

J 152.46 Brochmann—***A Feel Better Book for Little Worriers***

Provides young children with tools for dealing with feelings of anxiety, such as breathing deeply or replacing worry with happy thoughts.

J 155.4124 Willard—***Breathing Makes It Better : A Book For Sad Days, Mad Days, Glad Days, And All The Feelings In-Between***

Offers guidance on helping children learn how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness.

J 155.4182 Brukner 2014—***The Kids' Guide to Staying Awesome and in Control***

Provides tips and tricks to help children regulate their emotions and senses.

J 155.433 Madison —***The Feelings Book: The Care & Keeping of Your Emotions***

Discusses a variety of emotions girls might experience and suggests ways of dealing with them.

J 158.12 Stewart 2015— ***Meditation is an Open Sky: Mindfulness for Kids***

Provides nine simple mindfulness exercises designed to manage stress and emotions.

J 158.2 Sileo 2017—***A World of Pausabilities: An Exercise in Mindfulness***

Offers a gentle reminder to stop and enjoy the moments we might normally miss, and tips on finding ways to cope when emotions are hard to handle.

170 Metzger—***The Way I Act***

Rhyming text and color illustrations introduce young readers to ways in which children exemplify positive behaviors.



J 179.6 Eason 2016—***Chin Up, Charlie: Be Brave!***

Explores the story of a child facing dilemmas about different social situations, the choices he or she makes and the consequences of those choices.

For Parents

J 155.332 Baldoni 2022—***Boys Will Be Human: A Get-Real Gut-Check Guide to Becoming the Strongest, Kindest, Bravest Person You Can Be***

Highly designed and filled with activities, sidebars, and inspirational quotes, this book is the perfect social-emotional learning tool for parents and educators to jump-start conversations about masculinity with the boys in their lives.

J 155.419 Baraz 2017—***Awakening Joy for Kids: A Hands-On Guide for Grown-ups to Nourish Themselves and Raise Mindful, Happy Children***

J 649.1 Doyle 2017—***Mindful Parenting: Find Peace and Joy Through Stress-free, Conscious Parenting***

155.4124 Katz 2022—***The Emotionally Intelligent Child: Effective Strategies for Parenting Self-Aware, Cooperative, & Well-Balanced Kids***

The Emotionally Intelligent Child offers a groundbreaking approach for understanding children's behavior in the context of their development, as well as tips for parenting with patience, and actionable strategies for helping kids cultivate emotional intelligence

649.1 Khanna 2021— ***The Resilience Recipe: A Parent's Guide to Raising Fearless Kids in the Age of Anxiety***

Help your child face all of life's challenges with confidence. Based on the innovative Coping Cat program, this book offers a proven-effective "recipe" for raising resilient kids!



Updated: January 2024

All Kinds of Feelings

Social-Emotional Learning: Picture Books and Non-Fiction



CITY OF *Salem*
AT YOUR SERVICE

Salem Public Library

585 Liberty St SE • Salem, OR

Youth Services Division

503-588-6315

www.cityofsalem.net/library



Picture Books

Adelman, Hallee. **Great Big Feelings Series**
Way Past Jealous
Way Past Sad
Way Past Sorry
Way Past Worried



Amen, Daniel. **Captain Snout and the Super Power Questions: Don't Let the ANTs Steal your Happiness**

Captain Snout reveals the super power questions that can rid us of our automatic negative thoughts (ANTs).



Bender, Rebecca. **How Do You Feel?**

A sweet and poetic concept book for preschoolers that explores feelings both tactile and emotional.

Clark, M.H. **Tiger Days: A Book of Feelings**
Compares powerful emotions to animals to help with recognizing feelings.

Kang, Anna. **I Am (Not) Scared**

Two fuzzy creatures go to an amusement park and discover that being frightened may not be as scary as one thinks.

Kris, Deborah. **You Have Feelings All the Time**
Demonstrates that we all have feelings and that emotions are a healthy, normal part of life.

Lambert, Jonathan. **The Big Angry Roar!**
Baboon teaches Cub how to curb his anger.

Llenas, Anna. **The Color Monster: A Story about Emotions**

An adorable monster learns to sort and define his mixed up emotions, helping him to gain self-awareness and peace.

Magoon, Scott. **Breathe**

Provides exercises on breathing deeply along with the whale to practice relaxation.

Milgrim, David. **Wild Feelings**

Explores the normal, natural feelings we all have.

Nance, Andrew Jordan. **The Barefoot King**
A delightful fable accompanied by a short guide to jump-start discussions on handling life's challenges in a healthy way.

O'Leary, Wendy. **The Monster Parade: A Book about Feeling All Your Feelings and then Letting Them Go**

The Parade helps children acknowledge and manage big feelings.

Penfold, Alexandra. **Big Feelings**

Kids express a multitude of feelings and discover they are not alone.

Percival, Tom. **Big Bright Feelings**

Meesha Makes Friends

Milo's Monster

Perfectly Norman

Ravi's Roar

Ruby Finds a Worry

Tilda Tries Again



Rockwell, Lizzie. **How Do You Feel?**

Designed to help children and parents talk about feelings!

Rooks, Jo. **A Box of Butterflies**

Ruby describes emotions to her Robot, who doesn't know what they are or how they feel.

Vail, Rachel. **Sometimes I Grumblesquinch**

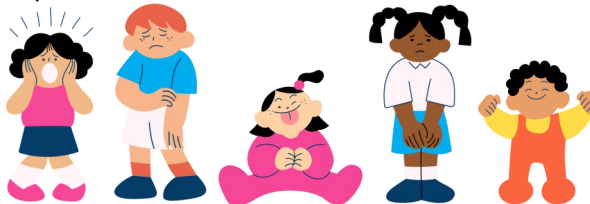
Katie learns an important lesson about holding in her feelings.

Walden, Libby. **Feelings**

A child experiences different emotions with each page turn, while his changing surroundings mirror his feelings.

Witek, Jo. **In My Heart: A Book of Feelings**

A young girl explores what different emotions feel like, such as happiness which makes her want to twirl, or sadness which feels as heavy as an elephant.



Illustrated Non-Fiction

J 152 Negley 2015—**Tough Guys: (Have Feelings Too!)**

Explains through simple text and colorful illustrations that tough guys have the same feelings as you and I.



J 152.4 Cain 2000—**The Way I Feel**

Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride.

J 152.4 Rubenstein—**Visiting Feelings**

Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to their feelings.

J 152.4 Sanchez 2013—**There are No Animals in This Book: (Only Feelings)**

Masterworks of contemporary art teach kids about feelings and how they can be expressed in art.

J 152.42 McCloud—**Fill a Bucket: A Guide to Daily Happiness for Young Children**

Provides a metaphor for a child's healthy self-concept and happiness, most often the result of the encouraging words and actions of caregivers who help a child know they are loved, valued, and capable.

J 152.46 Cook 2012—**Wilma Jean, the Worry Machine**

Wilma Jean worries about everything, so her teacher helps her figure out what worries she can control and those that she can't and what to do about both types of worries.

Everyday Feelings series by Kay Barnham

J 155.4124 Barnham—**Feeling Jealous!**

J 155.4124 Barnham—**Feeling Sad!**

J 155.4124 Barnham—**Feeling Scared!**

J 155.4124 Hughes 2022—**Don't Sweat It: How to Navigate Big Emotions**

Bright, cheerful illustrations paired with engaging photos and lively text make learning about emotions fun, while engaging activities put the social and emotional learning into action.