

Bored? Worried? Sad? Angry? Anxious? Proud? Peaceful? Loving?

A guide to using books about feelings and emotions in your classroom



Bored? Worried? Sad? Angry? Anxious? Proud? Peaceful? Loving? These are common feelings and emotions children encounter as they grow and mature, and picture books can help children learn to recognize and navigate them. These books offer young readers a unique opportunity to better understand their feelings and emotions and figure out how to deal with them. The illustrations allow children to see and name their emotions, while the words allow them to understand the situations characters go through. Together, words and pictures open up important topics for social and emotional growth.

The activities in this guide can help younger readers to understand and to address their feelings and emotions through enjoyable reading, writing, drawing, and speaking about appealing picture books.

Reading and Responding

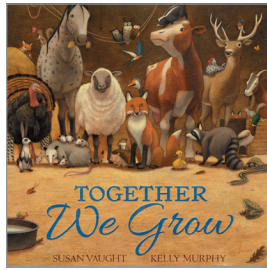
1. As you read the story, stop several times along the way to discuss what the characters are feeling. Predict what you think will happen next. What clues did you use to make those predictions? Then continue reading to find out.
2. What is the main idea? Why do you think the story is important?
3. How was the main character feeling at the beginning and the end of the book? What helped the character to change? How did you see this reflected in the images and text?
4. Have you ever felt the same way as one of the characters in the story? What did you do? Tell your story.
5. Imagine that you are one of the characters. Retell the story from their point of view, telling how you feel.
6. With one or more friends, act out the story. Then talk about what each character is feeling.
7. Find an illustration in the book that uses colors to show how a character feels. Explain how the color works with the words to show feelings.

Drawing and Writing

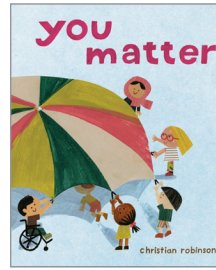
1. Draw a split picture. On one side, draw the main character at the beginning of the book; on the other side, draw the character at the end of the book. Use speech bubbles to write what the character would say about his or her feelings. How did these feelings change? Share your split pictures.
2. Has someone like a parent, sibling, teacher, aunt, uncle, grandparent, or friend helped you deal with your feelings? Tell how that person helped you. Here are some ideas to write about:
 - ❖ How I learned not to worry so much.
 - ❖ I used to be nervous when...
 - ❖ I am not bored anymore because...
 - ❖ How I show that I love _____ (put a person or pet's name).
3. What advice could you give to one of the characters in the story? Write a note to that character.
4. In many books, colors and big print help show how the character feels. Find some examples that show this. For example, when a character is sad, the picture might use gray and black colors. Or when a character is angry, the picture might use red. The words may be very large to show a strong feeling. After looking at some examples of how color shows feelings, draw a picture showing how you feel today. Give your picture a title, and think about what font to use.

5. Imagine that you could have a conversation about feelings with one of the characters in the book you've read. What would you say to them? How would the character answer you? Write your imaginary conversation about feelings.
6. Write a wordless picture book about feelings. Maybe a character changes from sad to happy, from angry to calm, from worried to carefree, from bored to amused, or from nervous to relaxed. Make three or more pictures. Put your pictures in order. With a partner, take turns telling your story. Use these questions to guide you.
 - ❖ How does the character feel when the story begins?
 - ❖ What happens to cause the character's feelings to change?
 - ❖ How does the character feel at the end of the story?
7. Read additional books about feelings and emotions; see below for a list of suggestions, or try one of the other picture books featured in this guide.
 - ❖ *When Sophie Gets Angry—Really, Really Angry...* by Molly Bang
 - ❖ *When Sophie's Feelings Are Really, Really Hurt* by Molly Bang
 - ❖ *The Way I Feel* by Janan Cain
 - ❖ *Lilly's Purple Plastic Purse* by Kevin Henkes
 - ❖ *David Gets in Trouble* by David Shannon
 - ❖ *Jabari Jumps* by Gaia Cornwall
 - ❖ *The Unbudgeable Curmudgeon* by Matthew Burgess
 - ❖ *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst
 - ❖ *Llama Llama Mad at Mama* by Anna Dewdney
 - ❖ *Millie Fierce* by Jane Manning
 - ❖ *Today I Feel Silly: And Other Moods That Make My Day* by Jamie Lee Curtis
 - ❖ *In My Heart: A Book of Feelings* by Jo Witek
 - ❖ *My Many Colored Days* by Dr. Seuss

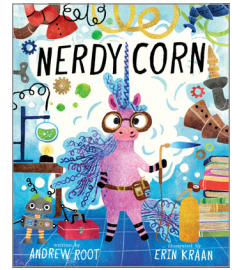
ACCEPTANCE



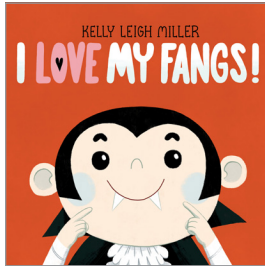
Together We Grow
By Susan Vaught
Illustrated by Kelly Murphy
HC: 9781534405868
Lexile® AD370L



You Matter
By Christian Robinson
HC: 9781534421691
Lexile® AD310L



Nerdycorn
By Andrew Root
Illustrated by Erin Kraan
HC: 9781534460058
Lexile® AD800L



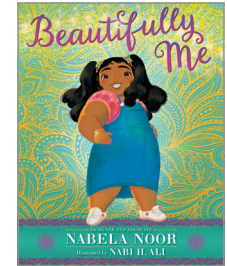
I Love My Fangs!
By Kelly Leigh Miller
HC: 9781534452107
Lexile® AD350L



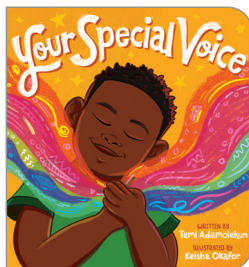
I Love My Fur!
By Kelly Leigh Miller
HC: 9781534478954
Lexile® AD270L



I Love My Magic!
By Kelly Leigh Miller
HC: 9781534497696



Beautifully Me
By Nabela Noor
Illustrated by Nabi H. Ali
HC: 9781534485877
Lexile® AD530L



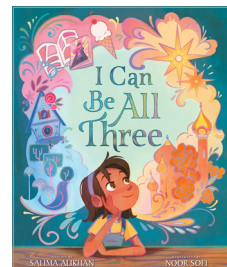
Your Special Voice
By Temi Adamolekun
Illustrated by Keisha Okafor
HC: 9781665912280



Linus
By Stuart Hausmann
HC: 9781665900300
Lexile® AD530L



All Kinds of Special
By Tammi Sauer
Illustrated by Fernando Martin
HC: 9781534496033



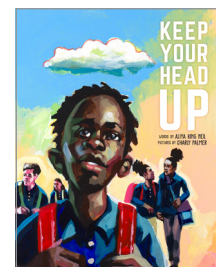
I Can Be All Three
By Salima Alikhan
Illustrated by Noor Sofi
HC: 9781665901840



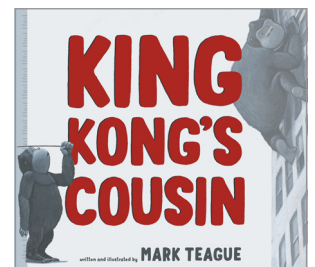
Every Night at Midnight
By Peter Cheong
HC: 9781665917384



Big Wig
By Jonathan Hillman
Illustrated by Levi Hastings
HC: 9781534487710
Lexile® AD410L



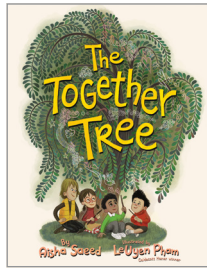
Keep Your Head Up
By Aliya King Neil
Illustrated by Charly Palmer
HC: 9781534480407
Lexile® AD530L



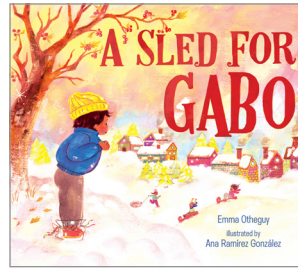
King Kong's Cousin
By Mark Teague
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Lexile® AD530L



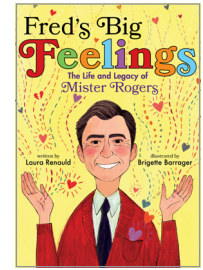
I Feel Teal
By Lauren Rille
Illustrated by Aimée Sicuro
HC: 9781481458467
Lexile® AD200L



The Together Tree
By Aisha Saeed
Illustrated by LeUyen Pham
HC: 9781534462960



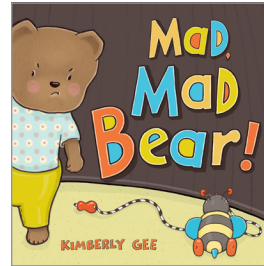
A Sled for Gabo
By Emma Otheguy
Illustrated by Ana Ramirez González
HC: 9781534445345
Lexile® AD610L



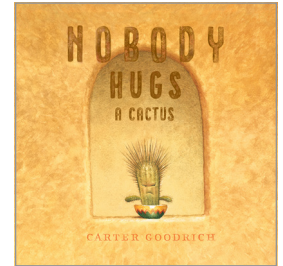
Fred's Big Feelings
The Life and Legacy of Mister Rogers
By Laura Renauld
Illustrated by Brigette Barrager
HC: 9781534441224
Lexile® AD740L



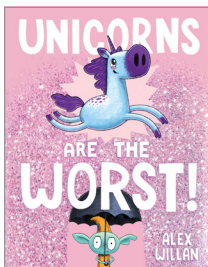
Little Mad
By Nadine Brun-Cosme
Illustrated by Marion Cocklico
HC: 9781534477476



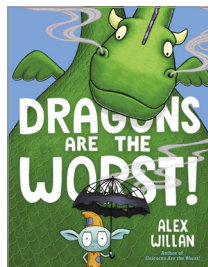
Mad, Mad Bear!
By Kimberly Gee
HC: 9781481449717
Lexile® 280L



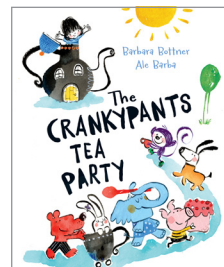
Nobody Hugs a Cactus
By Carter Goodrich
HC: 9781534400900
Lexile® 540L



Unicorns Are the Worst!
By Alex Willan
HC: 9781534453838
Lexile® 480L



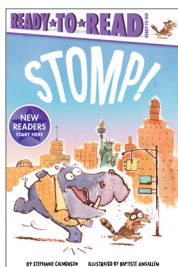
Dragons Are the Worst!
By Alex Willan
HC: 9781534485112
Lexile® 660L



The Crankypants Tea Party
By Barbara Bottner
Illustrated by Ale Barba
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Lexile® AD420L



Sweep
By Louise Greig
Illustrated by Júlia Sardá
HC: 9781534439085
Lexile® AD560L

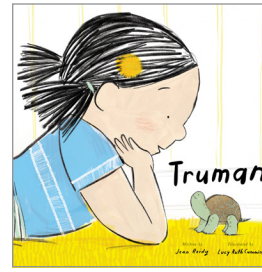


Stomp!
By Stephanie Calmenson
Illustrated by Baptiste Amsallem
HC: 9781665916592
Lexile® AD220L

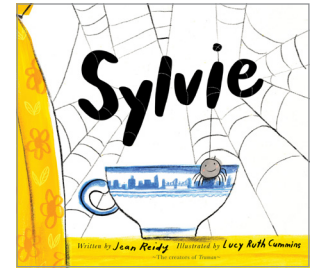
BRAVERY



Being Brave
By Cindy Jin
Illustrated by Ashley Dugan
HC: 9781665933391



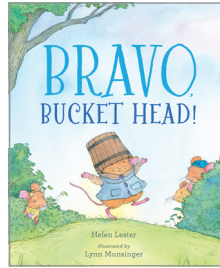
Truman
By Jean Reidy
Illustrated by Lucy Ruth Cummins
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Sylvie
By Jean Reidy
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Lexile® AD660L



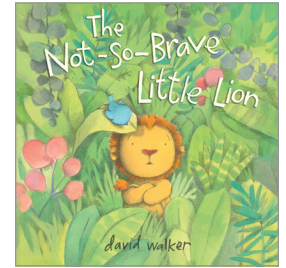
Even the Smallest Will Grow
By Lita Judge
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Lexile® AD630L



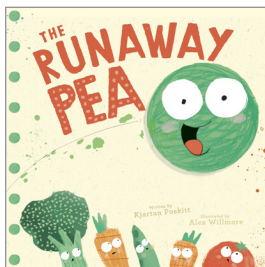
Bravo, Bucket Head!
By Helen Lester
Illustrated by Lynn Munsinger
HC: 9781534493490
Lexile® AD500L



**Find Your Brave
A Coco and Bear Story**
By April Stott
HC: 9781534499119
Lexile® AD490L



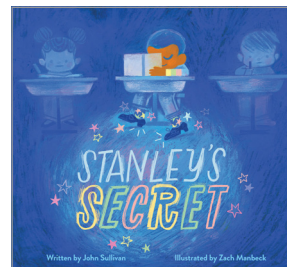
The Not-So-Brave Little Lion
By David Walker
HC: 9781481443470
Lexile® AD500L



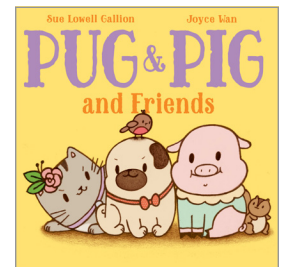
The Runaway Pea
By Kjartan Poskitt
Illustrated by Alex Willmore
HC: 9781534490147
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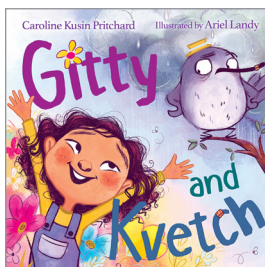
Mina
By Matthew Forsythe
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Stanley's Secret
By John Sullivan
Illustrated by Zach Manbeck
HC: 9781534487833
Lexile® AD580L

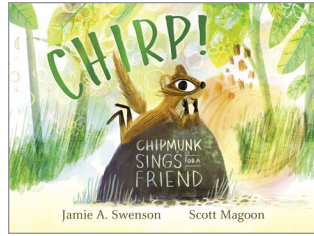


Pug & Pig and Friends
By Sue Lowell Gallion
Illustrated by Joyce Wan
HC: 9781534463004
Lexile® AD380L



Gitty and Kvetch
By Caroline Kusin Pritchard
Illustrated by Ariel Landy
HC: 9781534478268
Lexile® AD550L

FRIENDLY



Chirp!
Chipmunk Sings for a Friend
 By Jamie A. Swenson
 Illustrated by Scott Magoon
 HC: 9781534470026
 Lexile® AD520L



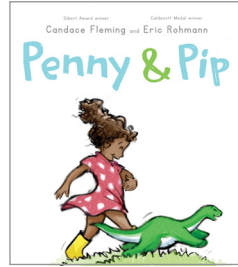
Friends
 By Daniela Sosa
 HC: 9781665911474
 Lexile® AD470L



This Book Is My Best Friend
 By Robin Robinson
 HC: 9781665906814
 Lexile® AD500L



I Am a GREAT Friend!
 By Lauren Stohler
 HC: 9781665918336
 Lexile® AD540L

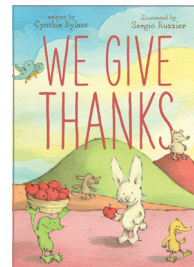


Penny & Pip
 By Candace Fleming
 Illustrated by Eric Rohmann
 HC: 9781665913317

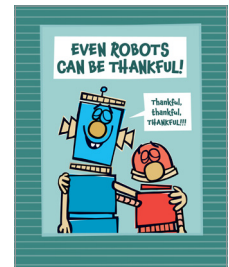
GRATEFUL



Thankful
 By Elaine Vickers
 Illustrated by Samantha Cotterill
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We Give Thanks
 By Cynthia Rylant
 Illustrated by Sergio Ruzzier
 HC: 9781442465077
 Lexile® AD390L

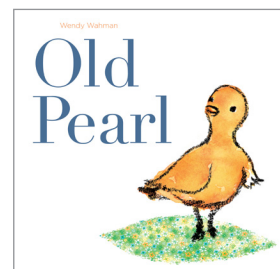


Even Robots Can Be Thankful!
 By Jan Thomas
 HC: 9781665911672

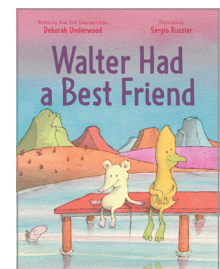
GRIEF



Remembering Blue Fish
 Adapted By Becky Friedman
 Illustrated by Jason Fruchter
 HC: 9781534400955



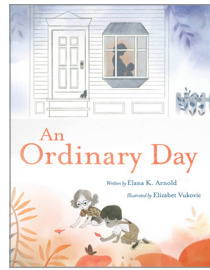
Old Pearl
 By Wendy Wahman
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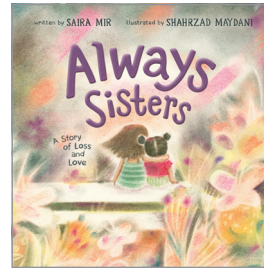
Walter Had a Best Friend
 By Deborah Underwood
 Illustrated by Sergio Ruzzier
 HC: 9781534477001
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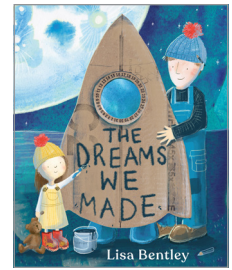
Bravo, Little Bird!
By Annie Silvestro
Illustrated by Ramona Kaulitzki
HC: 9781665906920
Lexile® AD540L



An Ordinary Day
By Elana K. Arnold
Illustrated by Elizabet Vukovic
HC: 9781481472623
Lexile® 610L



Always Sisters
A Story of Love and Loss
By Saira Mir
Illustrated by Shahrzad Maydani
HC: 9781665901567



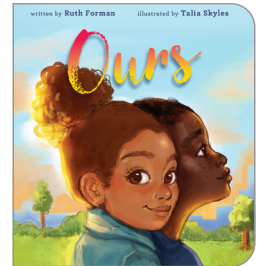
The Dreams We Made
By Lisa Bentley
HC: 9781665917650



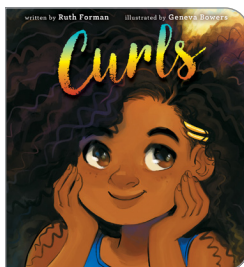
Little Joy
By Nadine Brun-Cosme
Illustrated by Marion Cocklico
HC: 9781534477445



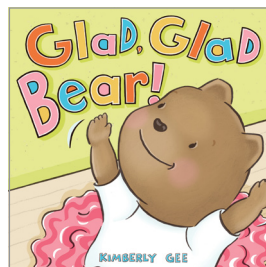
Glow
By Ruth Forman
Illustrated by Geneva Bowers
HC: 9781665903059



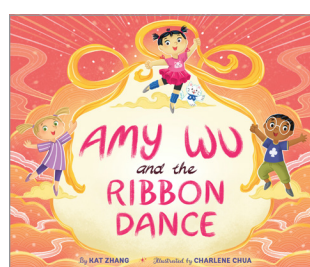
Ours
By Ruth Forman
Illustrated by Talia Skyles
HC: 9781534446335



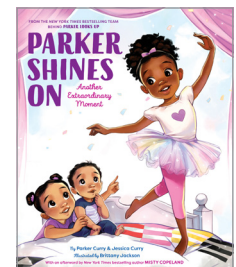
Curly
By Ruth Forman
Illustrated by Geneva Bowers
HC: 9781534446311



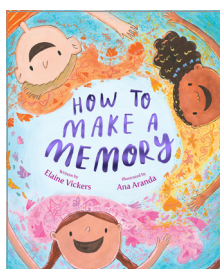
Glad, Glad Bear!
By Kimberly Gee
HC: 9781534452695
Lexile® AD280L



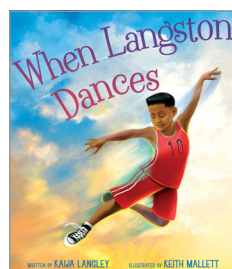
Amy Wu and the Ribbon Dance
By Kat Zhang
Illustrated by Charlene Chua
HC: 9781665916721



Parker Shines On
Another Extraordinary Moment
By Parker Curry and Jessica Curry
Illustrated by Brittany Jackson
HC: 9781534454743
Lexile® AD550L

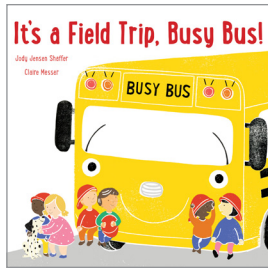


How to Make a Memory
By Elaine Vickers
Illustrated by Ana Aranda
HC: 9781534494411



When Langston Dances
By Kaija Langley
Illustrated by Keith Mallett
HC: 9781534485198
Lexile® AD580L

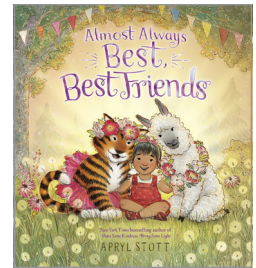
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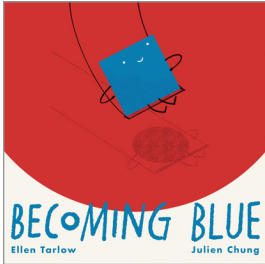
It's a Field Trip, Busy Bus!
By Jody Jensen Shaffer
Illustrated by Claire Messer
HC: 9781534440814
Lexile® AD430L



Cuddle Monkey
By Blake Liliane Hellman
Illustrated by Chad Otis
HC: 9781534431171
Lexile® AD500L



Almost Always Best, Best Friends
By Apryl Stott
HC: 9781534499096
Lexile® AD500L



Becoming Blue
By Ellen Tarlow
Illustrated by Julien Chung
HC: 9781665900010
Lexile® AD510L

KINDNESS



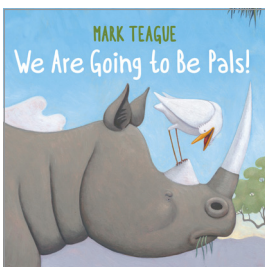
All Kinds of Kindness
By Judy Carey Nevin
Illustrated by Susie Hammer
HC: 9781534432062



Share Some Kindness, Bring Some Light
By Apryl Stott
HC: 9781534462380
Lexile® AD510L



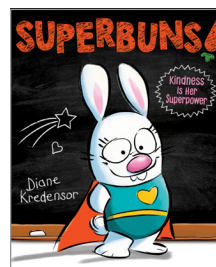
The Perfectly Perfect Wish
By Lisa Mantchev
Illustrated by Jessica Courtney-Tickle
HC: 9781534406193
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We Are Going to Be Pals!
By Mark Teague
HC: 9781665911863

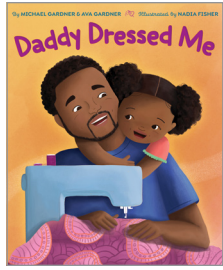


There's Always Room for One More
By Robyn McGrath
Illustrated by Ishaq Lobo
HC: 9781665925372

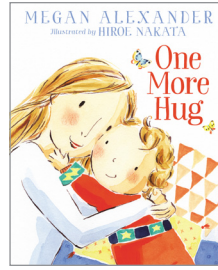


Superbuns!
Kindness Is Her Superpower
By Diana Kredensor
HC: 9781481490689
Lexile® 530L

LOVE



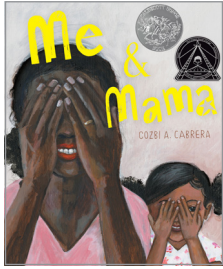
Daddy Dressed Me
By Michael Gardner and Ava Gardner
Illustrated by Nadia Fisher
HC: 9781665921954
Lexile® AD760L



One More Hug
By Megan Alexander
Illustrated by Hiroe Nakata
HC: 9781534429710
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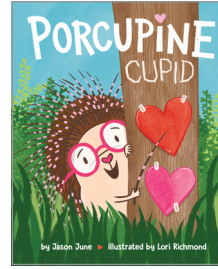
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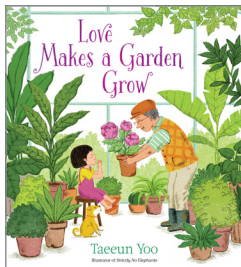
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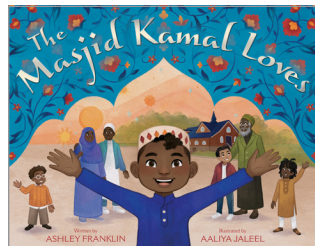
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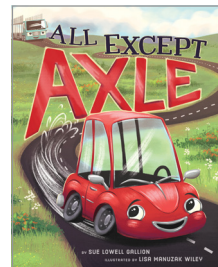
Slug in Love
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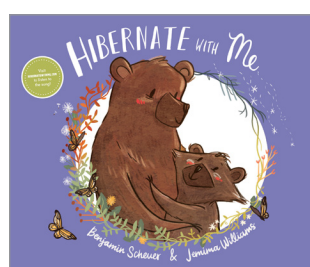


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Illustrated by Lisa Manuzak Wiley
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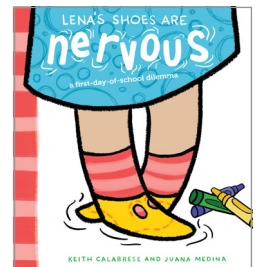
NERVOUS



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By Benjamin Scheuer
Illustrated by Jemima Williams
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Illustrated by Juana Medina
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 Illustrated by Nadia Alam
 HC: 9781665922302



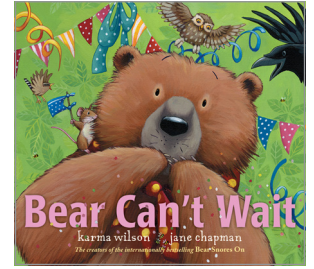
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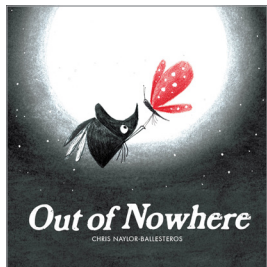
Hundred Feet Tall

By Benjamin Scheuer
 Illustrated by Jemima Williams
 HC: 9781534432192
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Bear Can't Wait

By Karma Wilson
 Illustrated by Jane Chapman
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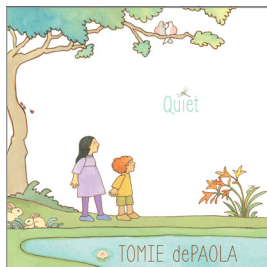
Out of Nowhere

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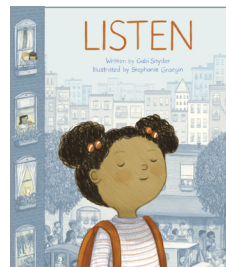
Room for Everyone

By Naaz Khan
 Illustrated by Mercè López
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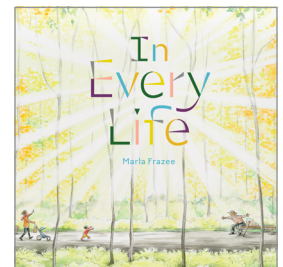
Quiet

By Tomie dePaola
 HC: 9781481477543
 Lexile® 440L



Listen

By Gabi Snyder
 Illustrated by Stephanie Graegin
 HC: 9781534461895
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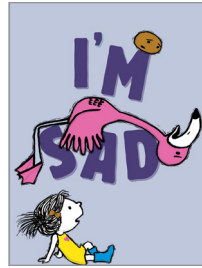
In Every Life

By Marla Frazee
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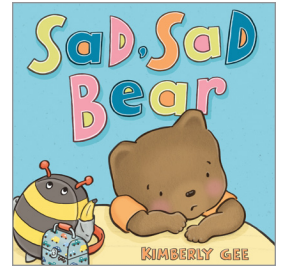
SADNESS



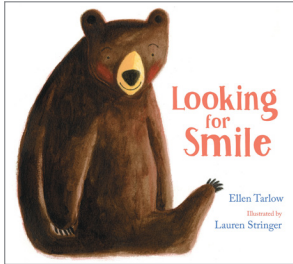
Daniel Misses Someone
Adapted By Alexandra Cassel Schwartz
Illustrated by Jason Fruchter
HC: 9781665900072



I'm Sad
By Michael Ian Black
Illustrated by Debbie Ridpath Ohi
HC: 9781481476270
Lexile® AD500L



Sad, Sad Bear
By Kimberly Gee
HC: 9781534452718
Lexile® AD280L



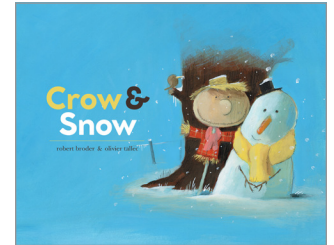
Looking for Smile
By Ellen Tarlow
Illustrated by Lauren Stringer
HC: 9781534466197
Lexile® AD420L



Holding On
By Sophie N. Lee
Illustrated by Isabel Roxas
HC: 9781534494459
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Weather Together
By Jessie Sima
HC: 9781665916981

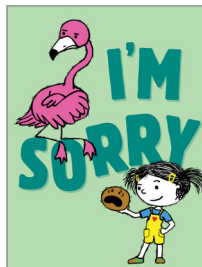


Crow & Snow
By Robert Broder
Illustrated by Olivier Tallec
HC: 9781534445956
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WORRY



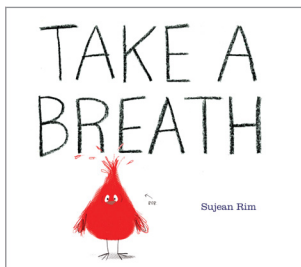
Little Worry
By Nadine Brun-Cosme
Illustrated by Marion Cocklico
HC: 9781534477469



I'm Sorry
By Michael Ian Black
Illustrated by Debbie Ridpath Ohi
HC: 9781534415881
Lexile® AD460L



I'm Worried
By Michael Ian Black
Illustrated by Debbie Ridpath Ohi
HC: 9781534415867
Lexile® AD460L



Take a Breath
By Sujean Rim
HC: 9781534492530
Lexile® AD510L