**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.

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Title Information</th>
<th>Call Number</th>
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<tr>
<td>PreK - K</td>
<td>Twenty young students, some eager, some nervous, some grumpy, prepare for their very first day of kindergarten.</td>
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<td></td>
<td>Rhyming text points out the many uses of words and the different emotions and concepts they can convey.</td>
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<td>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.</td>
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|             | 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
trying to do.

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<tr>
<th>Grade</th>
<th>Author</th>
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<tbody>
<tr>
<td>K</td>
<td>Hall, Michael</td>
<td><em>My Heart is Like a Zoo</em></td>
<td>New York: Greenwillow Books, 2010</td>
<td>E H1456M</td>
<td>Rhyming text and heart-shaped illustrations of zoo animals introduce a range of emotions from &quot;snappy as a crab&quot; to &quot;peaceful as a portly walrus lounging on a towel.&quot;</td>
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<td>2 - 5</td>
<td>Jeffers, Oliver</td>
<td><em>The Heart and the Bottle</em></td>
<td>New York: Philomel Books, 2010</td>
<td>E J3555H</td>
<td>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.</td>
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<tr>
<td>K - 3</td>
<td>Juster, Norton</td>
<td><em>Sourpuss and Sweetiepie</em></td>
<td>New York: Michael Di Capua Books, 2008</td>
<td>E J982S</td>
<td>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!</td>
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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.


After they have an argument, a young girl imagines how she would treat her mother if their roles were reversed.


Princess Addison is angry because it is raining and she cannot go outside, but she knows what a princess does to control her emotions.


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.


Mommy and Daddy help their son calm down and feel better when situations during the day make him angry.


Journey with a young boy as he explores the full range of emotions that everyone feels.


A man tells about all the emotions that accompany his sadness over the death of his son, and how he tries to cope.


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.

A picture book exploring the many forms fear can take and the importance of overcoming it.


Teaches children about the harmful effects of being overweight and what causes one to become overweight. Children also learn how to lose weight safely.


Feeling too grumpy to fly, Bird begins to walk and finds that his mood changes as other animals join him.


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.


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.


When Elephant accidentally breaks Piggie's new toy, they both experience intense feelings before coming to realize how important their friendship is.


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.
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**


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.


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.


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.


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.


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

N/A Hibbert, Clare. *I’m Busy: An Feelings Story*. Mankato, MN: Amicus, 2011. (Other titles by author: *I’m Tired and Other Body Feelings, I’m Happy and Other Fun Feelings, and I’m Sad and Other Tricky Feelings*)

Explores friendliness, fear, busyness, and various other emotions through simple text and color illustrations.


This book explores the world of emotions and helps children identify their own feelings.


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.


Photographs and short rhyming verses describe how it feels to be scared.


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.


Examines ways to manage and process emotions effectively, including writing a journal, talking to an adult, or seeking professional help.


Learn about different emotions.
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!

"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.

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