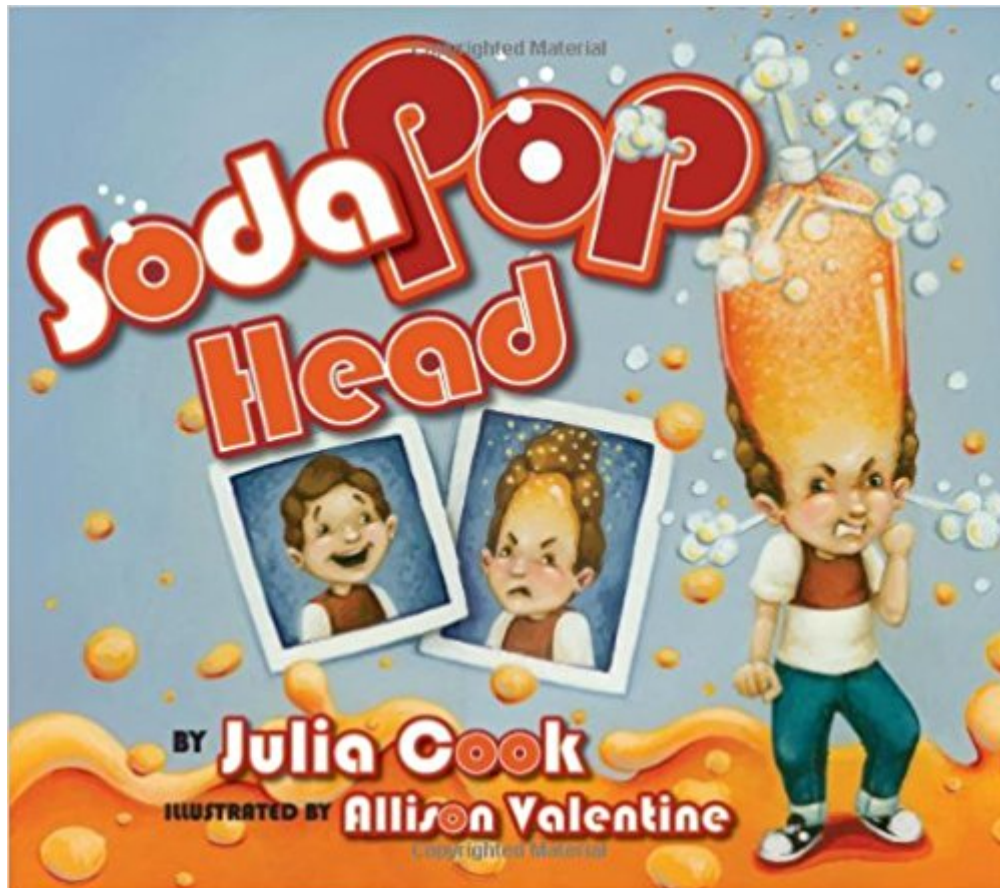




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# Soda Pop Head



## Synopsis

(Grades K-6) His real name is Lester, but everyone calls him Soda Pop Head. Most of the time he is pretty happy, but when things seem to be unfair his ears get hot, his face turns red and he blows his top! Lester's dad comes to his rescue by teaching him a few techniques to loosen the top and cool down before his fizz takes control. Soda Pop Head will help your child control his/her anger while helping them manage stress. It's a must for the home or classroom. Paperback, 32 pages.

Book Excerpt: There goes Lester. Watch him fester. His ears start to fizz. He gets mad as a griz. His face turns red. He's a Soda Pop Head. You just never know when Lester will blow. His cap will go flying. If it hits you, you'll be crying, so you'd better stay away from Lester today!

## Book Information

Paperback: 32 pages

Publisher: National Center for Youth Issues; 8/16/11 edition (September 1, 2011)

Language: English

ISBN-10: 193163677X

ISBN-13: 978-1931636773

Product Dimensions: 0.2 x 9 x 8.2 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 59 customer reviews

Best Sellers Rank: #6,154 in Books (See Top 100 in Books) #34 in Books > Education & Teaching > Schools & Teaching > Counseling #89 in Books > Education & Teaching > Schools & Teaching > Education Theory #94 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

Julia Cook was born and raised in Salt Lake City Utah. While living in Utah, she became actively involved in teaching children how to ski. That experience led to a love of teaching in general. Julia now lives in Fremont, Nebraska and has a Masters degree in Elementary School Counseling. While serving as a guidance counselor, she often used children's books to enhance her classroom lessons. Julia is now a nationally recognized award-winning children's book author who has written more than a dozen books on behavior and health for children as well as several activity books for teachers. Her light, humorous approach keeps kids laughing while they're learning good behavior

skills. The goal behind all of Julia's books and efforts is to actively involve people into her fun and creative stories and teach them to become life-long problem solvers. Inspirations for her books come from working with children and carefully listening to parents, teachers and corporate leaders. Julia's books have been referenced in such publications as Parents Magazine, The New Yorker, and babyzone.com. In her spare time, Julia enjoys spending time with her husband and family. In order to teach a child, you must enter their view of the world. - Julia Cook

But my 4 yr old loves it! I bought with the hopes of helping him manage frustration. Sometimes while reading it (every night) I'll stop and ask him if he has ever felt like Lester, the main character. I'm not 100% certain it's related, but I have referenced this book during times we have had a disagreement and he has not gotten as mad as he once did; because of this book? Hopefully. My only hesitation is one of the suggestions to help relieve your anger is to punch your pillow really hard several times. My son had no clue what punching meant and asked me to demonstrate. That made me a little uncomfortable, he thought it was funny so hopefully I am overreacting. I just wasn't prepared for that as a possible outlet for a 4 yr old.

Julia Cook's books are great! My students enjoy listening to them and they are helpful in sparking conversation about difficult topics. I would say they are probably most effective for kids under the age of 10. Although I use them with some of my older students as conversation starters they do tend to find them a bit babyish. I would definitely recommend.

I purchased this book to use in an anger control group with 2nd and 3rd graders. I am excited to share this story with my students! It is very relatable, as kids are often faced with unfair situations. It does a nice job of addressing that sometimes life just isn't fair, but that kids still get to choose how to react in unfair situations. I love that they included calm down strategies for home and school, which will tie in nicely with the rest of our group activities.

This book was recommended to us because our 7-year old daughter had a short fuse and would yell and hit when she was frustrated. What was funny is while we read the book, my daughter said..."Dad, this book is about you!!". Well, let's say we both now learned to control our "Soda-Pop-Heads".

I ordered this book for my autistic son who has been struggling with anger lately. While reading it he

was engaged and amused by the storyline, stopping to show me some of the silly pictures while laughing. When he finished I asked him if he learned anything from the book and his response was "yes, I learned that I shouldn't get so mad and just blow up all the time." Exactly what I wanted him to learn!

This is my favorite all time book for social lessons.

Cute story to explain problems to children

Julia Cook does it again! She has a unique way of explaining difficult concepts on an understandable and relatable level.

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Petretti's Soda-Pop Collectibles Price Guide: The Encyclopedia of Soda-Pop Collectibles Baking Soda Power! Frugal and Natural: Health, Cleaning, and Hygiene Secrets of Baking Soda (60+) - 2nd Edition! (DIY Household Hacks, Chemical-Free, Green Cleaning, Natural Cleaning, Non-Toxic) IRISH SODA BREAD - SIMPLE STEPS TO PERFECT BROWN AND WHITE SODA BREAD EVERY TIME Soda Pop Head Petretti's Soda Pop Collectibles Price Guide Best 100 Juices for Kids: Totally Yummy, Awesomely Healthy, & Naturally Sweetened Homemade Alternatives to Soda Pop, Sports Drinks, and Expensive Bottled Juices Joel Whitburn's Top Pop Singles 1955-1993: Compiled from Billboard's Pop Singles Charts, 1955-1993 (Joel Whitburn's Top Pop Singles (Cumulative)) Headscarves, Head Wraps & More: How to Look Fabulous in 60 Seconds with Easy Head Wrap Tying Techniques How To Treat Head Lice In 14 Minutes: Treatment, Removal, Home Remedies, Hair Lice Shampoo, How To Kill Lice Eggs, Body Lice Nits, How Do You Get, Head Lice Facts Book Head Lice Treatment That Works! How to Safely and Effectively Get Rid of and Prevent Head Lice Head Lice Treatment: How to Treat Head Lice Using Essential Oils How to get rid of head lice.: Treating and preventing head lice Head Lice Removal: Learn how to deal with a head lice infestation and what precautions you can take to prevent re-infestation Head Lice (Head-To-Toe Health) Who Wins?: 100 Historical Figures Go Head-to-Head and You Decide the Winner! Over My Head: A Doctor's Own Story of Head Injury from the Inside Looking Out Big Head: A Book About Your Brain and Your Head Illustrated Anatomy of the Head and Neck, 3e (Fehrenbach, Illustrated Anatomy of the Head and Neck) Bailey's Head and Neck Surgery: Otolaryngology (2 volume set) (Head & Neck Surgery- Otolaryngology) Soda Glazing (Ceramics Handbooks)

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