

BOOKS ABOUT FEELINGS

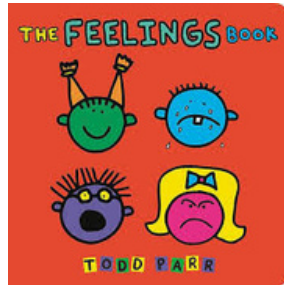


The Colour Monster *Anna Lleana*



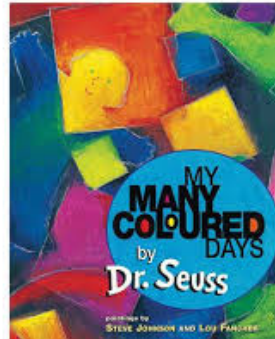
One day, Color Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour.

The Feelings Book *Todd Parr*



This simple board book helps explore what faces we make when we're feeling strongly. It helps kids practice noticing theirs and others' emotions.

My Many Coloured Days *Dr Suess*



This simple book uses colour as a metaphor for feelings

The Boy with Big Big Feelings *Britney Winn Lee*



This book is about a boy with feelings so big that they glow from his cheeks, spill out of his eyes, and jump up and down on his chest. The boy tries to cope by stuffing down his feelings, but with a little help the boy realizes his feelings are something to be celebrated.

In My Heart *Trace Moroney*



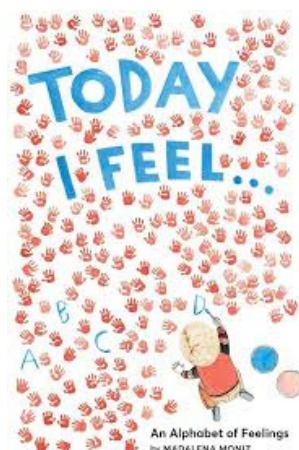
Happiness, sadness, bravery, anger, shyness ... this book describes the many feelings our hearts can have. This book beautifully explores many emotions and how they feel physically.

The Feelings Series *Trace Morone*



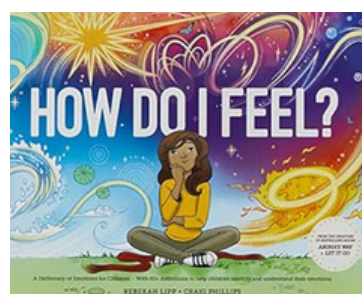
This series includes books exploring a range of emotions – angry, jealous, kind, scared, lonely and loved. A great resource for introducing children to emotions and strategies for expressing our feelings in ways that are safe for ourselves and others.

Today I Feel *Madalena Moniz*



A lovely ABC of feelings book that is helpful for starting conversations about emotions.

How Do I Feel? *Rebekah Lipp*

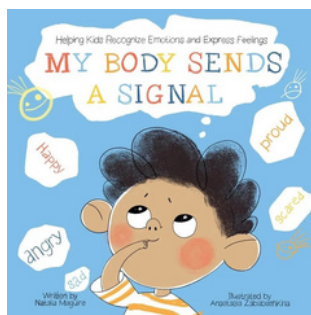


With over 60 definitions of emotions. Readers join Aroha and her friends as they share how different emotions might feel in the body and how each emotion might be helpful. This emotions dictionary is all about helping children find the words for how they truly feel.

BOOKS ABOUT FEELINGS FOR KIDS

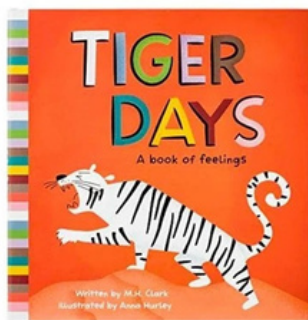


My Body Sends a Signal *Natalia Maguire*



This book will help you explain to your kids that emotions, the signals they get from their bodies, are linked to feelings. These feelings, whether positive or negative, are all perfectly fine, but they can be expressed differently.

Tiger Days *Susan Varley*



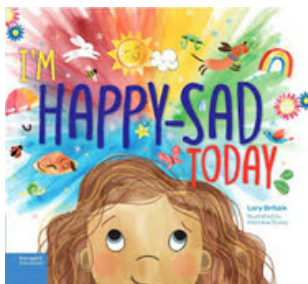
From tiger fierce to snail slow, there are lots of ways to feel and be. This colorful, rhyming book helps young readers understand their feelings and the ways those feelings change.

Feelings Inside My Heart and My Head *Libby Waldon*



In this beautiful book each feeling is depicted in an image, which conveys happening inside our hearts & heads when we experience that feeling.

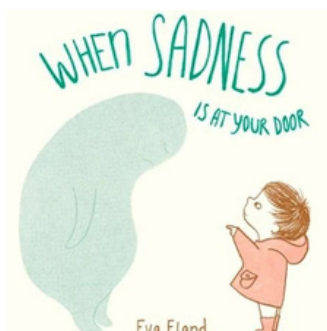
Happy-Sad Today *Lori Britian*



In this story a little girl talks about her layered feelings, ultimately concluding, "When I have more than one feeling inside me, I don't have to choose just one. I know that all my feelings are okay at the same time."

SPECIFIC FEELINGS

When Saddness Is At Your Door? *Eva Eland*



At the core of this book is the suggestion that we approach the feeling of sadness as if it is our guest. Reinforcing saddness is not good or bad it simply is ...

Lottie and Walter *Anna Walker*



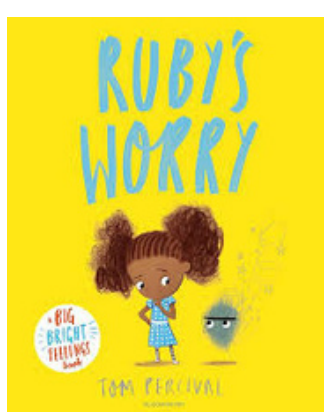
This book tells the story of Lottie who is afraid of getting in the water during swim lessons but learns that fear is big conquerable with support and courage.

The Red Tree *Shaun Tan*



This book for older children uses illustrations to explore depression and deep saddness and how they can at times feel overwhelming and inescapable.

Ruby's Worry *Tom Percival*

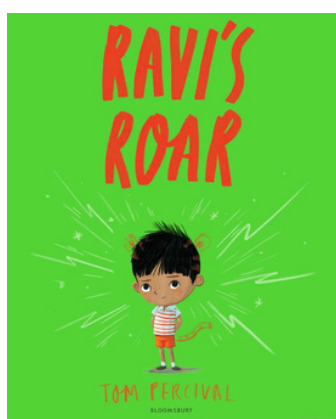


Ruby has a very small worry that slowly gets larger. It becomes so huge that it begins to overcrowd her happiness. At a park one day, she finds another child with a problem and feels compelled to speak to him. After talking with each other about their problems, they both begin to feel better.

BOOKS ABOUT FEELINGS

Ravi's Roar

Tom Percival



Another book in the brilliant Big Bright Feelings Series this book tells the story of a little boy called Ravi's big anger. Other titles include Perfectly Norman, Tilda Tries Again and Milo's Monster.

The Quiet Book

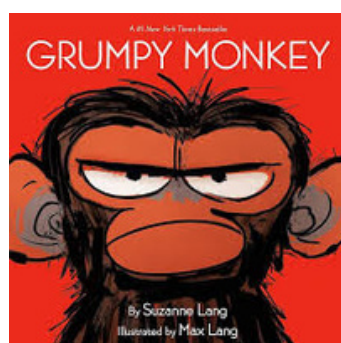
Deborah Underwood



This book explores the different types of quiet and invites discovery and discussion with children about the emotions behind each of the different kinds of quiet – be it nervousness, excitement, concern or silent awe.

Grumpy Monkey

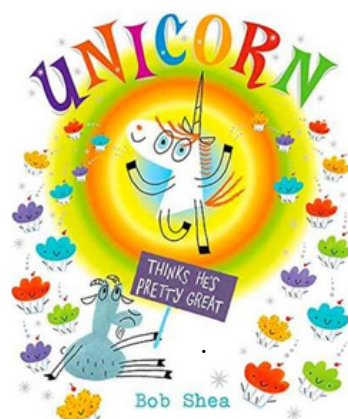
Suzanne Long



A book about accepting anger and frustration. Jim Panzee wakes up and nothing seems right. His jungle friends like Norman suggest that he might be grumpy but Jim insists he's NOT. . Later that day, Jim sits with Norman. "For now I need to be grumpy," he explains finally. To which Norman responds, "It's a wonderful day to be grumpy."

Unicorn Thinks He's Pretty Great

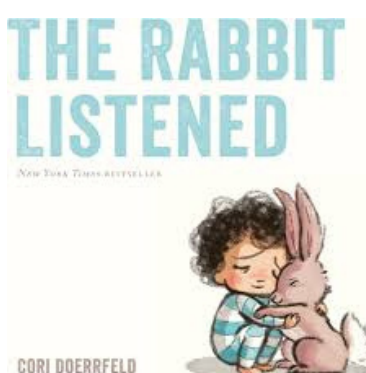
Bob Shea



In this simple book about jealousy goat feels out of sorts when Unicorn moves into the neighbourhood, Goat made marshmallow squares that almost came out right, but Unicorn made it rain cupcakes! But when Goat and Unicorn share a piece of pizza, Goat learns that being a unicorn might not be all it's cracked up to be.

The Rabbit Listened

Corey Doerrfeld



In this story we discover that Taylor has been through a very difficult time. And now he is surrounded by concerned friends who each tell him how he should feel and what he should do to start feeling better. But it is not until they have gone and a little rabbit comes and sits quietly by his side, that he begins to process his thoughts and start to think and feel on his own.

Movies

Inside Out and Inside Out 2 are incredible movies for helping kids understand emotions and how they can overtake our thoughts.

