

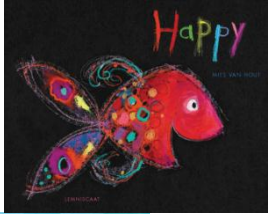


# EMOTIONS !



## A Select List of **Brown County Library Children's Books** (Toddler – Early Elementary)

Click on each title below to see the library's catalog record. Then click on the title in the record for details, current availability, or to place a hold. For additional books and items on this theme, ask your librarian or search the library's online catalog.



\* = great for toddlers

### Feeling Angry/Grumpy

[Cool Down and Work Through Anger](#) by Cheri Meiners

[Emily's Tiger](#) by Miriam Latimer\*

[Feet are not for Kicking](#) (board book) by Elizabeth Verdick\*

[Hands are not for Hitting](#) (board book & non-fiction editions) by Martine Agassi\*

[How Do Dinosaurs Say "I'm Mad"?](#) by Jane Yolen\*

[I Was So Mad](#) by Mercer Mayer\*

[Llama, Llama Mad at Mama](#) by Anna Dewdney\*

[Mean Soup](#) by Betsy Everitt

[Mouse was Mad](#) by Linda Urban

[Nobody Notices Minerva](#) by Wednesday Kirwan

[Pete's a Pizza](#) by William Steig\*

[Rain!](#) by Linda Ashman

[Scowl](#) by Steve Smallman

[Sometimes I'm Bombaloo](#) by Rachel Vail

[Steps and Stones: An Anh's Anger Story](#) by Gail Silver

[When I Feel Worried](#) by Cornelia Spelman

[When Sophie Gets Angry...Really, Really Angry](#) by Molly Bang

### Feeling Sad/Frustrated/Jealous

[Alexander and the Terrible, Horrible, No Good, Very Bad Day](#) by Judith Viorst

[Flabbersmashed about You](#) by Rachel Vail

[Flare](#) by Kallie George (beginning reader)

[Leonardo the Terrible Monster](#) by Mo Willems

[Llama, Llama Misses Mama](#) by Anna Dewdney\*

[Miracle Melts Down](#) by Rosemary Wells

[The Most Magnificent Thing](#) by Ashley Spires

[One of those Days](#) by Amy Krouse Rosenthal

[Sad is...](#) by Cheyene Nichols

[Stuck with the Blooz](#) by Caron Levis

[Unicorn Thinks He's Pretty Great](#) by Bob Shea

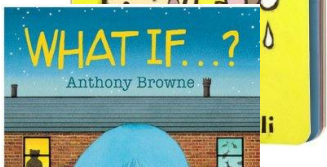
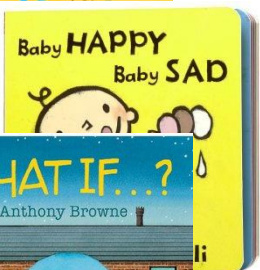
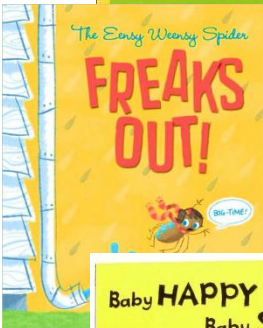
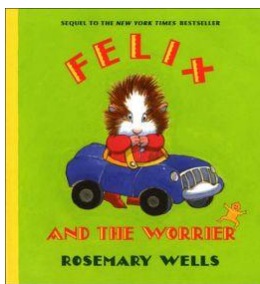
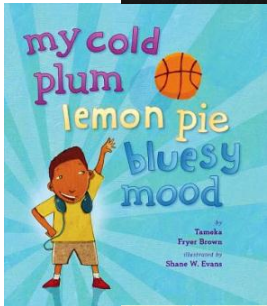
[What about Bear?](#) by Suzanne Bloom\*

[What's Wrong, Little Pookie?](#) (board book) by Sandra Boynton\*

### Feeling Scared/Worried

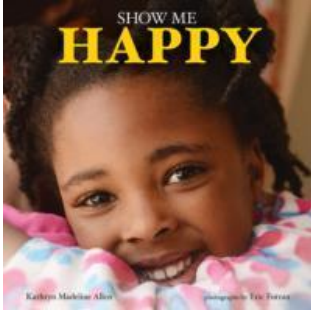
[Absolutely Not](#) by Matthew McElligott

[Dinosaur Thunder](#) by Marion Dane Bauer

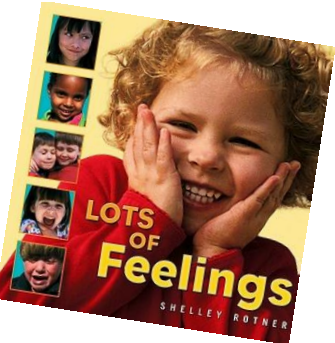


[Don't Want to Go!](#) By Shirley Hughes  
[The Eensy Weensy Spider Freaks Out!](#) by Troy Cummings  
[Felix and the Worrier](#) by Rosemary Wells  
[I'm a Shark!](#) by Bob Shea

*Big bold shark's favorite hobby is listing the myriad things he is not afraid of. In fact, our amusing friend is downright pompous. However, behind that overconfident exterior, Shark hides a secret that will soon be revealed; there **is** something he is afraid of, something very small and very unlikely... Children ages 3 to 6 will be amused and reassured by shark's false bravado. After all, if the King of the Sea is sometimes scared, then having a fear or two is totally normal.*

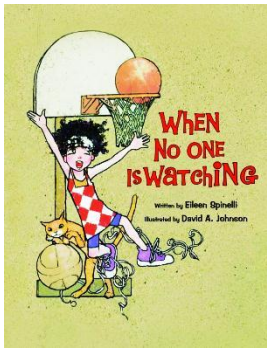


[Little Mouse's Big Book of Fears](#) by Emily Gravett  
[Llama, Llama Red Pajama](#) by Anna Dewdney\*  
[Orion and the Dark](#) by Emma Yarlett  
[Ready for Anything](#) by Keiko Kasza  
[Sam is Never Scared](#) by Thierry Robberecht  
[Scared Is...](#) by Cheyenne Nichols  
[Scaredy Squirrel \(series\)](#) by Melanie Watt  
[Silly Billy](#) by Anthony Browne  
[Something Might Happen](#) by Helen Lester  
[Sophie's Fish](#) by A.E. Cannon  
[There's a Nightmare in My Closet](#) by Mercer Mayer  
[Walter and the No-Need-to-Worry-Suit](#) by Rachel Bright  
[Wemberly Worried](#) by Kevin Henkes  
[When Lions Roar](#) by Robie Harris  
[What if ...?](#) by Anthony Browne ages 6+  
[Willoughby and the Moon](#) by Craig Foley



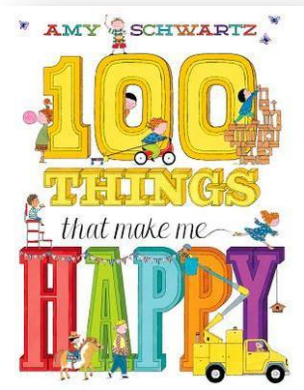
### **Feeling Shy/Lonely**

[The Boys](#) by Jeff Newman  
[David's Drawings](#) by Cathryn Falwell  
[Dealing with Feeling Shy](#) by Isabel Thomas  
[Louder, Lili](#) by Jennifer Chodlenko  
[Music Class Today!](#) by David Weinstone\*  
[Poindexter Makes a Friend](#) by Mike Twohy  
[Say Hello](#) by Jack Foreman  
[The Quiet Place](#) by Sarah Stewart  
[To the Sea](#) by Cale Atkinson  
[A Very Big Bunny](#) by Marisabina Russo  
[When No One is Watching](#) by Eileen Spinelli



### **Feeling Silly/Happy**

[Ducks Don't Wear Socks](#) by John Nedwidek  
[The Feel Good Book](#) by Todd Parr\*  
*Todd Parr's trademark ultra-bright, ultra-bold illustrations fuse seamlessly with kid-delighting, often hilarious text. Parr's morale-boosting tips range from the kind (showing a new kid the ropes), to the invigorating (snow on the tongue), to the silly (taking a nap with a giant stuffed animal) and even the unexpected (letting yourself cry if you need to). This take-charge guide to contentment is a must read for ages 3-7.*  
[Get Happy](#) by Malachy Doyle\*  
[Happy to You!](#) by Caron Cohen\*  
[100 Things that Make Me Happy](#) by Amy Schwartz



[Pete the Cat and his Four Groovy Buttons](#) by Pete Litwin

[Polly Molly Woof Woof](#) by Lloyd David

[Taking a Bath with the Dog and Other Things that Make Me Happy](#) by Scott Melchin

## **Lots of Feelings**

[About a Bear](#) by Holly Surplice\*

[Algunas Veces](#) (beginning reader in Spanish) by Keith Baker

[Baby Happy, Baby Sad](#) (board book) by Leslie Patricelli\*

[Even Monsters](#) by A.J. Smith

[The Feelings Book](#) by Todd Parr

[Feelings to Share from A to Z](#) by Todd Snow

[Glad Monster, Sad Monster: A Book of Feelings](#) by Ed Emberley\*

[Happy](#) by Mies van Hout\*

[Happy Hippo, Angry Duck: A Book of Moods](#) (board book) by Sandra Boynton\*

[How are you Peeling?: Foods with Moods](#) by Saxton Freymann

[How Do You Feel?](#) by Anthony Browne\*

[Hurty Feelings](#) by Helen Lester

[Kevin's Big Book of Emotions](#) by Liesbet Slegers\*

[Lots of Feelings](#) by Shelley Rotner\*

[The Loud Book/The Quiet Book](#) by Deborah Underwood

[My Cold Plum Lemon Pie Bluesy Mood](#) by Tameka Fryer Brown

*Jamie, a boy of 6 or 7, describes the emotional ups and downs of a typical day using colors to describe his moods. Although linking colors with emotions is a typical move, the fresh and vivid metaphors Jamie describes are somehow both intriguing and relatable. From the pride of drawing a picture that impresses his devoted little sister, to the frustration and hurt of being teased by his big brothers, Jamie is an appealing narrator. The final scene depicts a warm and lively dinner time scene which restores Jamie to a "first bite of a juicy cold plum" state of contentment. For ages 4-7.*

[My Many Colored Days](#) by Dr. Seuss

[Show Me Happy](#) by Kathryn Allen\*

[Shy Spaghetti and Excited Eggs](#) by Mark Nemiroff

[Sourpuss and Sweetie Pie](#) by Norman Juster

[There are No Animals in this Book \(Only Feelings\)](#) by Chani Sanchez

[Today I Feel Silly and Other Moods that Make My Day](#) by Jamie Lee Curtis

[Walter was Worried](#) by Laura Vaccaro Seeger

[The Way I Feel/Asi es Como Mi Siento](#) by Janan Cain

[Wild Feelings](#) by David Milgrim

[You're a Crab!: A Moody Day Book](#) by Jenny Whitehead

## **Helpful Books for Parents**

[Ain't Misbehavin': Tactics for Tantrums, Meltdowns, Bedtime Blues and other Perfectly Normal Kid Behaviors](#) by Alyson Schaefer

[Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children](#) by Linda Lantieri

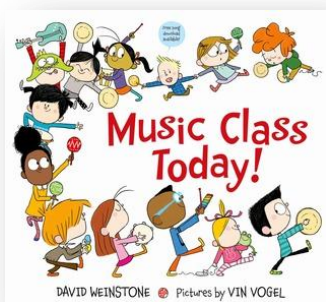
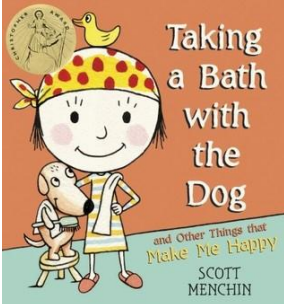
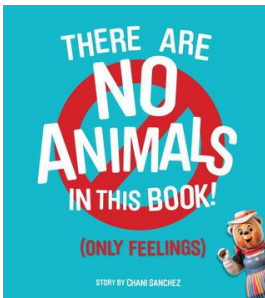
[The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children](#) by Ross Greene

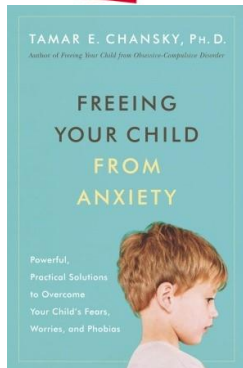
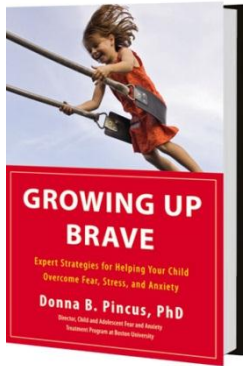
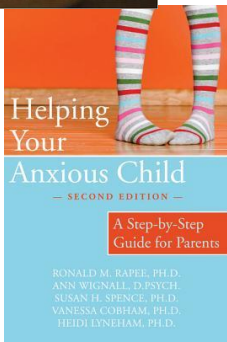
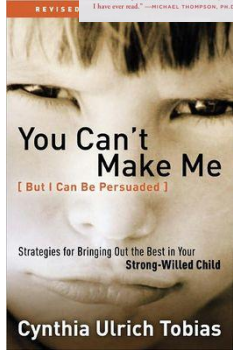
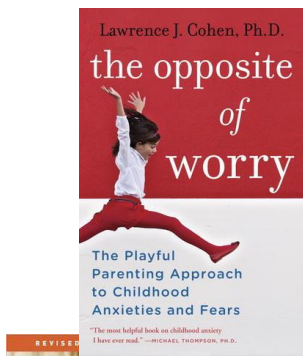
[Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, and Anxiety](#) by Donna Pincus

Wemberly Worried



by KEVIN HENKES





- [Freeing your Child from Anxiety / Freeing your Child from Negative Thinking](#) by Tamar Chansky
- [Helping Your Anxious Child: A Step-by-Step Guide for Parents](#) by Ronald Rapee
- [The Highly Sensitive Child](#) by Elaine Aron
- [The Opposite of Worry: The Playful Parent Approach to Childhood Anxieties and Fears](#) by Lawrence Cohen
- [Parenting without Power Struggles](#) by Susan Stiffleman
- [You Can't Make Me \(But I Can Be Persuaded\): Strategies for Bringing out the Best in Your Strong-Willed Child](#) by Cynthia Ulrich Tobias



<http://tinyurl.com/BCLReadsKids>