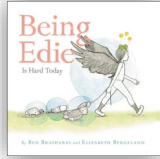


# Big Feelings

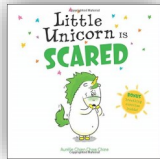
Here is a list of our favorite books on emotions/feelings for kids! These titles can all be found in the EASY section of the library, unless otherwise noted!



[Being Edie is Hard Today](#) by Ben Brashares

E BRAS

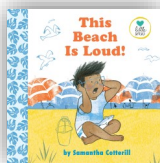
A sensitive girl imagines transforming herself into different animals to help manage her intense emotions during difficult situations at school.



[Little Unicorn is Scared](#) by Aurélie Chien

E CHIEN

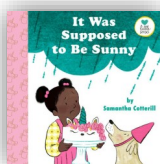
Unicorn feels all kinds of emotions and uses a breathing exercise to calm down. Teaches children to identify emotions and manage them effectively.



[The Beach is Loud!](#) by Samantha Cotterill

E COTT

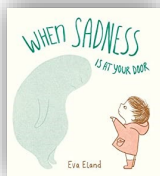
A sensitive boy gets overwhelmed by all the sights, sounds, and sensations at the beach, but his dad has a trick to help his son face these unexpected obstacles.



[It Was Supposed to Be Sunny](#) by Samantha Cotterill

E COTT

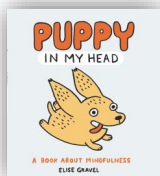
Laila feels like her sparkly sunshine birthday celebration is on the brink of ruin when it starts to storm. But with the help of her mom and a little alone time with her service dog, she knows she can handle this.



[When Sadness is at Your Door](#) by Eva Bland

E BLAN

A young child experiences sadness as if it were a visitor, acknowledging the emotion and suggesting activities to do with it.



[Puppy In My Head: A Book About Mindfulness](#) by Elise Gravel

E GRAV

I've got a puppy running around inside my head. Sometimes I get overwhelmed. So, what's a puppy--and an anxious kid--to do?



[I Just Want to Be Super](#) by Andrew Katz

E KATZ

A hyperactive youngster allows his imagination to run wild, before discovering in the real world that using his strength in positive and conscientious ways can be just as powerful.



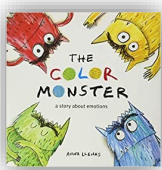
[\*The Many Colors of Harpreet Singh\*](#) by Supriya Kelkar  
E KELK

Harpreet Singh has a different color for every occasion, But when his mom finds a new job and the family has to move, he finds himself choosing white over and over--all he wants is to be invisible. Will he ever feel a happy sunny yellow again?



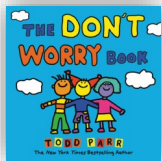
[\*The Little Book of Big What-If's\*](#) by Renata Liwska  
E LIWS

Explore scenarios that span the spectrum from silly to serious, gently examining both the anxieties and curiosities of everyday life. Wondering what might happen helps expand our imaginations.



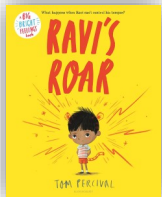
[\*The Color Monster\*](#) by Anna Llenas  
E LLEN

Color Monster wakes up feeling very confused. His emotions are all over the place! To help him, a little girl shows him what each feeling means through color.



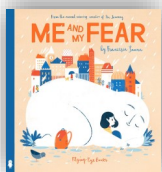
[\*Don't Worry Book\*](#) by Todd Parr  
E PARR

In his new book about things that might make kids worry, beloved author Parr reassures kids who are feeling the weight of their world, offering solutions and comfort, as well as giggles.



[\*Ravi's Roar\*](#) by Tom Percival  
E PERC

Ravi turns into a tiger and gets what he wants with a great roar. Intended to help children understand emotions and how to manage them in healthy ways.



[\*Me and My Fear\*](#) by Francesca Sanna  
E SANN

When a young girl has to move countries and start at a new school, her fear tells her to be alone and afraid. How can she hope to make friends if she doesn't understand anyone?



[\*The Bad Mood and the Stick\*](#) by Lemony Snicket  
E SNIC

Curly's bad mood travels from person to person, unexpectedly leaving opportunities for forgiveness, laughter, and love in its wake.



[\*Fergal and the Bad Temper\*](#) by Robert Starling  
E STAR

When things aren't fair, Fergal loses his temper and snorts angry fire. Can this dragon learn to cool it before a temper tantrum hits?