



Children and Emotions

Teaching Resources Center, Joyner Library A Selective Annotated Bibliography

Titles in the Teaching Resources Center are cataloged with Dewey call numbers and are preceded by Curric. Please ask someone at the Teaching Resources Service Desk if you need any assistance.

Grade Level	Title Information	Call Number
	EASY	
PreK - K	Ashburn, Boni. <i>The Class</i> . New York: Beach Lane Books, 2016. Twenty young students, some eager, some nervous, some grumpy, prepare for their very first day of kindergarten.	E AS325C
K	Baer, Edith. <i>Words Are Like Faces</i> . New York: Star Bright Books, 2007. Rhyming text points out the many uses of words and the different emotions and concepts they can convey.	E B1451W
PreK - 2	Park, Jane. <i>Juna's Jar</i> . New York: Lee & Low Books Inc., 2015. After her best friend, Hector, moves away, Juna's brother Minho tries to make her feel better by finding things to put in her special kimchi jar, and each night, whatever is in the jar takes her on a magical journey in search of Hector.	E B1478J
K - 3	Bang, Molly. <i>When Sophie's Feeling are Really, Really Hurt</i> . New York: The Blue Sky Press, 2015. Sophie is hurt when the other children laugh at her painting of her favorite tree--but when she explains her painting everybody understands what she was	E B2243WH

trying to do.

- PreK - K Browne, Anthony. *How Do You Feel?* Somerville, MA: Candlewick Press, 2011. E
B816HO
- A young chimp describes a variety of emotions he experiences.
- K Hall, Michael. *My Heart is Like a Zoo*. New York: Greenwillow Books, 2010. E
H1456M
- Rhyming text and heart-shaped illustrations of zoo animals introduce a range of emotions from "snappy as a crab" to "peaceful as a portly walrus lounging on a towel."
- PreK - 3 Harper, Jessica. *Lizzy's Ups and Downs: Not an Ordinary School Day*. New York: HarperCollins Publishers, 2004. E
H232L
- Lizzy tells her mother all about her up and down feelings at school that day.
- K - 3 Harris, Robie. *When Lions Roar*. New York: Orchard Books, 2013. E
H2435W
- Loud, scary noises frighten a child until quiet and calmness return.
- PreK-2 Hooks, Bell. *Grump Groan Growl*. New York: Hyperion Books for Children, 2008. E
H7642G
- Rhythmic text exposes a bad mood on the prowl, and advises the reader not to hide, but to let those feelings be.
- 2 - 5 Jeffers, Oliver. *The Heart and the Bottle*. New York: Philomel Books, 2010. E
J3555H
- After safeguarding her heart in a bottle hung around her neck, a girl finds the bottle growing heavier and her interest in things around her becoming smaller.
- K - 3 Juster, Norton. *Sourpuss and Sweetiepie*. New York: Michael Di Capua Books, 2008. E
J982S
- With her moods changing nearly every minute, Nanna and Poppy have to be prepared to call their rambunctious granddaughter the right nickname when the moment strikes!

K - 2	Levy, Janice. <i>Thomas the Toadilly Terrible Bully</i> . Grand Rapids, MI: Eerdman's Books for Young Readers, 2014.	E L5796T
	After feeling ignored in his new town, a young toad tries to act like a bully but learns the value of being a good friend instead.	
PreK - 12	Lyon, George Ella. <i>No Dessert Forever!</i> New York: Atheneum Books for Young Readers, 2006.	E L9945N
	After they have an argument, a young girl imagines how she would treat her mother if their roles were reversed.	
K - 3	Martin, Molly. <i>Princess Addison Gets Angry</i> . North Mankato, MN: Picture Window Books, 2013.	E M3648PRA
	Princess Addison is angry because it is raining and she cannot go outside, but she knows what a princess does to control her emotions.	
PreK - 1	Milgrim, David. <i>Wild Feelings</i> . New York: Henry Holt and Company, 2015.	E M598W
	Do you ever feel as stubborn as a mule? Or as chicken as a chicken? Of course you do. Looks at the normal, natural feelings we all have.	
PreK - K	Murphy, Stuart J. <i>Percy Gets Upset</i> . Watertown, MA: Charlesbridge, 2011.	E M957PEG
	Mommy and Daddy help their son calm down and feel better when situations during the day make him angry.	
PreK-2	Neal, Christopher Silas. <i>Everyone</i> . Sommerville, MA: Candlewick Press, 2016.	E N25E
	Journey with a young boy as he explores the full range of emotions that everyone feels.	
4 - 8	Rosen, Michael. <i>Michael Rosen's Sad Book</i> . Somerville, MA: Candlewick Press, 2005.	E R7227M
	A man tells about all the emotions that accompany his sadness over the death of his son, and how he tries to cope.	
K - 1	Richmond, Marianne. <i>I Believe in You</i> . Naperville, IL: Sourcebooks Jabberwocky, 2011.	E R415I
	Through rhyming verses, parents offer words of encouragement to their children to look inside themselves to find what they need to succeed and to let them know they always have someone cheering for them.	

PreK - 1	Seeger, Laura Vaccaro. <i>I Used to Be Afraid</i> . New York: Roaring Book Press, 2015.	E SE326I
	A picture book exploring the many forms fear can take and the importance of overcoming it.	
N/A	Shapiro, Lawrence E. <i>Freddy Fights Fat: An Emotional Literacy Book</i> . Fairfax, VA: CTC Pub., 2004.	E SH226F
	Teaches children about the harmful effects of being overweight and what causes one to become overweight. Children also learn how to lose weight safely.	
PreK - K	Tankard, Jeremy. <i>Grumpy Bird</i> . New York: Scholastic Press, 2007.	E T1569G
	Feeling too grumpy to fly, Bird begins to walk and finds that his mood changes as other animals join him.	
K - 3	Verde, Susan. <i>The Museum</i> . New York: Abrams Books for Young Readers, 2013.	E V583M
	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.	
N/A	Weiss, Ellen. <i>Feeling Happy: A Turn-and-Learn Emotions Book</i> . Worthington, OH: Brighter Minds Publishing, 2006.	E W4363F
	The pictures show facial expressions and describe actions you might see in a person feeling that way. With the turn-wheel children are encouraged to match the facial expression to the described actions.	
K - 2	Willems, Mo. <i>I Love My New Toy!</i> New York: Hyperion Books for Children, 2008.	E W667IL
	When Elephant accidentally breaks Piggie's new toy, they both experience intense feelings before coming to realize how important their friendship is.	
1 - 2	Willems, Mo. <i>My Friend is Sad</i> . New York: Hyperion Books for Children, 2007.	E W667M
	When Gerald the Elephant is sad, Piggie is determined cheer him up, but finds after many tries that it only takes the simplest thing to change Gerald's mood.	

1 - 3 Young, Jessica. *My Blue is Happy*. Somerville, MA: Candlewick Press, 2013. E
Y856M

Invites readers to explore the infinite possibilities of emotional expression through color, discussing how people respond differently when seeing colors and how these experiences help broaden the world in wonderful new ways.

FICTION

9 - 12 Beam, Cris. *I Am J*. New York: Little, Brown, 2011. F
B3698I

J, who feels like a boy mistakenly born as a girl, runs away from his best friend who has rejected him and the parents he thinks do not understand him when he finally decides that it is time to be who he really is.

4 - 6 Ferber, Julia A. *Julia's Kitchen*. New York: Farrar, Straus and Giroux, 2006. F
F373J

When her mother and younger sister are killed in a house fire, eleven-year-old Cara struggles to find a way to deal with her emotions and to reach out to her grieving father.

8 - 12 Hand, Cynthia. *The Last Time We Say Goodbye*. New York: Harper Teen, an imprint of HarperCollins Publishers, 2015. F
H19128L

After her younger brother, Tyler, commits suicide, Lex struggles to work through her grief in the face of a family that has fallen apart, the sudden distance between her and her friends, and memories of Tyler that still feel all too real.

5 - 8 Kadohata, Cynthia. *Half a World Away*. New York: Atheneum Books for Young Readers, 2014. F
K116H

Twelve-year-old Jaden, an emotionally damaged adopted boy fascinated by electricity, feels a connection to a small, weak toddler with special needs in Kazakhstan, where Jaden's family is trying to adopt a "normal" baby.

10 - 12 Niven, Jennifer. *All the Bright Places*. New York: Alfred A. Knopf, 2015. F
N644A

Told in alternating voices, when Theodore Finch and Violet Markey meet on the ledge of the bell tower at school--both teetering on the edge--it's the beginning of an unlikely relationship, a journey to discover the "natural wonders" of the state of Indiana, and two teens' desperate desire to heal and save one another.

NONFICTION

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|--------|--|--------------------------|
| N/A | <p>Hibbert, Clare. <i>I'm Busy: An Feelings Story</i>. Mankato, MN: Amicus, 2011.
 (Other titles by author: <i>I'm Tired and Other Body Feelings</i>, <i>I'm Happy and Other Fun Feelings</i>, and <i>I'm Sad and Other Tricky Feelings</i>)</p> <p>Explores friendliness, fear, busyness, and various other emotions through simple text and color illustrations.</p> | <p>152.4
H521IMB</p> |
| K | <p>Kalman, Bobbie. <i>I Have Feelings = Tengo Sentimientos</i>. New York: Crabtree Publishing Company, 2011.</p> <p>This book explores the world of emotions and helps children identify their own feelings.</p> | <p>152.4
K1265I</p> |
| K | <p>Meister, Cari. <i>Everyone Feels Angry Sometimes</i>. Mankato, MN: Picture Window Books, 2010. (Other titles by author: <i>Everyone Feels Happy Sometimes</i>,</p> <p>It's OK to feel angry. What does being angry feel like? What does it look like? How can you help anger go away? Everyone feels angry sometimes.</p> | <p>152.4
M4793E</p> |
| K - 3 | <p>Nichols, Cheyenne. <i>Scared Is---</i> Mankato, MN: Capstone Press, 2012. (Other titles in series: <i>Angry Is---</i>, <i>Happy Is---</i>, and <i>Sad Is---</i>)</p> <p>Photographs and short rhyming verses describe how it feels to be scared.</p> | <p>152.4
N515SC</p> |
| 6 - 12 | <p>Spilsbury, Richard. <i>Emotions: From Birth to Old Age</i>. Chicago, IL: Capstone Heinemann Library, 2013.</p> <p>This book shows how emotions are vital for human social behavior, being at the heart of our relationships with families, friends, and other groups, and how they affect the way we interact with the world around us.</p> | <p>152.4
SP45E</p> |
| 3 - 4 | <p>Tieck, Sarah. <i>Manage Feelings</i>. Minneapolis, MN: ABDO Pub., 2012.</p> <p>Examines ways to manage and process emotions effectively, including writing a journal, talking to an adult, or seeking professional help.</p> | <p>154.2
T44M</p> |
| 2 - 3 | <p>Martineau, Susan. <i>Understanding Feelings</i>. Mankato, MN: Smart Apple Media, 2012.</p> <p>Learn about different emotions.</p> | <p>155.4
M3662U</p> |

4 - 6 Simons, Rae. *I Eat When I'm Sad: Food and Feelings*. Broomall, PA: Mason Crest Publishers, 2011. 616.85 SI573I

Lots of people turn to food to help them cope with their feelings. The problem with that, though, is that when we eat too much, we gain weight. Around the world, more people are overweight than ever before. It's a big health problem. And that's one reason you should be sure you're eating because you're truly hungry--not because you're sad!

2 - 3 Viorst, Judith. *What Are You Glad About? What Are You Mad About? Poems for When a Person Needs a Poem*. New York: Atheneum Books for Young Readers, 2016. 811.54 V814W

"From school to family to friends, from Grrrr to Hooray!, Judith Viorst takes us on a tour of feelings of all kinds in this thoughtful, funny, and charming collection of poetry that's perfect for young readers just learning to sort out their own emotions.

PROFESSIONAL COLLECTION

- Vernon, Ann. *Thinking, Feeling, Behaving: An Emotional Education Curriculum for Children. Grades 1-6*. Champaign, IL: Research Press, 2006. (Also available for Grades 7-12) 155.42 V5981T GR. 1-6
- Smith, Connie Jo. *Growing, Growing Strong: A Whole Health Curriculum for Young Children*. St. Paul, MN: Redleaf Press, 2014. 372.3707 SM538G1
- Sevelitte, Renée. *You Are a Work of Art! Interactive Art Lessons for Children to Express Emotions*. MA: Phenomaxon Books, 2004. 615.85156 SE823Y