

Children's books relating to emotional development and using appropriate means to meet needs

Compiled by Christiane Dufour, Educational consultant, LEARN

Band, Molly (2004). **When Sophie Gets Angry -- Really, Really Angry.** Scholastic, Inc.

Follows young Sophie, who gets so angry, she wants to smash the world to smithereens. She finds a way to cope with her emotions in a way that is universal.

Cain, Jana (2000). **The way I feel.** Seattle: Parenting Press.

Feelings come and feelings go. I never know what they'll be. Silly or angry, happy or sad- They're all a part of me! A delightful, word book of feelings that explain the world out there, as well as the world within.

Cook, Julia (2008). **My Mouth is a Volcano!** National Center For Youth Issues.

Available at http://catalog.ncyi.org/products/story_books/1155232514

Louis always interrupts! All of his thoughts are very important to him and when he has something to say, his words rumble and grumble in his tummy, they wiggle and jiggle on his tongue, and press firmly against his teeth, right before he ERUPTS (or interrupts). His mouth is a volcano! But when others begin to interrupt Louis, he learns how to respectfully wait for his turn to talk. Told from Louis' perspective, this story takes an empathetic approach to the habit of interrupting and teaches children a witty technique to help them manage their rambunctious thoughts and words. T his book is the first in the series Best ME I Can Be! to teach children social skills.

Emberkley, Ed (1997). **Glad Monster, Sad Monster: A Book About Feelings.** Little, Brown Books for Young Readers - Hachette Book Group.

Sometimes it's hard to tell someone that you are sad or happy, lonely or glad. This joyful and useful book enables children and adults to discuss feelings in an easy and nonthreatening way. By using the various masks that fold out from almost every page, everyone will find it easier to talk about the things that are making them glad or sad.

Litwin, Eric (2013). **Pete the Cat and His Magic Sunglasses.** New-York: Harper Collins Publisher

Pete the Cat wakes up feeling grumpy—nothing seems to be going his way. But with the help of some rockin' magic sunglasses from Grumpy Toad, Pete learns that a good mood has been inside him all along.

Litwin, Eric (2014). **Pete the Cat Saves Christmas.** New-York: Harper Collins Publisher

Despite Pete's ongoing anxieties about being too small for the job, there aren't any hiccups along the way, making for a gently off-kilter but fairly straightforward.

Bender, Rebecca (2010). **Giraffe and Bird**, Toronto: Dancing Cat Books.

It's true that getting along can be difficult, but Giraffe and Bird don't even try. A funny and slightly tender story of two enemies who eventually realize they are much better off together.

Katz, Karen (2002). **No Biting!** Penguin Group (USA) Inc.

Your little one will love learning to say NO to hitting- and biting and pushing and kicking and spitting- and YES to nice manners!

Parr, Todd (2009). **The Feelings Book**. Little, Brown Books for Young Readers - Hachette Book Group.

The Feelings Book vibrantly illustrates the wide range of moods we all experience. Todd Parr's pays special attention to the ever-changing, sometimes nonsensical emotions that we all feel. Targeted to young children first beginning to read, this book will inspire kids to discuss their multitude of feelings in a kid-friendly, accessible format, told through Parr's trademark bold, bright colors and silly scenes.

Dr. Seuss (1996). **My Many Colored Days**. New-York: Random House Children's Books

A lesser known Seuss classic about different emotions. Each day is given a color, based on emotion, presented in classic Seuss rhyme.

Spelman, Cornelia Maude (2000). **When I Feel Angry**. Park Ridge: Whitman, Albert & Company

Education about how to identify and handle our emotions (especially those that are unpleasant or frightening) is as important as other kinds of learning. In The Way I Feel Books, therapist Cornelia Maude Spelman uses simple and reassuring language to help young children understand and manage their feelings and relate successfully to others.

Urban, L. (2012). **Mouse Was Mad**. Scholastic. Inc.

The story of an angry mouse stomping through the forest trying to find the right way to be mad.

Viorst, Judith (1987). **Alexander and the Terrible, Horrible, No Good, Very Bad Day**. (2nd Ed.) Atheneum Books for Young Readers

From the time he wakes up until he goes to bed, Alexander gets the bad shake of the day, enough that he wishes to move to Australia.

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