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?

ACCEPTANCE

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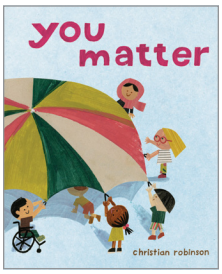

You Matter
By Christian Robinson
HC: 9781534421691
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Nerdycorn
By Andrew Root
Illustrated by Erin Kraan
HC: 9781534460058
Lexile® AD800L

I Love My Fangs!
By Kelly Leigh Miller
HC: 9781534452107
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I Love My Fur!
By Kelly Leigh Miller
HC: 9781534478954
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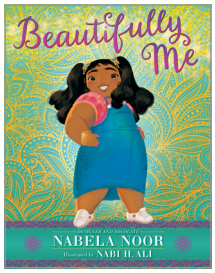
I Love My Magic!
By Kelly Leigh Miller
HC: 9781534497696



Beautifully Me
By Nabela Noor
Illustrated by Nabi H. Ali
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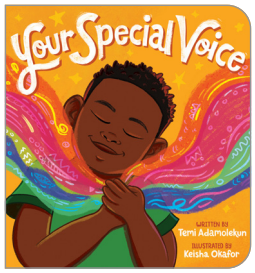

Your Special Voice
By Temi Adamolekun
Illustrated by Keisha Okafor
HC: 9781665912280

Linus
By Stuart Hausmann
HC: 9781665900300
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All Kinds of Special
By Tammi Sauer
Illustrated by Fernando Martin
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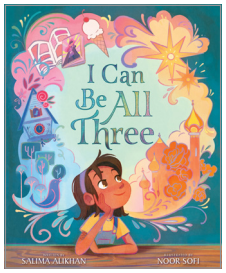

I Can Be All Three
By Salima Alikhan
Illustrated by Noor Sofi
HC: 9781665901840

Every Night at Midnight
By Peter Cheong
HC: 9781665917384

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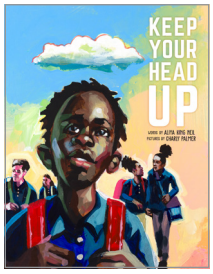

Keep Your Head Up
By Aliya King Neil
Illustrated by Charly Palmer
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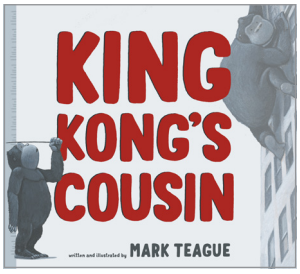

King Kong's Cousin
By Mark Teague
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By Lauren Rille
Illustrated by Aimée Sicuro
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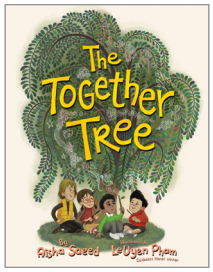

The Together Tree
By Aisha Saeed
Illustrated by LeUyen Pham
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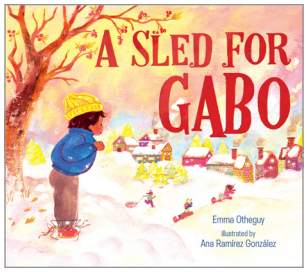

A Sled for Gabo
By Emma Otheguy
Illustrated by Ana Ramírez González
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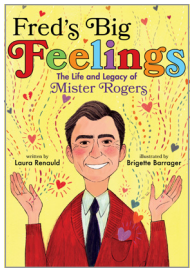

Fred's Big Feelings
The Life and Legacy of Mister Rogers
By Laura Renauld
Illustrated by Brigette Barrager
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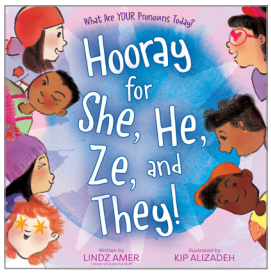

Hooray for She, He, Ze, and They!
By Lindz Amer
Illustrated by Kip Alizadeh
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This Wolf Was Different
By Katie Slivensky
Illustrated by Hannah Salyer
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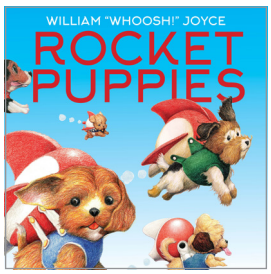

Rocket Puppies
By William Joyce
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EB: 9781665961349
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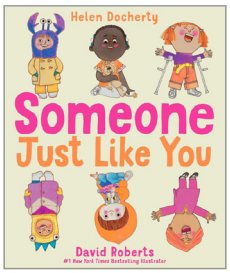

Someone Just Like You
By Helen Docherty
Illustrated by David Roberts
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ANGER

Little Mad
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Illustrated by Marion Cocklico
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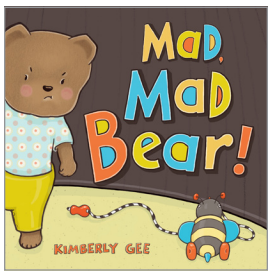

Mad, Mad Bear!
By Kimberly Gee
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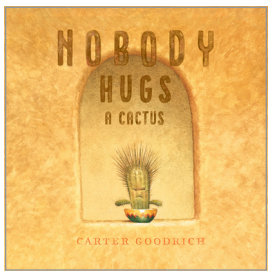

Nobody Hugs a Cactus
By Carter Goodrich
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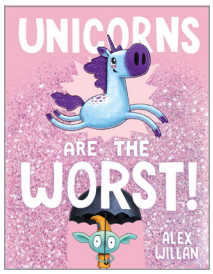

Unicorns Are the Worst!
By Alex Willan
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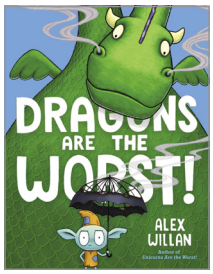

Dragons Are the Worst!
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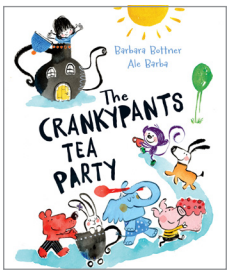

The Crankypants Tea Party
By Barbara Bottner
Illustrated by Ale Barba
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Sweep
By Louise Greig
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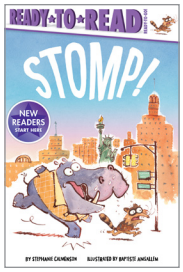

Stomp!
By Stephanie Calmenson
Illustrated by Baptiste Amsallem
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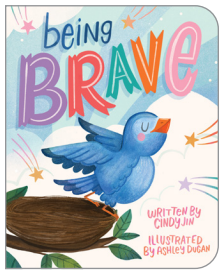
BRAVERY



Being Brave
By Cindy Jin
Illustrated by Ashley Dugan
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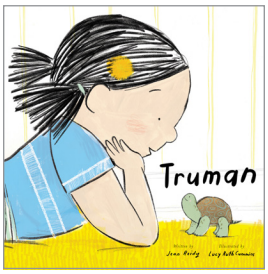

Truman
By Jean Reidy
Illustrated by Lucy Ruth Cummins
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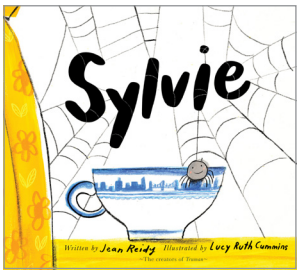

Sylvie
By Jean Reidy
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Even the Smallest Will Grow
By Lita Judge
HC: 9781534457256
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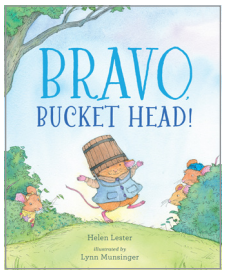

Bravo, Bucket Head!
By Helen Lester
Illustrated by Lynn Munsinger
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Find Your Brave
A Coco and Bear Story
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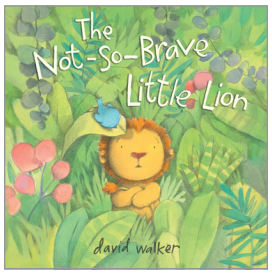

The Not-So-Brave Little Lion
By David Walker
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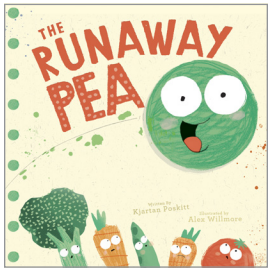

The Runaway Pea
By Kjartan Poskitt
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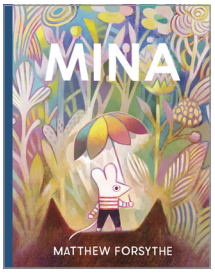

Mina
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Stanley's Secret
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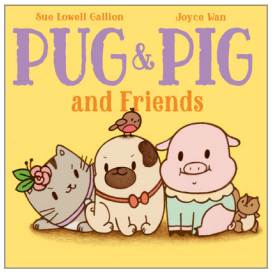

Pug & Pig and Friends
By Sue Lowell Gallion
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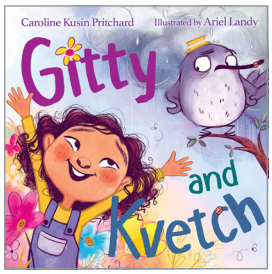

Gitty and Kvetch
By Caroline Kusin Pritchard
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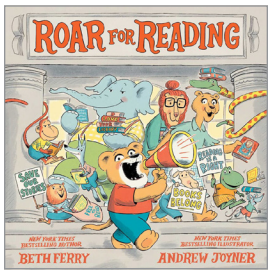

Roar for Reading
By Beth Ferry
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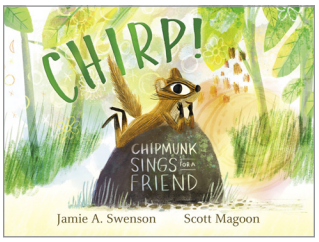
FRIENDLY



Chirp!
Chipmunk Sings for a Friend
By Jamie A. Swenson
Illustrated by Scott Magoon
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Friends
By Daniela Sosa
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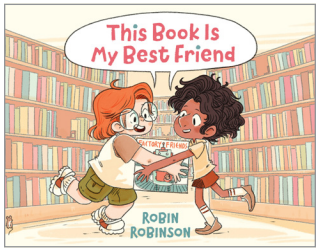

This Book Is My Best Friend
By Robin Robinson
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I Am a GREAT Friend!
By Lauren Stohler
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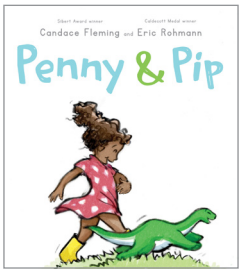

Penny & Pip
By Candace Fleming
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Little Ghost Makes a Friend
By Maggie Edkins Willis
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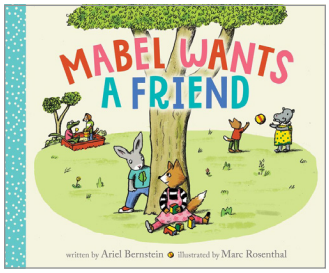

Mabel Wants a Friend
By Ariel Bernstein
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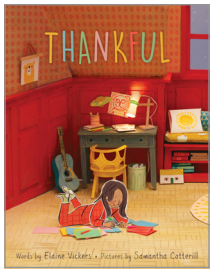

Thankful
By Elaine Vickers
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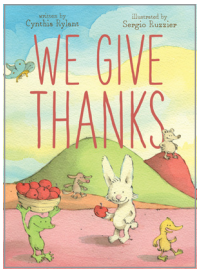

We Give Thanks
By Cynthia Rylant
Illustrated by Sergio Ruzzier
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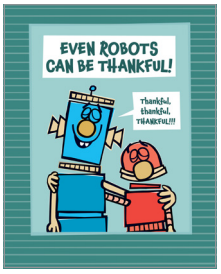

Even Robots Can Be Thankful!
By Jan Thomas
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GRIEF

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Adapted By Becky Friedman
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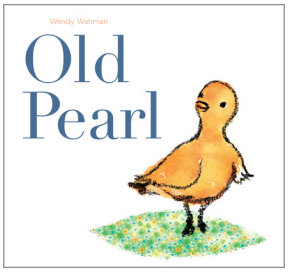

Old Pearl
By Wendy Wahman
HC: 9781534462694
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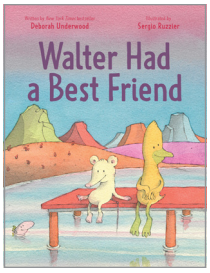

Walter Had a Best Friend
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Illustrated by Sergio Ruzzier
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Bravo, Little Bird!
By Annie Silvestro
Illustrated by Ramona Kaulitzki
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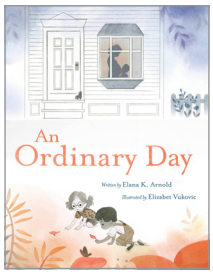

An Ordinary Day
By Elana K. Arnold
Illustrated by Elizabet Vukovic
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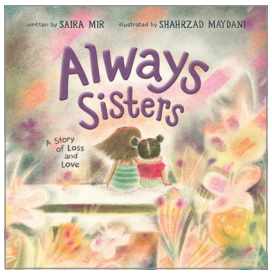

Always Sisters
A Story of Love and Loss
By Saira Mir
Illustrated by Shahrzad Maydani
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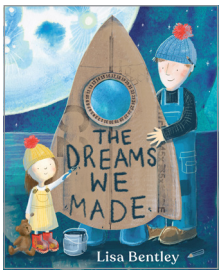
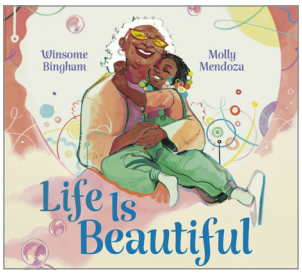


The Dreams We Made
By Lisa Bentley
HC: 9781665917650



Life Is Beautiful
By Winsome Bingham
Illustrated by Molly Mendoza
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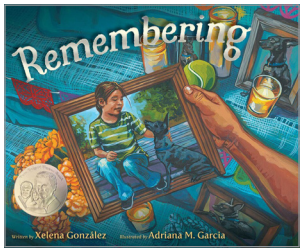

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By Xelena González
Illustrated by Adriana M. Garcia
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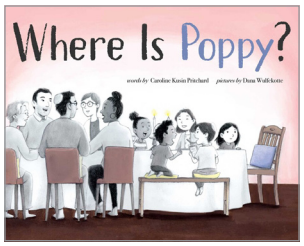

Where Is Poppy?
By Caroline Kusin Pritchard
Illustrated by Dana Wulfekotte
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HAPPY

Little Joy
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Illustrated by Marion Cocklico
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Glow
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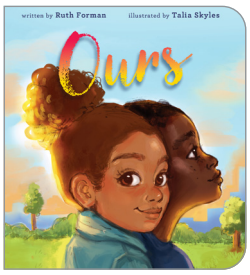

Ours
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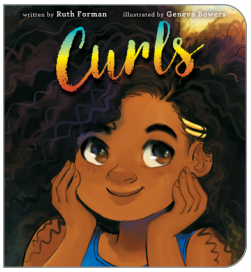

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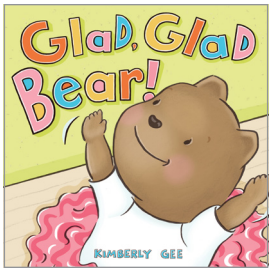

Glad, Glad Bear!
By Kimberly Gee
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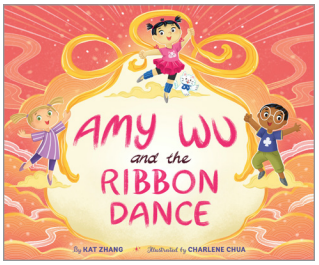

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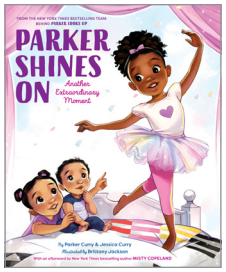

Parker Shines On
Another Extraordinary Moment
By Parker Curry and Jessica Curry
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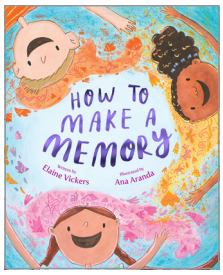

How to Make a Memory
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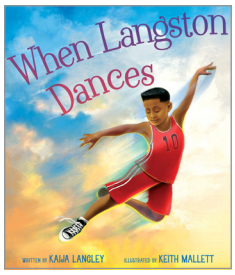

When Langston Dances
By Kaija Langley
Illustrated by Keith Mallett
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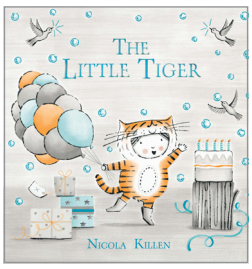

The Little Tiger
By Nicola Killen
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Love Is My Favorite Color
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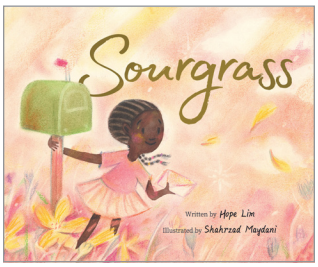

Sourgrass
By Hope Lim
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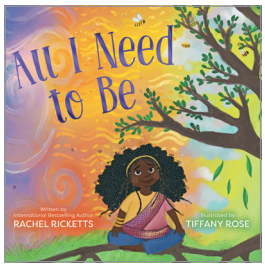

All I Need to Be
By Rachel Ricketts
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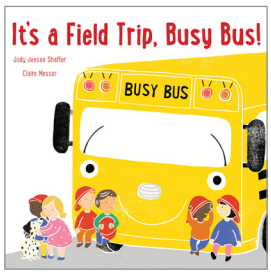
JEALOUSY



It's a Field Trip, Busy Bus!
By Jody Jensen Shaffer
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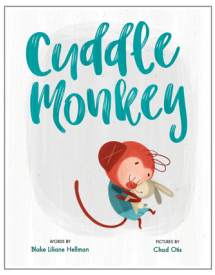

Cuddle Monkey
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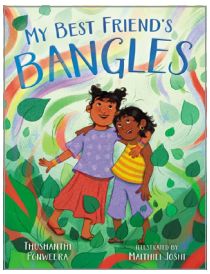

My Best Friend's Bangles
By Thushanthi Ponweera
Illustrated by Maithili Joshi
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EB: 9781665921725
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KINDNESS

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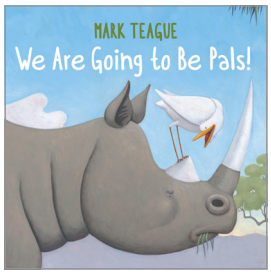

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There's Always Room for One More
By Robyn McGrath
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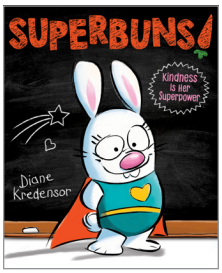

Superbuns!
Kindness Is Her Superpower
By Diana Kredensor
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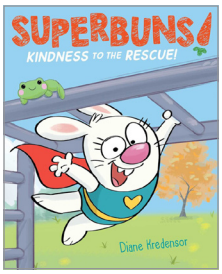

Kindness to the Rescue
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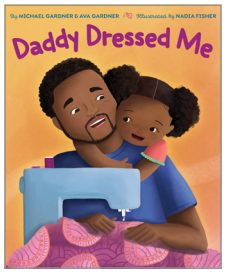
LOVE



Daddy Dressed Me
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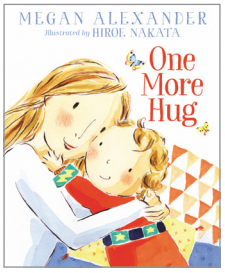

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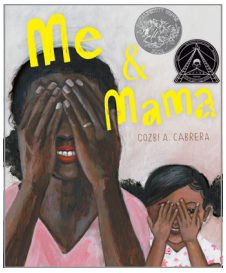

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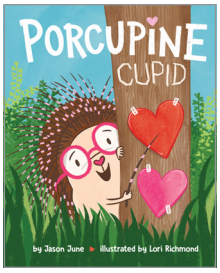

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Slug in Love
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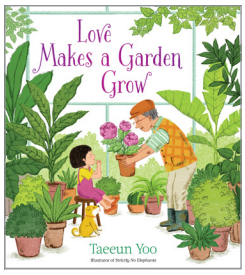

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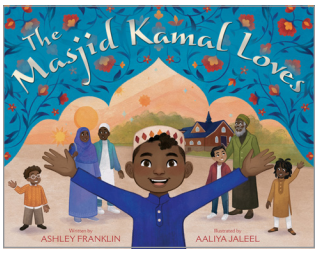

The Masjid Kamal Loves
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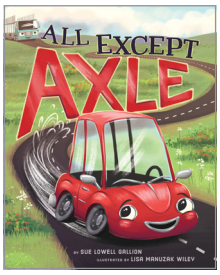

All Except Axle
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Illustrated by Lisa Manuzak Wiley
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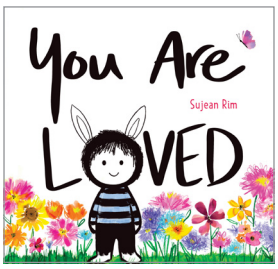

You Are Loved
By Sujean Rim
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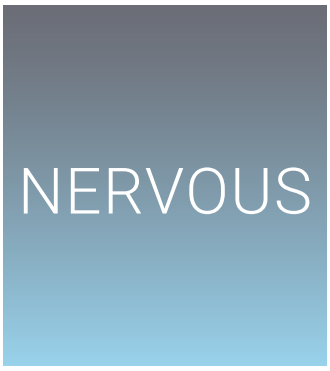

Take a Chance
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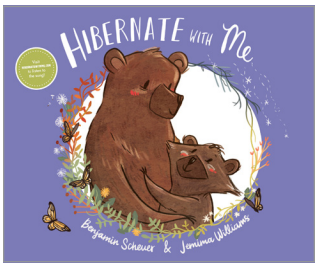

Hibernate with Me
By Benjamin Scheuer
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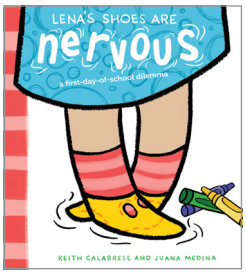

Lena's Shoes Are Nervous
A First-Day-of-School Dilemma
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The Wishing Machine
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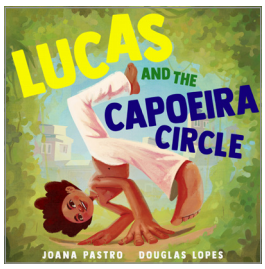

Lucas and the Capoeira Circle
By Joana Pastro
Illustrated by Douglas Lopes
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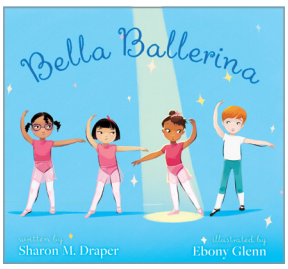

Bella Ballerina
By Sharon M. Draper
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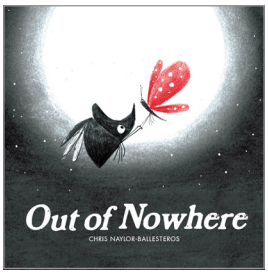
By Benjamin Scheuer
Illustrated by Jemima Williams
HC: 9781534432192
Lexile® AD510L

Bear Can't Wait
By Karma Wilson
Illustrated by Jane Chapman
HC: 9781481459754
Lexile® AD510L



Out of Nowhere
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Lexile® AD540L

Room for Everyone
By Naaz Khan
Illustrated by Mercè López
HC: 9781534431393
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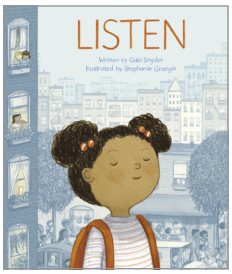

Listen
By Gabi Snyder
Illustrated by Stephanie Graegin
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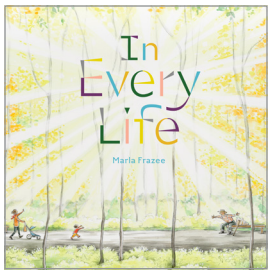

In Every Life
By Marla Frazee
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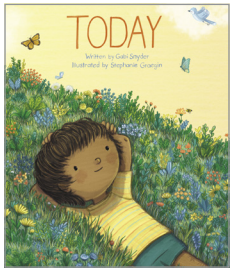

Today
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Look
By Gabi Snyder
Illustrated by Samantha Cotterill
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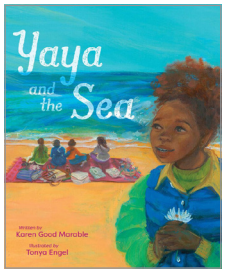

Yaya and the Sea
By Karen Good Marable
Illustrated by Tonya Engel
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EB: 9781534462021

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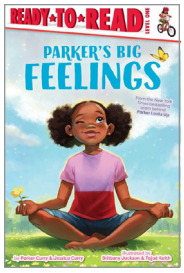
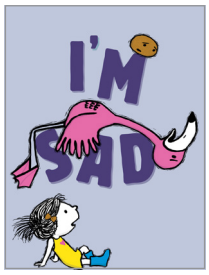


Parker's Big Feelings
By Parker Curry and Jessica Curry
Illustrated by Brittany Jackson and Tajae Keith
HC: 9781665942768
EB: 9781665942775

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
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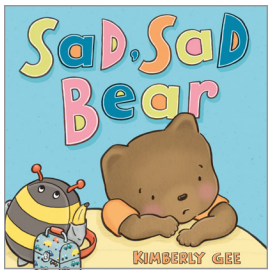

Sad, Sad Bear
By Kimberly Gee
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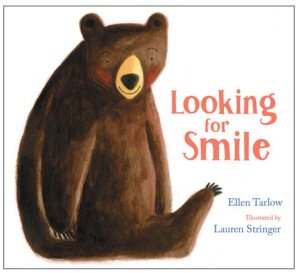

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By Ellen Tarlow
Illustrated by Lauren Stringer
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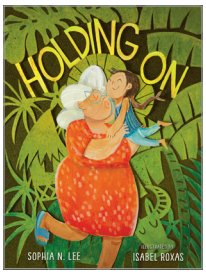

Holding On
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Illustrated by Isabel Roxas
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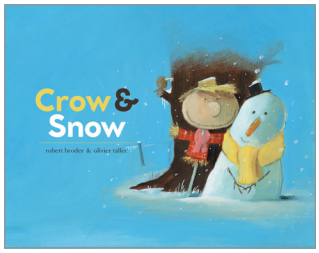
Weather Together
By Jessie Sima
HC: 9781665916981



Crow & Snow
By Robert Broder
Illustrated by Olivier Tallec
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The Mochi Makers
By Sharon Fujimoto-Johnson
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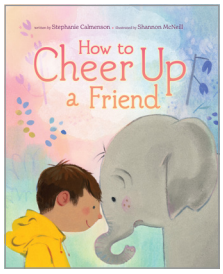

How to Cheer Up a Friend
By Stephan Calmenson
Illustrated by
HC 9781665910248
EB: 9781665910255
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By Nadine Brun-Cosme
Illustrated by Marion Cocklico
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I'm Sorry
By Michael Ian Black
Illustrated by Debbie Ridpath Ohi
HC: 9781534415881
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I'm Worried
By Michael Ian Black
Illustrated by Debbie Ridpath Ohi
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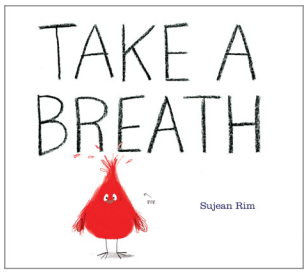

Take a Breath
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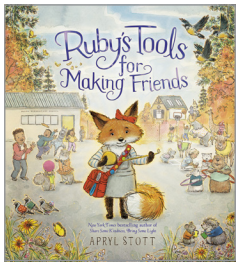

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