

Let's
read
about



EMOTIONS



It's Okay to Feel this Way

by Sara Biviano
(E Parents Biviano, S)

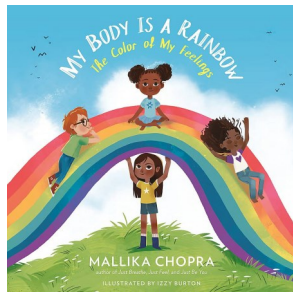
I'm Happy-Sad Today

by Lory Britain
(E Parents Britain, L)

All About Feelings by Felicity Brooks
(E Parents Brooks, F)

My Body is a Rainbow

by Mallika Chopra
(E Parents Chopra, M)



Theo's Mood

by Maryann Cocca-Leffler
(E Parents Cocca-Leffler, M)

Daniel's Little Songs for Big Feelings

(E Parents Daniel Tiger)



How Are You Peeling?

by Saxton Freymann
(E Freymann, S)

Search Your Feelings

(E Star Wars)

The Color Monster by Anna Llenas (E Llenas, A)

Out of a Jar by Deborah Marcerio (E Marcerio, D)

The Happy Book! And Other Feelings

by Andy Rash (E Rash, A)

Grumpy & Angry



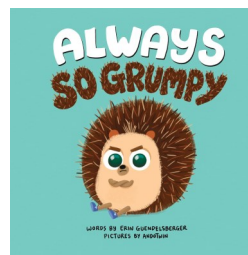
Even Superheroes Have Bad Days
by Shelly Becker (E Becker, S)

This Makes Me Angry
by Courtney Carbone
(E Reader Carbone, C)

The Grumbles by Tricia Goyer
(E Parents Goyer, T)



Always So Grumpy by Erin Guendelsberger
(E Guendelsberger, E)



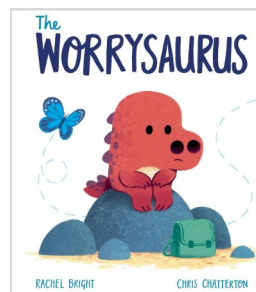
Grumpy Monkey
by Suzanne Lang (E Lang, S)

Ravi's Roar by Tom Percival
(E Parents Percival, T)

The Bad Mood and the Stick
by Lemony Snicket (E Snicket, L)

Grumpy Bird by Jeremy Tankard (E Tankard, J)

Worry & Fear



The Worrysaurus
by Rachel Bright (E Bright, R)

This Makes Me Scared
by Courtney Carbone
(E Reader Carbone, C)

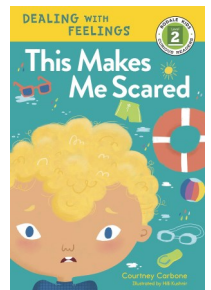
Anxious Andy by Adam Ciccio
(E Parents Ciccio, A)

Donut Worry by Christianne Jones
(E Parents Jones, C)

I Am (Not) Scared by Anna Kang
(E Kang, A)

Ruby Finds A Worry
by Tom Percival
(E Parents Percival, T)

I Used to Be Afraid by Laura Vaccaro Seeger
(E Seeger, L)



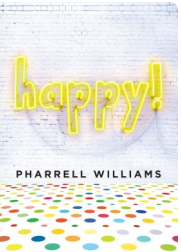
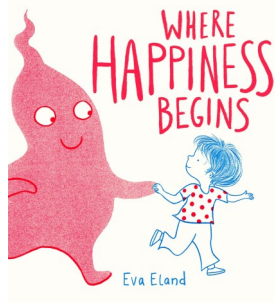
Happy



This Makes Me Happy
by Courtney Carbone
(E Reader Carbone, C)

This Makes Me Silly
by Courtney Carbone
(E Reader Carbone, C)

Where Happiness Begins by Eva Eland
(E Eland, E)



Mr. Happy by Roger Hargreaves
(E Hargreaves, R)

Happy! by Pharrell Williams
(E Williams, P)

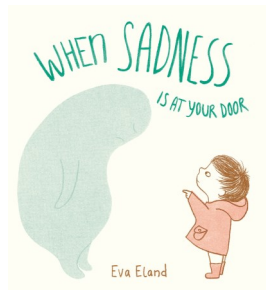
Sad



This Makes Me Sad
by Courtney Carbone
(E Reader Carbone, C)

The Pout-Pout Fish
by Deborah Diesen
(E Diesen, D)

When Sadness Is At Your Door by Eva Eland
(E Eland, E)



And More!

I'm Bored by Michael Ian Black (E Black, M- Bored)

Too Shy for Show-And-Tell by Beth Bracken
(E Bracken, B- Shy)

Flare by Kallie George
(E Reader George, K- Showing Emotions)

Can You See Me? by Gökçe Irten
(E Irten, G- For when you're feeling small)

The Boy With Big, Big Feelings by Britney W. Lee
(E Lee, B- Having big emotions)

The Invisible Boy by Trudy Ludwig
(E Ludwig, T- Lonely)

The Boring Book by Shinsuke Yoshitake
(E Yoshitake, S- Bored)

Resources on Emotions and Mindfulness

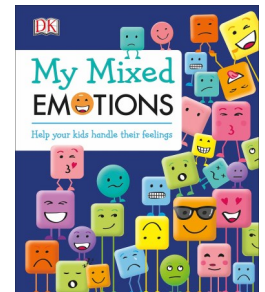


Checking In by Emily Arrow
(E Parents Arrow, E- Managing Big Emotions)

I Am A Peaceful Goldfish
by Shoshana Chaim
(E Parents Chaim, S- Managing Big Emotions)

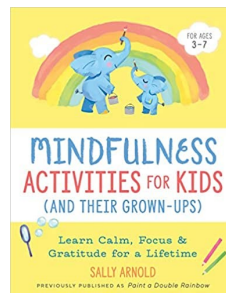
My Mixed Emotions: Help Your Kids Handle Their Feelings by Elinor Greenwood
(j 152.4 G816m)

Understanding Myself: A Kid's Guide to Intense Emotions and Strong Feelings by Mary Lamia
(j 152.4 L231u)



Why Do I Feel So Worried? A Kid's Guide to Coping with Big Emotions by Tammi Kirkness
(j 152.46 K596w)

Sometimes I'm Anxious by Poppy O'Neill
(j 152.46 O587a)



Mindfulness Activities for Kids (and their Grown-Ups)
by Sally Arnold (j 158.1 Ar656)

Calm: Mindfulness for Kids
by Wynne Kinder (j 158.1 K575c)

Mindful Me: Mindfulness and Meditation for Kids
by Whitney Stewart (j 158.1 St499m)

Breathe like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere
by Kira Willey (j 158.1 W669)