

# 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?



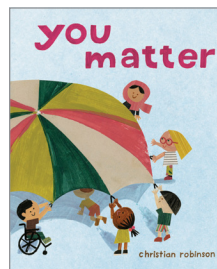


# ACCEPTANCE



## *Together We Grow*

By Susan Vaught  
Illustrated by Kelly Murphy  
HC: 9781534405868  
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



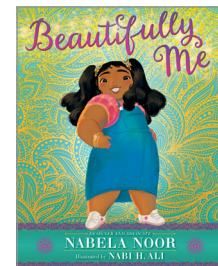
## *I Love My Fur!*

By Kelly Leigh Miller  
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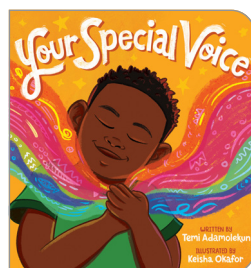
## *I Love My Magic!*

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



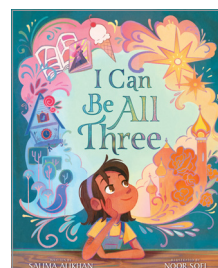
## *Linus*

By Stuart Hausmann  
HC: 9781665900300  
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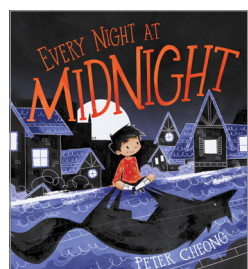
## *All Kinds of Special*

By Tammi Sauer  
Illustrated by Fernando Martin  
HC: 9781534496033



## *I Can Be All Three*

By Salima Alikhan  
Illustrated by Noor Sofi  
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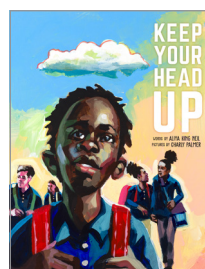
## *Every Night at Midnight*

By Peter Cheong  
HC: 9781665917384



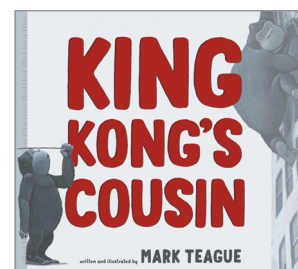
## *Big Wig*

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  
HC: 9781665912303  
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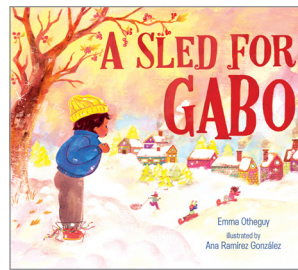




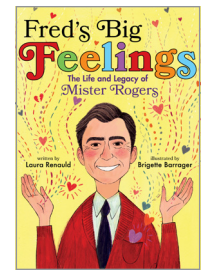
***I Feel Teal***  
By Lauren Rille  
Illustrated by Aimée Sicuro  
HC: 9781481458467  
Lexile® AD200L



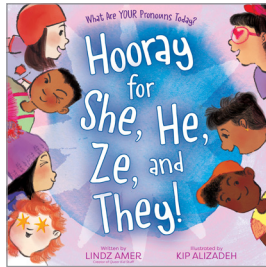
***The Together Tree***  
By Aisha Saeed  
Illustrated by LeUyen Pham  
HC: 9781534462960



***A Sled for Gabo***  
By Emma Otheguy  
Illustrated by Ana Ramirez Gonzalez  
HC: 9781534445345  
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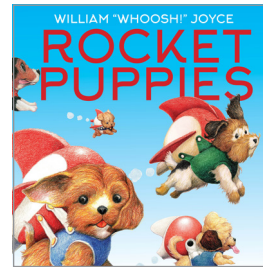
***Fred's Big Feelings***  
*The Life and Legacy of Mister Rogers*  
By Laura Renauld  
Illustrated by Brigitte Barrager  
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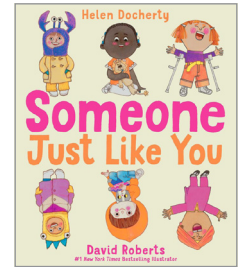
***Hooray for She, He, Ze, and They!***  
By Lindz Amer  
Illustrated by Kip Alizadeh  
HC: 9781665931144  
EB: 9781665931151



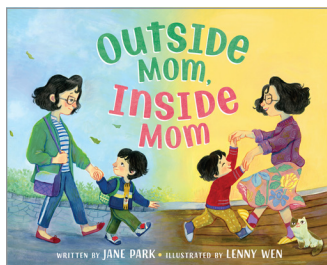
***This Wolf Was Different***  
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Illustrated by Hannah Salyer  
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EB: 9781665900966



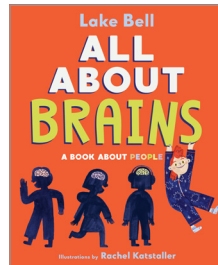
***Rocket Puppies***  
By William Joyce  
HC: 9781665961332  
EB: 9781665961349



***Someone Just Like You***  
By Helen Docherty  
Illustrated by David Roberts  
HC: 9781665949583  
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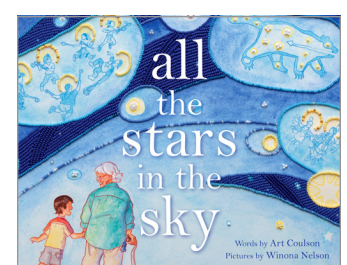
***Outside Mom, Inside Mom***  
By Jane Park  
Illustrated by Lenny Wen  
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EB: 9781665929516  
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***All About Brains***  
By Lake Bell  
Illustrated by Rachel Katstaller  
HC: 9781665906753  
EB: 9781665906760  
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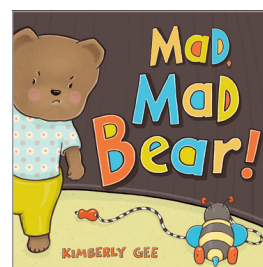
***Maybe Just Ask Me!***  
By Katie Maizeka  
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EB: 9781665949903  
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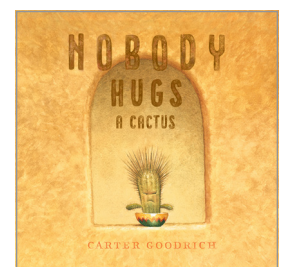
***All the Stars in the Sky***  
By Art Coulson  
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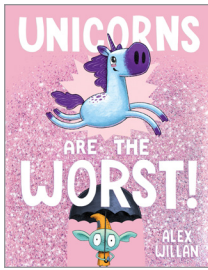
***Little Mad***  
By Nadine Brun-Cosme  
Illustrated by Marion Cocklico  
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***Mad, Mad Bear!***  
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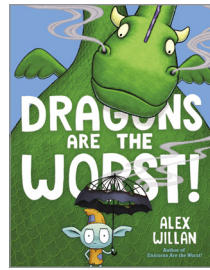


***Nobody Hugs a Cactus***  
By Carter Goodrich  
HC: 9781534400900  
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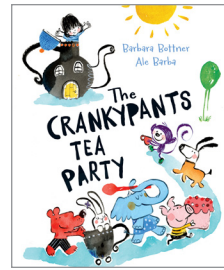
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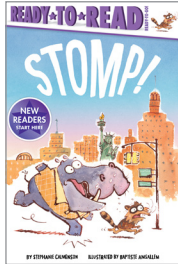
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### Sweep

By Louise Greig  
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### Stomp!

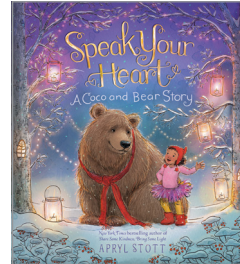
By Stephanie Calmenson  
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### I Hate Everything!

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EB: 9781665980500

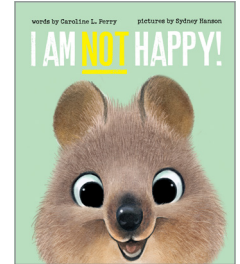
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### Speak Your Heart

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### I Am Not Happy

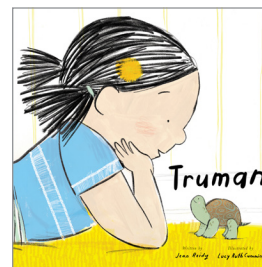
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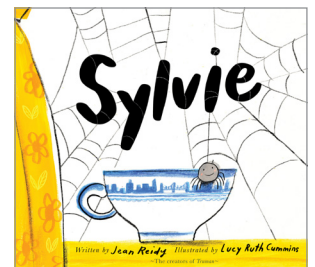
### Being Brave

By Cindy Jin  
Illustrated by Ashley Dugan  
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### Truman

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Illustrated by Lucy Ruth Cummins  
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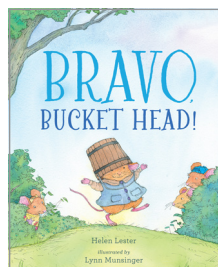
### Sylvie

By Jean Reidy  
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### Even the Smallest Will Grow

By Lita Judge  
HC: 9781534457256  
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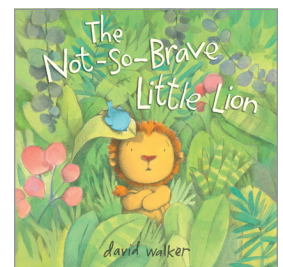
### Bravo, Bucket Head!

By Helen Lester  
Illustrated by Lynn Munsinger  
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### Find Your Brave A Coco and Bear Story

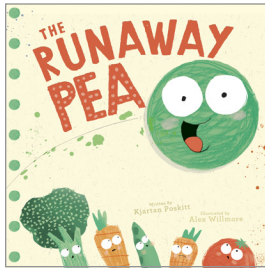
By April Stott  
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### The Not-So-Brave Little Lion

By David Walker  
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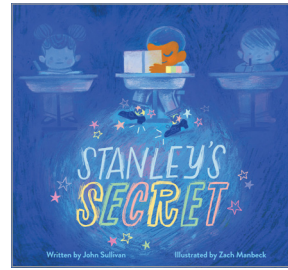




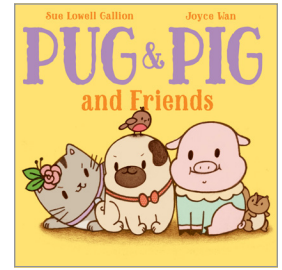
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By KJartan Poskitt  
Illustrated by Alex Willmore  
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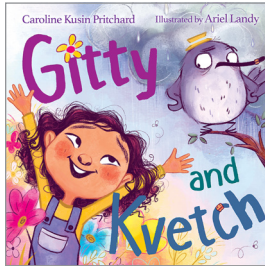
**Mina**  
By Matthew Forsythe  
HC: 9781481480413  
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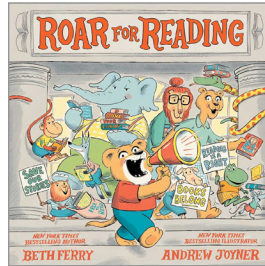
**Stanley's Secret**  
By John Sullivan  
Illustrated by Zach Manbeck  
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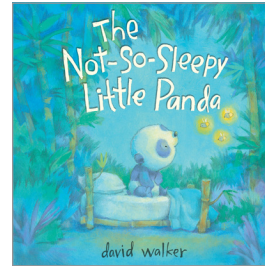
**Pug & Pig and Friends**  
By Sue Lowell Gallion  
Illustrated by Joyce Wan  
HC: 9781534463004  
Lexile® AD380L



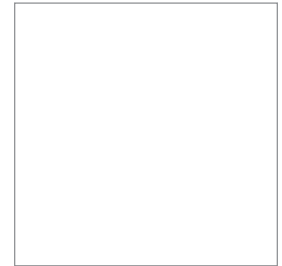
**Gitty and Kvetch**  
By Caroline Kusin Pritchard  
Illustrated by Ariel Landy  
HC: 9781534478268  
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**Roar for Reading**  
By Beth Ferry  
Illustrated by Andrew Joyner  
HC: 9781665940559  
EB: 9781665940566



**The Not-So-Sleepy Little Panda**  
By David Walker  
HC: 9781665943857  
EB: 9781665943864  
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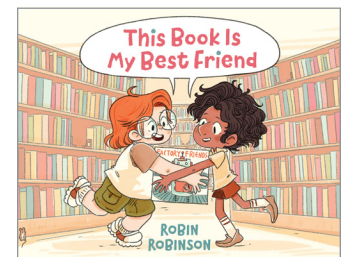
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**Chipmunk Sings for a Friend**  
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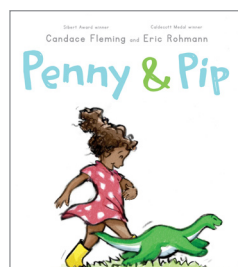
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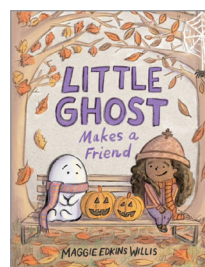
**This Book Is My Best Friend**  
By Robin Robinson  
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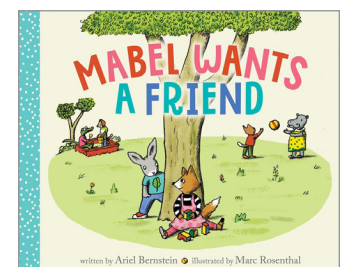
**I Am a GREAT Friend!**  
By Lauren Stohler  
HC: 9781665918336  
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Illustrated by Eric Rohmann  
HC: 9781665913317



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HC: 9781665927857  
EB: 9781665927864



**Mabel Wants a Friend**  
By Ariel Bernstein  
Illustrated by Marc Rosenthal  
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EB: 9781665940412

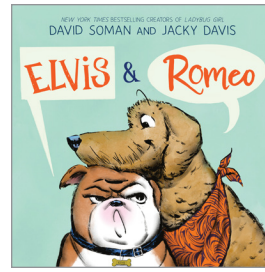




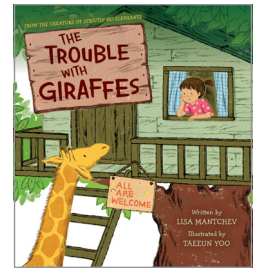
**Best Buds**  
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Illustrated by Jiarui Jiang  
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**Aggie and the Ghost**  
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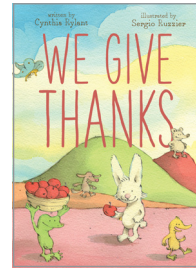
**Elvis & Romeo**  
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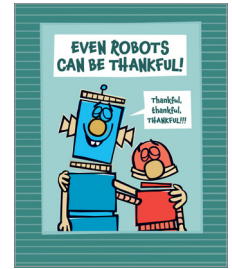
**The Trouble with Giraffes**  
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Illustrated by Taeun Yoo  
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**Thankful**  
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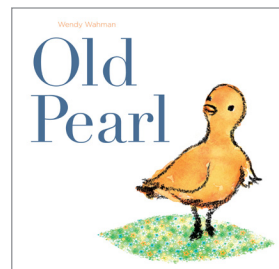
**We Give Thanks**  
By Cynthia Rylant  
Illustrated by Sergio Ruzzier  
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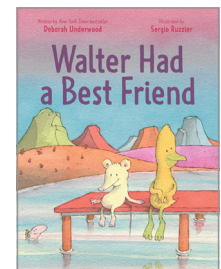
**Even Robots Can Be Thankful!**  
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**Remembering Blue Fish**  
Adapted By Becky Friedman  
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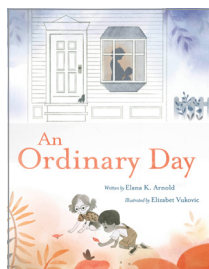
**Old Pearl**  
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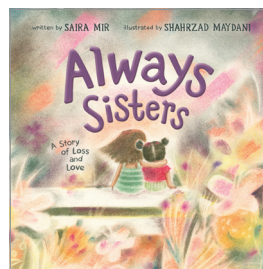
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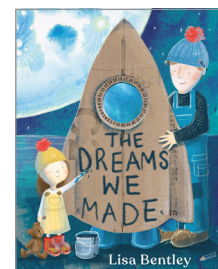
**Bravo, Little Bird!**  
By Annie Silvestro  
Illustrated by Ramona Kaulitzki  
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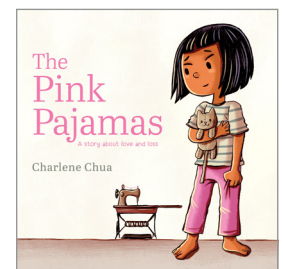
**An Ordinary Day**  
By Elana K. Arnold  
Illustrated by Elizabet Vukovic  
HC: 9781481472623  
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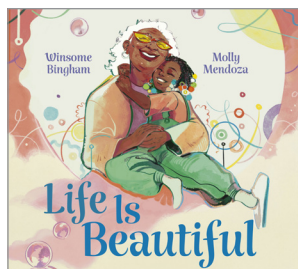
**Always Sisters**  
*A Story of Love and Loss*  
By Saira Mir  
Illustrated by Shahrzad Maydani  
HC: 9781665901567



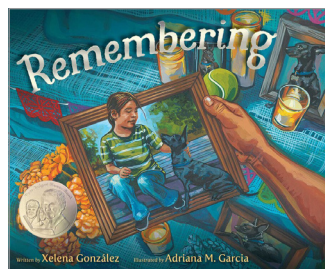
**The Dreams We Made**  
By Lisa Bentley  
HC: 9781665917650



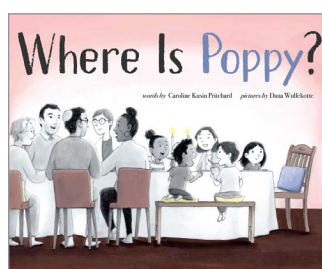
**The Pink Pajamas**  
By Charlene Chua  
HC: 9781665943161  
EB: 9781665943178  
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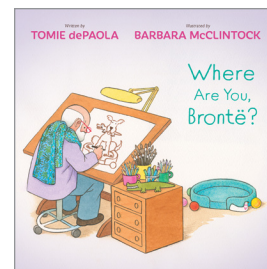
**Life Is Beautiful**  
By Winsome Bingham  
Illustrated by Molly Mendoza  
HC: 9781534469952  
EB: 9781534469969



**Remembering**  
By Xelena González  
Illustrated by Adriana M. Garcia  
HC: 9781534499638  
EB: 9781534499645



**Where Is Poppy?**  
By Caroline Kusin Pritchard  
Illustrated by Dana Wulfekotte  
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EB: 9781534489202



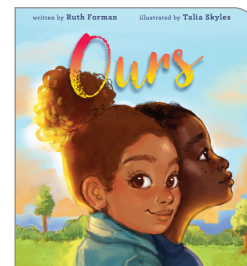
**Where Are You, Brontë?**  
By Tomie DePaola  
Illustrated by Barbara McClintock  
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EB: 9781534418516  
**ON SALE MAY 2025**



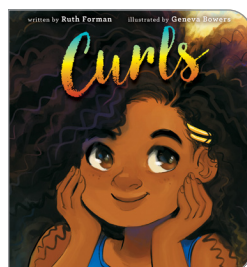
**Little Joy**  
By Nadine Brun-Cosme  
Illustrated by Marion Cocklico  
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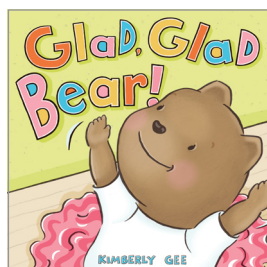
**Glow**  
By Ruth Forman  
Illustrated by Geneva Bowers  
HC: 9781665903059



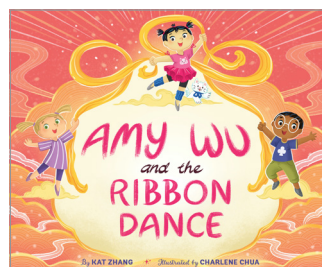
**Ours**  
By Ruth Forman  
Illustrated by Talia Skyles  
HC: 9781534446335



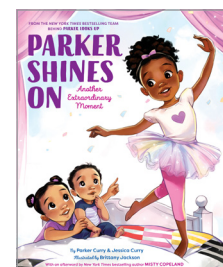
**Curls**  
By Ruth Forman  
Illustrated by Geneva Bowers  
HC: 9781534446311



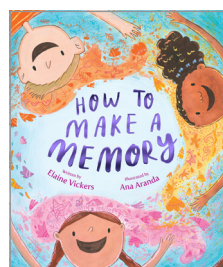
**Glad, Glad Bear!**  
By Kimberly Gee  
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Lexile® AD280L



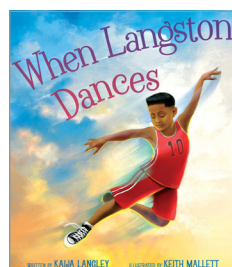
**Amy Wu and the Ribbon Dance**  
By Kat Zhang  
Illustrated by Charlene Chua  
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**Parker Shines On**  
*Another Extraordinary Moment*  
By Parker Curry and Jessica Curry  
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Illustrated by Ana Aranda  
HC: 9781534494411



**When Langston Dances**  
By Kaija Langley  
Illustrated by Keith Mallett  
HC: 9781534485198  
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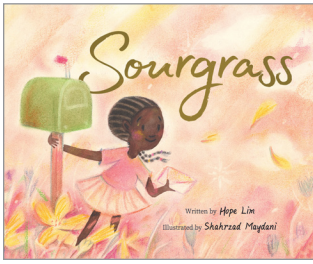


**The Little Tiger**  
By Nicola Killen  
HC: 9781665940986  
EB: 9781665940993



**Love Is My Favorite Color**  
By Nina Laden  
Illustrated by Melissa Castrillon  
HC: 9781665913096  
EB: 9781665913102

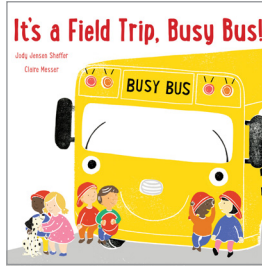




***Sourgrass***  
By Hope Lim  
Illustrated by Shahrazad Maydani  
HC: 9781665931861  
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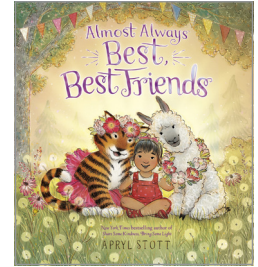
***All I Need to Be***  
By Rachel Ricketts  
Illustrated by Tiffany Rose with Luana Horry  
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***It's a Field Trip, Busy Bus!***  
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By Thushanthi Ponweera  
Illustrated by Maithili Joshi  
HC: 9781665921718  
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***All Kinds of Kindness***  
By Judy Carey Nevin  
Illustrated by Susie Hammer  
HC: 9781534432062

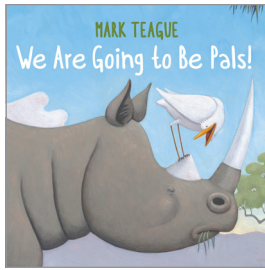


***Share Some Kindness, Bring Some Light***  
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***The Perfectly Perfect Wish***  
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Illustrated by Jessica Courtney-Tickle  
HC: 9781534406193  
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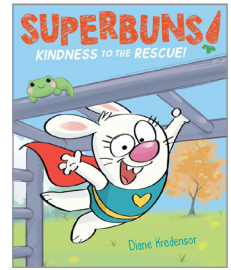
**We Are Going to Be Pals!**  
By Mark Teague  
HC: 9781665911863



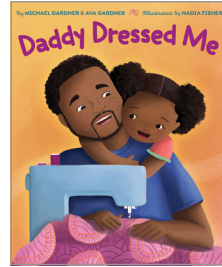
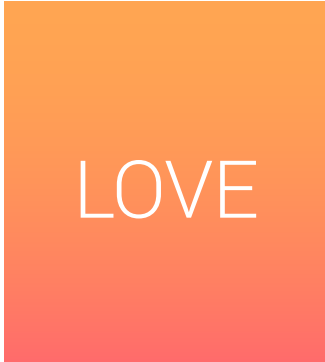
**There's Always Room for One More**  
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**Superbuns!**  
*Kindness Is Her Superpower*  
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HC: 9781481490689  
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**Kindness to the Rescue**  
By Diane Kredensor  
HC: 9781481490702  
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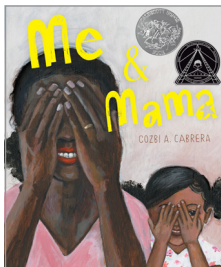
**Daddy Dressed Me**  
By Michael Gardner and Ava Gardner  
Illustrated by Nadia Fisher  
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**One More Hug**  
By Megan Alexander  
Illustrated by Hiroe Nakata  
HC: 9781534429710  
Lexile® AD530L



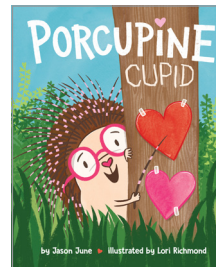
**Love, Z**  
By Jessie Sima  
HC: 9781481496773  
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**Me & Mama**  
By Cozbi A. Cabrera  
HC: 9781534454217  
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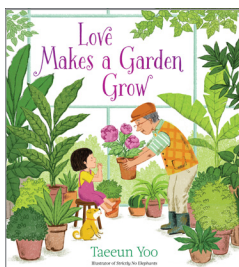
**Love by Sophia**  
By Jim Averbeck  
Illustrated by Yasmeen Ismail  
HC: 9781481477901  
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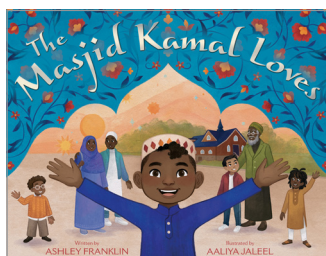
**Porcupine Cupid**  
By Jason June  
Illustrated by Lori Richmond  
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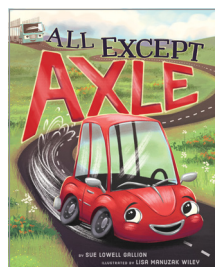
**Slug in Love**  
By Rachel Bright  
Illustrated by Nadia Shireen  
HC: 9781665900461  
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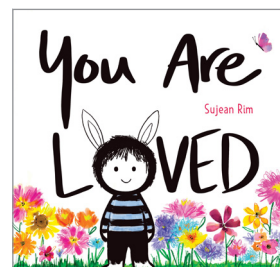
**Love Makes a Garden Grow**  
By Taeun Yoo  
HC: 9781534442863  
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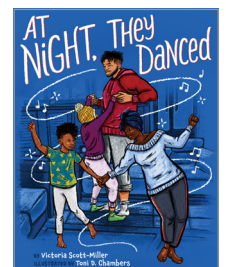
**The Masjid Kamal Loves**  
By Ashley Franklin  
Illustrated by Aaliya Jaleel  
HC: 9781534499836



**All Except Axle**  
By Sue Lowell Gallion  
Illustrated by Lisa Manuzak Wiley  
HC: 9781534440227  
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**You Are Loved**  
By Sujean Rim  
HC: 9781665949163  
EB: 9781665949170



**At Night, They Dance**  
By Victoria Scott-Miller  
Illustrated by Toni D. Chambers  
HC: 9781665927819  
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# NERVOUS



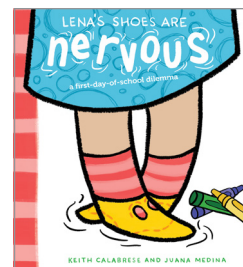
## *Take a Chance*

By Sujean Rim  
HC: 9781534492554  
Lexile® AD610L



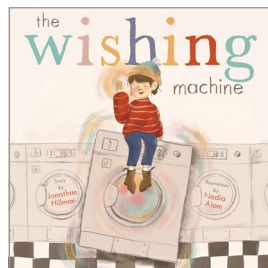
## *Hibernate with Me*

By Benjamin Scheuer  
Illustrated by Jemima Williams  
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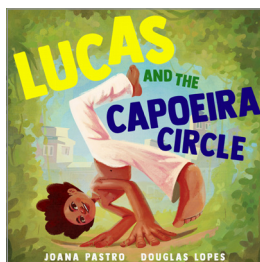
## *Lena's Shoes Are Nervous* *A First-Day-of-School Dilemma*

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Illustrated by Juana Medina  
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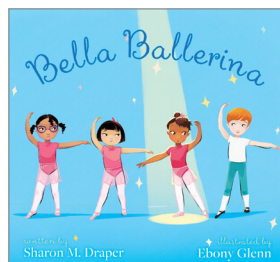
## *The Wishing Machine*

By Jonathan Hillman  
Illustrated by Nadia Alam  
HC: 9781665922302



## *Lucas and the Capoeira Circle*

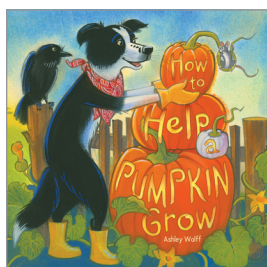
By Joana Pastro  
Illustrated by Douglas Lopes  
HC: 9781665924771  
EB: 9781665924788



## *Bella Ballerina*

By Sharon M. Draper  
Illustrated by Ebony Glenn  
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# PATIENCE



## *How to Help a Pumpkin Grow*

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HC: 9781481419345  
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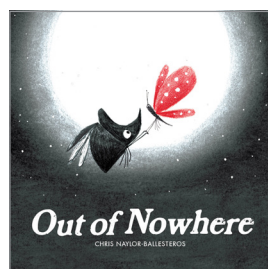
## *Hundred Feet Tall*

By Benjamin Scheuer  
Illustrated by Jemima Williams  
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## *Bear Can't Wait*

By Karma Wilson  
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Lexile® AD510L



## *Out of Nowhere*

By Chris Naylor-Ballesteros  
HC: 9781534481008  
Lexile® AD540L



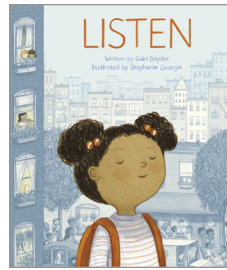
## *Room for Everyone*

By Naaz Khan  
Illustrated by Mercè López  
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Lexile® AD620L

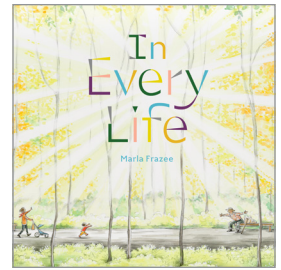




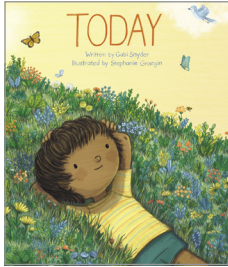
**Quiet**  
By Tomie dePaola  
HC: 9781481477543  
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**Listen**  
By Gabi Snyder  
Illustrated by Stephanie Graegin  
HC: 9781534461895  
Lexile® AD470L



**In Every Life**  
By Marla Frazee  
HC: 9781665912488  
Lexile® AD200L



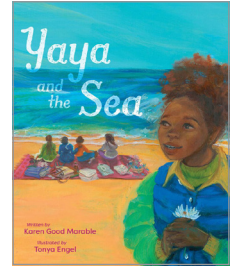
**Today**  
By Gabi Snyder  
Illustrated by Stephanie Graegin  
HC: 9781665924856  
EB: 9781665924863



**The Quiet Forest**  
By Charlotte Offsay  
Illustrated by Abi Cushman  
HC: 9781665926423  
EB: 9781665926430



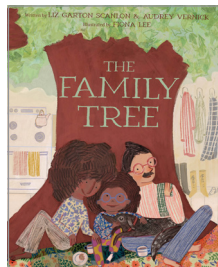
**Look**  
By Gabi Snyder  
Illustrated by Samantha Cotterill  
HC: 9781665905404  
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**Yaya and the Sea**  
By Karen Good Marable  
Illustrated by Tonya Engel  
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**Parker's Big Feelings**  
By Parker Curry and Jessica Curry  
Illustrated by Brittany Jackson and Tajae Keith  
HC: 9781665942768  
EB: 9781665942775

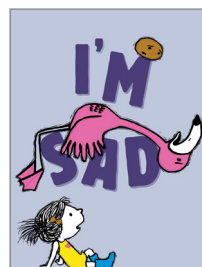


**The Family Tree**  
By Liz Garton Scanlon  
Illustrated by Audrey Vernick  
HC: 9781665948371  
EB: 9781665948388

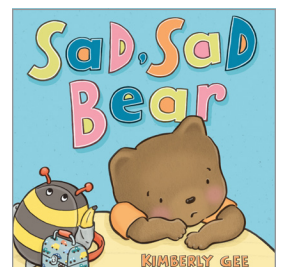
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**Daniel Misses Someone**  
Adapted By Alexandra Cassel Schwartz  
Illustrated by Jason Fruchter  
HC: 9781665900072

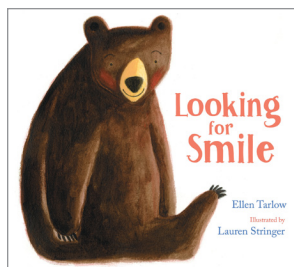


**I'm Sad**  
By Michael Ian Black  
Illustrated by Debbie Ridpath Ohi  
HC: 9781481476270  
Lexile® AD500L



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

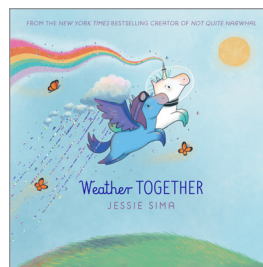




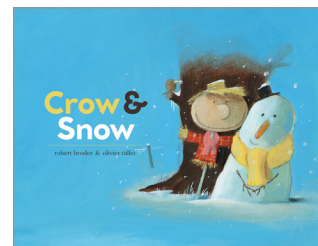
**Looking for Smile**  
By Ellen Tarrow  
Illustrated by Lauren Stringer  
HC: 9781534466197  
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**Holding On**  
By Sophie N. Lee  
Illustrated by Isabel Roxas  
HC: 9781534494459  
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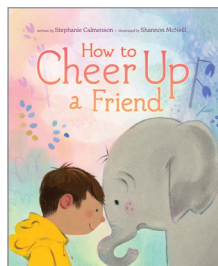
**Weather Together**  
By Jessie Sima  
HC: 9781665916981



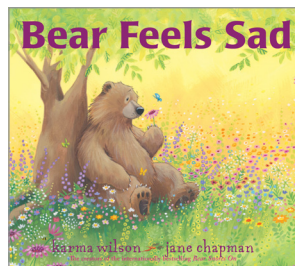
**Crow & Snow**  
By Robert Broder  
Illustrated by Olivier Tallec  
HC: 9781534445956  
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**The Mochi Makers**  
By Sharon Fujimoto-Johnson  
HC: 9781665931540  
EB: 9781665931557



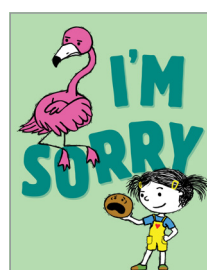
**How to Cheer Up a Friend**  
By Stephan Calmenson  
Illustrated by Shannon McCall  
HC: 9781665910248  
EB: 9781665910255



**Bear Feels Sad**  
By Karma Wilson  
Illustrated by Jane Chapman  
HC: 9781665936576  
EB: 9781665936583  
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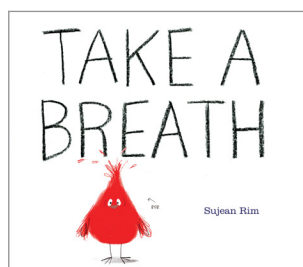
**Little Worry**  
By Nadine Brun-Cosme  
Illustrated by Marion Cocklico  
HC: 9781534477469



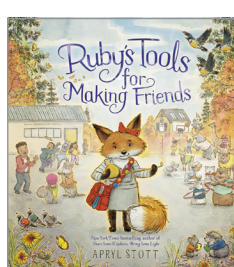
**I'm Sorry**  
By Michael Ian Black  
Illustrated by Debbie Ridpath Ohi  
HC: 9781534415881  
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**I'm Worried**  
By Michael Ian Black  
Illustrated by Debbie Ridpath Ohi  
HC: 9781534415867  
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**Take a Breath**  
By Sujean Rim  
HC: 9781534492530  
Lexile® AD510L



**Ruby's Tools for Making Friends**  
By Apryl Stott  
HC: 9781665921640  
EB: 9781665921657