

## **Emotions**

Aboff, M. Everyone Feels Sad Sometimes. Introduces sadness, describes why it is okay to feel sad, and provides alternative solutions to situations where readers may feel sad. j 152.4 A

Allen, K. Show Me Happy. Show me happy. Show me helping. Show me sharing when we play. Show me NOISY. Show me quiet. Show me putting things away. This book of engaging photos will "show" early learners simple actions and concepts that all children learn as they begin to socialize and communicate.  
jP Allen

Browne, A. How Do You Feel? A young chimp describes a variety of emotions he experiences. jP Browne

Curtis, J. Today I Feel Silly...and Other Moods that Make My Day. A child's emotions range from silliness to anger to excitement, coloring and changing each day. jP Curtis

Dean, J. Pete The Cat And His Magic Sunglasses. Pete the Cat wakes up feeling grumpy -- nothing seems to be going his way. But with the help of some rockin' magic sunglasses from Grumpy Toad, Pete learns that a good mood has been inside him all along. jP Dean

DeRegniers, B. The Way I Feel-Sometimes. Presents a collection of poems about feelings, from anger to acceptance. j 811.54 D

Freyman, S. How Are You Peeling? Foods with Moods. Brief text and photographs of carvings made from vegetables introduce the world of emotions by presenting leading questions such as "Are you feeling angry?". j 152.4 F

Friday, M. It's a Bad Day. Everyone can have a bad day once in a while--the dog won't go for a walk, someone with big hair sits in front of you at the game, and the snowman melts. Each spread has a simple statement that looks as if it were printed by hand paired with an exaggerated color illustration that allows children to empathize with and laugh at the situation. jP Friday

Hall, K. A Bad, Bad Day. A young boy's day starts badly, but his mood improves when his teacher gives him a good mark on his paper. jE Hall

Henry, J. Cheer Up, Mouse! Mouse's friends try everything to keep their friend from feeling low--flapping and fluttering in the sky, splashing and paddling in the water, leaping and loping in the grass--but nothing seems to cheer him up.  
jP Henry

Hoffman, M. The Great Big Book of Feelings. A smorgasbord of thoughts and pictures about a variety of feelings. "How do you feel today?" the author asks. Framed portraits, more than a dozen over one spread, show children expressing a range of feelings. The book covers many emotions familiar to youngsters, and states "you can feel lots of different things at the same time. Or lots of different ways in one day." It all ends with a big illustration of a handful of children putting the finishing touches on a big mural of several children displaying their feelings.

j 152.4 Hoffman

Kroll, S. That Makes Me Mad! A little girl gets mad at a lot of things in her daily life but is comforted that her mother understands her anger. j PAR PIC Kroll

Krosoczka, J. It's Tough To Lose Your Balloon. So you accidentally let go of your prized balloon? Think about it bringing a smile to the face of an airplane passenger—like Grandma. Sure, a scraped knee hurts, but "you'll get a cool bandage. (It might even glow in the dark!)." This book explores common childhood frustrations, acknowledges the feelings, and shows how kids can make the most out of a bad situation when they look at life with a positive attitude.

jP Krosoczka

Lester, H. Hurty Feelings. It looks like trouble when Fragility, a hippopotamus whose feelings are easily hurt, meets Rudy, a rude elephant, on the soccer field.

jP Lester

Lichtenheld, T. What Are You So Grumpy About? A collection of cartoons that present various reasons for being grumpy, such as eating "grown-up" cereal, getting a boring birthday present, doing chores, and being touched by your brother or sister. j PAR PIC Lichtenheld

Messer, C. Grumpy Pants. Have you ever had a grumpy day and not known why? Penguin is having a grumpy day like that. No matter what he does, he just can't shake it! Sometimes the only thing left to do is wash the grumpy day away and start over. The simple text and lively illustrations are the perfect cure for even the grumpiest of days. jP Messer

Oh, No! Where Are My Pants? And Other Disasters. "It was simply the worst/ the most terrible day./ Nothing/ but NOTHING/ was going my way." Ever have one of those days? The narrators of these fifteen poems have. They've had worm-in-the-apple days, friends-moving-away days, even forgetting-my-pants days! If you've ever wondered whether anyone else knows what it's like to have a really bad day, this special collection of poignant -- and funny -- poems is for you. j PAR PIC Oh

Oram, H. Badger's Bad Mood. When Badger is in such a bad mood that he will not see any of his friends, Mole devises a plan to remind him that he is loved regardless of his mood. jP Oram

Parr, T. The Feelings Book. "What do you feel like right now? Sometimes I feel like standing on my head. Sometimes I feel like staying in the bathtub all day." With candor and special attention to the rambling moods of a child, the book highlights familiar feelings. Kids, and adults alike, will appreciate the modern, vibrant illustrations and the honesty of Parr's words. j BOARD Parr

Patricelli, L. Baby Happy, Baby Sad. A towering ice-cream cone makes Baby HAPPY. But when that delectable treat goes splat, it makes Baby SAD. And how quickly HAPPY turns to SAD when a favorite red balloon flies away! Even the littlest listeners will relate to this playful look at a pair of emotions that are part of every baby's day. j BOARD Patricelli

Pippin-Mathur, C. Maya Was Grumpy. Maya doesn't know why she's grumpy. She's just in a cranky, grumpy, grouchy mood. Luckily, Gramma isn't ruffled by Maya's mood. She reminds Maya of all the fun things she might miss out on because of her grumpiness. Will Gramma's silly suggestions coax Maya out of her miserable mood? jP Pippin-Marthur

Rosen, M. Michael Rosen's Sad Book. Sad things happen to everyone, and sometimes people feel sad for no reason at all. What makes Michael Rosen sad is thinking about his son, Eddie, who died suddenly at the age of eighteen. In this book the author writes about his sadness, how it affects him, and some of the things he does to cope with it—like telling himself that everyone has sad stuff (not just him) and trying every day to do something he can be proud of. Whether or not you have known what it's like to feel deeply sad, the truth of this book will surely touch you. j 155.9 Rosen

Rosenthal, A. Cookies: Bite-Size Life Lessons. Everyone knows cookies taste good, but these cookies also have something good to say. Open this delectable book to any page and you will find out something about life. j PAR PIC Rosenthal

Rosenthal, A. One of Those Days. Sometimes life just doesn't seem fair. Well, take heart, you're not alone. Everyone has one of those days sometimes. And even if you bowled gutter balls or your nice sweater made you itchy, at least a brand-new day is waiting for you tomorrow. j PAR PIC Rosenthal

Rotner, S. Lots of Feelings. Simple text and photographs introduce basic emotions--happy, grumpy, thoughtful, and more--and how people express them. j 152.4 Rotner

Seuss, D. My Many-Colored Days. This rhyming story describes each day in terms of a particular color which in turn is associated with specific emotions. j PAR PIC Seuss

Smith, L. Mrs. Biddlebox. With baking magic, Mrs. Biddlebox uses fog, dirt, sky, and other ingredients of a rotten day to transform it into a sweet cake. jP Smith

Surplice, H. About a Bear. A bear can be happy, a bear can be sad. A bear can be bored, and a bear can be glad! A bear's life is never dull when there are butterflies to chase, trees to climb, and streams to splash in. It is even better when friends join in and after all that excitement, every bear needs a hug before bedtime! jP Surplice

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

Viorst, J. Alexander and the Terrible, Horrible, No-Good Very Bad Day. On a day when everything goes wrong for him, Alexander is consoled by the thought that other people have bad days too. jP Viorst

Wagenbach, D. The Grouchies. A grouchy boy learns how to chase away his grumpy moods. Includes a note to parents. j PAR PIC Wagenbach

Willems, M. My Friend Is Sad. 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. jP Willams

Willems, M. The Pigeon Has Feelings, Too! How does it feel to be a Pigeon? Well, the bus driver is trying to get him to act happy, but as we all know, this is one bird that is not going to be told what to do! Throughout this hilarious board book, Pigeon runs through his signature gamut of emotions while attempting to thwart his old nemesis. j BOARD Willems

Wilson-Max, K. L is for Loving: An ABC for the Way You Feel. An alphabet book presenting the range of emotions that we may feel, from angelic to zippy. j PAR PIC Wilson-Max

Won, B. Hooray for Hat! Elephant wakes up grumpy—until *ding, dong!* What's in the surprise box at the front door? A hat! HOORAY FOR HAT! Elephant marches off to show Zebra, but Zebra is having a grumpy day, too—until Elephant shares his new hat and cheers up his friend. Off they march to show Turtle! The parade continues as every animal brightens the day of a grumpy friend. An irresistible celebration of friendship, sharing, and fabulous hats. jP Won

Yolen, J. How Do Dinosaurs Say I'm Mad? R-O-A-R! What happens when little dinosaurs get mad? Romp and stomp! Roar and slam! Almost everyone gets angry. But how can young dinosaurs also learn to calm down, take a time out, and behave? Brimming with humor, this sparkling new book handles a timeless children's topic with wit and wisdom. jP Yolen