

## BOOKS TO TEACH YOUNG CHILDREN ABOUT EMOTIONAL LITERACY

Emotional literacy refers to a child's ability to identify their emotions and also cope with them. It is essential that the adults in a child's life help them not only identify emotions but give children the tools they need to successfully handle them. As Lynne Abbot said "We should not teach children NOT to be angry, we need to teach them HOW to be angry." These books allow parents an opportunity to have a conversation with their child about emotions, what they look like and how people deal with them.

This list also includes a lot of books about loving one another as a family unconditionally. Books are a great way to bond and we hope you and your child can spend quality time together reading these books about love and families!

Take time to point out to your child how you are feeling and how you deal with it; for example, "I am frustrated with this, I am going to walk away and take 10 deep breaths." Talk about all emotions you feel: happy, sad, angry, jealous, excited, etc. Point out how your face looks or the how the face of others appear and try to identify the emotion they are feeling. This can be done in public, on TV or in books! ***This is not an exhaustive list.***

## FEELINGS

| Title  | Author                     | Recommended Ages |
|--|----------------------------|------------------|
| <b>A Little Spot of Feelings</b>               | Diane Alber                | Birth+           |
| <b>ABC Look At Me</b>                          | Roberta Grobel Intrater    | Birth+           |
| <b>"Baby Faces" Books</b>                      | Roberta Grobel Intrater    | Birth+           |
| <b>Baby Cakes</b>                              | Karma Wilson               | Birth+           |
| <b>Baby Faces</b>                              | Margaret Miller            | Birth +          |
| <b>Exactly You! The Shape of Your Feelings</b> | Sarah Krajewski            | Ages 6-11        |
| <b>Feeling Happy</b>                           | Ellen Weiss                | Ages 4-8         |
| <b>Feelings Ninja</b>                          | Mary Nhin                  | Ages 3-11        |
| <b>Feelings to Share From A to Z</b>           | Todd Snow                  | Ages 5+          |
| <b>Glad Monster Sad Monster</b>                | Ed Emberley & Anne Miranda | Ages 1-5         |
| <b>Grouchy Goose</b>                           | Betina Baptist             | Ages 3-7         |
| <b>Happy and Sad, Grouchy and Glad</b>         | Constance Allen            | Ages 4-7         |
| <b>How Are You Peeling? Food with Moods</b>    | Saxton Freymann            | Ages 5-8         |

|   |                      |          |
|---|----------------------|----------|
| <b>How Kind</b>   | Mary Murphy          | Ages 3-5 |
| <b>Hurty Feelings</b>   | Helen Lester         | Ages 5-8 |
| <b>I am Happy</b>   | Steve Light          | Ages 3-6 |
| <b>Little Big Feelings</b>  | Deb Mills            | Ages 4-7 |
| <b>Lots of Feelings</b>   | Shelley Rotner       | Ages 2-6 |
| <b>My Feelings Are Okay</b>   | Donielle Fagan       | Ages 3-5 |
| <b>Name These Feelings</b>  | Jennifer L. Trace    | Ages 3-7 |
| <b>On Monday When It Rained</b>                                       | Cheryl Kachenmeister | Ages 3-8 |
| <b>See How I Feel</b>   | Julie Aigner-Clark   | Ages 1-5 |
| <b>Smudge's Grumpy Day</b>  | Miriam Moss          | Ages 3-5 |
| <b>Taking a Bath with the Dog and Other Things That Make Me Happy</b> | Scott Menchin        | Ages 4-8 |
| <b>Tell Me Something Happy Before I Go to Sleep</b>                   | Joyce Dunbar         | Ages 3-7 |
| <b>The Boy with Big, Big Feelings</b>                                 | Britney Winn Lee     | Ages 4-7 |
| <b>The Feel Good Book</b>   | Todd Parr            | Ages 3-6 |
| <b>The Feelings Book</b>  | Todd Parr            | Ages 3-7 |
| <b>The Pigeon Has Feelings, Too!</b>                                  | Mo Willems           | Ages 2-6 |
| <b>The Pout Pout Fish</b>   | Deborah Diesen       | Ages 3-5 |
| <b>The Selfish Crocodile</b>  | Faustin Charles      | Ages 4-7 |
| <b>The Three Grumpies</b>   | Tamra Wright         | Ages 3-7 |
| <b>The Way I Feel</b>   | Janan Cain           | Ages 3-7 |
| <b>Today I Feel Silly</b>   | Jamie Lee Curtis     | Ages 3-8 |
| <b>Tough Guys Have Feelings Too</b>                                   | Keith Negley         | Ages 2-6 |
| <b>What I Look Like When I Am Confused</b>                            | Joanne Randolph      | Ages 5-8 |
| <b>What Makes Me Happy?</b>   | Toni Armier          | Ages 3-5 |
| <b>When I Feel Frustrated</b>   | Marcia Leonard       | Ages 2-6 |



## FEELINGS OF SELF CONFIDENCE

| Title  | Author                                 | Recommended Ages |
|--|--|------------------|
| <b>A Little Spot of Confidence</b>                         | Diane Alber                            | Ages 5-7         |
| <b>ABC I Like Me</b>                                       | Nancy Carlson                          | Ages 4-6         |
| <b>Amazing Grace</b>                                       | Mary Hoffman                           | Ages 4-8         |
| <b>Can You Keep Trying?</b>                                | Nita Everly                            | Ages 3-5         |
| <b>Confident Ninja</b>                                     | Mary Nhin                              | Ages 3-11        |
| <b>Don't Feed the Monster on Tuesday's</b>                 | Adolph Moser                           | Ages 9+          |
| <b>Howards B. Wigglebottom Listens to His Heart</b>        | Howard Binkow                          | Ages 4+          |
| <b>I Am Responsible!</b>                                   | David Parker                           | Ages 3-5         |
| <b>I Got This!</b>   | Steve Herman                           | Ages 4-8         |
| <b>I Want Your Moo</b>                                     | Marcella Bakur Weiner and Jill Neimark | Ages 4-8         |
| <b>I'm Gonna Like Me: Letting off A Little Self Esteem</b> | Jamie Lee Curtis                       | Ages 4-8         |
| <b>I'm In Charge of Me</b>                                 | David Parker                           | Ages 3-5         |
| <b>I'm NOT Just A Scribble</b>                             | Diane Alber                            | Ages 3-6         |
| <b>Stand Tall Molly Lou Melon</b>                          | Patty Lovell                           | Ages 3-8         |
| <b>Susan Laughs</b>  | Jeanne Willis                          | Ages 4-7         |
| <b>The Blue Ribbon Day</b>                                 | Katie Couric                           | Ages 4-8         |
| <b>The Little Engine That Could</b>                        | Watty Piper                            | Ages 3-7         |
| <b>The Very Clumsy Click Beetle</b>                        | Eric Carle                             | Ages 3-7         |
| <b>Too Loud Lily</b>                                       | Sophia Laguna                          | Ages 4-7         |
| <b>Whistle For Willie</b>                                  | Ezra Jack Keats                        | Ages 4-7         |
| <b>You Can Do It, Sam</b>                                  | Amy Hest                               | Ages 2-6         |



# ANGRY FEELINGS

| Title  | Author                 | Recommended Ages |
|--|------------------------|------------------|
| <b>A Little Spot of Anger</b>                                      | Diane Alber            | Ages 3-7         |
| <b>Alexander and the Terrible, Horrible, No Good, Very Bad Day</b> | Judith Viorst          | Ages 4-8         |
| <b>Andrew's Angry Words</b>  | Dorothea Lackner       | Ages 3-7         |
| <b>Angry Ninja</b>   | Mary Nhin              | Ages 3-6         |
| <b>Bootsie Barker Bites</b>  | Barbara Bottner        | Ages 4-8         |
| <b>Grouchy Goose</b>   | Betina Baptist         | Ages 3-7         |
| <b>Grumpy Monkey</b>   | Suzanne Lang           | Ages 3-7         |
| <b>How I Feel Frustrated</b>                                       | Marcia Leonard         | Ages 3-8         |
| <b>I Can Control My Anger</b>                                      | Dagmar Geisler         | Ages 3-6         |
| <b>I Choose to Calm My Anger</b>                                   | Elizabeth Estrada      | Ages 3-6         |
| <b>Lily's Plastic Purple Purse</b>                                 | Kevin Henkes           | Ages 3-7         |
| <b>Llama Llama Mad at Mama</b>                                     | Anna Dewdney           | Ages 2-5         |
| <b>Mouse Was Mad</b>   | Linda Urban            | Ages 3-7         |
| <b>My Angry Robot</b>  | Joey Acker             | Ages 4-8         |
| <b>That Makes Me Mad!</b>  | Steven Kroll           | Ages 4-8         |
| <b>Train Your Angry Dragon</b>                                     | Steve Herman           | Ages 3-6         |
| <b>When I Feel Angry</b>   | Cornelia Maude Spelman | Ages 5-7         |
| <b>When I Am Angry</b>   | Michael Gordon         | Ages 3-6         |
| <b>When I'm Angry</b>  | Jane Aaron             | Ages 3-7         |
| <b>When I'm Feeling Angry</b>                                      | Trace Moroney          | Ages 2-5         |
| <b>When Sophie Gets Angry, Really, Really, Angry</b>               | Molly Bang             | Ages 3-6         |



## SAD FEELINGS

| Title                               | Author                 | Recommended Ages |
|-------------------------------------|------------------------|------------------|
| <b>A Little Spot of Sadness</b>     | Diane Alber            | Ages 2-6         |
| <b>I'm Happy-Sad Today</b>          | Lory Britain           | Ages 3-8         |
| <b>Knuffle Bunny</b>                | Mo Willems             | Ages 3-6         |
| <b>The Very Lonely Firefly</b>      | Eric Carle             | Ages 4-7         |
| <b>When I Feel Sad</b>              | Cornelia Maude Spelman | Ages 5-7         |
| <b>When Sadness Is at Your Door</b> | Eva Eland              | Ages 3-7         |

## SCARED & WORRIED FEELINGS

| Title   | Author                   | Recommended Ages |
|---|--------------------------|------------------|
| <b>A Little Spot of Worry</b>                   | Diane Alber              | Ages 2-6         |
| <b>Creepy Things Are Scaring Me</b>             | Jerome & Jarett Pumphrey | Ages 4-7         |
| <b>I Am NOT Going to School Today</b>           | Robie Harris             | Ages 3-8         |
| <b>Jabari Jumps</b>                             | Gaia Cornwall            | Ages 4-8         |
| <b>Llama Llama Misses Mama</b>                  | Anna Dewdney             | Ages 2-7         |
| <b>No Such Thing</b>                            | Jackie French Koller     | Ages 5-8         |
| <b>Ruby Find a Worry</b>                        | Tom Percival             | Ages 3-6         |
| <b>Sam and Gram and the First Day of School</b> | George Ulrich            | Ages 4+          |
| <b>Sheila Ray, the Brave</b>                    | Kevin Henkes             | Ages 5-8         |
| <b>Sometimes I'm Scared</b>                     | Jane Annunziata          | Ages 3-7         |
| <b>The Worry Box</b>                            | Suzanne Chiew            | Ages 3-7         |
| <b>Wemberley Worried</b>                        | Kevin Henkes             | Ages 5-8         |
| <b>Wilma Jean the Worry Machine</b>             | Julia Cook               | Ages 5-9         |



## FAMILIES AND LOVE

| Title                                | Author              | Recommended Ages |
|--------------------------------------|---------------------|------------------|
| <b>Because I Love You So Much</b>    | Guido van Genechten | Ages 2-5         |
| <b>Guess How Much I Love You?</b>    | Sam McBratney       | Birth+           |
| <b>How Do I Love You?</b>            | P.K. Hallinan       | Birth+           |
| <b>I Love You All Day Long</b>       | Francesca Rusackas  | Ages 3-5         |
| <b>I Love You Because You're You</b> | Liza Baker          | Ages 2-8         |
| <b>I Love You the Purplest</b>       | Barbara Joosse      | Ages 4-8         |
| <b>Love You Forever</b>              | Robert Munsch       | Birth+           |
| <b>Koala Lou</b>                     | Mem Fox             | Ages 4-7         |
| <b>No Matter What</b>                | Debi Gliori         | Ages 2-5         |
| <b>The Kissing Hand</b>              | Audrey Penn         | Ages 3-8         |
| <b>You're All My Favorites</b>       | Sam McBratney       | Ages 3-8         |

## ACCEPTING DIFFERENT FRIENDS

| Title                                       | Author             | Recommended Ages |
|---|--------------------|------------------|
| <b>A Guest is A Guest</b>                   | John Himmelman     | Ages 3-7         |
| <b>And Here's to You</b>                    | David Elliot       | Ages 4-8         |
| <b>Big Al</b>                               | Andrew Clements    | Ages 4-8         |
| <b>Chrysanthemum</b>                        | Kevin Henkes       | Ages 4-8         |
| <b>Franklin's New Friend</b>                | Paulette Bourgeois | Ages 5-8         |
| <b>Horace and Morris but Mostly Dolores</b> | James Howe         | Ages 4-8         |
| <b>I Accept You As You Are!</b>             | David Parker       | Ages 3-5         |
| <b>Margaret and Margarita</b>               | Lynn Reiser        | Ages 4-7         |
| <b>The Brand New Kid</b>                    | Katie Couric       | Ages 3-8         |



## BEING A FRIEND

| Title   | Author                          | Recommended Ages |
|---|---------------------------------|------------------|
| <b>Abiyoyo</b>  | Pete Seeger                     | Ages 4-8         |
| <b>Bear Feels Sick</b>  | Karma Wilson & Jane Chapman     | Ages 3-5         |
| <b>Gigi and Lulu's Gigantic Fight</b>                                 | Pamela Duncan Edwards           | Ages 3-7         |
| <b>Hello World!</b>   | Kelly Corrigan                  | Ages 3-7         |
| <b>How to be a Friend; A Guide to Making Friends and Keeping Them</b> | Laurie Krashny Brown            | Ages 4-8         |
| <b>How to Spot a Best Friend</b>                                      | Bea Birdsong                    | Ages 3-7         |
| <b>Howard B. Wigglebottom Learns About Mud and Rainbows</b>           | Howard Binkow                   | Ages 4-8         |
| <b>I Did It, I'm Sorry</b>  | Caralyn Buehner                 | Ages 5-8         |
| <b>I'm A Good Friend</b>  | David Parker                    | Ages 3-5         |
| <b>Jessica</b>  | Kevin Henkes                    | Ages 5-8         |
| <b>Join In and Play (Learning to Get Along)</b>                       | Cheri Meiners                   | Ages 3-6         |
| <b>Mine! Mine! Mine!</b>  | Shelly Becker                   | Ages 3-5         |
| <b>Miss Tizzy</b>   | Libby Moore Gray                | Ages 3-7         |
| <b>One Lonely Seahorse</b>  | Saxton Freymann & Joost Elffers | Ages 4-8         |
| <b>Sime and Molly Plus Hester</b>                                     | Lisa Jayn-Clough                | Ages 5-8         |
| <b>Talk and Work It Out (Learning to Get Along)</b>                   | Cheri Meiners                   | Ages 4-8         |
| <b>The Rainbow Fish</b>   | Marcus Pfister                  | Ages 3-8         |
| <b>Why Am I So Noisy? Why Is She So Shy?</b>                          | Howard Binkow                   | Ages 4-8         |
| <b>Understand and Care</b>  | Cheri Meiners                   | Ages 3-6         |



## FORGIVENESS & JEALOUSY

| Title                                      | Author                  | Recommended Ages |
|--|-------------------------|------------------|
| <b>How to Apologize</b>                    | David LaRochelle        | Ages 3-7         |
| <b>I'm Sorry!</b>                          | Berry Timms             | Ages 3-6         |
| <b>It's Hard to Share My Teacher</b>       | Joan Singleton Prestine | Ages 4-8         |
| <b>Llama Llama and the Bully Goat</b>      | Anna Dewdney            | Ages 2-5         |
| <b>Rising About the Storm Cloud</b>        | Robert Enright          | Ages 4+          |
| <b>Sorry (Really Sorry)</b>                | Joanna Cotler           | Ages 4-8         |
| <b>That's My Carrot!</b>                   | Il Sung Na              | Ages 2-5         |
| <b>The Berenstain Bears Get in a Fight</b> | Jan & Stan Berenstain   | Ages 3-7         |
| <b>Turtle in a Tree</b>                    | Neesha Hudson           | Ages 3-7         |
| <b>We All Need Forgiveness</b>             | Mercer Mayer            | Ages 4-7         |
| <b>When I Feel Jealous</b>                 | Cornelia Maude Spelman  | Ages 2-6         |

