

Books for Children

A to Z: Do You Ever Feel Like Me?

by **Bonnie Hausman**, illustrated by **Sandi Fellman**

Each letter of the alphabet features a photo of a child expressing a different emotion.

(emotions)

Adventures at Walnut Grove: A Lesson About Teasing

by **Dana Lehman**, illustrated by **Judy Lehman**

Sammy the squirrel's feelings are hurt when his friend Bucky teases him about the way he looks.

Soon these animal friends realize that teasing is not respectful nor a nice way to treat others.

(apologizing, consequences, feelings, having fun with your friends, name-calling, perspective taking, predicting feelings, respect, teasing)

Alexander and the Terrible, Horrible, No Good, Very Bad Day

by **Judith Viorst**, illustrated by **Ray Cruz**

Alexander is having a bad day. Nothing seems to be going his way. Use this book to help children learn to focus on what is happening as a way for them to identify how someone feels. Available in

Spanish: *Alexander y el día terrible, horrible, espantoso, horroroso.*

(calming down, emotion management, feelings, identifying feelings, strong feelings)

Alexander and the Wind-Up Mouse

by **Leo Lionni**

Alexander, a real mouse, makes friends with Willy, a wind-up mouse. Alexander wants to become a wind-up mouse like Willy but ends up helping Willy become real.

(feelings change, friendship)

All My Feelings at Home: Ellie's Day

by Susan Conlin and Susan Levine Friedman, illustrated by M. Kathryn Smith

The story includes common situations children will recognize and introduces language children can use to talk about and accept their feelings.

(emotions)

Amanda Pig on Her Own

by Jean Van Leeuwen, illustrated by Ann Schweninger

Amanda discovers the troubles and joys of being by herself.

(identifying feelings)

And to Think That We Thought That We'd Never Be Friends

by Mary Ann Hoberman, illustrated by Kevin Hawkes

Lively, rhyming text and color illustrations tell the story of how the resolution of an argument between a brother and sister expands to include peace between neighbors, nations, and the world.

(accepting differences, empathy, friendship, similarities and differences, problem solving, understanding perspectives)

Andrew's Angry Words

by Dorothea Lachner, illustrated by Thé Tjong-Khing

After his sister accidentally bumps him, Andrew shouts angry words, which take on a life of their own and affect all those who encounter them.

(accidents, feelings change, identifying feelings)

Angel Child, Dragon Child

by Michele Maria Surat, illustrations by Vo-Dinh Mai

Going to a new school in America is difficult for Ut, a Vietnamese girl who misses her mother back in Vietnam.

(name-calling)

Angry Arthur

by Hiawyn Oram, illustrated by Satoshi Kitamura

When his mother won't let him stay up, Arthur becomes so angry that he creates a thunderstorm, hurricane, and universe quake, which begin to quiet down as Arthur's temper does. Available in Spanish: *Fernando furioso*.

(anger, calming down, feelings change)

Angry Octopus: A Relaxation Story

by Lory Lite, illustrated by Max Stasuyk

Octopus is ready to explode with anger because lobsters have wrecked his seashell garden. He soon meets a sea child who helps him calm down by showing him how to make his body relax, take deep breathes, and think happy thoughts.

(anger, breathing, calming down, emotion management, self-talk, strong feelings)

Anh's Anger

by Gail Silver, illustrated by Christiane Krömer

Anh is building his "best-ever" tower when his grandfather interrupts him for dinner. Anh explodes with fury. Anh "takes his anger" to his room, where he finally calms down by deep breathing. He then is able talk to his grandfather about his feelings.

(anger, feelings, breathing, calming down, emotion management, identifying feelings, strong feelings)

Anna Banana and Me

by Lenore Blegvad, illustrated by Erik Blegvad

A little girl's fearlessness inspires a friend to face his own fears. Available in Spanish: *Ana Banana y yo*.

(fear, helping, identifying feelings)

Arnie and the New Kid

by Nancy Carlson

A little boy learns about a classmate in a wheelchair.

(caring, similarities and differences)

Baby Bear, Baby Bear, What Do You See?

by **Bill Martin Jr. and Eric Carle**

This is the last book in a series that began 40 years ago with *Brown Bear, Brown Bear, What Do You See?* The rhythmic, rhyming text in this book focuses on the baby bear's bond with his mother as they spy various North American animals. Help children practice focusing their attention as they try to predict what baby bear sees.

(focusing attention, following directions, ignoring distractions, listening)

A Bad Case of Stripes

by **David Shannon**

Camilla is so concerned about what others think that she is untrue to herself and comes down with a bizarre illness. Available in Spanish: *Un caso grave de rayas*.

(feelings change, identifying feelings)

Be Good to Eddie Lee

by **Virginia Fleming, illustrated by Floyd Cooper**

Although Christy considers him a pest, Eddie Lee, a boy with Down syndrome, shares several special discoveries with her.

(feelings change, identifying feelings, similarities and differences)

Bear Feels Sick

by **Karma Wilson and Jane Chapman**

Bear is not feeling well. His friends do everything they can to help him feel better. The rhyming text and colorful illustrations make this story of caring friends a fun read.

(caring, compassion, empathy, friendship, helping, understanding perspectives)

Beautiful Oops

by Barney Saltzberg

Frustration is a common feeling for young children when they work on their fine motor skills. Instead of focusing on the frustration of making mistakes, this book has children celebrate their mistakes. It shows how mistakes are really opportunities to create something beautiful.

(calming down, emotion management, frustration, identifying feelings, making mistakes, strong feelings)

Because Brian Hugged His Mother

by David L. Rice, illustrated by K. Dyble Thompson

When Brian hugs and kisses his mother one morning, the act starts a chain reaction of kindness and consideration that spreads throughout the town and eventually comes back to him.

(feelings change, identifying feelings)

Benjamin Bear Says Sorry

by Claire Freedman

Benjamin is full of energy—sometimes too much energy! In his excitement, Benjamin accidentally upsets his friends then learns how to say he's sorry.

(accidents, apologizing, empathy, feelings, taking responsibility for your actions, understanding perspectives)

Best Friends for Frances

by Russell Hoban, illustrated by Lillian Hoban

Frances teaches Albert about friendship and learns to appreciate her little sister Gloria while doing so.

(feelings change, having fun with your friends, identifying feelings)

Betty Lou Blue

by Nancy Crocker, illustrated by Boris Kulikov

Betty Lou Blue's classmates constantly tease her about her abnormally large feet. Betty tries to ignore the teasing but she still feels hurt. One day all that changes when Betty and her classmates realize that there is something very special about Betty and her and very large feet.

(accepting differences, helping, name-calling, problem solving, strong feelings, teasing, understanding perspectives)

Big Al

by Andrew Clements, illustrated by Yoshi

Although Big Al is friendly, the other fish are afraid to go near him. But when Al saves the fish from the fishermen's nets, he makes a sea full of friends.

(feelings change, helping, similarities and differences)

The Big Trip

by Valeri Gorbachev

Pig wants to take a big trip. His friend, Goat, starts thinking of all the possible terrible consequences of taking such a big trip. Pig is so scared and discouraged that he decides he shouldn't take a trip at all. Goat then offers a solution: traveling is much less scary if you bring along a friend!

(exploring consequences, fear, friendship, frustration, problem solving, strong feelings, thinking of solutions)

The Blushful Hippopotamus

by Chris Raschka

Roosevelt's self-image improves as he begins to listen to his friend instead of his negative older sister.

(feelings change, identifying feelings, joining in)

The Brand New Kid

by **Katie Couric, illustrated by Marjorie Priceman**

When Lazlo transfers to a new school, he is teased by his classmates until two girls find the compassion to befriend him. Available in Spanish: *El niño nuevo*.

(caring, feelings change, identifying feelings, joining in, name-calling)

But Names Will Never Hurt Me

by **Bernard Waber**

A girl named Alison Wonderland learns to live with her name.

(name-calling)

Cameron and Me

by **Dorothy Joan Harris, illustrated by Marilyn Mets**

Unhappy with his baby brother Cameron, a boy distances himself until another sibling is born, when he finds that he and Cameron have something in common after all.

(feelings change, identifying feelings)

Can I Play Too?

by **Mo Willems**

Snake wants to join in Elephant and Piggie's game of catch. Piggie tells Snake he can't play because he doesn't have arms. But Snake is persistent and eventually finds a way to join in the game. Early Reader.*

(friendship, having fun with your friends, joining in, problem solving, thinking of solutions)

The Chocolate-Covered-Cookie Tantrum

by **Deborah Blumenthal**

Illustrated by Harvey Stevenson. Seized with a desire for a cookie while in the park, Sophie discovers that throwing a terrible tantrum will not get her what she wants.

(anger, calming down, feelings change, identifying feelings)

Clara Caterpillar

by Pamela Duncan Edwards, illustrated by Henry Cole

Though she may not be as colorful as others when she changes into a butterfly, Clara's compassion and intelligence earn her an important place in her community.

(caring, helping)

Cleversticks

by Bernard Ashley, illustrated by Derek Brazell

Just when it seems like he is the only person in his class who doesn't have a talent, Ling Sung realizes he has a skill none of his other classmates have mastered.

(feelings change, frustration, identifying feelings)

Communication

by Alike

This book covers lessons in the etiquette and skills of speaking and listening, in a colorful, humorous manner.

(listening)

Cool Down and Work Through Anger

by Cheri J. Meiners

This simple, child-friendly book offers many examples of children experiencing and calming down their anger.

(anger, calming down, emotion management, problem solving, strong feelings)

Crickwing

by Janell Cannon

A lonely cockroach named Crickwing has a creative idea that saves the day for the leaf-cutting ants when their fierce forest enemies attack them. Available in Spanish: *Alatorcida*.

(feelings change, identifying feelings, strong feelings)

Crow Boy

by Taro Yashima

A boy who is different from his classmates attends school for six years in a village in Japan before a caring teacher recognizes and appreciates his difference and teaches the others the same.

(Caldecott Honor Book)

(similarities and differences)

David's Drawings

by Cathryn Falwell

A shy boy arriving at a new school makes friends with his classmates by letting them join in with a drawing he is doing. Available in Spanish: *Los Dibujos de David*.

(feelings change, friendship, joining in)

Dealing with Feelings Series

by Elizabeth Crary, illustrated by Jean Whitney

This series of books acknowledges specific feelings and offers safe and creative ways to express these feelings. The series includes the following titles: *I'm Mad, I'm Frustrated, I'm Proud, I'm Furious, I'm Scared, and I'm Excited*.

(feelings, identifying feelings, strong feelings)

Don't Need Friends

by Carolyn Crimi, illustrated by Lynn Munsinger

After his best friend moves away, Rat rudely rebuffs the efforts of the other residents of the junkyard to be friendly until he and a grouchy old dog decide that they need each other.

(feelings change, identifying feelings, joining in)

Draw It Out

by Art with Heart

An interactive, therapeutic activity book written for elementary-aged children who are dealing with the pain of loss.

(dealing with and overcoming kinds of loss—death, separation, illness—expressing grief and acquiring coping skills)

Eddie Longpants

by Mireille Levert

Eddie Longpants is much taller than all the other children. At recess, none of the children will play with him. Instead they taunt and call him names. It is not until Eddie's teacher and parents get involved that the other children start to appreciate what is unique about Eddie.

(accepting differences, helping, name-calling, problem solving, strong feelings, teasing, understanding perspectives)

Emily's Sharing and Caring Book

by Cindy Post Senning and Peggy Post, illustrated by Leo Landry

Two young friends demonstrate different ways of sharing, taking turns, and being nice and polite to others.

(caring, fair ways to play, sharing, having fun with your friends, problem solving, taking turns)

Emily's Tiger

by Miriam Latimer

Emily has a "tiger" living inside of her. Whenever she is frustrated or angry her tiger comes out and causes trouble. With her Granny's help, Emily learns to control her frustration and anger so that her tiger won't cause trouble anymore.

(anger, calming down, emotion management, frustration, identifying feelings, strong feelings)

Enemy Pie

by **Derek Munson, illustrated by Tara Calahan King**

With his father's help, a little boy learns an effective recipe for turning an enemy into a friend.

Available in Spanish: *Pastel para enemigos*.

(feelings change, having fun with your friends, identifying feelings)

Everybody Has Feelings: Todos Tenemos Sentimientos

by **Charles E. Avery**

A book of photographs.

(emotions)

Fancy Nancy: Bonjour Butterfly

by **Jane O'Connor, illustrated by Robin Preiss Glasser**

Fancy Nancy can't go to her friend's "butterfly" birthday party because she has to go grandparents' anniversary party instead. She is more than disappointed. She's furious! Nancy must deal with her disappointment so she can have a good time at her grandparents' party.

(anger, calming down, disappointment, emotion management, strong feelings)

Feelings

by **Aliki**

Pictures, dialogues, poems, and stories portray various emotions we all feel. Some of the feelings described include jealousy, sadness, fear, anger, joy, and love.

(feelings, identifying feelings, strong feelings)

Feelings: Inside You and Outloud Too

by **Barbara Kay Polland**

Photographs by Craig DeRoy. Photographs show different feelings.

(emotions, feelings)

Feelings to Share from A to Z

by Todd Snow and Peggy Snow, illustrated by Carrie Hartman

Arranged in alphabetical order, vivid color illustrations show a diverse array of children demonstrating a range of feelings.

(feelings, identifying feelings)

First Day Jitters

by Julie Danneberg, illustrated by Judy Love

Sarah Jane Hartwell has many worries about starting school: she doesn't know anyone, no one will like her, and it's hard. Reassuring Mr. Hartwell finally convinces her that she will do just fine. In the end, it is revealed that Sarah Jane is the teacher—letting children know that they are not the only ones who have first-day jitters.

(calming down, emotion management, starting school, worry)

First Grade Stinks!

by Mary Ann Rodman, illustrated by Beth Spiegel

Haley and her friend Ryan have different feelings about starting first grade. Ryan feels grown-up, while Haley misses the fun, less-structured time of kindergarten. When Haley has trouble coping with all the new demands of first grade, her teacher identifies her feelings, and helps her calm down.

(anger, calming down, emotion management, fear, identifying feelings, starting school, strong feelings, worry)

A Friend Like Ed

by Karen Wagner, illustrated by Janet Pedersen

Mildred accepts her best friend, Ed, even though he is eccentric sometimes.

(feelings change, having fun with your friends, identifying feelings, similarities and differences)

Froggy Goes to School

by Jonathan London, illustrated by Frank Remkiewicz

It's Froggy's first day of school, and he's nervous! The illustrations and simple words show children how Froggy successfully makes it through his first day.

(anxiety, caring, compassion, empathy, helping, kindness, starting school, strong feelings, welcoming)

From Head to Toe

by Eric Carle

This book encourages children to repeat the movements of various animals in the story. After each movement, the animal asks, "Can you do it?" Children respond, "I can do it!" This is a good book for children to practice following directions and for getting them moving.

(focusing attention, following directions, ignoring distractions, listening)

George and Martha

by James Marshall

Five stories about two great friends who teach each other about dignity, honesty, trust, privacy, and the value of friendship. Available in Spanish: *Jorge y Marta*.

(emotions, having fun with your friends)

George and Martha Round and Round

by James Marshall

George and Martha disagree on some things but don't allow this to ruin their friendship. They learn that jokes are okay sometimes, but not at the expense of others, and that friends don't have to like the same things.

(caring, having fun with your friends, identifying feelings, similarities and differences)

Getting Used to Harry

by Cari Best, illustrated by Diane Palmisciano

When her mother marries Harry, Cynthia finds that she has to adjust to changes in her life at home and share time with Harry.

(anger, feelings change, identifying feelings)

Glad Monster Sad Monster

by Ed Emberley and Anne Miranda

Fun, lovable monsters describe what makes them feel happy, sad, loving, worried, silly, and angry. Included are fold-out “feelings” masks for children to try out.

(feelings, identifying feelings, strong feelings)

Green Eggs and Ham

by Dr. Seuss

Sam I Am tries to convince his friend to eat something he doesn’t want. Available in Spanish: *Huevos verdes con jamón*.

(feelings change)

Harriet, You’ll Drive Me Wild!

by Mem Fox, illustrated by Marla Frazee

Despite considerable effort, Harriet’s mother loses and then regains her temper.

(anger, identifying feelings, strong feelings)

The Hating Book

by Charlotte Zolotow, illustrated by Ben Shecter

Through a misunderstanding, two friends snub each other and are unhappy until they finally talk and straighten things out.

(feelings change, having fun with your friends, identifying feelings)

Have You Filled a Bucket Today?

by Carol McCloud, illustrated by David Messing

This book helps set a positive tone for your classroom by giving children a visual way to think about kindness toward others.

(caring, compassion, empathy, friendship, helping, kindness, welcoming)

Hello School Bus!

by **Marjorie Blain Parker, illustrated by Bob Kolar**

This simple, rhyming text describes the experience of riding a school bus. The book is for beginning readers, but also appropriate to read aloud to children.

(emotion management, following directions, starting school)

Herman the Helper

by **Robert Kraus, illustrated by Jose Aruego and Ariane Dewey**

Herman the helpful octopus is always willing to assist anyone who needs his help—old or young, friend or enemy.

(helping)

Hey, Little Ant

by **Phillip Hoose and Hannah Hoose, illustrated by Debbie Tilley**

An ant pleads with a boy not to squash him. Can be read as a story; comes with musical notation.

Available in Spanish: *Oye, Hormiguita*.

(similarities and differences)

How to Be a Friend: A Guide to Making Friends and Keeping Them

By **Laurie Krasny Brown, illustrated by Marc Brown**

Easy-to-read text and happy dinosaurs illustrate practical suggestions and gentle reminders about how to make and keep friends.

(caring, compassion, empathy, fair ways to play, friendship, having fun with your friends, helping, inviting in, joining in, making friends)

How to Heal a Broken Wing

by **Bob Graham**

A young boy finds a bird with an injured wing. With the help of his family, he nurtures and cares for the bird until it can fly again.

(caring, compassion, empathy, helping)

How My Parents Learned to Eat

by **Ina R. Friedman**

Illustrated by Allen Say. An American sailor courts a Japanese woman, and each tries, in secret, to learn the other's way of eating.

(similarities and differences)

Howard B. Wigglebottom Learns It's OK to Back Away

by **Howard Binkow and Susan F. Cornelison**

This illustrated book for children ages four to eight tells the story of Howard B. Wigglebottom, a bunny who sometimes has trouble managing his anger. He acts impulsively and gets into trouble until his friend Ali teaches him to listen to his tummy to figure out if he's feeling scared, hungry, or irritated, and helps him practice his calming-down skills.

(anger, calming down, emotion management, strong feelings)

Howard B. Wigglebottom Learns to Listen

by **Howard Binkow, illustrated by Susan F. Cornelison**

Promote children's school readiness and encourage positive listening skills with this fun story about a bunny named Howard B. Wigglebottom.

(focusing attention, following directions, ignoring distractions, listening, respect, self-control, self-talk)

Hungry Monsters: A Book of Colors

by **Matt Mitter, illustrated by Jo Brown**

This rhyming, colorful, pop-up book asks children: What do hungry monsters eat? Use this book to help your children not only identify colors, but also identify what it feels like to be surprised, as you turn each page to discover a surprise pop-up of what is in the monsters' mouth.

(emotion management, feelings, surprise, strong feelings)

I Am Too Absolutely Small for School

by Lauren Child

Charlie helps his little sister, Lola, prepare for going to school for the first time. Using lots of encouragement, Charlie eventually persuades Lola that going to school is what she needs to do.

(calming down, emotion management, friendship, problem solving, starting school, worry)

I Can't Wait

by Elizabeth Crary, illustrated by Marina Megale

Luke wants a turn on tumbling mat but doesn't want to wait. In this interactive story, the reader helps Luke decide what to do.

(calming down, emotion management, problem solving, waiting)

I Got a Family

by Melrose Cooper, illustrated by Dale Gottlieb

A young girl discusses her various loving relationships with each member of her family.

(emotions)

I Have a Little Problem, Said the Bear

by Heinz Janisch and Silke Leffler

Bear has a problem and everyone he meets has solutions! However, nobody listens to Bear long enough to hear him say what is really the problem. This story stresses the importance of clearly saying the problem before coming up with solutions.

(listening, problem solving, thinking of solutions)

I Like Me!

by Nancy Carlson

A little pig likes and accepts herself. Available in Spanish: *¡Me gusto como soy!*

(identifying feelings)

I Love My New Toy

by **Mo Willems**

Elephant accidentally breaks Piggie's new toy. Piggie is mad, then sad, and has a hard time accepting Elephant's apology. Eventually, they decide that having fun with your friends is more important than a toy. Early Reader.*

(accidents, friendship, having fun with your friends, strong feelings, taking responsibility for your actions)

I Need a Little Help

by **Kathy Schultz**

This repetitive, rhyming story shows how a young boy asks his mother for help throughout the day.

(asking for help, being assertive, problem solving)

I Want It

by **Elizabeth Crary, illustrated by Marina Megale**

Megan and Amy have a problem: they want to play with the same truck. In this interactive story, the reader helps Megan and Amy think of solutions and explore the consequences of those solutions.

(consequences, fair ways to play, having fun with your friends, problem solving, thinking of solutions)

I Want to Play

by **Elizabeth Crary, illustrated by Marina Megale**

Danny wants to join the other kids in their play. In this interactive story, the reader helps Danny decide what to do.

(joining in, problem solving)

I'm Frustrated

by **Elizabeth Crary**

The interactive format of this book allows the reader to choose one of several suggestions for dealing with frustration along with a page number. You then turn to that page to see the result of your choice, along with more choices.

(calming down, emotion management, feelings, frustration, identifying feelings, strong feelings)

I'm Lost

by Elizabeth Crary, illustrated by Marina Megale

The reader is encouraged to help a little girl find her father again at the zoo.

(problem solving)

I'm Sorry (Blue's Clues)

by Justin Chanda, illustrated by David B. Levy

Green Puppy, from the popular educational television series Blue's Clues, learns to say "I'm sorry" to his friend, Magenta, when he accidentally breaks her favorite crayon.

(accidents, apologizing, empathy, feelings, taking responsibility for your actions, understanding perspectives)

I'm Your Bus

by Marilyn Singer, illustrated by Evan Polenghi

This friendly rhyming story helps ease young children's fears about riding a school bus for the first time. Children learn all about the day of school bus along with some important safety rules.

(emotion management, fear, following directions, starting school)

Ira Says Goodbye

by Bernard Waber

Ira is surprised to discover that his best friend, Reggie, feels happy about having to move to a new town.

(identifying feelings, similarities and differences)

Ira Sleeps Over

by Bernard Waber

Ira is excited at the prospect of sleeping over at his friend's house but worried about how he'll get along without his teddy bear.

(fear)

Is a Worry Worrying You?

by Ferida Wolff and Harriet May Savitz, illustrated by Marie LeTourneau

This humorous book addresses many common and not-so-common childhood worries. It then provides practical solutions for dealing with these worries.

(calming down, emotion management, feelings, identifying feelings, worry)

It Wasn't My Fault

by Helen Lester, illustrated by Lynn Munsinger

Accidents always seem to happen to Murdley Gurdson and they're usually his fault, but when a bird lays an egg on his head, he tries hard to find someone else to blame.

(accidents)

It's Hard to Be Five: Learning How to Work My Control Panel

by Jamie Lee Curtis and Laura Cornell

This book describes the feelings that many young children go through as they struggle with learning self-control.

(emotion management, feelings, focusing attention, ignoring distractions, respect, self-control, strong feelings, waiting)

It's Mine!

by Leo Lionni

Three selfish frogs quarrel over who owns their pond and island until a storm makes them value the benefits of sharing.

(fair ways to play, feelings change, having fun with your friends)

Jafta

by Hugh Lewin, illustrated by Lisa Kopper

An African boy describes some of his everyday feelings by comparing his actions to those of various animals.

(emotions)

Jamaica Tag-Along

by Juanita Havill, illustrated by Anne Sibley O'Brien

A little girl is feeling left out by her older brother.

(identifying feelings, joining in)

Jazzbo and Googy

by Matt Novak

Best buddies Jazzbo and Big Bear become friends with messy Googy.

(feelings change, helping, identifying feelings, joining in)

Jeremiah Learns to Read

by JoEllen Bogart, illustrated by Laura Fernandez and Rick Jacobson

Although Jeremiah is talented at many things, he doesn't know how to read. When he decides to learn, he not only excels, but teaches his teacher and her students to do many new things. Available in Spanish: *Tomás aprende a leer*.

(helping, identifying feelings, similarities and differences)

Jessica

by Kevin Henkes

A little girl has an imaginary friend.

(feelings change, having fun with your friends, identifying feelings)

Join In and Play

by Cheri J. Meiners

A young girl shows how she joins others at play by talking and listening with respect, and by playing fairly.

(problem solving, joining, listening, fair ways to play)

Julius, the Baby of the World

by **Kevin Henkes**

Lilly is convinced that the arrival of her new baby brother is the worst thing that has happened in their house until cousin Garland comes to visit. Available in Spanish: *Julius, el rey de la casa.*
(identifying feelings, strong feelings, feelings change)

Just for You

by **Mercer Mayer**

A little boy tries to do nice things for his mom, but things don't seem to work out.
(caring)

Katy and the Big Snow

by **Virginia Lee Burton**

Katy is a tractor that uses self-talk and determination to save the day in a small town that gets hit by a blizzard.
(focusing attention, ignoring distractions, self-talk)

Kindergarten Rocks!

by **Katie Davis**

Dexter is about to start kindergarten. He's not scared, but his stuffed dog, Rufus, is very worried. Rufus is worried about riding the bus, getting lunch, making friends, that his teacher will be mean, and many other things. Dexter's older sister, Jessie, suggests that Dexter give Rufus a hug when he feels worried. She then tells him, "But don't worry, kindergarten rocks!" Soon Dexter and Rufus find out that kindergarten really does "rock!"
(fear, starting school, strong feelings)

Know and Follow Rules

by **Cheri J. Meiners**

This book uses simple language to describe why it is important to have and follow rules. It then gives some basic rules that apply to many situations.
(following directions, listening, respect, self-control)

Ladybug Girl and Bumblebee Boy

by Jacky Davis and David Soman

Lulu and Jack want to play together, but they cannot agree on what to do. Children will enjoy helping Lulu and Jack, and their other friends that join them, think of safe things that everyone will have fun playing.

(fair ways to play, having fun with your friends, problem solving, thinking of solutions)

Leo the Late Bloomer

by Robert Kraus, illustrated by Jose Aruego

Leo the lion can't seem to do anything right, but with time, and his mother's understanding, he blooms. Available in Spanish: *Leo el capullo tardio*.

(similarities and differences)

Let's Get Ready For Kindergarten!

by Stacey Kannenberg

This practical, interactive book is designed to engage children while focusing on the basic skills required for kindergarten. It not only covers the academic expectations such as knowing the alphabet, counting, shapes, and colors, but it also covers the social expectations such as knowing how to share, take turns, listen, and wait patiently.

(focusing attention, listening, sharing, starting school, taking turns, waiting)

Let's Talk About Being Patient

by Joe Berry, illustrated by Maggie Smith

This book describes common situations in which children must wait. It explores how children feel when they have to wait, and what they can do to make waiting easier.

(calming down, emotion management, focusing attention, waiting)

A Letter to Amy

by Ezra Jack Keats

Peter accidentally bumps into Amy when he rushes out to mail an invitation to her.

(accidents)

Lilly's Purple Plastic Purse

by **Kevin Henkes**

Lilly loves everything about school, especially her teacher, but when he asks her to wait a while before showing her purse, she does something for which she is very sorry later. Available in Spanish: *Lily y su bolso de plástico morado*.

(anger, calming down, identifying feelings)

A Little Peace

by **Barbara Kerley**

This National Geographic book contains beautiful color photos along with simple text showing children around the world working toward peace in different ways.

(caring, compassion, empathy, helping, kindness, understanding perspectives)

Listen, Buddy

by **Helen Lester, illustrated by Lynn Munsinger**

Buddy, a young bunny, has trouble paying attention and listening. When Buddy discovers the negative consequences of not listening, he decides to focus his attention and to really listen to what others are saying.

(consequences, focusing attention, following directions, ignoring distractions, listening)

Listen and Learn

by **Cheri J. Meiners**

This colorful book helps children understand what it looks like and means to listen and focus their attention.

(focusing attention, following directions, ignoring distractions, listening)

The Listening Walk

by **Paul Showers, illustrated by Alike**

As a father and child take a walk together, they listen and focus their attention on all the sounds that are around them. Read this story to children before taking children on their own "listening walk."

(focusing attention, ignoring distractions, listening)

Little Bear's Friend

by Else Holmelund Minarik, illustrated by Maurice Sendak

Little Bear makes a friend.

(caring, helping, joining in)

The Little Engine That Could

by Watty Piper

This is a classic story of a little engine that uses positive self-talk to help him get to the top of a high mountain.

(focusing attention, ignoring distractions, self-talk)

Little Lost Owl

by Chris Haughton

Little Owl has a problem. He fell from his nest, and now he can't find his mom! The story follows Little Owl as he assertively asks various forest creatures for help finding his mom.

(asking for help, being assertive, problem solving)

Lots of Feelings

by Shelley Rotner

This collection of close-up photographs of children shows how their faces express a variety of different feelings.

(feelings, identifying feelings, strong feelings)

The Loudness of Sam

by James Proimos

A young boy who has always been allowed to express his feelings as loudly as he wants teaches his aunt to do the same.

(feelings change, identifying feelings, similarities and differences)

Louie

by Ezra Jack Keats

Louie, who never talks and has no friends, falls in love with a puppet at a puppet show.

(similarities and differences)

Louie's Search

by Ezra Jack Keats

Louie goes out looking for a father and instead finds a music box, which he's accused of stealing.

(feelings change, identifying feelings, strong feelings)

The Lunch Box Surprise: First-Grade Friends

by Grace Maccarone, illustrated by Betsy Lewin

Sam's mom forgot to pack his lunch box. Sam names all his feelings when he discovers he has no lunch. Luckily, Sam has good friends that share their food with him.

(friendship, identifying feelings, problem solving, sharing)

Mama Provi and the Pot of Rice

by Sylvia Rosa-Casanova, illustrated by Robert Roth

When her granddaughter comes down with the chicken pox, Mama Provi shares and trades a pot of rice with her neighbors on her way to take care of the child. They end up with a feast.

(caring, sharing, trading)

Manners

by Aliko

Each page of this book has a different story about manners told in comic book fashion. It illustrates good behavior in a friendly, humorous way.

(interrupting)

May I Bring a Friend?

by Beatrice Schenk de Regniers, illustrated by Beni Montresor

A young boy receives an invitation each week from the King and Queen to join them for tea. He is so happy to be invited that he wants to share his happiness with others and always asks if he can bring a friend. The King and Queen always say yes, providing an excellent example of how to be inclusive.

(inviting in, problem solving)

Max

by Bob Graham

Max, the son of superheroes, is late in learning how to fly.

(identifying feelings, similarities and differences)

Meet the Barkers: Morgan & Moffat Go to School

by Tomie dePaola

Moffie and Morgie are twins. They are just starting kindergarten. Moffie is determined to be the best in the class, while Morgie is quietly making friends. Moffie and Morgie soon learn from each other the importance of doing well in school as well as making and keeping friends.

(emotion management, friendship, making friends, problem solving, starting school)

Mine! Mine! Mine!

by Shelly Becker, illustrated by Hideko Takahashi

Claire comes over to Gail's house to play. But if playing with Claire involves sharing, Gail doesn't want to do it! Claire is not having fun, and neither is Gail. Gail's mother then models how sharing and kindness is more fun than getting your own way.

(caring, fair ways to play, having fun with your friends, problem solving, sharing)

Mommy, Don't Go

by Elizabeth Crary, illustrated by Marina Megale

Matthew's mother is going away on a trip and he will have to stay with a babysitter.

(disappointment, frustration)

Moonbear's Pet

by Frank Asch

Bear and Little Bird find a baby fish in their pond and decide to keep her for a pet, but when she starts to sprout wings, or maybe paws, each thinks the fish wants to be like him, which puts a strain on their friendship.

(identifying feelings, similarities and differences)

Mouse Was Mad

by Linda Urban, illustrated by Henry Cole

Mouse is "hopping" mad. Then he finds out he is hopping all wrong. So he tries stomping, screaming, and other ways of being mad, but he just can't do any of them right. Finally, he tries being quiet and still and discovers that way feels best of all.

(anger, calming down, emotion management, strong feelings)

My Heart is Like a Zoo

by Michael Hall

Bright illustrations of zoo animals and rhyming text help young children identify and name many different feelings.

(feelings, identifying feelings, strong feelings)

Mr. Topaz Takes a Walk

by Tracey Jude, illustrated by Jake Murray

When Mr. Topaz the Cat gets angry with his friend Miss Tinky the Dog, he uses several techniques to calm down including walking, dancing, marching, counting, self-talk, and breathing. When he is calm, Mr. Topaz and Miss Tinky discover it feels better to have fun with your friends than be angry.

(calming down, having fun with friends, problem solving, self-talk, waiting)

My Brother Charlie

by **Holly Robinson Peete and Ryan Elizabeth Peete**

Illustrated by Shane W. Evans. Callie and Charlie are twins. They have a lot of similarities but they have one big difference—Charlie has autism and Callie does not. Callie describes life growing up with an autistic twin. This book is based on a true story.

(accepting differences, caring, compassion, empathy, feelings, helping, similarities and differences, understanding perspectives)

My Buddy

by **Audrey Osofsky, illustrated by Ted Rand**

A young boy with muscular dystrophy tells how he is teamed up with a dog trained to do things that the boy can't do for himself.

(joining in, similarities and differences)

My Dog Is Lost

by **Ezra Jack Keats and Pat Cherr**

A boy who speaks only Spanish communicates to his neighbors that his dog is lost, and the community pulls together to find the dog.

(caring, compassion, helping, identifying feelings)

My Friend and I

by **Lisa Jahn-Clough**

A young girl tells the story of how she and her new friend argue over sharing a toy and ultimately break it. They are angry and don't want to play with each other anymore. But finally they decide that playing together fairly is much more fun than playing alone.

(fair ways to play, having fun with your friends, problem solving)

My Little Grandmother Often Forgets

by Reeve Lindbergh, illustrated by Kathryn Brown

This is a touching story of a young boy's relationship with his increasingly forgetful grandmother. It tells of the pleasure the boy gets from being able to help his grandmother and how they enjoy their time spent together.

(caring, compassion, empathy, helping, understanding perspectives)

My Many Colored Days

by Dr. Seuss, illustrated by Steve Johnson and Lou Fancher

Each color featured in this book represents a different emotion.

(emotions)

My Mouth is a Volcano

by Julia Cook, illustrated by Carrie Hartman

Told from a child's perspective, this entertaining book helps children understand the importance of respecting others by listening and waiting for their turn to speak.

(focusing attention, following directions, ignoring distractions, listening, respect, self-control, self-talk, waiting)

My Name Is Not Dummy

by Elizabeth Crary, illustrated by Maria Megale

Jenny doesn't like it when Eduardo calls her names.

(name-calling, problem solving)

My Truck is Stuck

by Kevin Lewis and Daniel Kirk

This fun, rhyming story tells how two dogs must continue to ask for help getting their truck unstuck.

(asking for help, being assertive, problem solving)

Now One Foot, Now the Other

by Tomie dePaola

When his grandfather has a stroke, Bobby is afraid at first, but he overcomes his fear.

(feelings change, identifying feelings)

Odd Velvet

by Mary E. Whitcomb, illustrated by Tara Calahan King

Although she dresses differently from the other girls and does unusual things, Velvet eventually teaches her classmates that even an outsider has something to offer.

(joining in, name-calling, similarities and differences)

Old Henry

by Joan W. Blos, illustrated by Stephen Gammell

Henry's neighbors try to make him clean up his property and be more like them until he goes away and they begin to miss him.

(feelings change, identifying feelings, similarities and differences)

Oliver Button Is a Sissy

by Tomie dePaola

Oliver doesn't let teasing at school stop him from what he likes to do. Available in Spanish: *Oliver Button es un nena.*

(identifying feelings, name-calling)

On Monday When It Rained

by Cherryl Kachenmeister. Photographs by Tom Berthiaume

A young boy describes, through text and photographs of his facial expressions, the different emotions he feels each day. Before revealing the feeling to children, see if they can name the feeling using the physical clues in the photograph and the description of what is happening.

(feelings, identifying feelings, strong feelings)

100th Day Worries

by Margery Cuyler, illustrated by Arthur Howard

Jessica worries about collecting 100 objects to take for the 100th day of school.

(feelings change, identifying feelings, strong feelings)

Peach and Blue

by Sarah S. Kilborne, illustrations by Steve Johnson and Lou Fancher

A frog helps Peach see the world, while Peach helps the frog see things he hasn't noticed.

(caring, helping, identifying feelings, joining in)

Perfect Pigs: An Introduction to Manners

by Marc Brown, illustrated by Stephen Krensky

A simple and fun introduction to good manners.

(manners)

Pete the Cat: I Love My White Shoes

by Eric Litwin, illustrated by James Dean

Pete the Cat uses positive self-talk to keep calm each time he steps into a different-colored mess while wearing his new white shoes. Accompanying music can be downloaded from the web for free with some publications.

(calming down, emotion management, self-talk)

The Pigeon Finds a Hot Dog!

by Mo Willems

Pigeon finds a hot dog and is reluctant to share with persistent Duckling. Eventually Pigeon gives in to Duckling's curiosity and they happily share the hot dog.

(being assertive, having fun with your friends, joining in, making friends, sharing)

The Playground Problem

by Margaret McNamara, illustrated by Mike Gordon

Emma is mad. The problem: the boys won't let the girls play soccer with them at recess. This beginning-reader book gives a clear example of working through a playground problem using problem-solving steps. Early Reader.*

(calming down, problem solving, strong feelings, thinking of solutions)

Porcupine's Pajama Party

by Terry Webb Harshman, illustrated by Doug Cushman

When Porcupine's two friends sleep over, they watch a scary movie, talk about what they're each scared of, and show each other that they don't need to be afraid.

(fear, having fun with your friends, identifying feelings)

Pugdog

by Andrea U'Ren

When Mike learns Pugdog is a female, he begins to treat her differently.

(feelings change, identifying feelings, similarities and differences)

The Quarreling Book

by Charlotte Zolotow, illustrated by Arnold Lobel

It's one of those days when things go from bad to worse until a dog starts the chain again, this time on the right track.

(feelings change, identifying feeling)

¿Que te gusta? = What Do You Like?

by Michael Grejniec

The Spanish-English edition of this book is a conversation between a boy and girl about the different things that they both like. Vibrant watercolor illustrations show how the children are imagining the different things they like about the same things.

(accepting differences, empathy, similarities and differences, understanding perspectives)

Rachel Parker, Kindergarten Show-Off

by Ann Martin, illustrated by Nancy Poydar

Five-year-old Olivia's new neighbor, Rachel, is in her kindergarten class, and they must overcome feelings of jealousy and competitiveness to be friends.

(feelings change, having fun with your friends, identifying feelings)

The Rainbow Fish

by Marcus Pfister

The most beautiful fish in the sea is lonely until he understands that to make friends, he must give of himself to others.

(emotions, feelings change, friendship, making friends)

The Rat and the Tiger

by Keiko Kasza

Rat and Tiger are best friends. However, there is a problem in their friendship: Tiger always gets what he wants. One day Rat has enough. They must work it out if they want to remain friends.

(calming down, having fun with your friends, problem solving, strong feelings, thinking of solutions)

Ready to Play! A Tale of Toys and Friends, and Barely Any Bickering

by Stacey R. Kaye, illustrated by Elizabeth O. Dulemba

Emma and Ryan are having typical preschool-aged problems as they are learning how to play together. The adult in this book helps the children use appropriate words to say how they are feeling, say the problem, think of safe solutions, and play fairly.

(fair ways to play, feelings, having fun with your friends, problem solving, thinking of solutions)

Sam and Gram and the First Day of School

by Dianne Blomberg, illustrated by George Ulrich

This book describes what happens hour-by-hour on Sam's first day of school, giving a young readers a realistic idea of what they can expect on their first day of school too. Two additional sections provide helpful information on "Things to Do" and "Things to Talk About" with children starting school for the first time.

(focusing attention, following directions, listening, making friends, starting school, welcoming)

Sam Johnson and the Blue Ribbon Quilt

by Lisa Campbell Ernst

While mending the pig-pen awning, Sam discovers that he enjoys sewing the various patches together but meets with scorn and ridicule when he asks to join his wife's quilting club.

(identifying feelings, name-calling)

Scaredy Squirrel Makes a Friend

by Melanie Watt

Scaredy Squirrel wants to make a friend. But he is afraid if he tries, he might get bitten. When Scaredy overcomes his fears and changes his ideas about the best way to make a friend, he finally makes a most unlikely friend.

(fear, having fun with your friends, making friends)

Shades of People

by Shelley Rotner and Sheila M. Kelly

Simple text and color photographs show children that even though people have all different skin tones, hair colors, and facial features, they are all human beings.

(accepting differences, empathy, similarities and differences)

Shanté Keys and the New Year's Peas

by Gail Piernas-Davenport, illustrated by Marion Eldridge

Shanté and her grandma have a problem: Grandma forgot the black-eyed peas for the New Year's celebration, and it will be bad luck without them! While Shanté is busy searching for black-eyed peas, she discovers many other fun cultural traditions along the way.

(caring, compassion, having fun with your friends, helping, problem solving, similarities and differences)

Share and Take Turns

by Cheri J. Meiners

In this colorful book, a young girl learns how share and take turns in a variety of situations.

(fair ways to play, having fun with your friends, problem solving, sharing, taking turns)

Sheila Rae, The Brave

by Kevin Henkes

When a brave mouse, who usually looks out for her sister, becomes lost and scared one day, her sister comes to the rescue.

(fear, helping, identifying feelings)

Shy Spaghetti and Excited Eggs: A Kid's Menu of Feelings

by Marc Nemiroff and Jane Annuziata, illustrated by Christine Battuz

This easy-to-use book helps children recognize and identify their feelings. It then gives suggestions for what to do to keep strong feelings from getting out of control.

(calming down, emotion management, identifying feelings, self-control)

A Sick Day for Amos McGee

by Philip C. Stead, illustrated by Erin E. Stead

Amos McGee works at the zoo. Amos always finds time each day to spend in special ways with five of his animal friends. One day Amos is sick. His friends then get a chance to do something special for Amos.

(caring, compassion, empathy, feelings, helping, understanding perspectives)

Silly Billy

by **Anthony Browne**

Billy worries about everything. His grandmother offers a solution—her Guatemalan worry dolls. Billy soon finds that having someone to talk to about what is worrying you is all you need.

(anxiety, calming down, caring, compassion, emotion management, fear, helping)

Simple Signs

by **Cindy Wheeler**

This book gives easy directions and illustrations for your children to follow for how to sign simple words in American Sign Language.

(focusing attention, following directions, ignoring distractions, listening)

Sisters

by **David McPhail**

Though two sisters are different in many ways, they are alike too. Available in Spanish: *Hermanas*.

(similarities and differences)

Smile!

by **Leigh Hodgkinson**

Sunny is usually a happy girl, but not today. She is disappointed because her mom says she can't have more cookies before dinner. Sunny has lost her smile. She searches for it everywhere. She finally finds it when she finds a way to overcome her disappointment.

(calming down, disappointment, emotion management, strong feelings)

Snail Started It!

by **Katja Reider**, illustrated by **Angela von Roehl**

When Snail insults Pig, he starts a chain reaction. Once he himself is hurt, he realizes that he must fix the situation. Available in Spanish: *Todo empezó con Caracol*.

(cause and effect, feelings change, identifying feelings)

Somewhere Today: A Book of Peace

by **Shelley Moore Thomas**

Illustrated by Eric Futran. This book is full of color photographs of people from all over the world caring, helping, and being kind to one another.

(caring, compassion, empathy, feelings, helping, understanding perspectives)

Something Might Happen

by **Helen Lester, illustrated by Lynn Munsinger**

Twitchly Fidget is afraid of almost everything. He is so afraid that he won't go anywhere or do anything because something might happen. But after talking with his Aunt Bridget about his fears, he finds that he is not afraid anymore.

(calming down, emotion management, feelings, identifying feelings, worry)

Sometimes I'm Bombaloo

by **Rachel Vail, illustrated by Yumi Heo**

Katie turns into a Bombaloo when she is mad. A Bombaloo hits, screams, and does mean things. She gets control of her anger by spending some time alone to calm down. The Bombaloo is gone and she feels like Katie again!

(anger, calming down, emotion management, strong feelings)

Sometimes I'm Scared

by **Jane Annunziata and Marc Nemiroff, illustrated by Bryan Langdo**

This book addresses several common childhood fears. It then gives simple advice to children on how they can deal with those fears.

(calming down, emotion management, fear, feelings, strong feelings)

Sometimes You Get What You Want

by Lisa Brown and Meredith Gary

A young brother and sister experience the joy of getting what they want and the disappointment of not getting what they want during a typical day. There are many places to discuss with children the disappointment you feel when you don't get what you want and ways you can manage that disappointment.

(calming down, disappointment, emotion management, strong feelings)

A Splendid Friend Indeed

by Suzanne Bloom

Goose wants to be Bear's friend. He just doesn't know how to do it. After several failed attempts at joining Bear in his activities, Goose finally finds the right approach and they become splendid friends indeed!

(friendship, having fun with your friends, joining in, making friends, problem solving)

Stand Tall, Molly Lou Melon

by Patty Lovell, illustrated by David Catrow

When tiny first-grader Molly Lou moves to a new school, she has to deal with name-calling. But with determination and plenty of self-confidence, Molly Lou is able to handle whatever comes her way.

(being assertive, bullying, name-calling, focusing attention, problem solving, self-talk)

Staying Safe on the School Bus

by Joanne Mattern

Clear, color photos and simple text show children what to expect when riding a school bus for the first time, and teach them how to ride the school bus safely.

(emotion management, following directions, starting school)

Stellaluna

by Janell Cannon

After she falls headfirst into a bird's nest, a baby bat is raised like a bird until she is reunited with her mother. Available in Spanish: *Stelaluna*.

(similarities and differences)

The Story Blanket

by Ferida Wolff and Harriet May Savitz, illustrated by Elena Odriozola

Babba Zarrah loves to knit and tell stories to children. When Babba notices that others in her village are in need, she secretly unravels yarn from her story-telling blanket so she can create something especially for them. This story shows how acts of kindness can grow into something wonderful for an entire community.

(caring, compassion, empathy, helping, understanding perspectives)

Strega Nona

by Tomie dePaola

This engaging story based on an Italian folktale describes what happens when Big Anthony, the main character, doesn't follow one the directions.

(focusing attention, following directions, ignoring distractions, listening)

Sumi's First Day of School Ever

by Soyung Pak, illustrated by Joung Un Kim

Sumi is a young Korean child who doesn't speak English. She is nervous about her first day of school in America. Sumi feels lonely and afraid. But soon a kind teacher and friendly classmate reach out to Sumi, giving her a sense of belonging. This book is good not only for easing the fears of English-language learners starting school in a new country, but also for conveying the importance of being inclusive, kind, and making new friends to all children.

(emotion management, fear, making friends, problem solving, similarities and differences, starting school, strong feelings)

Talk and Work It Out

by **Cheri J. Meiners**

The children in this book demonstrate calming down when you have strong feelings before solving problems. They then use words to say the problem, before they think of solutions.

(calming down, problem solving, strong feelings, thinking of solutions)

Teddy Bear Tears

by **Jim Aylesworth, illustrated by Jo Ellen McAllister-Stammen**

Each of four beloved teddy bears fears something at bedtime, and as a little boy explains away each fear, he makes the nighttime worry-free for himself too.

(fear, feelings change, identifying feelings)

10 Things I Can Do to Help My World

by **Melanie Walsh**

This colorful book shows ten simple things that everyone can do to help the world.

(caring, compassion, empathy, helping)

There's No Such Thing As a Dragon

by **Jack Kent**

The small dragon Billy finds grows bigger and bigger until the adults acknowledge its existence.

(feelings change, identifying feelings)

Those Shoes

by **Maribeth Boelts, illustrated by Noah Z. Jones**

Jeremy really wants the shoes that all the kids are wearing. The problem is that his family can't afford them. Jeremy will do most anything to own a pair—including squeeze into a pair on sale that are a size too small. Jeremy soon discovers the “uncomfortable” consequences of this solution, and begins to appreciate what he already has.

(caring, compassion, consequences, friendship, helping, name-calling, problem solving, thinking of solutions)

Three Cheers for Catherine the Great!

by Cari Best, illustrated by Giselle Potter

When her grandmother announces she doesn't want gifts for her birthday, Sara struggles to figure out what she has of herself to give.

(identifying feelings, preferences, reflection)

Timothy Goes to School

by Rosemary Wells

Timothy learns about being accepted and making friends during his first week at school.

(joining in)

Today I Feel Silly: And Other Moods That Make My Day

by Jamie Lee Curtis, illustrated by Laura Cornell

A young girl names 13 different feelings. She then describes what triggers each feeling and how she reacts. Playful watercolors help bring each description to life.

(feelings, feelings change, identifying feelings, strong feelings)

A Visitor for Bear

by Bonny Becker, illustrated by Kady MacDonald Denton

Bear wants to be alone. But Mouse wants to join him. Soon Bear realizes he likes having fun with his friend more than he likes to be alone.

(having fun with friends, joining in, making friends)

Wait, Hoho, Wait!

by Alison Inches

Hoho is having a hard time waiting to ride in a toy car. His friend Kai-Lan shows him that if you do something that you like while you are waiting, it is much easier to be patient.

(calming down, emotion management, focusing attention, waiting)

Wait Till the Moon Is Full

by Margaret Wise Brown, illustrated by Garth Williams

A little raccoon learns patience as he waits until the moon is full so he can go outside and explore the night.

(calming down, emotion management, focusing attention, waiting)

Wangari's Trees of Peace: A True Story of Africa

by Jeanette Winter

This is the true story of Wangari Maathai, the winner of the 2004 Nobel Peace Prize. Wangari has a problem: her homeland in Kenya once covered with trees is now a dry, barren land where trees grow no longer. This inspirational story tells how Wangari goes about solving her problem and eventually starts the Green Belt Movement to save her land.

(making a plan, problem solving, thinking of solutions)

The Way I Feel

by Janan Cain

Simple rhymes that describe a range of feelings are matched with brightly colored illustrations.

Available in Spanish: *Así Me Siento Yo*.

(feelings, identifying feelings, strong feelings)

We All Sing with the Same Voice

by J. Philip Miller and Sheppard M. Greene, illustrated by Paul Meisel

The words to the welcoming song for the popular children's television series, Sesame Street, are matched with illustrations in this lively book for children. It shows children that even though they may come from different places, they are still basically the same.

(caring, compassion, empathy, friendship, helping, kindness, welcoming)

We Are Best Friends

by Alik

When Robert's best friend Peter moves away, both are unhappy, but they learn that they can make new friends and still remain best friends.

(disappointment, feelings change, identifying feelings)

Welcome to Kindergarten

by Anne Rockwell

Tim is nervous about his first day of kindergarten. It seems so big and scary! Tim and his mother then visit his new classroom and meet his new teacher, where they find out about all the new things and ways that kindergarteners learn. Tim decides that kindergarten is not so big and scary after all. He can't wait to start school!

(feelings, starting school, welcoming)

Wemberly Worried

by Kevin Henkes

Wemberly worries about everything, especially starting school, until she meets her teacher and makes a friend.

(fear, feelings change, identifying feelings, joining in)

What's Claude Doing?

by Dick Gackenbach

A dog refuses all the neighborhood pets' invitations to come out to play, not admitting that he's generously keeping his sick master company.

(caring)

What About Bear?

by Suzanne Bloom

Goose and Bear return with their new friend, Little Fox, in this sequel to *A Splendid Friend Indeed*. But they have a problem. Little Fox is not nice to Bear and is always trying to leave him out. Goose assertively tells Little Fox that if he wants to play, he has to learn to play with Bear too.

(being assertive, exclusion, fair ways to play, having fun with your friends, problem solving)

When I Am / Cuando Estoy

by Gladys Rosa-Mendoza

Illustrated by Dana Regan. This book describes and names feelings that children have in everyday situations with pictures and words in both English and Spanish. It then suggests ways to deal with these feelings.

(calming down, emotion management, feelings, identifying feelings, strong feelings)

When I Care About Others

by Cornelia Maude Spelman, illustrated by Kathy Parkinson

Colorful illustrations help tell the story of a young bear cub that needs to be cared for, but later learns to care for others too.

(caring, compassion, empathy, feelings, helping, understanding perspectives)

When I Feel Angry

by Cornelia Maude Spelman, illustrated by Nancy Cote

Bunny, the main character of this story, describes when she feels angry and what she does not to act in angry ways.

(anger, calming down, emotion management, feelings, identifying feelings, strong feelings)

When I Feel Sad

by Cornelia Maude Spelman, illustrated by Kathy Parkinson

The main character of this story, a young guinea pig, goes through several situations that make her feel sad. Talking to an adult helps her understand that it is okay to feel sad and that she will be happy again.

(calming down, emotion management, feelings, identifying feelings, sad, strong feelings)

When Sophie Gets Angry—Really, Really Angry...

by Molly Bang

This story describes in words and pictures how many children feel when they are really angry.

(Caldecott Honor Book)

(anger, calming down, emotion management, feelings, identifying feelings, strong feelings)

Where the Wild Things Are

by Maurice Sendak

When mischievous Max is punished, he works out his anger through imagination, sailing off to be king in a land of wild creatures. Available in Spanish: *Donde viven los monstruos*.

(calming down, feelings change, identifying feelings, strong feelings)

White Dynamite and Curly Kidd

by Bill Martin, Jr., and John Archambault

Illustrated by Ted Rand. When she feels afraid, a girl thinks nice thoughts about where she'd like to travel to and about growing up to become a bull rider like her dad.

(fear)

Who Is the Beast?

by Keith Baker

A young tiger does not understand why all the jungle animals flee the “beast” as he passes by. Could he be the beast? The tiger begins comparing himself to all the other animals in the jungle, and discovers that he is not so different after all.

(accepting differences, empathy, similarities and differences, understanding perspectives)

Whoever You Are

by Mem Fox, illustrated by Leslie Staub

This book explores what is different and the same about people all over the world.

(accepting differences, empathy, similarities and differences, understanding perspectives)

Why Am I Different?

by Norma Simon, illustrated by Dora Leder

Portrays everyday situations in which children see themselves as different in family life, preferences, and aptitudes, and yet feel that being different is all right.

(similarities and differences)

Why Should I Share?

by Claire Llewellyn, illustrated by Mike Gordon

Tim doesn't like to share—especially with his little brother! But as he watches his twin neighbors next door playing together, he sees how sharing can make things much more fun.

(fair ways to play, having fun with your friends, problem solving, sharing)

Wilfrid Gordon McDonald Partridge

by Mem Fox, illustrated by Julie Vivas

A small boy tries to discover the meaning of “memory” so that he can restore that of an elderly friend. Available in Spanish: *Guillermo Jorge Manuel Jose*.

(caring, helping, similarities and differences)

Will I Have a Friend?

by Miriam Cohen, illustrated by Ronald Himler

This recently updated (2009) classic tale addresses many children's fears about making new friends in kindergarten. The boy in this story enters his new school anxious about whether or not he will have a friend. He spends the day listening, watching, waiting, and then finally finds a friend by sharing.

(emotion management, fear, making friends, problem solving, sharing, starting school, strong feelings)

Will You Play With Us?

by Margaret Yatsevitch Phinney, illustrated by Lynne Woodcock Cravath

This lyrical story is about inviting lots of others to play. See how big the fun gets as more and more boys are invited in!

(having fun with your friends, inviting in, problem solving)

Willie's Not the Hugging Kind

by Joyce Durham Barrett, illustrated by Pat Cummings

A little boy discovers he needs hugs after all.

(feelings change, identifying feelings)

The Worrywarts

by Pamela Duncan Edwards, illustrated by Henry Cole

Wombat, Woodchuck, and Weasel are worrywarts. They worry about everything—with a capital W! Alliteration and silly illustrations are used to help children learn about managing worried feelings, as well as lots of new w-words!

(calming down, emotion management, feelings, identifying feelings, worry)

Would You Invite a Skunk to Your Wedding?

by Ginger Pate

Louie Phewie is a skunk that has a problem controlling his spray when he gets nervous. His good friends are getting married and would like to invite Louie to be the ring bearer in their wedding. But can they risk the possible humiliation of Louie losing control of his spray? Children have fun finding out what true friendship really means!

(friendship, inviting in, problem solving)

Yo! Yes?

by Chris Raschka

This very simple story depicts two lonely boys who meet and develop a friendship.

(joining in)

Yoko

by Rosemary Wells

When her teacher realizes that the handmade sushi Yoko's mother packs for her lunch sets her apart from other students, she organizes an international potluck. Available in Spanish: *Yoko*.

(feelings change, identifying feelings, similarities and differences)