

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

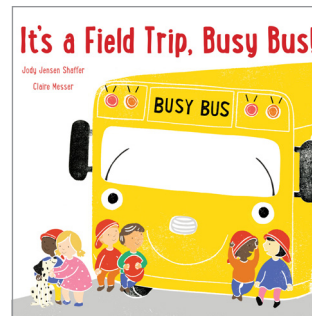
Get Started!

A selection of Simon & Schuster's picture books dealing with feelings and emotions.



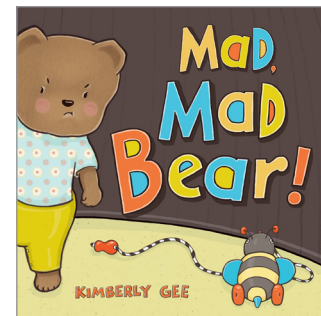
Remembering Blue Fish

Adapted by Becky Friedman
Illustrated by Jason Fruchter
PB: 9781534400955



It's a Field Trip, Busy Bus!

By Jody Jensen Shaffer
Illustrated by Claire Messer
HC: 9781534440814



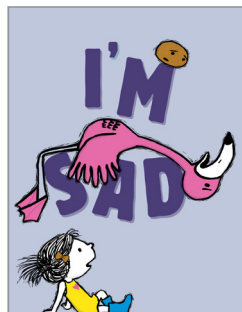
Mad, Mad Bear!

Written and illustrated
by Kimberly Gee
HC: 9781481449717



I Feel Teal

By Lauren Rille
Illustrated by Aimée Sicuro
HC: 9781481458467



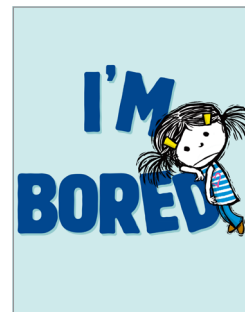
I'm Sad

By Michael Ian Black
Illustrated by Debbie Ridpath Ohi
HC: 9781481476270



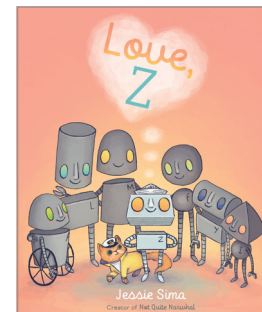
I'm Worried

By Michael Ian Black
Illustrated by Debbie Ridpath Ohi
HC: 9781534415867



I'm Bored

By Michael Ian Black
Illustrated by Debbie Ridpath Ohi
HC: 9781442414037



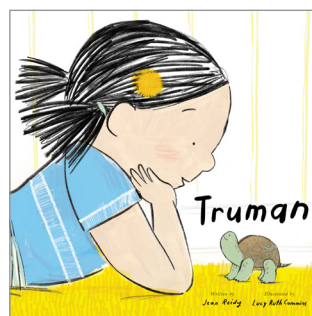
Love, Z

Written and illustrated
by Jessie Sima
HC: 9781481496773



Quiet

Written and illustrated
by Tomie dePaola
HC: 9781481477543



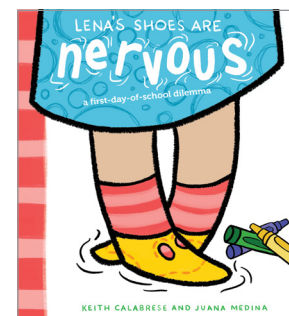
Truman

By Jean Reidy
Illustrated by Lucy Ruth Cummins
HC: 9781534416642



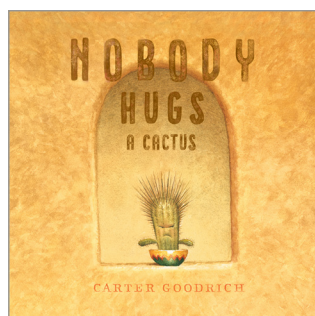
Hibernate with Me

By Benjamin Scheuer
Illustrated by Jemima Williams
HC: 9781534432178



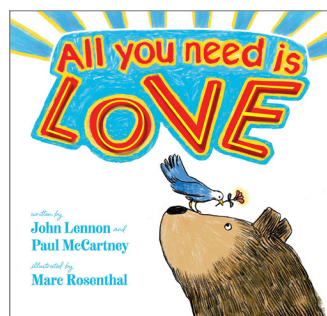
Lena's Shoes Are Nervous

By Keith Calabrese
Illustrated by Juana Medina
HC: 9781534408944



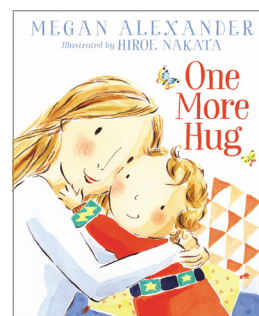
Nobody Hugs a Cactus

Written and illustrated
by Carter Goodrich
HC: 9781534400900



All You Need Is Love

By John Lennon and Paul McCartney
Illustrated by Marc Rosenthal
HC: 9781534429819



One More Hug

By Megan Alexander
Illustrated by Hiroe Nakata
HC: 9781534429710



Sweep

By Louise Greig
Illustrated by Júlia Sardá
HC: 9781534439085

This guide has been provided by Simon & Schuster for classroom, library, and reading group use. It may be reproduced in its entirety or excerpted for these purposes. Guide written by Myra Zarnowski, a professor in the Department of Elementary and Early Childhood Education at Queens College, CUNY.