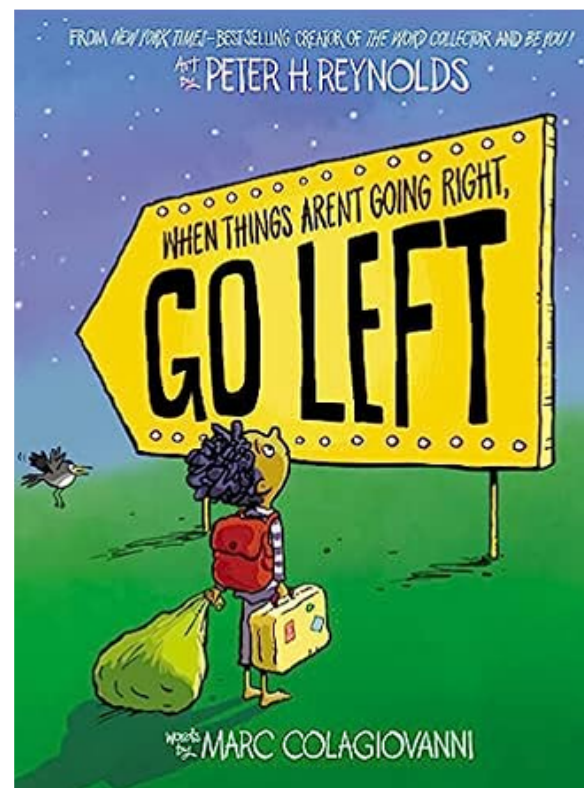


# Transitions

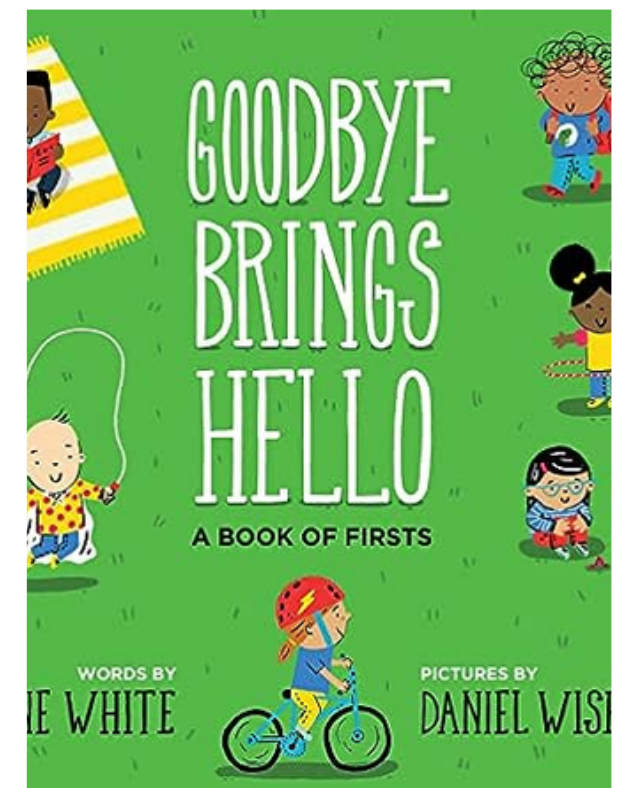
Books to help guide families navigate seasons of transition.



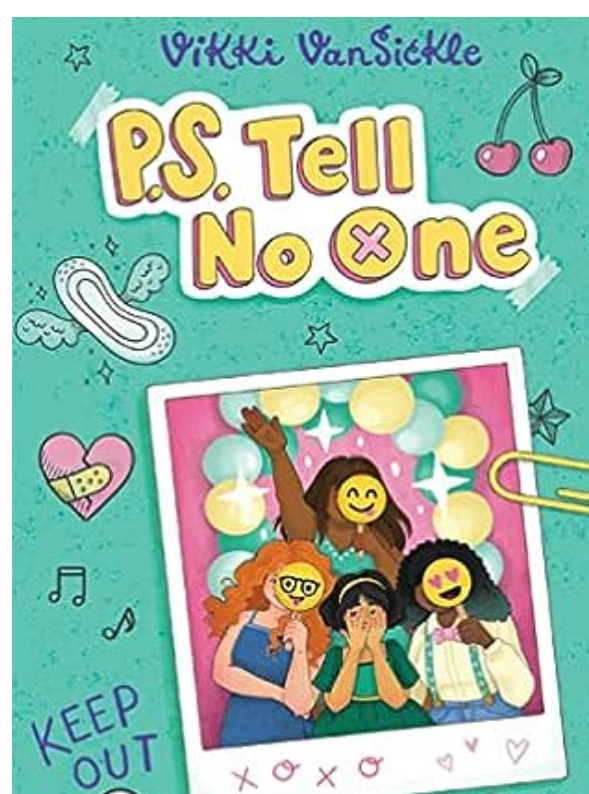
Big Feelings / Alexandra Penfold and Suzanne Kaufman  
[VIRL](#) / [GVPL](#)



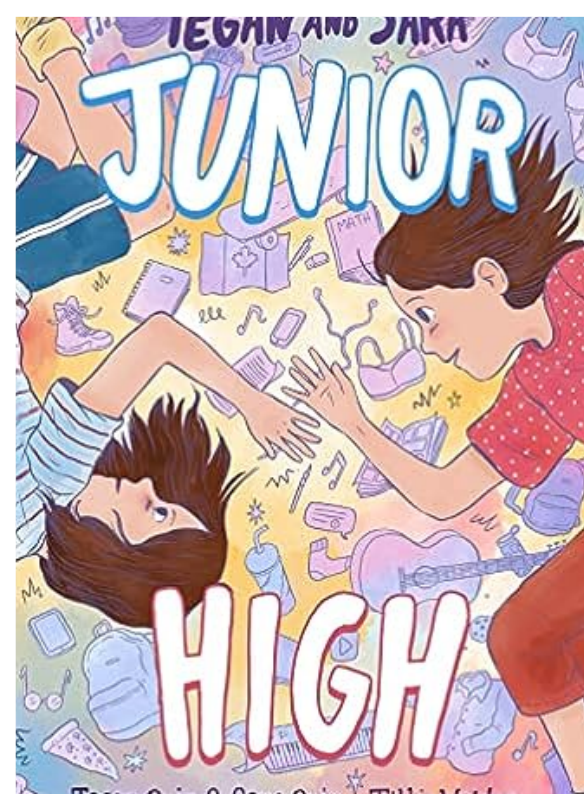
When Things Aren't Going Right, Go Left / Marc Colagiovanni; illustrations by Peter H. Reynolds  
[VIRL](#) / [GVPL](#)



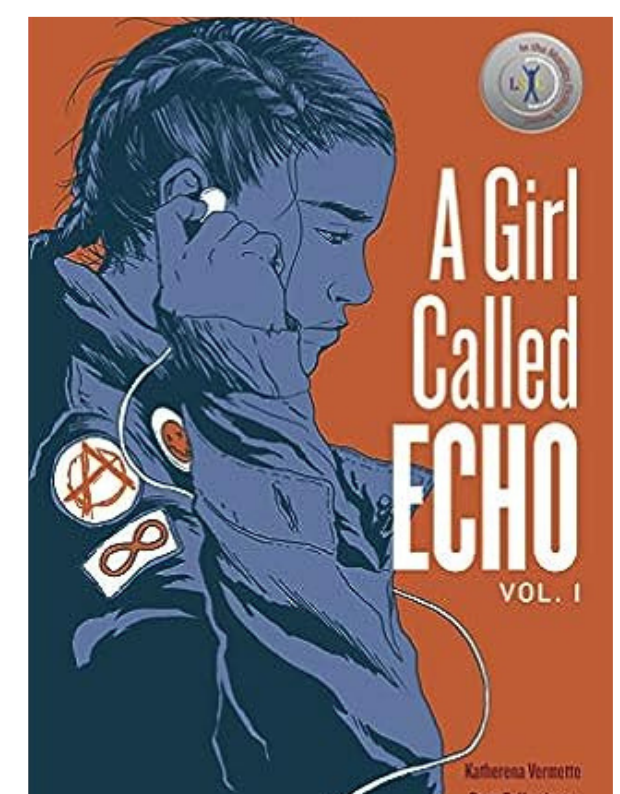
Goodbye Brings Hello / Dianne White; illustrations by Daniel Wiseman  
[VIRL](#) / [GVPL](#)



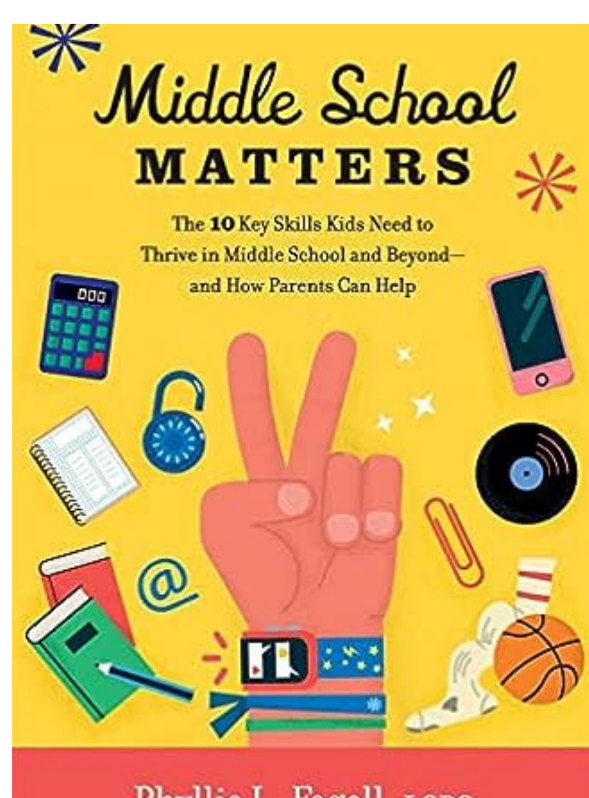
P. S. Tell No One / Vikki VanSickle; illustrations by Holly Allereille  
[VIRL](#) / [GVPL](#)



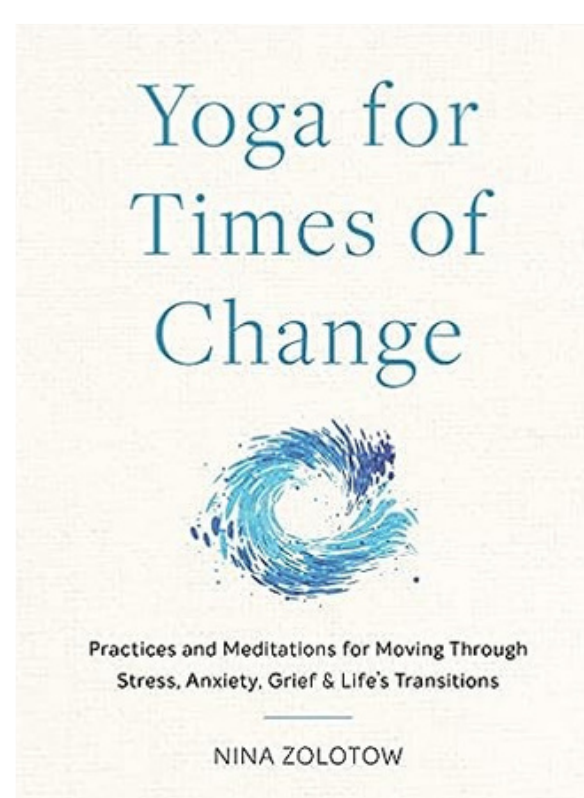
Tegan and Sara. Junior High / Tegan Quin and Sara Quin  
[VIRL](#) / [GVPL](#)



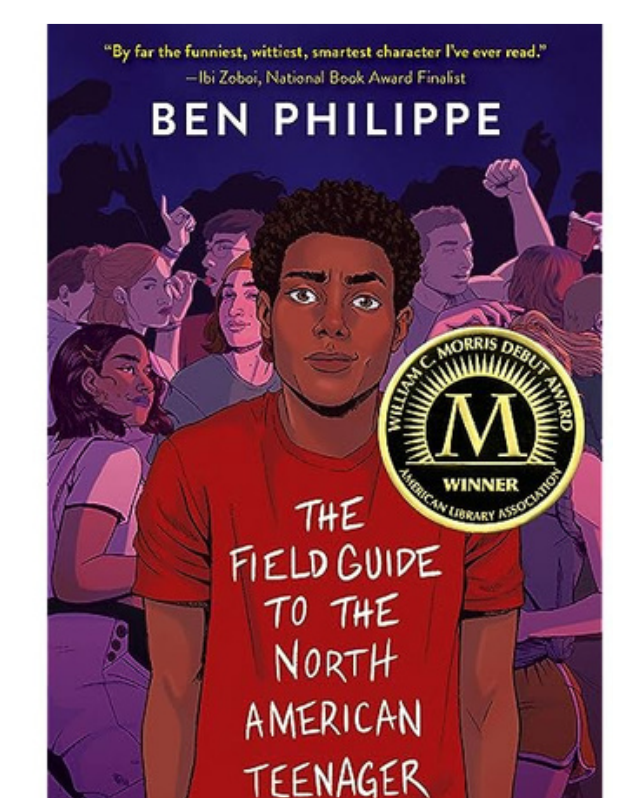
A Girl Called Echo Vol.1 Pemmican Wars / Katherena Vermette; illustrations by Scott B. Henderson and Donovan Yaciuk  
[VIRL](#) / [GVPL](#)



Middle School Matters: the 10 Key Skills Kids Need to Thrive in Middle School and Beyond -- and How Parents Can Help / Phyllis L. Fagell  
[VIRL](#) / [GVPL](#)



Yoga For Times of Change: Practices and Meditations for Moving Through Stress, Anxiety, Grief and Life's Transitions / Nina Zolotow  
[VIRL](#) / [GVPL](#)



The Field Guide to the North American Teenager / Ben Philippe  
[VIRL](#) / [GVPL](#)

