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| 1 | <u>CHICKEN SOUP FOR THE SOUL: Stories for a Better World</u> | 100 True Peace-making stories | AGES OF CHILDREN AND/OR YOUTH IN THE STORIES: | For a complete list of the 100 stories in the book, a list of stories which are connected with historical events , and/or info re: deep discount for non-profit organizations, please contact: LKW_BetterWorld@yahoo.com | | |
| 2 | <u>Story Title</u> | 2012 p. # | <u>Age of Child/Youth in Story</u> | <u>Synopsis</u> | <u>First Name</u> | <u>Last Name</u> |
| 3 | <i>The Endless Time Out</i> | 90 | Toddler (16-month-old), tantrum, hitting, time-out, loving words | In "The Endless Time Out" LeDayne McLeese Polaski shares how a mother learns the power of peaceful words with her toddler to end their string of conflicts. | LeDayne | McLeese Polaski |
| 4 | <i>Compassion in a Preschool</i> | 72 | Preschooler, song, feelings, compassion, empathy | In Patty Zeitlin's story "Compassion in a Preschool," a compassionate adult is able to calm a toddler who appears to be having a violent tantrum; it turns out that she was scared and worried that her mother may not return. | Patty | Zeitlin |
| 5 | <i>It Begins Within</i> | 369 | 4-year-old, inner "good stuff" | Bryan's story is about receiving life lessons through the eyes and heart of a four year old. | Bryan | Hayes |
| 6 | <i>Tammy's Trauma</i> | 69 | Kindergartener, 4 children under the age of 8, father's suicide | This is beautiful story entitled "Tammy's Trauma" is told by Maureen Delucia. It is about how a child's sincere compassion brought understanding and comfort in a time of need. | Maureen | DeLucia |
| 7 | <i>No More Meanness</i> | 300 | 5-year-olds, church, meanness | Her story is about a group of four lively five-year-olds who were acting out the story of Moses and the Hebrew slaves leaving Egypt. After repeatedly refusing to "let the people go," the pint-sized Pharaoh decided to break from the script, declared, "I don't want to be mean anymore! All of you can go! Just go!"--- and left the stage with his arm draped around "Moses." | Nancy | Sehested |
| 8 | <i>Tammy's Trauma</i> | 69 | Kindergartener, 4 children under the age of 8, father's suicide | This is beautiful story entitled "Tammy's Trauma" is told by Maureen Delucia. It is about how a child's sincere compassion brought understanding and comfort in a time of need. | Maureen | DeLucia |
| 9 | <i>A Safe Place</i> | 84 | Kindergartener, child abuse, mute, Title I Teacher | "A Safe Place" by Lynea Corson is about creating a safe place for children so they may eventually trust that they truly are cared for and safe. This touching story is about a teacher and her experience with little children. | Lynea | Corson |
| 10 | <i>Strengthening the Circle of Life</i> | 341 | 5-year-old (not main character), Native American, Foster child, Family, Meditating, Organ donor | In "Strengthening the Circle of Life" Rebecca Janke shares a story about a grieving father whose life is changed for the better by meditation and by focussing on the lives his son's donation as changed or saved. | Rebecca | Janke |
| 11 | <i>Harriet Tubman, A Battle of a Different Kind</i> | 48 | 5 years old through adult, History, lived 1822-1913, escaped slavery 1849, Underground Railroad, slavery, abolition, Civil War, racism, prejudice, freedom, | Susan Finney's story "Harriet Tubman, A Battle of a Different Kind" is about a young slave girl, Harriet Tubman, whose determination to help slaves escape as she did. Tubman became a conductor of the Underground Railroad. | Susan | Finney |
| 12 | <i>Losing It - Finding It</i> | 262 | 6-year-old, apology, humiliation, mental retardation | In "Losing It - Finding It" by Jeff Moyer, a man's brother who suffers from mental retardation was able to speak wisdom to his furious brother. | Jeff | Moyer |
| 13 | <i>"Peace" in a bottle of "Joy"</i> | 31 | 1st graders, relationships, finding and sharing peace and joy | Barbara Pedersen's story "Peace" in a bottle of "Joy" is about 1st-Grade children who learned how to keep the peace and not fight or hit. One child wanted to share the "Joy" with the President, to help the people fighting find their peace. | Barbara | Pedersen |
| 14 | <i>Nonno Beppe's Gift</i> | 65 | 7-year-old, culture shock, Italy, Grandfather, feelings | Susanna Palomares' story "Nonno Beppe's Gift" is a story of a girl who has trouble adjusting to her new life in Italy; her grandfather's thoughtful gift helps her to understand the power of love. | Susanna | Palomares |

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| 15 | <i>Puddles After the Storm</i> | 288 | "children," orphanage, Operation Hand-Clasp, History, Gulf War, 1990-91, Navy | This is an inspirational story of how United States Sailors and Chilean orphans together found joy in rain puddles left after a Spring rain storm. | Wollom | Jensen |
| 16 | <i>Too Many Children</i> | 304 | Foster children, 7 kids with oldest 10 years old, 7 children with oldest 8 years old | In Kathy Gerst by "Too Many Children" is about people becoming very judgmental when they see so many children in one family, but once they realized their background the critical women suspended their judgment and become supportive. | Kathy | Gerst |
| 17 | <i>You Get What You Give</i> | 338 | 8-year-old, Racism, Prejudice, Ku Klux Klan, apology, reconciliation | "You Get What You Give" by Terri Akin is about a little town which invited back its first black family 40 years later to apologize for the prejudice and racism they endured. A white neighbor recalls how the family was very kind to her regardless of the racism they faced while they were new in the area. | Terri | Akin |
| 18 | <i>Be Careful What You Teach Them</i> | 61 | 3rd-grader, new boy in school, free lunch, embarrassed | David Diamond's touching story "Be Careful What You Teach Them" is about how a person's family teachings is reflected in their child's giving of her lunch to a needy classmate. | David | Diamond |
| 19 | <i>From Angry Kid to Peace-Prize Winner</i> | 41 | 7 years old through High School, History, WWII, Internment Camps, racism, Japanese | Wayne Sakamoto shares his amazing journey from being an at-risk-youth to a conflict resolution negotiator with troubled teens in "From Angry Kid to Peace-Prize Winner." | Wayne (as told to Barbara Smythe) | Sakamoto |
| 20 | <i>PK's Mission</i> | 33 | 3rd-grader, Grieving, Peer Mediation | Roberta and Warren Heydenberk's story is entitled PK's Mission. After PK's mother was shot and killed, PK decided to join a peer mediation group to help stop violence. | Roberta and Warren | Heydenberk |
| 21 | <i>If You're Angry And You Know It...Remember Henry!</i> | 278 | 4th grader, K-5th graders, Anger Management, feelings, positive choices | Linda K. Williams' story "If You're Angry And You Know It...Remember Henry! " is about a teacher who helps Henry channel his anger in positive directions. | Linda K. | Williams |
| 22 | <i>One Child</i> | 120 | 4th grader, teenage brother murdered, singer, Teacher of the Year | "One Child" by Regina Hellinger is about how a teacher through her dedication was able to positively impact the life one of her students who was suicidal. | Regina | Hellinger |
| 23 | <i>The Impossible Dream. . .</i> | 9 | Hungry children in Spain, children in Dan West's family and life ages 1 and up plus teenagers, Heifer International, History, Spanish Civil War 1937-38, Red Cross, hunger relief, | Florence Crago's story "The Impossible Dream...." is about Dan West, who worked for the Red Cross to feed hungry children during the civil war in Spain. Upon returning to the United States he comes up with the idea to ship cows to Spain to provide milk for the hungry children, which resulted in an organization -- Heifer International -- which has saved and enriched millions of lives. | Florence | Crago |
| 24 | <i>A Bully's Transformation in Room 7</i> | 140 | 5th graders, Bullying, "Don't Laugh at Me" | Kristin Krycia's "A Bully's Transformation in Room 7" is about a school counselor who helped students stop bullying their classmates by letting them set small achievable goals and informing the parents of one student about his accomplishments. | Kristin | Krycia |
| 25 | <i>Innovation 101</i> | 232 | 10-year-old, family, world hunger | In Joanne Klassen's "Innovation 101" a ten-year-old inspires her family to cut back on groceries and use their own grocery money for one week to feed a starving family. | Joanne | Klassen |
| 26 | <i>Seeds of Justice, Seeds of Hope</i> | 360 | "three little boys," 11-year-old | "Seeds of Justice" by Anna Maria Carter is about how a woman made a difference in her community through her garden which began the process of beautifying her community. | Anna Marie | Carter |
| 27 | <i>And A Little Child Will Lead Them</i> | 45 | 11-year-old, racism, crime, History, 1967 Detroic, MI, Mennonites, Nonviolence, | Eric Kolbell story "And A Child Will Lead Them" shares about a young child whose idea assisted in protecting many families during a time of civil unrest in downtown Detroit. | Eric | Kolbell |

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| 28 | <i>The Bath-Time Battle</i> | 101 | 12-year-old boy, brain damage, sang, nurse, respect | Joyce Seabolt shares how a nursing student created peace with a 12-year-old boy with brain damage. In her story "The Bath-Time Battle" she talks about how the first bath time was war, but over time the nurse learned to soothe him and succeeded. | Joyce | Seabolt |
| 29 | <i>A Child Survivor and Her Hero</i> | 14 | 12-year-old, History, WWII, Holocaust, Nazis, Jewish, Swedish, Christian, Hungary, Raoul Wallenberg, Interfaith | Ilene Munetz-Pachman story "A Child Survivor and Her Hero" is about Raoul Wallenberg who saved thousands of Jewish people during the Holocaust, including her friend Vera. | Ilene | Munetz-Pachman |
| 30 | <i>He Achieved the Impossible with a Little Help from His Friends</i> | 334 | Iqbal Masih, 4 years old to 12 years old, Pakistan, Toronto, Canada, enslaved children. Craig Kielburger, compassion, justice, exploitation of child workers, human rights activists, Free the Children | In "He Achieved the Impossible with a Little Help from His Friends" by Cynthia Kersey, we learn how the tragically short life of Pakistani child laborer Iqbal Masih inspired and enflamed 12-year-old Canadian Craig Kielburger to become a human rights activist whose organization Free the Children --begun with his classmates-- has improved the lives of millions of children. | Cynthia | Kersey |
| 31 | <i>I'm Gonna Write it on the Agenda!</i> | 269 | 13-year-old, also 4-and 7-year-old, conflict resolution, decision making, Anger Management, impulsivity, Family Meetings | In "I'm Gonna Write it on the Agenda!" by James McGinnis is about an authoritarian father who learns that putting issues on the family meeting agenda gave his family an outlet to deal with problems. | James | McGinnis |
| 32 | <i>Truth at a Tender Age</i> | 130 | 7th grade, jealousy, threats | Gerry Dunne's "Truth at a Tender Age" is about a young girl in fear of her attacker who bravely told the truth about not acting out of cultural discrimination, which eventually opened the foe's heart for reconciliation. | Gerry | Dunne |
| 33 | <i>Redemption</i> | 105 | 14-year-old, gang initiation, 20-year-old college student, Muslim, forgiveness, reconciliation, Tariq Khamisa Foundation | "Redemption" by Azim Khamisa is about a grieving father who eased the pain of his son's murder by meeting the killer's parents and starting a foundation with them to direct youth away from violence. | Azim | Khamisa |
| 34 | <i>Consider Me Your Bird</i> | 53 | 14 years old, History, 1950's Vietnam, war, hungry children, donations of handfuls of rice | "Consider Me Your Bird," is the touching story of how a young girl, Sister Chan Khong, was able to find a way to help relieve the suffering and hardship she witnessed in her war-torn homeland of Vietnam by simply collecting a handful of rice from all who were willing to help feed the hungry children. Even a child can make a difference! | Chan (as told to Barbara Smythe) | Khong, Sister |
| 35 | <i>The Spirit War Can't Destroy</i> | 209 | 12-year-old till 16-year-old, History, 1992, Sarajevo, Bosnia-Herzegovina, Interfaith, religions, prejudice, war, Orthodox Serbs, Muslims, Christians, Jews | In "The Spirit War Can't Destroy," Nadja Halilbegovich tells of the horrors of the war that came to her beautiful homeland of Bosnia-Herzegovina in 1992, fueled by religious intolerance. She also shares how her wounds began to heal after emigrating to the USA to live with a host family. She dedicates herself to speaking out about what happens when intolerance explodes violently. | Nadja | Halilbegovich |
| 36 | <i>Choosing Your Attitude</i> | 285 | 15-year-old, revenge, different perspective, beauty, community | "Choosing Your Attitude" by Ellie Porte is about a family's choice to be resourceful and resilient in the face of anger. Their resiliency created a work of beauty. | Ellie | Porte |
| 37 | <i>The Voice of the Future</i> | 353 | 16-year-old, Liberia, Child Soldiers, Search for Common Ground | "The Voice of the Future" by Philip M. Hellmich is about a Liberian child who gave a voice to children all over the world to express their hopes and fears. | Philip M. | Hellmich |
| 38 | <i>Hulk Heaven</i> | 156 | High School, writing, discipline | Dee Montalbano's story "Hulk Heaven" is about how a high school English teacher used 3-minute writing exercises in the beginning of her class to inspire her students, thus creating a more open classroom environment. | Dee | Montalbano |
| 39 | <i>The Writing on the Wall</i> | 17 | gangs, high school | Karen Waldman's story "The Writing on the Wall" shares a story of how writing on the walls of a school showed the teachers that there was hope reaching the students from rival gangs in the alternative school. | Karen | Waldman |
| 40 | <i>One Cookie at a Time</i> | 237 | High-school students, baking since age 3, confronting, transforming initiative | Sylvia's story is about her Grandmother's inspiration as a little girl to share love with other people by making cookies and delivering them to their homes. In memory of her Grandmother combined with her own life experience, she became the "Cookie Fairy", and the cookie adventures began. | Sylvia | Leighton |

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| 41 | <i>Going Home on the D Train</i> | 2 | High School, 17-year-old, Post 9-11, song, music, homeless | In "Going Home on the D Train" by Simone McLaughlin, a group of strangers on a train in post-9-11 New York City are moved and connected by the gift of song offered first by a boisterous High School soccer team, and then by a talented homeless person. | Simone | McLaughlin |
| 42 | <i>Their Bullet, My Life</i> | 240 | 17-year-old, gangs, drugs, paralyzed, wheelchair, high school, football, gun violence | Cruz Carrasco's "Their Bullet, My Life" a young man's is paralyzed when he is shot due to his choices and he lost his dream of playing football. His renews his hope by helping people make better choices as a result of the effects of his choices. | Cruz | Carrasco |
| 43 | <i>The Boy Who Believed in Peace Through Love</i> | 205 | high school, gangs, Conscientious Objector, Moral Rearmament, Vietnam | In "The Boy Who Believed in Peace Through Love" Karen Alexander shares about a boy's quest of achieving peace through love during wartime and afterwards gave many people fulfillment through his actions as a Conscientious Objector. | Karen | Alexander |
| 44 | <i>Forgiveness Is Not A Legal Matter</i> | 253 | 17-year-old, 19-year-old, History, 1971, 1983, racism, Ku Klux Klan | Julie Madsen in "Forgiveness is not a Legal Matter" shares about how after being convicted, a teenage Klansman speaks about his mistake and asks the teen-aged victim's family to forgive him. | Julie | Madsen |
| 45 | <i>Pets Teach Peace</i> | 290 | Teenager/ Adolescent, Pets, children, spanking, nonviolence | In "Pets Teach Peace", Sara Spence shares how to prove a point about nonviolence towards children, a professor trained his dog by using verbal communication as a means of discipline. | Sara | Spence |
| 46 | <i>A Lesson in Forgiveness</i> | 302 | "son" (age not given), Racism, gay/homosexual, prejudices, forgiveness | "The Lesson in Forgiveness" by Adrienne Bowes about how the choice to forgive helped to heal anger from racism and created a spirit of love. | Adrienne | Bowes |
| 47 | <i>I was Ready to Fight</i> | 198 | History, 18 years old, Conscientious Objector, Taiwan, Communism | In "I was Ready to Fight" Palmer Becker tells the story of how a man acted on his religious belief of not fighting in war to make a positive contribution as a conscientious objector (CO). He then defended a new senator under attack from war veterans who discovered the new senator was also a CO. | Palmer | Becker |
| 48 | <i>A Risky Ride for Freedom</i> | 127 | 18-year-old, History, Freedom Riders, Civil Rights | "A Risky Ride for Freedom" by Bob Filner is a story about black and white students who risked their lives to change the history of racism and segregation in America. | Bob | Filner |