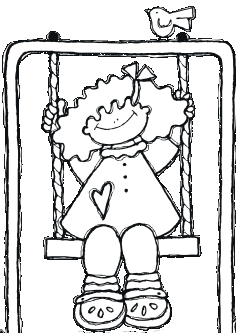
Fill in the blanks with the Words-To-Learn at right. Then read the completed story!

A_____ is the month when self-discovery and s_____ can help you learn more about yourself. It takes c_____ to be h_____ with yourself and evaluate your strengths and weaknesses. Caring Character “Gregory” accepts the r_____ of making his own decisions that define the p_____ of his life and helps him decide what he wants to do when he grows up. The character traits of r_____ and t_____ are very important to a successful future.



WORDS TO LEARN

- ☐ August
- ☐ Courage
- ☐ Honest
- ☐ Purpose
- ☐ Responsibility
- ☐ Responsibility
- ☐ Self-Knowledge
- ☐ Trustworthiness



GOOD BOOKS
is always
FUN!

PRIMARY READERS
Grades K-3

Hooray for Me! by Remy Charlip and Lilian Moore, Tricycle Press, 1996. This bigger and brighter version of the 1975 favorite that is now out-of-print explores the many relationships in a person's life.

Incredible Me! by Kathi Appelt, HarperCollins, 2003. Bright, bouncy, rhyming and full of energy, the book follows a little red-headed girl as she lists all the many things that make her a very special and unique individual.

YOUNG ADULTS - Grades 4-8

Guts: The True Stories behind Hatchet and the Brian Books by Gary Paulsen, Delacorte Press, 2001. While Gary Paulsen is NOT Brian Robeson (the main character of Newbery Honor book Hatchet) he did grow up hunting and fishing the woods of Minnesota to avoid starvation. Not a typical biography, but rather a collection of six survival stories of Paulsen's real-life adventures and how they contributed to Brian's experiences and some of Paulsen's other books. Powerful, candid, often funny, this book is not for the squeamish. A must read for Paulsen fans.

Girls Under Pressure by Jacqueline Wilson, Delacorte Press, 2002, Series: *Girls Trilogy* (Book 2). In this sequel to *Girls in Love*, Ellie, Magda and Nadine discover that starting ninth grade is much harder than any of them had imagined. Hair, weight, family issues, modeling tryouts, and boyfriends are only part of the challenges the three friends face. Ellie has a brief flirtation with anorexia and bulimia when her slimmer friends seem to be more attractive. Told with humor, girls will identify and understand the problems facing the characters in this story.

Helen Keller: Lighting the Way for the Blind and Deaf by Carin T. Ford, Enslow, 2001. Series: *People to Know*. Readable, accurate, well-researched and informative, this biography follows the life of Helen Keller, from her birth, through the illness that left her deaf and blind, her relationship with Annie Sullivan and overcoming her handicaps to her years at Radcliff, her writings and serving as an advocate for others with disabilities.



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MY THOUGHTS . . .

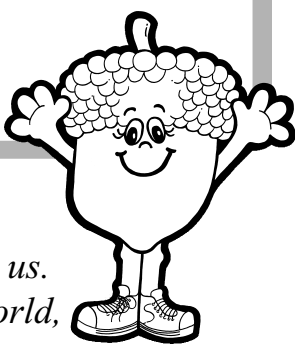
“ When you make a mistake, acknowledge it.
Know that you cannot go back. Ask for pardon.
Discover what you learned. Behave like you learned it.
Go on, better than before.
- ELAINE PARKE, Caring Habit Adventure President, Founder, Executive Director

12 HABITS FOR Wonderful People

JOURNAL PROMPTS

What are YOU teaching the world about yourself?
What would YOU like to learn more about?
What will YOU do to accomplish this?
What does “prestige” mean to YOU? Explain.
What is wisdom? How are YOU wise?

“What lies before us and what lies behind us
are small matters compared to what lies within us.
And when we bring what is within out into the world,
miracles happen.”
- HENRY DAVID THOREAU



HEALTH FOCUS

Did you know many people don't get enough exercise? Make a point this week to get up off the couch and away from the TV. Go outside and enjoy the summer weather. Take a walk, play ball, climb a tree. Do anything to be active!

Something for YOU to think about . . .

Make a list of 5 career choices you think you might enjoy. See if you can find a person currently working in that profession to ask questions about the job.

Write your autobiography (a true story you write about your life). What have you done so far in your life? What else do you hope to accomplish?

Design your dream job. If you could do ANYTHING in the world that you wanted to do, what would it be? Write about this or draw a picture of you doing your dream job.



HOW DO YOU MEASURE UP?

Learn measuring skills while learning about yourself. Ask an adult to help you measure and record the following. Use a ruler or tape measure for heights and a scale for your weight. Keep this fun UnPlanner and compare how much you've grown by next summer.

Height: Length of your foot:

Weight: Length of your arm:

Add a few of your own:

KNOW WHO YOU ARE®
WORDS -2- LEARN
WORD SCRAMBLE

| | | |
|---|-------|-------|
| Unscramble these Words-to-Learn in the first column, then write the unscrambled words in alphabetical order in the second column. | | |
| ageruoc | _____ | _____ |
| ryraveb | _____ | _____ |
| pserytilionsib | _____ | _____ |
| geinb eenuineg | _____ | _____ |
| teinritgy | _____ | _____ |

12 HABITS FOR Wonderful People

BOOK LIST for August

YOUNG ADULTS
Grades 4-8

Heroic Stories chosen by Anthony Masters, Kingfisher, 1994, Series: Story Library. This is a collection of 23 biographies of many diverse heroes whose actions have inspired others. Charles Lindbergh, Anne Frank, Martin Luther King, Jr., Mother Teresa, Thomas Edison and Marie Curies are just a few of those included.

Jack London: a Writer's Adventurous Life by Elaine Slivinski Lisandrelli, Enslow Publishers, 1999, Series: People to Know. One of America's most popular authors, Jack London lived a life of adventure. From a poor family, he dropped out of high school and went to work, then headed for the gold fields of the Yukon.

The Kidnapped Prince: The Life of Olaudah Equiano, by Olaudah Equiano, adapted by Ann Cameron, A. Knopf, 2000. As a child Olaudah Equiano was kidnapped from his African home and taken into a life of injustice and slavery. Facing heartbreak and despair, it's also a story of his courage and eventual triumph.

No Body's Perfect: Stories by Teens About Body Image, Self-acceptance, and the Search for Identity written by Kimberly Kirberger, co-author of Chicken Soup for the Teenage Soul, this collection presents a plan for teenagers to learn to appreciate themselves. It includes inspirational quotes from famous individuals as well as stories and poems written by teenagers.

PRIMARY READERS - Grades K-3

It's OK to be Different by Todd Parr, Little, Brown, 2001. The bold, bright colors of this book are fun and show that being different is ok, whether it's wearing glasses or having a pet worm! Some of the differences are just for fun and others are more serious, but the overall theme is self-confidence and self-acceptance.

Punt, Pass, Point! by Alise Leggat, Landmark Editions, 1992. Amy was the star player and the only girl on her school football team until she broke her arm. Then her parents insisted that she give up football and take up ballet instead. The clash of wills makes for hilarious reading. Children will be impressed to learn that author-illustrator Alise Leggat was 8 when her book was chosen for publication.