

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.

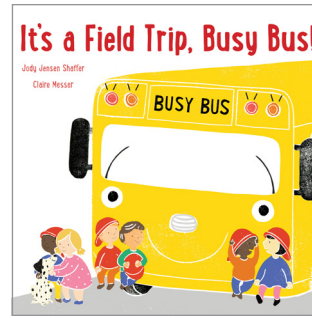
4. In many books, colors and big print help show how the character feels. Find some examples that show this. For example, when a character is sad, the picture might use gray and black colors. Or when a character is angry, the picture might use red. The words may be very large to show a strong feeling. 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



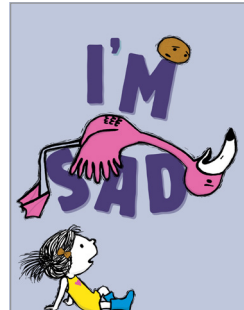
It's a Field Trip, Busy Bus!
By Jody Jensen Shaffer
Illustrated by Claire Messer
HC: 9781534440814
Lexile® AD430L



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



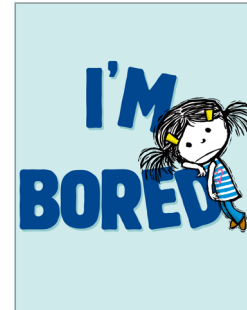
I Feel Teal
By Lauren Rille
Illustrated by Aimée Sicuro
HC: 9781481458467
Lexile® AD200L



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



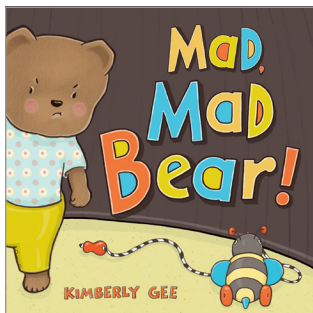
I'm Worried
By Michael Ian Black
Illustrated by Debbie Ridpath Ohi
HC: 9781534415867
Lexile® AD460L



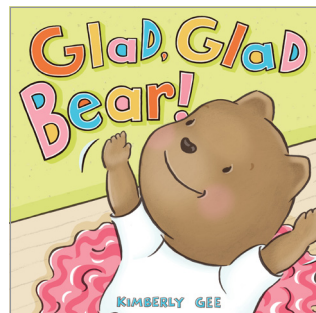
I'm Bored
By Michael Ian Black
Illustrated by Debbie Ridpath Ohi
HC: 9781442414037



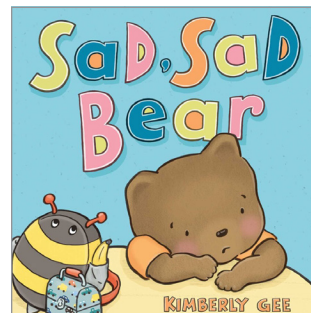
Love, Z
Written and illustrated
by Jessie Sima
HC: 9781481496773
Lexile® 520L



Mad, Mad Bear!
Written and illustrated
by Kimberly Gee
HC: 9781481449717
Lexile® 280L



Glad, Glad Bear!
Written and illustrated
by Kimberly Gee
HC: 9781534452695
Lexile® AD280L



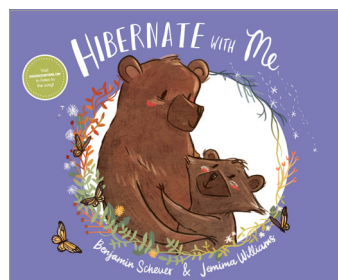
Sad, Sad Bear
Written and illustrated
by Kimberly Gee
HC: 9781534452718



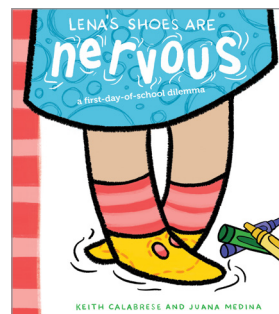
Quiet
Written and illustrated
by Tomie dePaola
HC: 9781481477543
Lexile® 440L



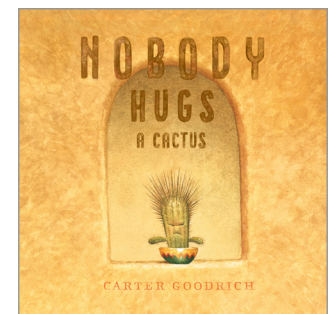
Truman
By Jean Reidy
Illustrated by Lucy Ruth Cummins
HC: 9781534416642
Lexile® 560L



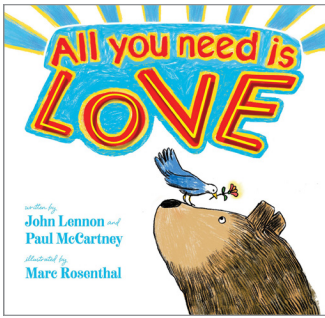
Hibernate with Me
By Benjamin Scheuer
Illustrated by Jemima Williams
HC: 9781534432178
Lexile® AD450L



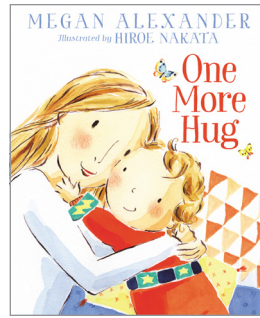
Lena's Shoes Are Nervous
By Keith Calabrese
Illustrated by Juana Medina
HC: 9781534408944
Lexile® AD480L



Nobody Hugs a Cactus
Written and illustrated
by Carter Goodrich
HC: 9781534400900
Lexile® 540L



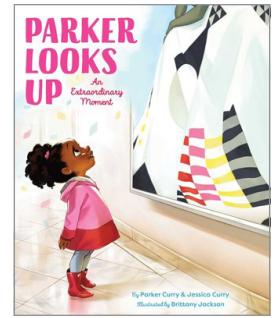
All You Need Is Love
By John Lennon and Paul McCartney
Illustrated by Marc Rosenthal
HC: 9781534429819
Lexile® AD150L



One More Hug
By Megan Alexander
Illustrated by Hiroe Nakata
HC: 9781534429710
Lexile® AD530L



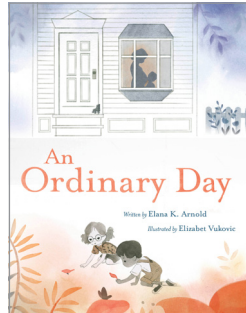
Sweep
By Louise Greig
Illustrated by Júlia Sardà
HC: 9781534439085
Lexile® AD560L



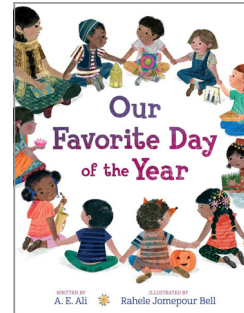
Parker Looks Up
By Parker Curry and Jessica Curry
Illustrated by Brittany Jackson
HC: 9781534451865



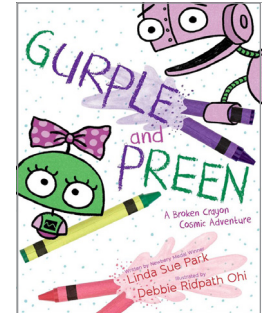
Cuddle Monkey
By Blake Liliane Hellman
Illustrated by Chad Otis
HC: 9781534431171
Lexile® AD500L



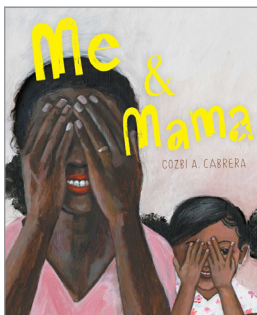
An Ordinary Day
By Elana K. Arnold
Illustrated by Elizabet Vukovic
HC: 9781481472623
Lexile® 610L



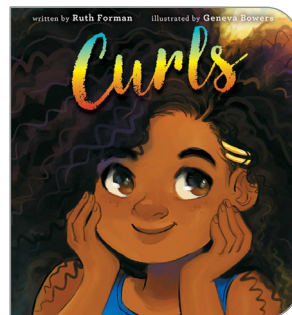
Our Favorite Day of the Year
By A. E. Ali
Illustrated by Rahele Jomepour Bell
HC: 9781481485630



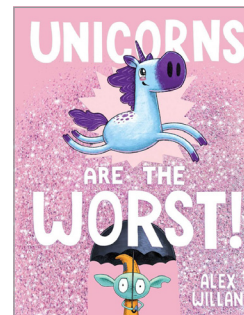
Gurple & Preen
By Linda Sue Park
Illustrated by Debbie Ridpath Ohi
HC: 9781534431416



Me & Mama
Written and illustrated by Cozbi A. Cabrera
HC: 9781534454217



Curls
By Ruth Forman
Illustrated by Geneva Bowers
BB: 9781534446311



Unicorns Are the Worst!
Written and illustrated by Alex Willan
HC: 9781534453838



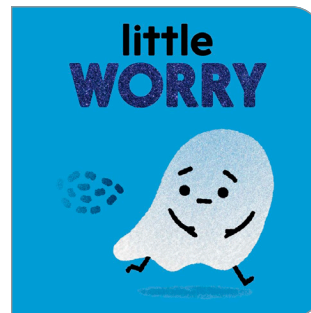
Together We Grow
By Susan Vaught
Illustrated by Kelly Murphy
HC: 9781534405868



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



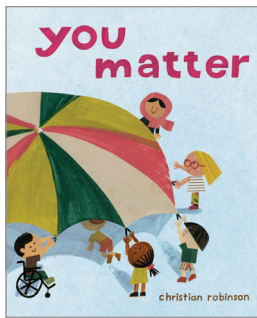
Little Mad
By Nadine Brun-Cosme
Illustrated by Marion Cocklico
BB: 9781534477476



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

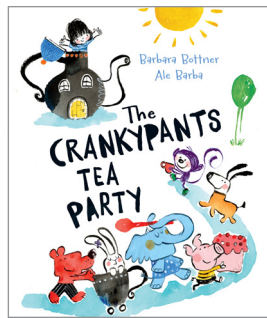


The Perfectly Perfect Wish
By Lisa Mantchev
Illustrated by Jessica Courtney-Tickle
HC: 9781534406193



You Matter

Written and illustrated
by Christian Robinson
HC: 9781534421691



The Crankypants Tea Party

By Barbara Bottner
Illustrated by Ale Barba
HC: 9781481459006



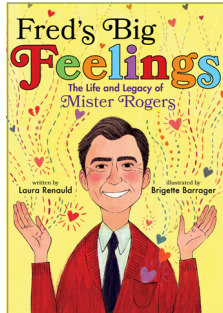
Hundred Feet Tall

By Benjamin Scheuer
Illustrated by Jemima Williams
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Lexile® AD510L



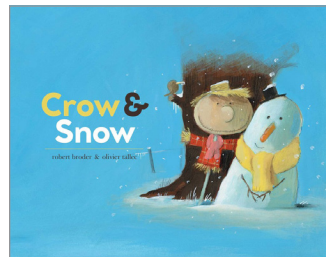
Love by Sophia

Part of *The Sophia Books*
By Jim Averbeck
Illustrated by Yasmeeen Ismail
HC: 9781481477901



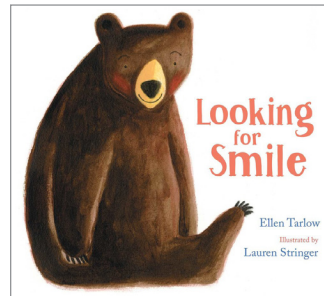
Fred's Big Feelings

The Life and Legacy of Mister Rogers
By Laura Renauld
Illustrated by Brigitte Barrager
HC: 9781534441224
Lexile® AD740L



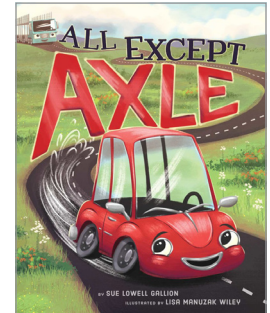
Crow & Snow

By Robert Broder
Illustrated by Olivier Tallec
HC: 9781534445956



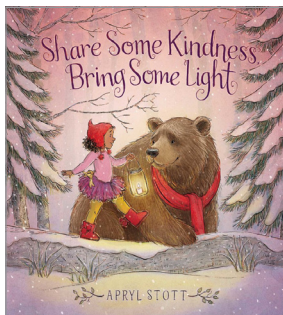
Looking for Smile

By Ellen Tarrow
Illustrated by Lauren Stringer
HC: 9781534466197



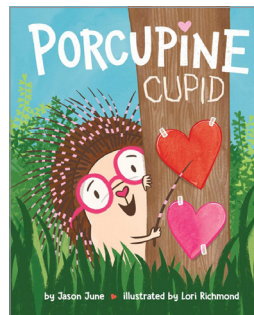
All Except Axle

By Sue Lowell Gallion
Illustrated by Lisa Manuzak Wiley
HC: 9781534440227



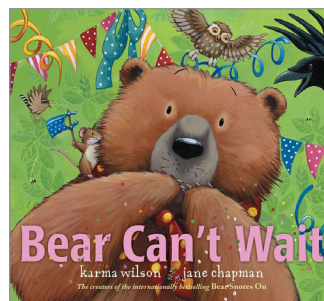
***Share Some Kindness,
Bring Some Light***

Written and illustrated
by Apryl Stott
HC: 9781534462380



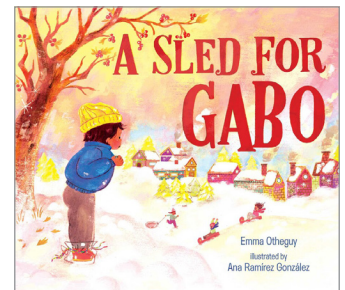
Porcupine Cupid

By Jason June
Illustrated by Lori Richmond
HC: 9781481481014



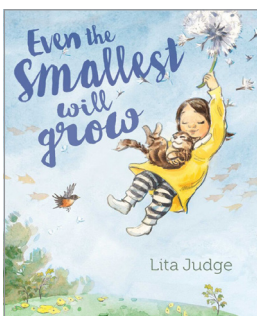
Bear Can't Wait

By Karma Wilson
Illustrated by Jane Chapman
HC: 9781481459754



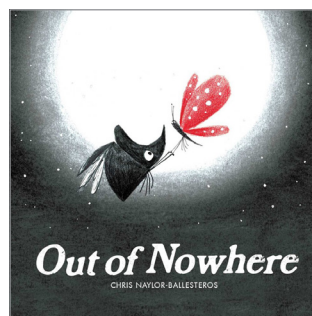
A Sled for Gabo

By Emma Otheguy
Illustrated by Ana Ramírez González
HC: 9781534445345



***Even the Smallest
Will Grow***

Written and illustrated
by Lita Judge
HC: 9781534457256



Out of Nowhere

Written and illustrated
by Chris Naylor-Ballesteros
HC: 9781534481008