

Children's Books about Feelings and Emotions

- *Feelings* by Aliko
 - Description: Pictures, dialogs, poems, and stories portray various emotions we all feel: jealousy, sadness, fear, anger, joy, love, and others.
 - Call Number: J 152.4 Ali (Book)
- *I Am A Rainbow* by Dolly Parton
 - Description: Words and music describe different emotions in terms of color, as when everything is rosy when one feels joyful, then remind the reader that everyone experiences this same rainbow of emotions.
 - Call Number: J PIC Parton (Book)
- *Loving Kindness* by Whitney Stewart
 - Description: A sturdy, stylish board book, designed as a companion to Mindful Tots: Tummy Ride, introduces the smallest children to a mindfulness practice designed to manage early emotions and nurture compassion toward oneself and others.
 - Call Number: J BB Stewart (Board Book)
- *My Many Colored Days* by Dr. Seuss
 - Description: This rhyming story describes each day in terms of a particular color which in turn is associated with specific emotions.
 - Call Number: J PIC Seuss (Book)
- *Funny Face* by Nicola Smee
 - Description: When a bear takes a young boy's ball, he and his dog display a wide range of emotions through their facial expressions.
 - Call Number: J BB Smee (Board Book)
- *Today I Feel Silly & Other Moods that Make My Day* by Jamie Lee Curtis
 - Description: A child's emotions range from silliness to anger to excitement, coloring and changing each day. With rhyming verse and lively illustrations this book lets children know that all emotions are "okay," and having different feelings is perfectly natural.
 - Call Number: J PIC Curtis (Book)

- *Angry Ninja* by Mary Nhin
 - Description: Angry Ninja gets upset a lot. He's like a ticking time bomb. When his sister takes his things without asking, it makes Angry Ninja so frustrated. Until one day, a buddy shows him a simple strategy to control his hot emotions .Find out what happens in this comedic book about anger.
 - Call Number: J PIC Nhin (Paperback)

- *Anxious Ninja* by Mary Nhin
 - Description: Anxious Ninja experiences difficult emotions that paralyses him until his friend gives him tips on how to handle his anxiety. Find out what happens in this comedic book about anxiety. Life is hard! And it's even harder for children who are just trying to figure things out.The new children's book series, Ninja Life Hacks, was developed to help children learn valuable life skills. Fun, pint-size characters in comedic books easy enough for young readers, yet witty enough for adults.
 - Call Number: J PIC Nhin (Paperback)

- *Positive Ninja* by Mary Nhin
 - Description: Positive Ninja wasn't always so happy and optimistic. She used to struggle with negativity until she learned a strategy that would change her forever. Find out what happens in this comedic book about mindfulness. Life is hard! And it's even harder for children who are just trying to figure things out.The new children's book series, Ninja Life Hacks, was developed to help children learn valuable life skills. Fun, pint-size characters in comedic books easy enough for young readers, yet witty enough for adults.
 - Call Number: J PIC Nhin (Paperback)

- *Grumpy Bird* by Jeremy Tankard
 - Description: Feeling too grumpy to fly, Bird begins to walk and finds that his mood changes as other animals join him.
 - Call Number: J PIC Tankard (Book)

- *Whimsy's Heavy Things* by Julie Kraulis
 - Description: Whimsy's heavy things are weighing her down. She tries to sweep them under the rug, but she trips over them. She tries to put them in a tree, but they fall on her. She even tries to sail them out to sea, but they always come back. Eventually Whimsy decides to deal with the heavy things one at a time... and a surprising thing happens. With exquisite illustrations and delightfully simple text, Whimsy's Heavy Things is a sweet story about changing the things that weigh us down into the things that lift us up.
 - Call Number: J PIC Kraulis (Book)

- *When Sadness is At Your Door* by Eva Eland
 - Description: A young child experiences sadness as if it were a visitor, acknowledging the emotion and suggesting activities to do with it.
 - Call Number: J PIC Eland (Book)

- *Meditation is An Open Sky : Mindfulness for Kids* by Whitney Stewart
 - Description: Describes nine simple meditation exercises to help children find focus, manage stress, and face challenges.
 - Call Number: J PIC Stewart (Book)

- *Yesterday I had the Blues* by Jeron Ashford Frame
 - Description: A young boy ponders a variety of emotions and how different members of his family experience them, from his own blues to his father's grays and his grandmother's yellows.
 - Call Number: J PIC Frame (Paperback)

- *The Bad Mood and the Stick* by Lemony Snicket
 - Description: Curly's bad mood travels from person to person, unexpectedly leaving opportunities for forgiveness, laughter, and love in its wake.
 - Call Number: J PIC Snicket (Book)

- *The Pigeon has Feelings, Too! : A Smidgeon of a Pigeon* by Mo Willems
 - Description: This book is the fun story of how the bus driver “tricks” the pigeon into showing his HAPPY face. The pigeon doesn't want to show his HAPPY face but does show the bus driver his ANGRY and SAD faces before finally revealing his HAPPY face when the driver tells him he doesn't have to.
 - Call Number: J BB Willems (Board Book)

- *I Love My New Toy!* by Mo Willems
 - Description: When Elephant accidentally breaks Piggie's new toy, they both experience intense feelings before coming to realize how important their friendship is.
 - Call Number: J PIC Willems (Book)

- *Pete the Cat and His Magic Sunglasses* by James Dean
 - Description: Waking up in a grumpy mood and feeling that nothing is going his way all day long, Pete the Cat dons a pair of rocking magic sunglasses given to him by Grumpy Toad and learns that a good mood has been inside himself all along.
 - Call Number: J PIC Pete (Book)

- *Ruby finds a Worry* by Tom Percival
 - Description: A young girl's sense of adventure and exploration vanishes when she discovers a Worry that grows and grows until she learns how to get rid of it.
 - Call Number: J PIC Percival (Book)

- *I Am Peace : A Book of Mindfulness* by Susan Verde
 - Description: A child starts to get carried away with worry and rushing thoughts before taking a breath, steadying, observing thoughts, feeling kindness, feeling thankful, and experiencing the world.
 - Call Number: J PIC Verde (Book)

- *The Museum* by Susan Verde
 - Description: A young girl tours and twirls through museum galleries experiencing different emotions evoked by different styles of art, and then expresses her energy and inspiration when she finds an empty canvas.
 - Call Number: J PIC Verde (Book)

- *My Heart* by Corinna Luyken
 - Description: Rhyming text explores emotions, from moments of great joy to times of quiet contemplation, illustrating that each person can control their own feelings guided by their hearts.
 - Call Number: J PIC Luyken (Book)

- *Feelings* by Libby Walden
 - Description: Pictures, dialogs, poems, and stories portray various emotions we all feel: jealousy, sadness, fear, anger, joy, love, and others.
 - Call Number: J 152.4 Ali (Book)

Movies

- *Inside Out*
 - Publisher: Disney
 - Description: Growing up can be a bumpy road, and it's no exception for Riley, who is uprooted from her Midwest life when her father starts a new job in San Francisco. Like all of us, Riley is guided by her emotions; Joy, Fear, Anger, Disgust, and Sadness. The emotions live in Headquarters, the control center inside Riley's mind, where they help advise her through everyday life.
 - Call Number: J DVD Blu-ray INS (DVD)