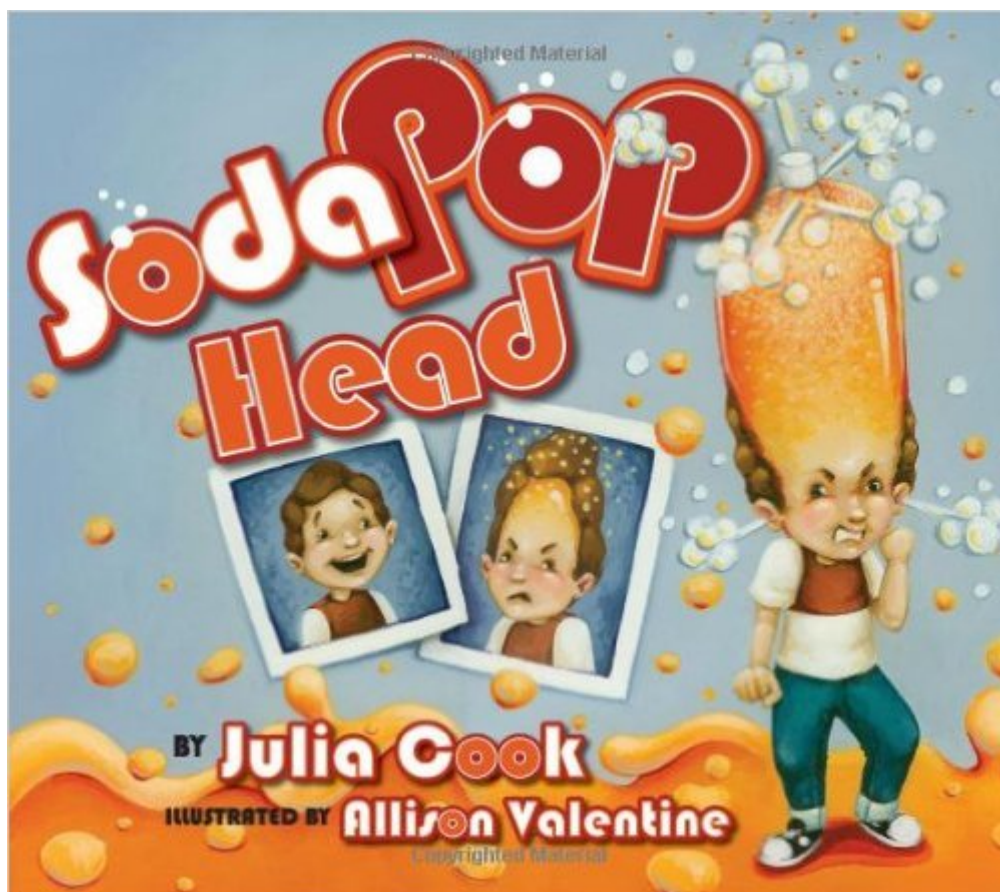


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# Soda Pop Head



## 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: 4.8 out of 5 stars [See all reviews](#) (49 customer reviews)

Best Sellers Rank: #11,353 in Books (See Top 100 in Books) #18 in [Books > Education & Teaching > Schools & Teaching > Counseling](#) #107 in [Books > Education & Teaching > Schools & Teaching > Education Theory](#) #184 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

I used this in school with first and second graders. They easily identified with it and found it useful in realizing that they must not be like Soda Pop head.

My son is a Soda Pop Head and was able to relate to this story easily. It had great tips on how to help him relax before he blew his top. It also helped him understand how his behavior affects others.

I used this book with my schoolager class as a part of a series to address some social/emotional

issues we were having in the classroom (especially handling anger!) The kids asked me to read it a couple of times and several even read it to themselves afterwards. We keep hearing "Soda Pop Head" around the classroom. To further illustrate the point, we made a visual using a soda bottle with orange colored water and drew an angry face on it. We left it out in our classroom next to the book. They look at it daily. Today (about 2 wks after we read the book) one student asked if she could bring in a "mint bomb" to illustrate the "fizz" in Soda Pop Head. I love these books by Julia Cook and intend to get them all for my classroom!!!

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 book has been a fantastic resource for the elementary school counselor. I have used it in classroom guidance lessons and with individual students. The analogy of explaining anger like a bottle of pop is easy to understand and has been grasped by my students in kindergarten all the way to third grade. So many kids will come up to me in the halls and talk to me about this book or ask me to read it to them again!

My son is a very bright 6-year old. He is also very sensitive. He felt shamed by this book. The children in the book make fun of Soda-Pop Head, the lead character who has the explosive anger issue. They taunt and tease him with a sing-songy rhyme. My son told me to sell the book and he would never look at it again. He ran and hid in the next room and cried. He does not like having angry outbursts. He needs guidance and tools, not shame. I was very disappointed.

This book has really helped my students learn to deal with their feelings of anger and frustration. After reading the book and completing a lesson my students actually started using some of the strategies from the story.

I counsel children and this book will be a great tool to use to help children understand anger. If you work in the mental health field, I highly recommend Julia Cook's children's books. Great bibliotherapy tool!

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