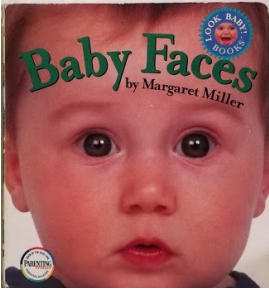
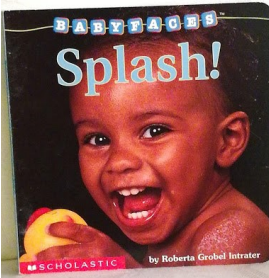


## Books to Check Out—Feelings

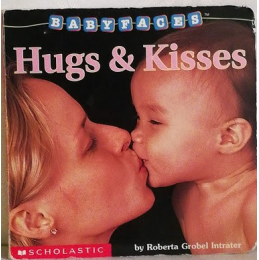
For more books on coping with fear, see Holidays—October, Halloween



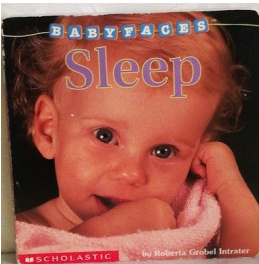
Board Book, photos—Look at the faces: what are these kids feeling/thinking? Yucky, yum-yum, uh-oh, boo-hoo, yippee



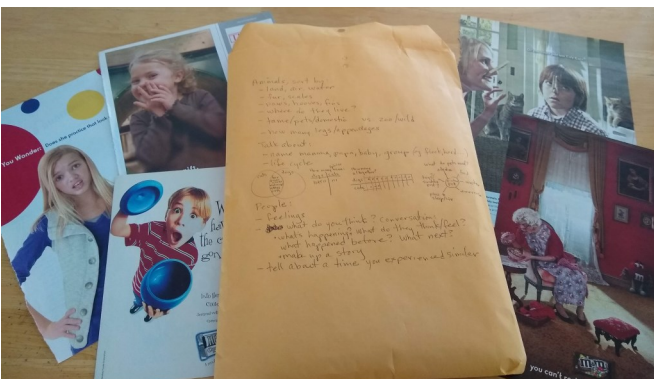
Board Book, Baby Faces series; photos—water fun



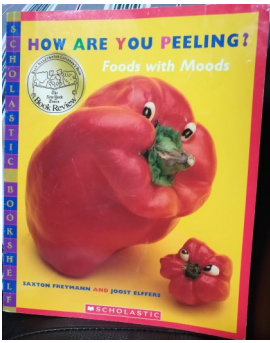
Board Book, Baby Faces series; photos—Look at the faces: what are these kids feeling/thinking? Feeling Love.



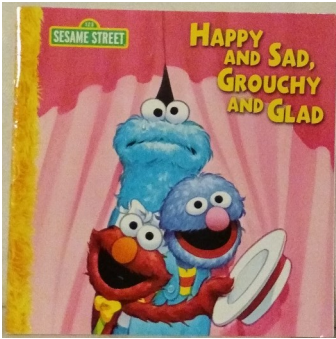
Board Book, Baby Faces series; photos—Look at the faces: what are these kids feeling/thinking? Feeling sleepy.



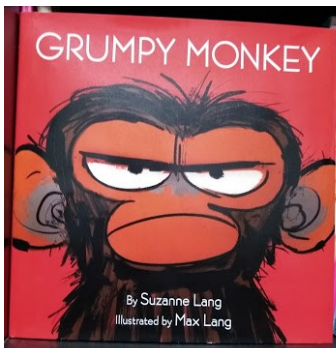
Collection of people pictures from magazines can be put in sheet protectors in a binder called "What Do You Think?". Each picture can make a conversation—What's happening? What do they think/feel? What happened before? What will happen next? Make up a story to fit the picture. Tell about a time when you had a similar experience or feeling.



Simple brief text illustrated by photos of foods that have been made to look like different feelings.

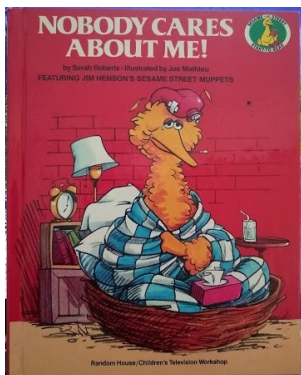
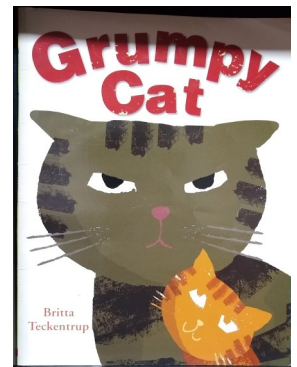


Through the acts of a stage show, the Sesame Street characters depict various feelings: proud, glad, sad, embarrassed, grumpy, love, surprised, shy, grouchy, scared, happy—told with rhyme and some humor (maybe some rhythm) . . .

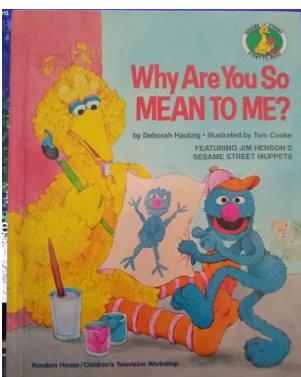


Left: read aloud. Having a bad day. You can check it out online, such as, <https://www.youtube.com/watch?v=37RVQ2vvy9w>

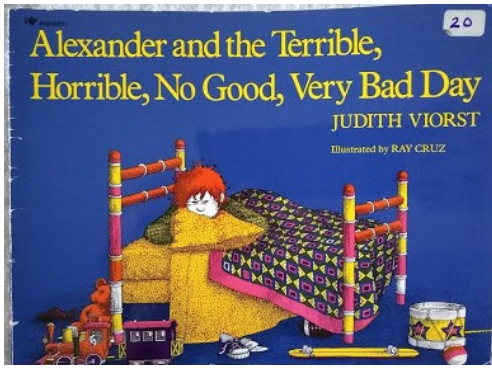
Right: Grumpy Cat is actually lonely cat. He meets a kitten in a storm, and she tries to follow him. He ignores her, but then saves her, and finds friendship.



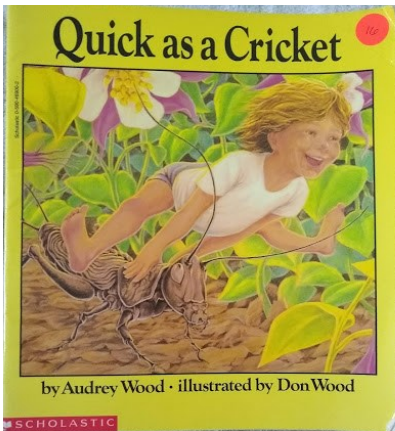
Read aloud for young children. Everyone is giving all the attention to Ernie, who is sick. Big Bird decides to play sick so he can get some attention, but then he really gets sick, and finds it's not at all fun. Eventually all comes out well. Sesame Street Start-to-Read Book, brief text in large font. Other titles about feelings listed on back cover.



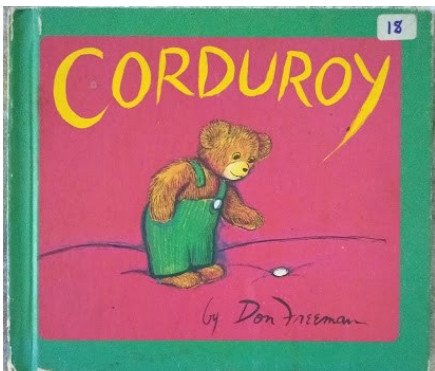
Grover is last to be picked for baseball, having never played before. Grover gets teased for his failure to get even one hit. He is so sad, then becomes angry. He takes out his feelings on Big Bird. The story comes out, Big Bird and Oscar show empathy, and Big Bird helps Grover practice. Grover apologizes. When he goes home, he explains it all to mom. Sesame Street Start-to-Read series.



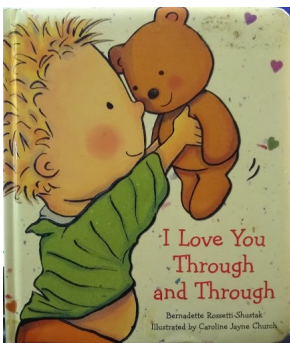
Read aloud, quite a few words. But an engaging story about a boy having a horrible day. DRA reading level 20, 2nd grade.



Classic of children's literature. 1 sentence per page or two, in large font. A child can imagine that s/he is like various animals, at different times. Opposites, some alliteration, Lovely, engaging illustrations.

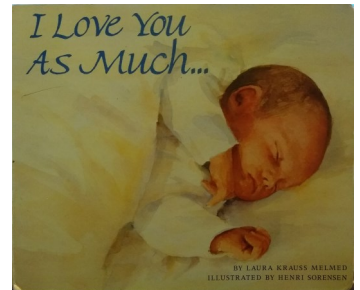


Corduroy is finally adopted and finds love and a sense of belonging, despite his faults. Read aloud. DRA reading level 18, beginning 2nd grade.



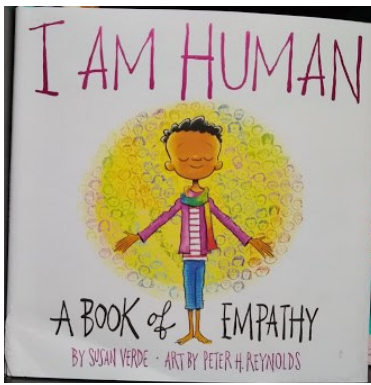
Left: Board Book— simple rhyming very limited text. Love the top, bottom, inside, outside, happy, sad, silly, mad, etc. Cute illustrations.

Right: all kinds of moms love their babies.

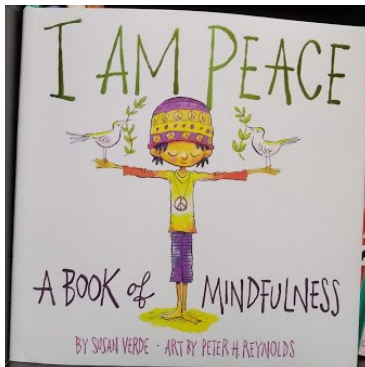


Read aloud. Zoe finds that friends can still be friends, even if they have different likes and pursuits. Brief text. Engaging characters.

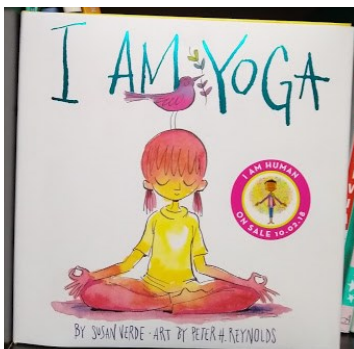




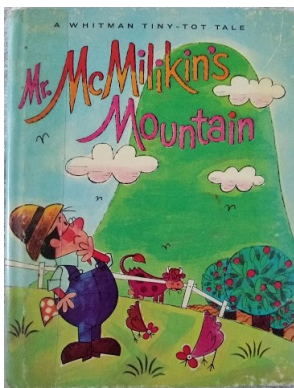
Read aloud. Few words per page, but fairly sophisticated vocabulary. Pleasant cartoon like illustrations.



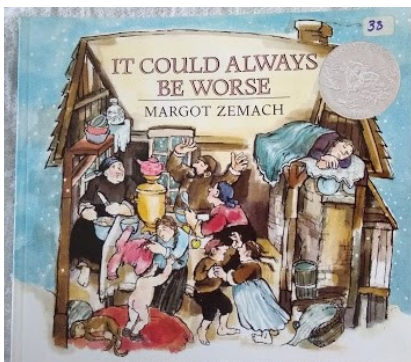
Thinking about feelings. Read aloud. Few words per page, but fairly sophisticated vocabulary. Pleasant cartoon like illustrations.



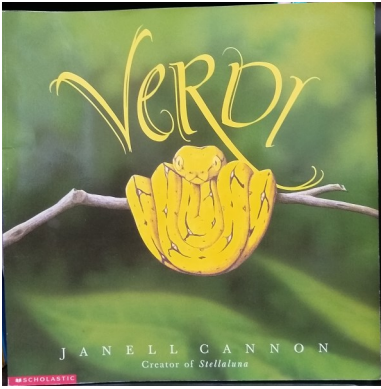
Recognizing feelings within, calming self, imagination. Important skills to learn, whether one calls it yoga or introspection.



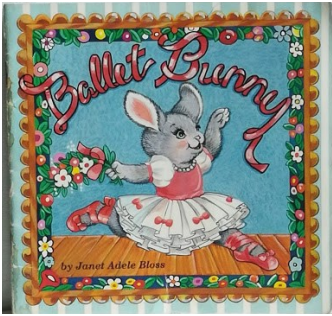
Read aloud. Mr. McMiklin is unhappy with the mountain on his place. He decides to get rid of it, only to find that it also had its benefits, and has it put back in place. Learning to think things through . . . What would happen if . . . Seeing things from a different perspective.



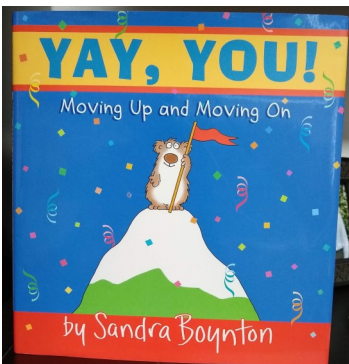
Read aloud. Engaging story. Instead of thinking that things are unbearable, you can think "It could always be worse!" A Yiddish folk tale, Caldecott Honor book. DRA reading level 38, 4th grade.



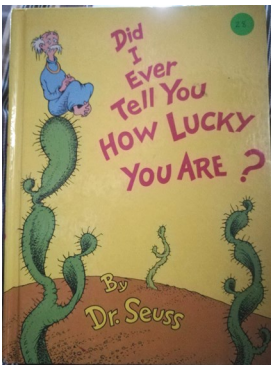
By the author of Stellaluna, a book about accepting the changes of becoming an adult.



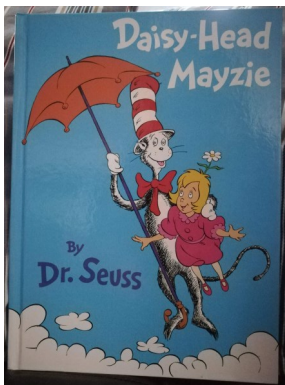
Bunny tries to find something she can be good at. Read aloud for children with an attention span.



Celebrating an accomplishment, and thinking about what next, what kind of life you want. Limited text, large font. Read aloud for young children.

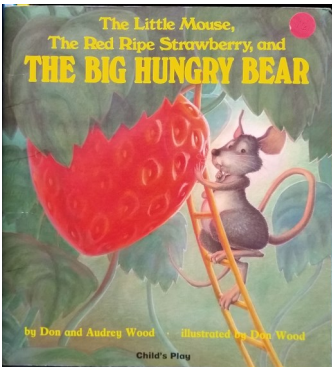


When you feel bad, think how much better you have it better than others. This can be helpful, but can also be taken the wrong way.

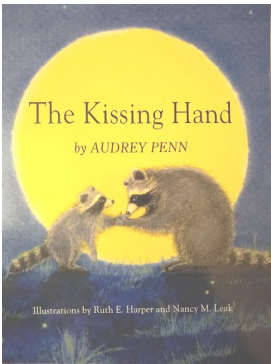


What do you do with your differences?  
And what do you do with celebrity?

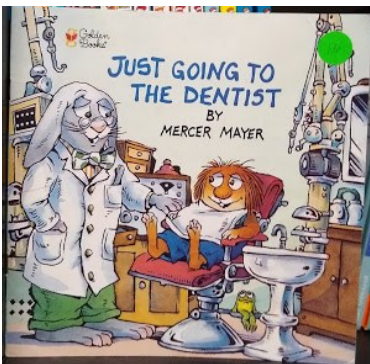
Two publication dates are quite different stories.  
1995 publication adds Cat in the Hat and celebrity plot  
2016 is Seuss' original text and illustrations



Mouse imagines such a story in his mind about the bear coming and eating the strawberry before he can . . . Until he realizes he should just eat and enjoy it without building up such fears.

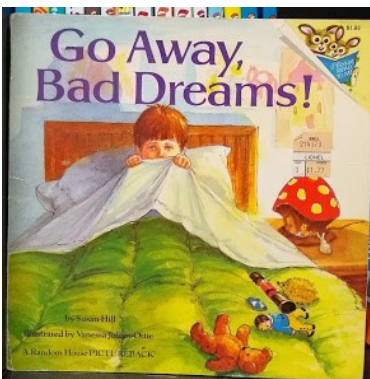
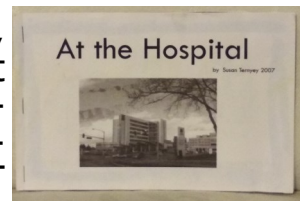


Coping with anxiety (in this case going to school) through memorable moment of love (a kiss on the hand).



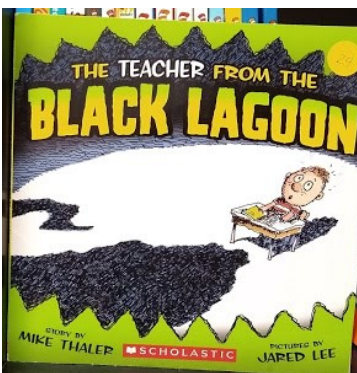
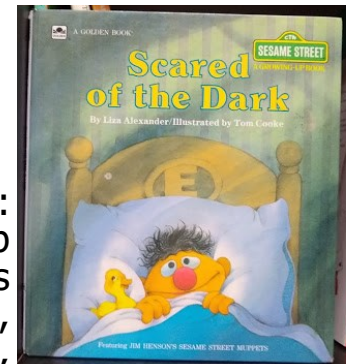
Left: Good book for preparing a child to go to the dentist. Read-aloud for young children; brief text in a large font. DRA reading level 16, 1st grade.

Right: Simple, limited text about what happens at the hospital. by ST



Left: Read aloud about facing fears. Various other titles of topics for primary grades inside back cover.

Right: Read aloud (Sesame Street A Growing-Up Book) . . . Other books in the series address anger, getting lost, sleep overs, accidents, etc.,



Simple brief text addressing fears about the first day of school. Read aloud for young children; DRA reading level 24, 2nd grade.