Big Conversations About Feelings

The books in this list are about big feelings. Some are positive, some are negative, but all are important. These books were chosen to aid in conversations about feelings that children might find hard to understand or communicate in healthy ways.

I am Okay to Feel	Karamo Brown
An empowering story that invites us to explore and embrace our emotions.	

Sallie Bee Writes a Thank-You Note	Courtney Sheinmel and Susan Verde
One handwritten note leads to many more as Sallie realizes just how much she has to be thankful for.	

Parker's Big Feelings	Parker Curry & Jessica Curry
With a little help from her mom, Parker tries to turn a bad day into a good one.	

Are You Mad at Me?	Tyler Feder
This light-hearted take on social anxiety is just the right amount silly and sweet--perfect for young children and anyone else who has ever gotten The Noodles.	

Weather Together	Jessie Sima
Nimbus the pegasus wonders why she cannot be sunny all the time like everyone else, but when she introduces her friend Kelp to her cloud, she finds the unicorn is a very good listener.	

If You're Angry and You Know it	Cecily Kaiser
Perfect for young ones learning to sort out their emotions for the first time. Cecily Kaiser changes the lyrics to a favorite tune, telling children to do things like bang a drum, take deep breaths, and walk away when they're angry.	

Feeling Angry	Joy Wilt Berry

This book's down-to-earth approach shows children real ways to handle their anger in different situations.

A Feel Better Book for Little Worriers	Holly Brochmann
Illustrations and simple, rhyming text provide young children with tools for dealing with feelings of anxiety, such as breathing deeply or replacing worry with happy thoughts.	

Mommy, Where Are You?	Leonid Gore
A little mouse wakes up one day, and when he cannot find his mother, goes in search of her. Where could she be? Behind the fence? Down in the meadow? Up in a tree? Or maybe she is exactly where she is supposed to be after all.	

What to Do When You Don't Want to Be Apart: A Kid's Guide to Overcoming Separation Anxiety	Kristen Lavallee
This interactive self-help book is the complete resource for educating, motivating, and empowering children to overcome separation anxiety.	

Papa's Home	David Soman
Spend a day with an irresistible father and child, riding the ups and downs of the emotions that come before a parent goes away, and discover the deep comfort of learning that Papa's love is strong, no matter where he is.	

Mommy, I Want to Sleep in Your Bed	Harriet Ziefert
TicTac, is getting ready for bed. When it comes time to crawl under the covers, however, he doesn't want to be in his room by himself. With the help of his patient mom, TicTac works through a fear that many children face, sleeping alone at night.	

Ruby and Lonely	Patrice Karst
Join Ruby as she discovers her inner best friend in this relatable and heartwarming story about dealing with loneliness and understanding self-love.	

I'm Afraid, Said the Leaf	Danielle Daniel
Through a series of amusing and soothing exchanges, this deceptively simple and profound picture book depicts different pairings to celebrate interconnectedness and underlines the importance of caring for every living organism to ensure a strong and healthy natural world. This book invites young readers to understand that we all need each other for support and survival -- and that we're all stronger together.	

Way Past Mean	Adelman Hallee
Young children experiencing bullying may take solace in seeing they are not alone in the confusion and realitites of this social situation. This book also shows how apologies and the voiceing of feelings can help iron out a problem between friends.	