

# 2026 Self Management in stories

Books to support Social  
and Emotional Learning

# Self Management in stories

## Contents

### **Middle Grade**

|               |   |
|---------------|---|
| Paddle Battle | 4 |
| Rugby Rivals  | 5 |
| Rugby Rookies | 6 |

### **High School**

|                       |   |
|-----------------------|---|
| No Known Address      | 8 |
| The Hoop and the Harm | 9 |

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# Middle School

Books to support Social  
and Emotional Learning



**ISBN:**9781459416239

**Imprint:**Lorimer

**Publication Date:**2021-08-24

**Social Emotional Skill:**  
Self Management

## **Paddle Battle**

(by Eric Howling)

A 13-year-old kayaker struggles with anger and self-blame after his parents' divorce, but finds emotional strength and renewed focus through his teammates amid wildfire threats.

### **More about the book:**

Set against a backdrop of the threat of wildfires on the West coast, this book looks at the effect changes at home can have on a young athlete's performance and the emotional support a team can provide. Thirteen-year-old kayaker Finn has been angry and resentful since his mother left the family. In a highly charged emotional state, Finn's performance is not only suffering, but he is also taking things out on his teammates. Like the wildfires that threaten Finn's training camp, this book shows how new beginnings arise after a destructive event.

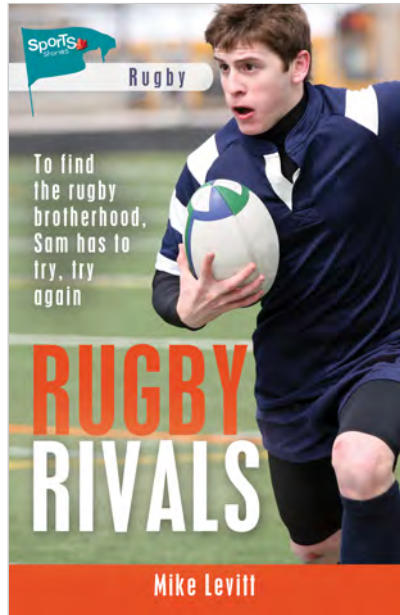


ERIC HOWLING is the author of ten books including *Head Hunter*, *Red Zone Rivals*, *Hoop Magic*, and *Run and Gun* in the Lorimer Sports Stories series. His books have been shortlisted for the Hackmatack Children's Choice Book Award, named *Resource Link's* Year's Best and picked as CCBC Best Books selections. Eric lives and plays sports in Calgary, Alberta

### **Praise**

*"The author explores what this young teen goes through when faced with the breakdown of his parents' marriage ... Finn's character arc is well rounded. The realities of climate change and wildfires and their impacts on the younger generation are also seamlessly woven into the story."*

— Kirkus Reviews



**ISBN:**9781459414921

**Imprint:**Lorimer

**Publication Date:**2020-02-04

**Social Emotional Skill:**  
Self Management

## Rugby Rivals

(by Mike Levitt)

A rugby player has trouble fitting in at his new school, and with his new teammates. After lashing out and hurting a teammate in an unsporting way he struggles to learn valuable lessons about teamwork, and regain his sense of integrity and purpose on the rugby field.

### More about the book:

Sam's grandfather, Pops, always taught Sam that the most important aspects of rugby are sportsmanship and teamwork. But that's hard to remember when Sam's school is shut down and he transfers to Rosedale Heights.

Sam feels like he's alone against the world trying to prove himself — and failing. He has trouble fitting in with the snobby Rosedale team. In an act of retaliation, Sam breaks a teammate's nose, and he knows he's lost sight of what rugby is supposed to be about.

All seems lost when Sam gets kicked off the team under suspicion of stealing. Can Sam prove his innocence and get back in play for the highly anticipated England game?

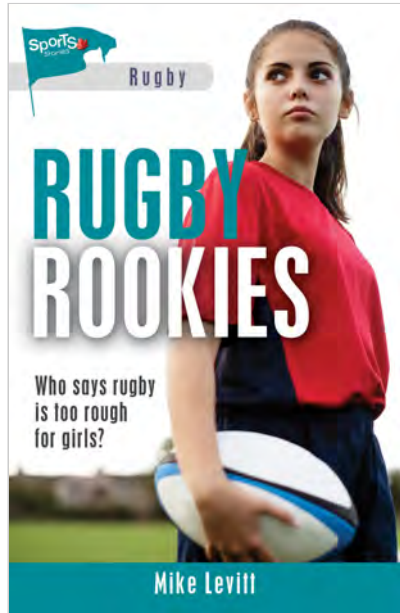


MIKE LEVITT is the award-winning author of *Rugby Rivals* and *Rugby Rookies*. A lifelong rugby player and coach, he works as a mental health clinician with the Xaxli'p people and supports the local 2SLGBTQI+ community through two-spirit youth events and the *Lillooet Life Stylz* newsletter. He lives in Kamloops, BC.

### Praise

"... the in-depth game play will attract sports fans."

— School Library Journal



**ISBN:**9781459415720

**Imprint:**Lorimer

**Publication Date:**2021-02-16

**Social Emotional Skill:**  
Self Management

## Rugby Rookies

(by Mike Levitt)

A teen girl faces her fears and proves her strength in forming a girls' rugby team, overcoming challenges and defying everyone's expectations of her and her teammates.

### More about the book:

Highlighting rugby, the fastest growing sport in America, this book tackles the issue of girls playing full-contact sports. Maddy and her friends are a small town group determined to form a girls' junior rugby team while they navigate learning both the rules of the game and the rules set out by the school board. The adults are concerned about the girls' safety and even Maddy worries that she is too small for the rough game. But the persistence of the diverse group of girls wins the day and the book becomes a celebration of the empowerment and self-esteem young girls get from participating in sports.



MIKE LEVITT is the award-winning author of *Rugby Rivals* and *Rugby Rookies*. A lifelong rugby player and coach, he works as a mental health clinician with the Xaxli'p people and supports the local 2SLGBTQI+ community through two-spirit youth events and the *Lillooet Life Stylz* newsletter. He lives in Kamloops, BC.

### Praise

*"Deftly deals with the topic of women in full-contact sports."*

— School Library Journal

# High School

Books to support Social  
and Emotional Learning



**ISBN:**9781459415546

**Imprint:**Lorimer

**Publication Date:**2020-09- 15

**Social Emotional Skill:**  
Self Management

## **No Known Address**

(by Steven Barwin)

A teen from a well-to-do, but abusive Victoria family finds himself homeless after facing false accusations. He navigates family abuse, homelessness, and the search for safety and belonging, eventually finding a supportive situation.

### **More about the book:**

Teen homelessness is not always connected to poverty and crime. Sometimes there's more to the story. *No Known Address* follows a teen named Tyler from a privileged family in Victoria, British Columbia, who is kicked out of his home by his abusive dad after being blamed for bringing prescription narcotics to a party. This novel brings to light the serious nature of verbal and emotional abuse and how difficult it is to be understood and access support in such circumstances.

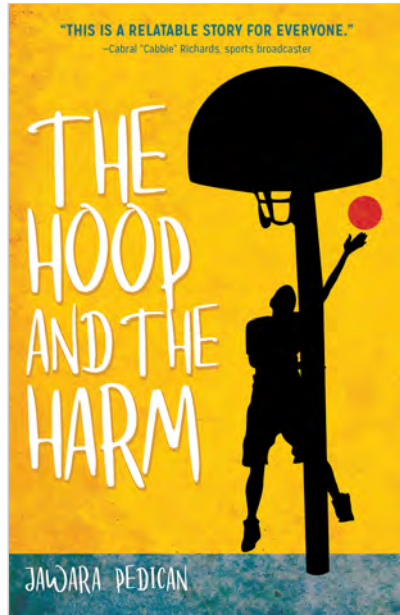


STEVEN BARWIN is a high school teacher. He is the author of several books in the Lorimer Sports Stories series including *Spiked*, which was Resource Links' Year's Best book, *Icebreaker* and *Slam Dunk*, both of which were named Best Books for Kids and Teens by the Canadian Children's Book Centre. He is also the author of the teen novel *Trap Jam*. Steven lives in Thornhill, Ontario.

### **Praise**

*"A thought-provoking problem novel about a teen's journey to find a safe place to call home."*

— Kirkus Reviews



**ISBN:**9781459417151

**Imprint:**Lorimer

**Publication Date:**2023-04-04

**Social Emotional Skill:**  
Self Management

## The Hoop and the Harm

(by Jawara Pedican)

A student athlete has to navigate the pressures of family expectations, manage his mental health, and search for his true passion through the transformative power of basketball.

### More about the book:

Udoka Clendon is a first-year university student and a product of basketball systems that have produced professional players.

From very young, he's been pushed relentlessly by his family on a troubling pursuit for an athletic scholarship. He is burdened by expectations and self-doubt. Udoka tries to reignite his passion for the game. Now, he's been given a final opportunity at the city-wide tournament to rediscover his confidence and his sense of purpose—all of which he fears he has lost forever.

With clarity and poetic style, drawing on his own time as an elite sports prospect, Jawara Pedican shows the trials and traumas of becoming fixated on a dream of sports stardom.



Alliston, ON.

JAWARA PEDICAN played on various university varsity basketball teams in Canada. He is a kinesiologist and more recently a medical editor for a life sciences marketing agency headquartered in Toronto. He lives in

### Praise

*"A sincere, inspiring look at dealing with and overcoming self-doubt..."*

— Kirkus Reviews

# 2026 Social Emotional Learning Catalogue

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