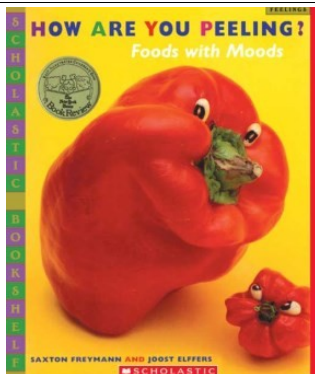


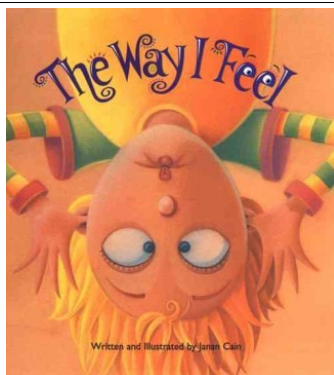
Self-Regulation: Recognizing Basic Emotions

Compiled by Joan Pearce



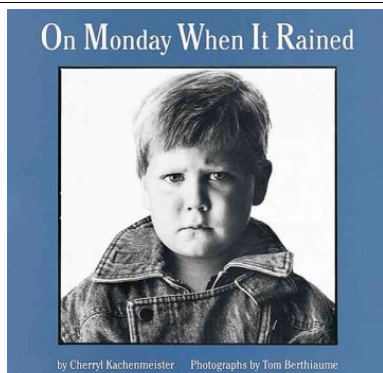
How Are You Peeling? Foods with Moods by Saxton Freyman, c1999 (IL: K-3, RL: 4.0)

"Contains photographs of carvings made from vegetables that introduce the world of emotions with simple text by presenting questions on anger, sadness, tiredness, and more." - *Follett*



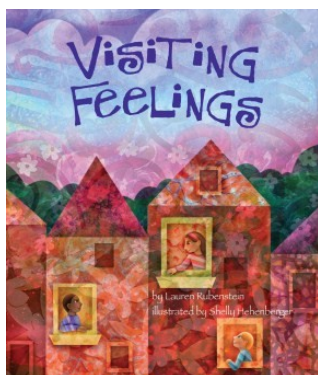
The Way I Feel by Janin Cain, c2000 (IL: K-3, RL: 2.7)

"Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride." - *Follett*



On Monday When It Rained by Cheryl Kachenmeister, c1989 (IL: K-3, RL: 1.6)

"In simple, straightforward text and marvellously expressive pictures, the author and photographer have captured the thoughts and feelings of one small boy. Whether he is proud or scared, lonely or excited, the boy's face mirrors his emotion with the wonderful directness of childhood." - *Pub.*

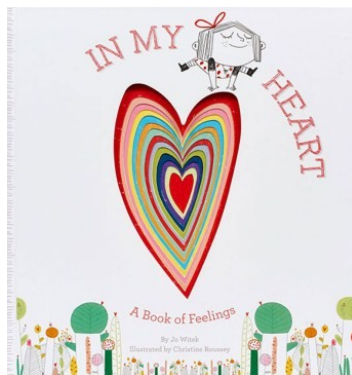


Visiting Feelings by Lauren Rubenstein, c2014 (IL: K-3, RL: 1.7)

"*Visiting Feelings* encourages children to treat their feelings like guests—welcome them in, get to know them, and perhaps learn why they are visiting. Through this purposeful and mindful exploration, *Visiting Feelings* harnesses a young child's innate capacity to fully experience the present moment and invites children to sense, explore, and befriend all of their feelings with acceptance and equanimity." - *Pub.*

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In My Heart

by Jo Witek, c2014 (IL: K-3, RL: 2.1)

"In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, toddlers will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions." - Pub.

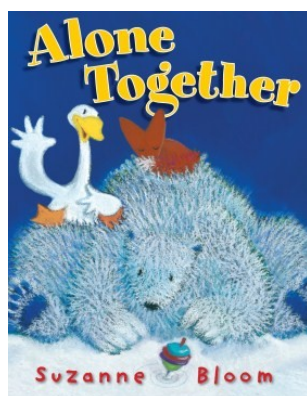
THE RABBIT LISTENED



The Rabbit Listened

by Cori Doerrfeld, c2018 (IL: K-3, RL: 1.6)

"With its spare, poignant text and irresistibly sweet illustrations, this is a universal, deeply moving exploration of grief and empathy sure to soothe heartache of all sizes." - Pub.



Alone Together

by Suzanne Bloom, c2014 (IL: K-3, RL: 1.0)

"Bear is quietly sitting by himself so Fox wonders if Bear is sad or mad or lonely. But no, Bear just occasionally enjoys a little quiet time alone. Not to be outdone, Fox decides that she would like quiet time alone, too—with Bear! Needless to say, Fox's version of quiet time is very different from Bear's. Fortunately, the friends finally figure out the best way to be alone, together." - Pub.

Title by author