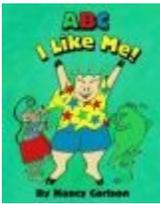


Sad, Mad, Silly, Glad! Children's Picture Books Exploring Emotions

As children learn to notice and name the emotions that rise up within in them during the course of a day, they can gradually begin to recognize emotions in other people. And that's one of the first steps in developing the capacity for compassion.

These picture books explore the colours and sensations of many different feelings children experience. Let's get talking about emotions!



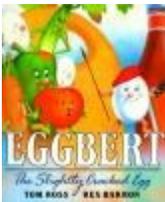
ABC I Like Me! by Nancy Carlson

A little pig exuberantly shares all the special things about herself, from A to Z, in a funny picture book that is sure to get children thinking about what makes them special.



The Color Monster: a pop-up book of feelings by Anna Lenas.

When Monster is feeling mixed up, his feelings look like a scribbly jumble. A little girl helps him sort himself out.



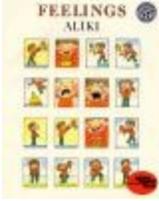
Egbert the Slightly Cracked Egg by Tom Ross. Pictures by Rex Barron

Egbert's the only egg in the fridge with a crack in his shell, and that makes him stand out. But rather than feel alone, Egbert decides to feel adventurous and explore the big world to find out where he does belong. The bright and funny illustrations make this a great read aloud.



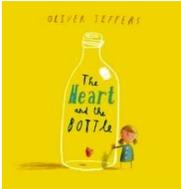
The Feel Good Book by Todd Parr

Bold and bright graphic illustrations burst with joy in this happy book. There are so many things that can make us feel good, from making sounds like a monkey to catching snowflakes on the tongue!



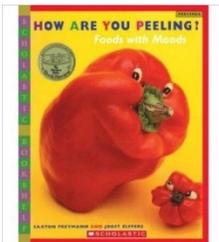
Feelings by Aliki.

Aliki depicts many situations children can find themselves in, and the great mixture of feelings that result. From the anger of having a block castle knocked over, to the fun of playing together, children will find lots to talk about.



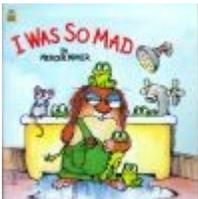
The Heart and the Bottle by Oliver Jeffers.

A little girl delighted in the world around her, until something very sad happened that made her put her heart away in a safe place. But now, the world seemed emptier than before. How to get her heart back?



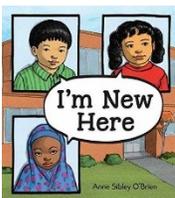
How Are You Peeling?: Foods with Moods by Saxton Freymann and Joost Elffers.

Are you wondering what it looks like to be really grumpy, or silly, or just plain surprised? In this funny book, fruits and vegetables are carved to show just what certain emotions look like on our faces. A simple rhyming text helps children identify which feelings are which. You'll never look at a green pepper the same way again!



I Was So Mad by Mercer Mayer

Li'l Critter can think of a dozen things that make him really mad, and decides he'd be better off running away.



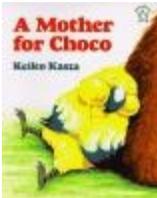
I'm New Here by Anne Sibley O'Brien.

It's so hard to feel new to a school, and new to a country! Follow three children as they leave their old homes, and find a way to be part of a new home.



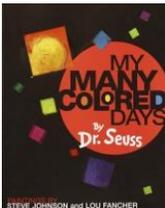
I'm Not Invited? by Diana Cain Bluthenthal.

Minnie overhears her best friend talk about a party at his house and wonders anxiously why she hasn't been invited in this funny picture book.



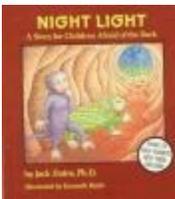
A Mother for Choco by Keiko Kasza.

Choco is a little bird who doesn't know who his mother is, and where he can find home. He sets out to search for someone who looks like him, but finds out that what really counts is finding the right mother who will love him as he is.



My Many Colored Days by Dr. Seuss.

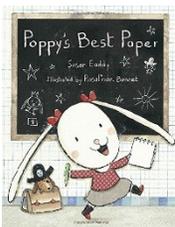
A zany rhyming story that captures how each day is filled with different coloured emotions.



Night Light: A Story for Children Afraid of the Dark by Jack Daltro.

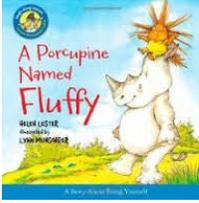
Kalispel is a little woodland creature who is afraid of dark. Using his imagination, Kalispel faces his fear and moves beyond it. This title is part of the **Books to Help Children** series, written by psychologists, for children and parents to share together.

Some other titles include: **Jessica and the Wolf: A Story for Children Who Have Bad Dreams** and **Double-Dip Feelings: Stories to Help Children Understand Emotions**.



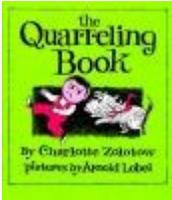
Poppy's Best Paper by Susan Eaddy.

Poppy is sure she'll be a famous writer when she grows up, but her friend's story is picked to be read out loud to the class, not hers. Poppy is so jealous! But she starts working hard at her story, and finds satisfaction in her efforts at last.



A Porcupine Named Fluffy by Helen Lester. Pictures by Lynn Munsinger.

Fluffy can't stand his name. He's a porcupine and there's nothing fluffy about him at all! It's not until he meets a rhino named Hippo that Fluffy realizes maybe he can learn to like his name, and himself!



The Quarrelling Book by Charlotte Zolotow. Pictures by Arnold Lobel.

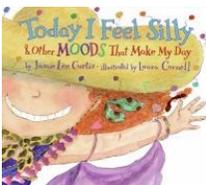
Have you ever had that kind of day, where things seem to go from bad to worse? In this story, everybody is grouchy, until Eddie the dog starts to turn the family around.

Charlotte Zolotow's sensitive stories explore many kinds of feelings, from a little boy wondering what kind of father he will be when he grows up in **A Father Like That**, to **William's Doll**, about a little boy wanting a doll to look after, to **Say It!**, about a mother and daughter's loving walk in the woods.



The Quiet Book by Deborah Underwood.

Quiet can be found in many moments of the day, from being the first one awake in the morning, to "sweet dreams" when lights are turned out at night.



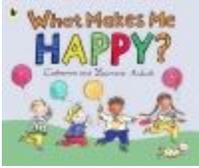
Today I Feel Silly & Other Moods that Make My Day by Jamie Lee Curtis

There are so many ways to feel! Emotions colour and change each day.



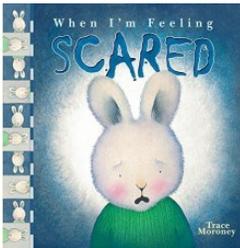
Wemberly Worried by Kevin Henkes.

Wemberly worries about everything: will anyone come to her birthday party, will there be enough cake, and what IS that crack in the wall all about? On her first day of school, she finds a friend who also knows what it's like to worry, and Wemberly is no longer alone.



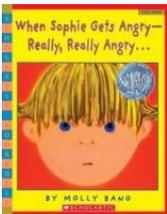
What Makes Me Happy? by Catherine and Laurence Anholt

The Anholts depict children engaged in all kinds of activities in this lively, rhyming book that will help children identify feelings, and discover what makes them bored, jealous, sleepy, or silly.



When I'm Feeling Scared by Trace Moroney.

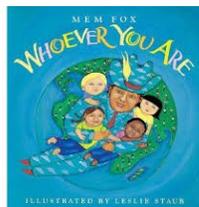
It's easy to be scared of big things, like dangerous animals, or the dark, but some things aren't as scary as they seem. A little rabbit learns what "scared" feels like inside and what he can do to help himself. This book is one of a series of board books by Simon & Schuster, all describing different feelings in a very simple way.



When Sophie Gets Angry – really, really angry... by Molly Bang.

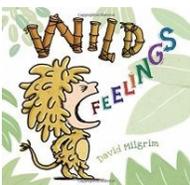
Sometimes Sophie gets so mad it's she feels like she could burst. It feels so good to take time off to cool down, and become just Sophie again!

Also see a follow-up story: **When Sophie Gets Hurt – really, really hurt...**



Whoever You Are By Mem Fox. Pictures by Leslie Staub

Our world is filled with children, many with unfamiliar customs and ways of living. This affirming picture book shows that despite their seeming differences, children can understand each others' joys, sorrows, and hearts.



Wild Feelings by David Milgrim.

Sometimes we feel like a chicken as a chicken, as fierce as a lion, as daffy as a duck! With humour and reassurance, a little boy discovers we all have feelings, and they will rise and settle down in place.