



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
"Baby Faces" Books	Roberta Grobel Intrater	Birth +
ABC Look At Me	Roberta Grobel Intrater	Birth +
Baby Cakes	Karma Wilson	Birth +
Baby Faces	Margaret Miller	Birth +
Double Dip Feelings	Barbara Crain	Ages 4+
Feeling Happy	Ellen Weiss	Ages 4-8
Feelings to Share From A to Z	Todd Snow	Ages 5+
Glad Monster Sad Monster	Ed Emberley & Anne Miranda	Ages 1-5
Happy and Sad, Grouchy and Glad	Constance Allen	Ages 4-7
How Are You Peeling? Foods With Moods	Saxton Freymann	Ages 5-8
How Do I Feel?	Norma Simon	Ages 3-7
How I Feel Proud	Marcia Leonard	Ages 2-5



A list of books to use to help children understand emotions and how to cope with them.



How I Feel Silly	Marcia Leonard	Ages 2-6
How Kind	Mary Murphy	Ages 3-5
Hurty Feelings	Helen Lester	Ages 5-8
I am Happy	Steve Light	Ages 3-6
Little Teddy Bear's Happy Face Sad Face	Lynn Offerman	Ages Birth +
Lizzy's Ups and Downs	Jessica Harper	Ages 3-9
Lots of Feelings	Shelley Rotner	Ages 2-6
My Many Colored Days	Dr. Seuss	Ages 3-8
On Monday When It Rained	Cherryl Kachenmeister	Ages 3-8
Proud of Our Feelings	Lindsay Leghorn	Ages 4-8
See How I Feel	Julie Aigner-Clark	Ages 1-5
Smudge's Grumpy Day	Miriam Moss	Ages 3-5
Sometimes I Feel Like a Storm Cloud	Lezlie Evans	Ages 3-7
Taking a Bath with the Dog and Other Things That Make Me Happy	Scott Menchin	Ages 4-8
Tell Me Something Happy Before I Go To Sleep	Joyce Dunvbar	Ages 3-7
The Feel Good Book	Todd Parr	Ages 3-6
The Feelings Books	Todd Parr	Ages 3-7
The Grouchies	Debbie Wagenbach	Ages 3-8
The Pout Pout Fish	Deborah Diesen	Ages 3-5
The Selfish Crocodile	Faustin Charles	Ages 4-7
The Three Grumpies	Tamra Wright	Ages 3-7
The Way I Feel	Janan Cain	Ages 3-7
Today I Feel Silly	Jamie Lee Curtis	Ages 3-8
What I Look Like When I Am Confused	Joanne Randolph	Ages 5-8



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What Makes Me Happy?	Catherine and Laurence Anholt	Ages 3-6
When I Feel Frustrated	Marcia Leonard	Ages 2-6
WWRT: What Went Right Today-Sing A Along With CD	Buzick Joan	Ages 3-8

FEELINGS OF SELF CONFIDENCE

Title	Author	Recommended Ages
Whistle For Willie	Erza Jack Keats	Ages 4-7
ABC I Like Me	Nancy Carlson	Ages 4-6
Amazing Grace	Mary Hoffman	Ages 4-8
Arthur's Nose	Marc Brown	Ages 3-7
Can You Keep Trying?	Nita Everly	Ages 3-5
Don't Feed The Monster on Tuesdays	Adolph Moser	Ages 9+
Howard B Wigglebottom Listens To His Heart	Howard Binkow	Ages 4+
I Am Responsible!	David Parker	Ages 3-5
The Blue Ribbon Day	Katie Couric	Ages 4-8
The Little Engine That Could	Watty Piper	Ages 3-7
The Very Clumsy Click Beetle	Eric Carle	Ages 3-7
Too Loud Lilly	Sophia Laguna	Ages 4-7
You Can Do It, Sam	Amy Hest	Ages 2-6
I Want Your Moo	Marcella Bakur Weiner and Jill Neimark	Ages 4-8
I'm Gonna Like Me: Letting Off A Little Self Esteem	Jamie Lee Curtis	Ages 4-8
I'm in Charge of Me	David Parker	Ages 3-5

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Stand Tall Mary Lou Melon

Patty Lovell

Ages 3-8

Susan Laughs

Jeanne Willis

Ages 4-7

ANGRY FEELINGS

Title	Author	Recommended Ages
Alexander and the Terrible, Horrible, No Good, Very Bad Day	Judith Viorst	Ages 4-8
Andrew's Angry Words	Dorothea Lackner	Ages 3-7
Bootsie Barker Bites	Barbara Bottner	Ages 4-8
How I Feel Frustrated	Marcia Leonard	Ages 3-8
Lily's Plastic Purple Purse	Kevin Henkes	Ages 3-7
Llama Llama Mad at Mama	Anna Dewdney	Ages 2-5
Sometimes I'm Bambaloo	Rachel Vail	Ages 3-7
That Makes Me Mad!	Steven Kroll	Ages -8
When I Feel Angry	Cornelia Maude Spelman	Ages 5-7
When I'm Angry	Jane Aaron	Ages 3-7
When I'm Feeling Angry	Trace Moroney	Ages 2-5
When Sophie Gets Angry, Really, Really Angry	Molly Bang	Ages 3-6
Mouse Was Mad	Linda Urban	Ages 3-7



FORGIVENESS

Title	Author	Recommended Ages
Rising Above The Storm Clouds	Robert Enright	Ages 4+

JEALOUSY

Title	Author	Recommended Ages
It's Hard To Share My Teacher	Joan Singleton Prestin	Ages 5-6
When I Feel Jealous	Cornelia Maude Spelman	Ages 2-6

SAD FEELINGS

Title	Author	Recommended Ages
Knuffle Bunny	Mo Willems	Ages 3-6
Let's Talk About Feeling Sad	Marcia Leonard	Ages 3-5
The Very Lonely Firefly	Eric Carle	Ages 4-7
When I Feel Sad	Cornelia Maude Spelman	Ages 5-7

SCARED FEELINGS

Title	Author	Recommended Ages
Adam's Daycare	Julie Ovenell-Carter	Ages 5-7
Creepy Things Are Scaring Me	Jerome and Jarett Pumphrey	Ages 4-7

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How I Feel Scared	Marcia Leonard	Ages 2-5
I Am NOT Going To School Today	Robie Harris	Ages 3-8
Llama Llama Misses Mama	Anna Dewdney	Ages 2-7
No Such Thing	Jackie French Koller	Ages 5-8
Sam and Gram And The First Day Of School	George Ulrich	Ages 4+
Sam's First Day	David Mills and Lizzie Finlay	Ages 4-7
Sheila Ray, The Brave	Kevin Henkes	Ages 5-8
Sometimes I'm Scared	Jane Annunziata	Ages 3-7
Wemberly Worried	Kevin Henkes	Ages 5-8
Will You Come Back for Me?	Ann Thompert	Ages 4-8

FAMILIES AND LOVE

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

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I Love You All Day Long

Francesca Rusackas

Ages 3-5

BEING A FRIEND

Title	Author	Recommended Ages
Abiyoyo	Pete Seeger	Ages 4-8
Bear Feels Sick	Karma Wilson and Jane Chapman	Ages 3-5
Gigi and Lulu's Gigantic Fight	Pamela Duncan Edwards	Ages 3-7
How To Be A Friend: A Guide To Making Friends and Keeping Them	Laurie Krasny Brown	Ages 4-8
I Did It, I'm Sorry	Caralyn Buehner	Ages 5-8
I'm A Good Friend	David Parker	Ages 3-5
Join In And Play (Learning to Get Along)	Cheri Meiners	Ages 3-6
Mine! Mine! Mine!	Shelly Becker	Ages 3-5
Miss Tizzy	Libby Moore Gray	Ages 3-7
One Lonely Sea Horse	Saxton Freymann and Joost Elffers	Ages 4-8
Simon and Molly Plus Hester	Lisa Jayn-Clough	Ages 5-8
Talk and Work It Out (Learning to Get Along)	Cheri Meiners	Ages 4-8
The Rainbow Fish	Marcus Pfister	Ages 3-8
Why Am I So Noisy? Why Is She So Shy?	Louise Bates Ames	Ages 3-5
Howard B Wigglebottom Learns About Mud and Rainbows	Howard Binkow	Ages 4-8
Understand and Care	Cheri Meiners	Ages 3-6
Jessica	Kevin Henkes	Ages 5-8



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ACCEPTING DIFFERENT FRIENDS

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