



# Understanding Emotions

## Recommended Book List

### Infant–Preschool

#### **Making Faces** - Abrams Appleseed

This bold, beautiful board book introduces five essential expressions: happy, sad, angry, surprised, and silly. Each expression is introduced with a large image of a baby's face. Readers are asked to mimic the face, then pick it out from a group of other babies. The very last spread includes all of the expressions from the previous pages, and a mirror so readers can watch themselves make any face they please! (Ages 0-2)

#### **Calm Down Time** - Elizabeth Verdick

Through rhythmic text and warm illustrations, this gentle, reassuring book offers toddlers simple tools to release strong feelings, express them, and calm themselves down. Children learn to use their calm-down place—a quiet space where they can cry, ask for a hug, sing to themselves, be rocked in a grown-up's arms, talk about feelings, and breathe. (Ages 0-3)

#### **The Feelings Book**-Todd Parr

The Feelings Book vibrantly illustrates the wide range of moods we all experience. (Ages 0-3)

#### **In My Heart: A Book of Feelings** - Jo Witek

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside, with language that is lyrical but also direct to empower readers to practice articulating and identifying their own emotions. (Ages 2-5)

#### **How Are You Feeling Today?** – Molly Potter

This book provides children with several straightforward, entertaining and appropriate interactive ideas to help them deal with a selection of significant emotions. This is a great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. (Ages 2-6)

### Early Elementary

#### **The Boy with Big, Big Feelings** - Britney Winn Lee

Meet 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. When a loud truck drives by, he cries. When he hears a joke, he bursts with joy. When his loved ones are having a hard day, he feels their emotions as if they were his own. The boy tries to cope by stuffing down his feelings, but with a little help and artistic inspiration, the boy realizes his feelings are something to be celebrated.(Ages 3-8)

#### **F is For Feelings** - Goldie Millar and Lisa Berger

We all feel many different emotions every day. For young children, those feelings can be extra strong, and sometimes, children need help finding the words to describe how they're feeling. This friendly and positive alphabet book gives children those "feelings words," and explores the idea that while some feelings are more comfortable than others, all are natural and important. (Ages 3-8)

#### **My Body Sends A Signal** - Natalia Maguire

The book includes a cute story that kids can relate to, beautiful illustrations that capture children's attention, calming-down activities for kids, instructions to adults on the follow-up activities, emotions cards, feelings cards, coloring pages and related short stories to teach kids empathy. (Ages 4-6)

#### **A Little SPOT of Emotion Book Set**- Diane Alber

This box set includes 8 Emotion Books: A Little SPOT of Anger, A Little SPOT of Anxiety, A Little SPOT of Happiness, A Little SPOT of Sadness, A Little SPOT of Love, A Little SPOT of Confidence, A Little Peaceful SPOT, and A Little Scribble SPOT





## Early Elementary Continued

### **The Color Monster: A Story about Feelings** - Anna Llenas

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 color. As this adorable monster learns to sort and define his mixed up emotions, he gains self-awareness and peace as a result. (Ages 4-8)

### **Visiting Feelings** - Lauren Rubenstein

Visiting Feelings harnesses a young child's innate capacity to fully experience the present moment. Rather than labeling or defining specific emotions and feelings, Visiting Feelings invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and gain an understanding of how feelings can lodge in the body, as conveyed by common expressions like "a pit in the stomach" or "lump in the throat." (Ages 4-8)

### **All Feelings are Okay: A Kids Book about different Moods and Emotions** - Emily Hayes

Angry, bored, scared, disappointed, excited, frustrated, grumpy, happy, hungry, sad, and worried. Kids will easily relate to the character in the story and events. (Ages 4-9)

## Upper Elementary/Middle School

### **Listening to My Body**- Gabi Garcia

Listening to my Body is an engaging and interactive book that guides children through the practice of naming their feelings and the physical sensations that accompany them. Learning to tune into their bodies and do this, is a foundation for self-regulation. (ages 4-10)

### **Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves** - Vanessa Green Allen.

This book shows you how to stay in control—by breathing deeply, saying positive things to yourself, talking about your feelings, and more. You'll learn to deal with all kind of feelings, including the hard ones like sadness, anxiety, or even fear. (Ages 7-10)

### **Just Feel: How To Be Stronger, Happier, Healthier, and More**- Mallika Chopra

Designed specifically with kids ages 8-12 in mind, the book clearly addresses important topics such as flexibility, responsibility, communication, creativity, and self-knowledge. Written by the respected writer and wellness expert Mallika Chopra, Just Feel will effectively teach kids how they can balance their emotions and make positive choices for themselves. (Ages 8-12)

## Parents/Caregivers

### **Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves and Our Society Thrive**- Marc Brackett Ph.D.

Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works.

### **The Whole Brain Child**- Daniel J. Siegel

In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling Mindsight, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. The authors explain—and make accessible—the new science of how a child's brain is wired and how it matures. The "upstairs brain," which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids throw tantrums, fight, or sulk in silence. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth. Complete with age-appropriate strategies for dealing with day-to-day struggles and illustrations that will help you explain these concepts to your child, The Whole-Brain Child shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.