

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.

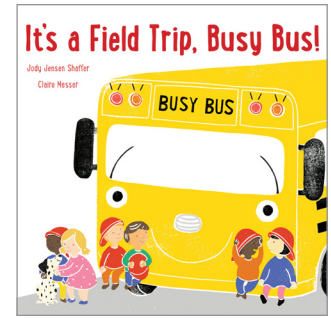


Remembering Blue Fish
Adapted by Becky Friedman
Illustrated by Jason Fruchter
PB: 9781534400955



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

ON SALE DECEMBER 2021



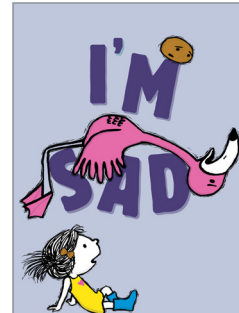
It's a Field Trip, Busy Bus!
By Jody Jensen Shaffer
Illustrated by Claire Messer
HC: 9781534440814
Lexile® AD430L



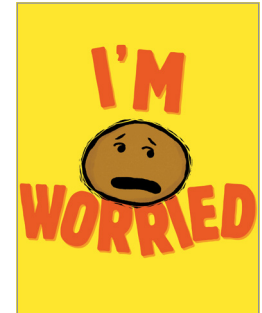
All Kinds of Kindness
By Judy Carey Nevin
Illustrated by Susie Hammer
BB: 9781534432062



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



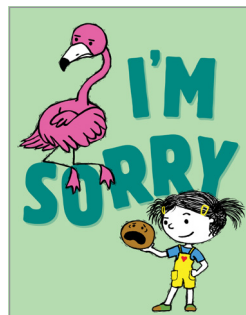
I'm Sad
By Michael Ian Black
Illustrated by Debbie Ridpath Ohi
HC: 9781481476270
Lexile® AD500L



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

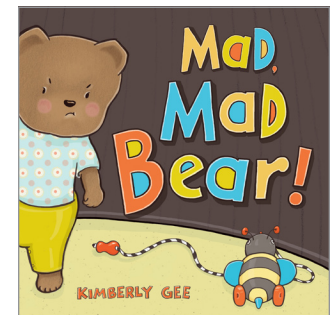


I'm Sorry
By Michael Ian Black
Illustrated by Debbie Ridpath Ohi
HC: 9781534415881

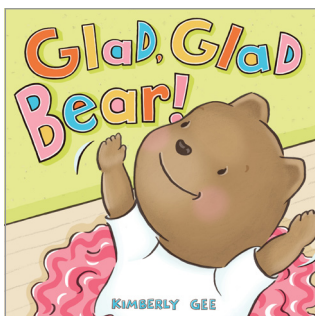
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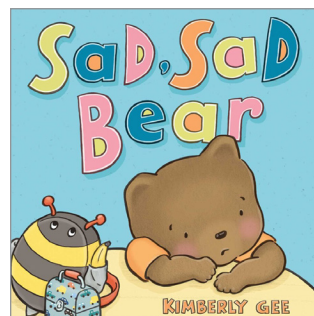
Love, Z
Written and illustrated
by Jessie Sima
HC: 9781481496773
Lexile® 520L



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



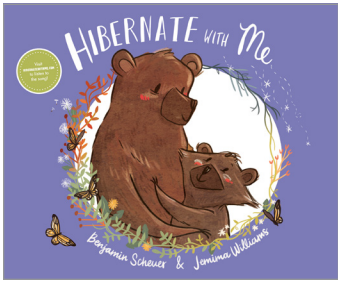
Quiet
Written and illustrated
by Tomie dePaola
HC: 9781481477543
Lexile® 440L



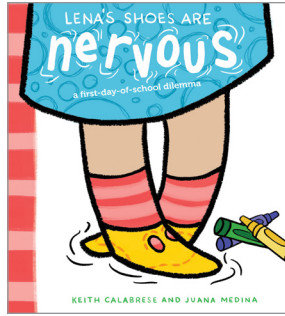
Truman
By Jean Reidy
Illustrated by Lucy Ruth Cummins
HC: 9781534416642
Lexile® 560L

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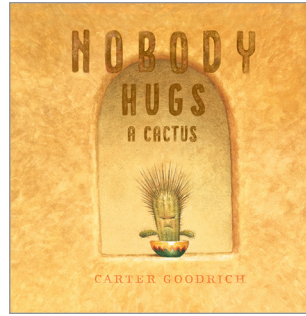




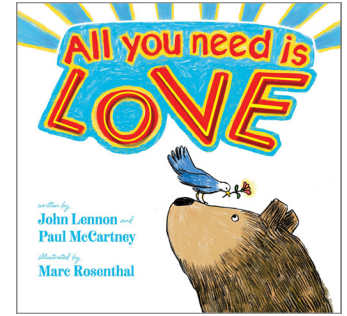
Hibernate with Me
By Benjamin Scheuer
Illustrated by Jemima Williams
HC: 9781534432178
Lexile® AD450L



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



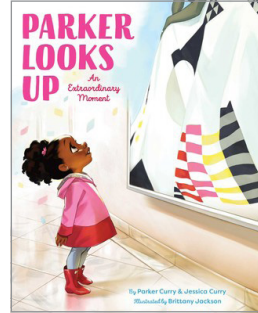
All You Need Is Love
By John Lennon and Paul McCartney
Illustrated by Marc Rosenthal
HC: 9781534429819
Lexile® AD150L



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



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



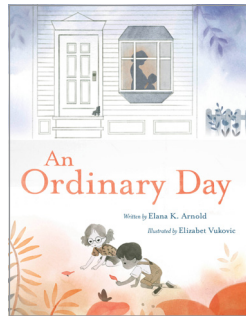
Parker Looks Up
By Parker Curry and Jessica Curry
Illustrated by Brittany Jackson
HC: 9781534451865
Lexile® AD650L



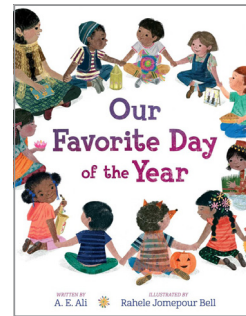
Parker Shines On
By Parker Curry and Jessica Curry
Illustrated by Brittany Jackson
HC: 9781534454743
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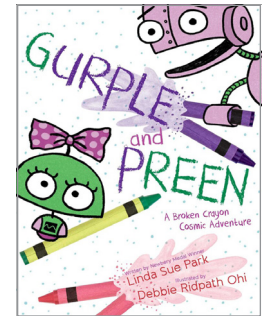
Cuddle Monkey
By Blake Liliane Hellman
Illustrated by Chad Otis
HC: 9781534431171
Lexile® AD500L



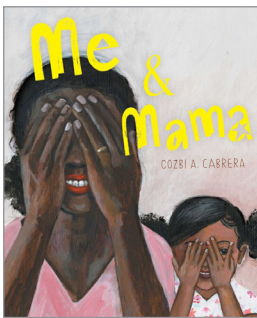
An Ordinary Day
By Elana K. Arnold
Illustrated by Elizabet Vukovic
HC: 9781481472623
Lexile® 610L



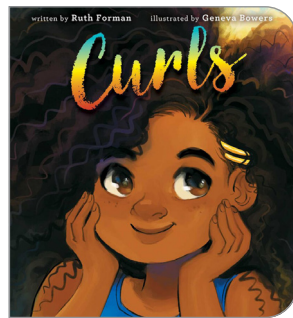
Our Favorite Day of the Year
By A. E. Ali
Illustrated by Rahele Jomepour Bell
HC: 9781481485630
Lexile® AD580L



Gurple & Preen
By Linda Sue Park
Illustrated by Debbie Ridpath Ohi
HC: 9781534431416
Lexile® 510L



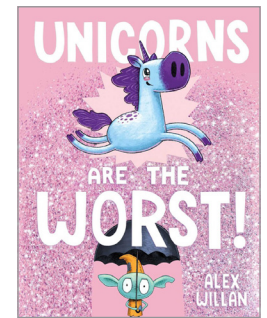
Me & Mama
Written and illustrated
by Cozbi A. Cabrera
HC: 9781534454217
Lexile® AD470L



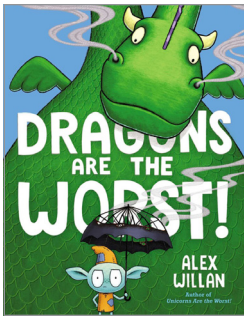
Curls
By Ruth Forman
Illustrated by Geneva Bowers
BB: 9781534446311



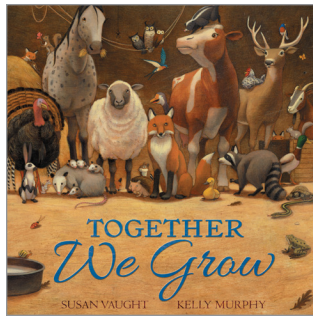
Glow
By Ruth Forman
Illustrated by Geneva Bowers
BB: 9781534446335



Unicorns Are the Worst!
Written and illustrated
by Alex Willan
HC: 9781534453838
Lexile® 480L



Dragons Are the Worst
 Written and illustrated
 by Alex Willan
 HC: 9781534485112
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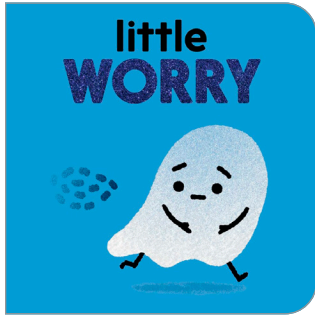
Together We Grow
 By Susan Vaught
 Illustrated by Kelly Murphy
 HC: 9781534405868
 Lexile® AD370L



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



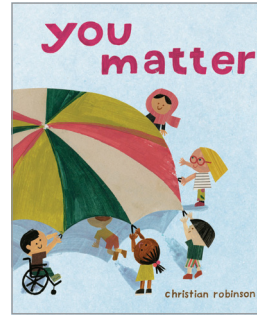
Little Mad
 By Nadine Brun-Cosme
 Illustrated by Marion Cocklico
 BB: 9781534477476



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
 Lexile® AD470L



You Matter
 Written and illustrated
 by Christian Robinson
 HC: 9781534421691
 Lexile® AD310L



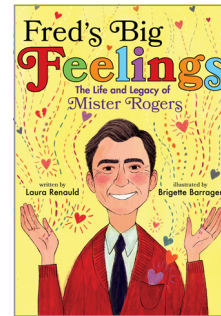
The Crankypants Tea Party
 By Barbara Bottner
 Illustrated by Ale Barba
 HC: 9781481459006
 Lexile® AD420L



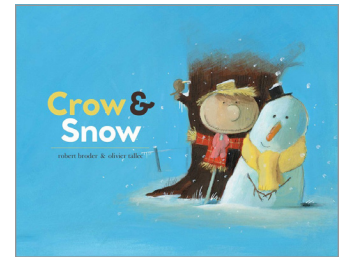
Hundred Feet Tall
 By Benjamin Scheuer
 Illustrated by Jemima Williams
 HC: 9781534432192
 Lexile® AD510L



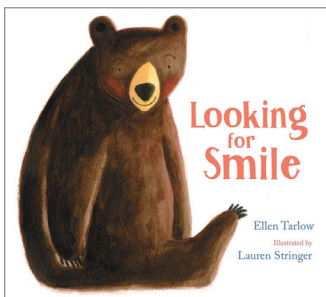
Love by Sophia
 Part of The Sophia Books
 By Jim Averbeck
 Illustrated by Yasmeen Ismail
 HC: 9781481477901



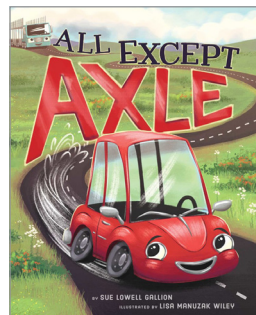
Fred's Big Feelings
 The Life and Legacy of Mister Rogers
 By Laura Renauld
 Illustrated by Brigitte Barrager
 HC: 9781534441224
 Lexile® AD740L



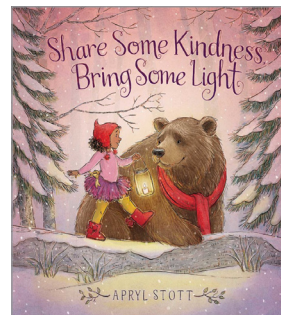
Crow & Snow
 By Robert Broder
 Illustrated by Olivier Tallec
 HC: 9781534445956
 Lexile® AD480L



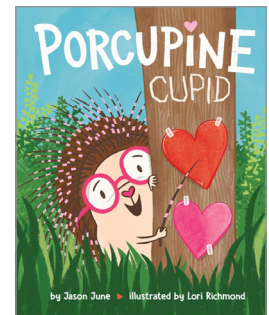
Looking for Smile
 By Ellen Tarlow
 Illustrated by Lauren Stringer
 HC: 9781534466197
 Lexile® AD420L



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
 Lexile® AD510L



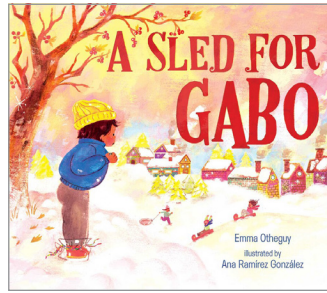
Porcupine Cupid
 By Jason June
 Illustrated by Lori Richmond
 HC: 9781481481014

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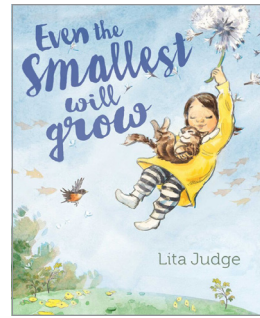




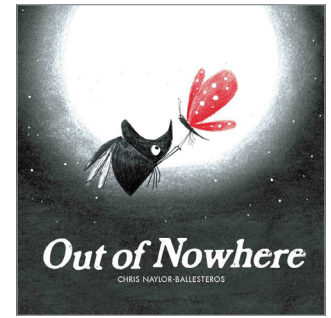
Bear Can't Wait
By Karma Wilson
Illustrated by Jane Chapman
HC: 9781481459754



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



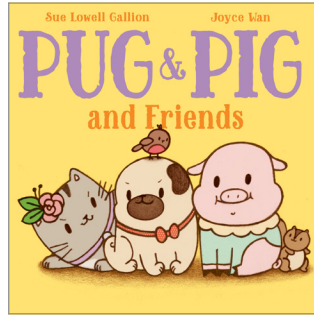
Even the Smallest Will Grow
Written and illustrated by Lita Judge
HC: 9781534457256



Out of Nowhere
Written and illustrated by Chris Naylor-Ballesteros
HC: 9781534481008



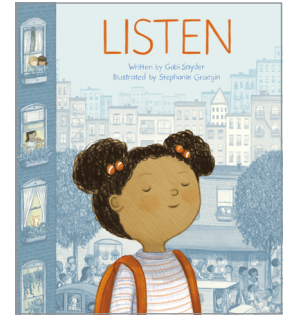
How to Help a Pumpkin Grow
Written and illustrated by Ashley Wolff
HC: 9781481419345
ON SALE JULY 2021



Pug & Pig and Friends
By Sue Lowell Gallion
Illustrated by Joyce Wan
HC: 9781534463004
ON SALE AUGUST 2021



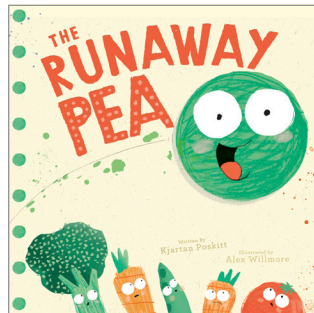
Nerdy Corn
By Andrew Root
Illustrated by Erin Kraan
HC: 9781534460058



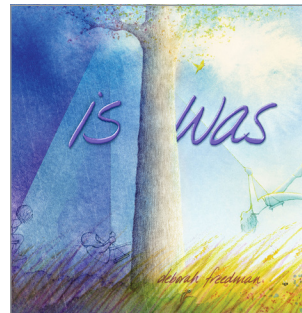
Listen
By Gabi Snyder
Illustrated by Stephanie Graegin
HC: 9781534461895
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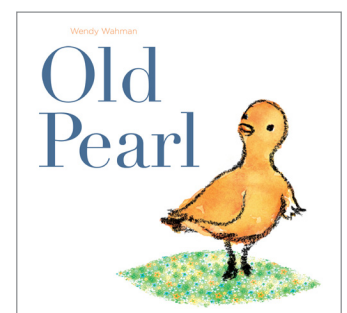
Chirp!
By Jamie A. Swenson
Illustrated by Scott Magoon
HC: 9781534470026
ON SALE JUNE 2021



The Runaway Pea
By Kjartan Poskitt
Illustrated by Alex Willmore
HC: 9781534490147
ON SALE JUNE 2021



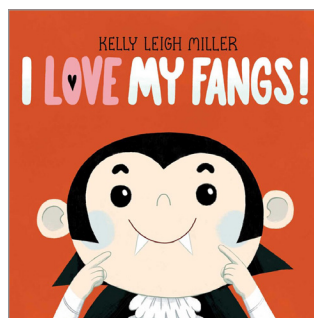
Is Was
Written and illustrated by Deborah Freedman
HC: 9781534475106



Old Pearl
Written and illustrated by Wendy Wahman
HC: 9781534462694
ON SALE JUNE 2021



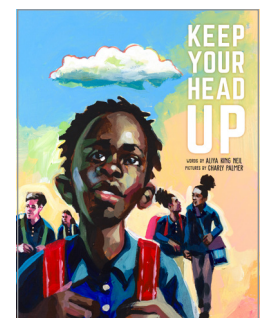
I Love My Fur!
Written and illustrated by Kelly Leigh Miller
HC: 9781534478954



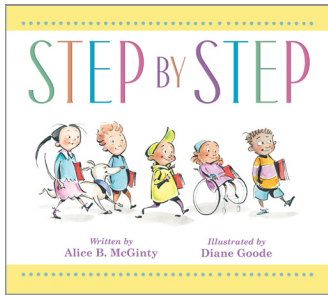
I Love My Fangs!
Written and illustrated by Kelly Leigh Miller
HC: 9781534452107



Gitty and Kvetch
By Caroline Kusin Pritchard
Illustrated by Ariel Landy
HC: 9781534478268
ON SALE AUGUST 2021



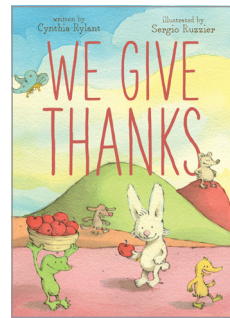
Keep Your Head Up
By Aliya King Neil
Illustrated by Charly Palmer
HC: 9781534480407
ON SALE SEPTEMBER 2021



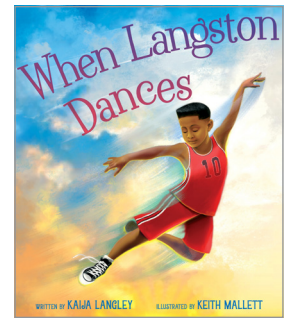
Step by Step
By Alice B. McGinty
Illustrated by Diane Goode
HC: 9781534479944
ON SALE AUGUST 2021



Thankful
By Elaine Vickers
Illustrated by Samantha Cotterill
HC: 9781534477346
ON SALE SEPTEMBER 2021



We Give Thanks
By Cynthia Rylant
Illustrated by Sergio Ruzzier
HC: 9781442465077
ON SALE SEPTEMBER 2021



When Langston Dances
By Kaija Langley
Illustrated by Keith Mallett
HC: 9781534485198
ON SALE SEPTEMBER 2021