Recommended Booklist

Children’s books are one way to open a discussion about recognizing feelings, empathizing with others, listening skills, acceptance, and starting over after you have a problem. The following book list is not inclusive and not intended to represent the only books that you could use.


Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst

Baby Faces books (most are by Roberta Grobel Intrater)

Feeling to Share by Todd & Peggy Snow

From Head to Toe by Eric Carle

Glad Monster, Sad Monster by Ed Emberly & Anne Miranda

Have You Filled a Bucket Today by Carol McCloud

How Are You Peeling: Foods with Moods by Saxton Freymann

How I Have Grown by Mary Reid

I Just Don’t Like the Sound of NO by Julia Cook

I Was So Mad by Mercer Mayer

I Was So Mad by Norma Simon

I’m Feeling; Teaching Your Baby to Sign by Lora Heller

If You’re Angry and You Know It by Cecily Kaiser

Llama Llama Mad at Mama by Anna Dewdney
Lots of Feelings by Shelley Rotner
My Many Colored Days by Dr. Seuss
My Mouth is a Volcano by Julia Cook
No, David by David Shannon
Smudge’s Grumpy Day by Mirium Moss
Someday is Not a Day of the Week by Denise Brennan Nelson
Sometimes I’m Bombaloo by Rachel Vail
The Chocolate Covered Cookie Tantrum by Deborah Blumenthal
The Feelings Book by Todd Parr
The Grouchy Ladybug by Eric Carle
The Kissing Hand by Audrey Penn
The Pout Pout Fish by Deborah Diesen
The Quarreling Book by Charlotte Zolotow
The Rainbow Fish by Marcus Phister
The Shape of Me and Other Stuff by Dr. Seuss
The Way I Feel by Janine Cain
Today I Feel Silly & Other Moods that Make My Day by Jamie Lee Curtis
What I Like About Me by Allia Zobel-Nolan
When I Feel Angry by Cornelia Maude Spelman
When Sophie Gets Angry-Really, Really Angry by Molly Bang