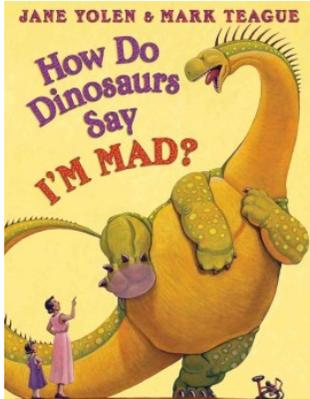


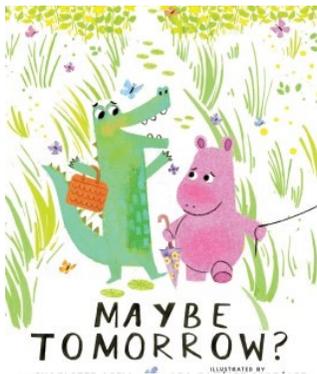
# Self-Regulation: Managing Emotions

Compiled by Joan Pearce  
**Picture Book Format**



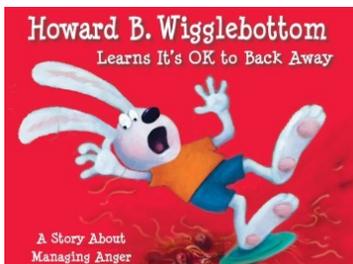
**How Do Dinosaurs Say I'm Mad?**  
by Jane Yolen, c2013 (IL: K-3, RL: 1.9)

"Illustrations and rhyming text explore some of the things that dinosaurs might do when they are angry—and how they should control their tempers." - Follett



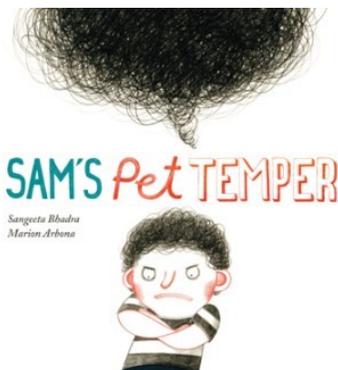
**Maybe Tomorrow?**  
by Charlotte Agell, c2019 (IL: K-3, RL: 1.5)

"Elba carries the black block of grief and sadness wherever she goes--until Norris comes along and helps her to let go of the block and enjoy life again." - OCLC.



**Howard B. Wigglebottom Learns It's OK to Back Away: A Story About Managing Anger**  
by Howard Binkow, c2010 (IL: K-3, RL: 2.8)

"Howard B. Wigglebottom learns a valuable lesson about anger and how to deal with it after being put in time-out during school for reacting negatively after not getting his way." - Follett



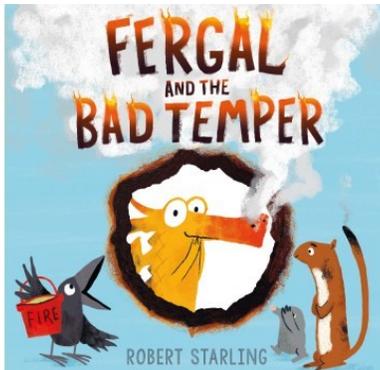
**Sam's Pet Temper** by Sangeeta Bhadra,  
c2014 (IL: K-3, RL: 2.4)

"Sam is initially fond of his pet Temper, but the creature becomes difficult to control." - Follett

# Self-Regulation: Managing Emotions

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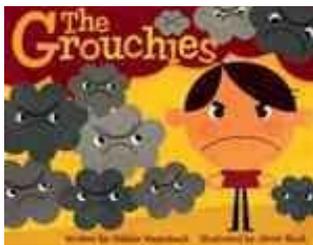
## Picture Book Format



### Fergal and the Bad Temper

by Robert Starling, c2019 (IL: K-3, RL: 1.5)

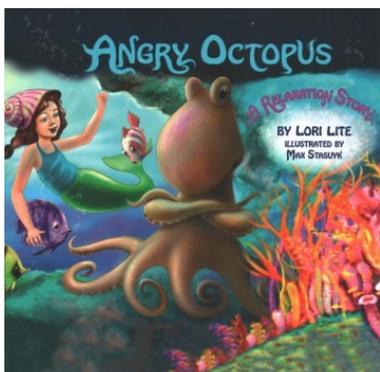
"Fergal the dragon does not like being told what to do. Its not fair! And when things aren't fair, Fergal loses his temper and snorts angry fire. He feels sorry afterward, but Fergal just can't control his outbursts! After one really fiery day, his family and friends offer him some advice to calm down. Can this dragon learn to cool it before a temper tantrum hits?" - Pub.



### The Grouchies

by Debbie Wagenbach, c2010 (IL: K-3, RL: 1.9)

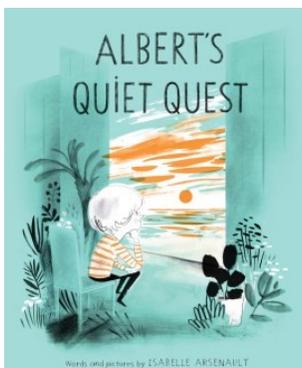
"A grouchy boy learns how to chase away his grumpy moods." - Follett



### Angry Octopus

by Lori Lite, c2011 (IL: K-3, RL: 4.9)

"...a story that teaches children how to use progressive muscle relaxation and breathing techniques to calm down, lower stress, and control anger...This engaging story quiets the mind and relaxes the body so your child can let go of anger, relax, and fall asleep peacefully. This story is longer making it ideal for older children or those with a longer attention span." - Pub.



### Albert's Quiet Quest

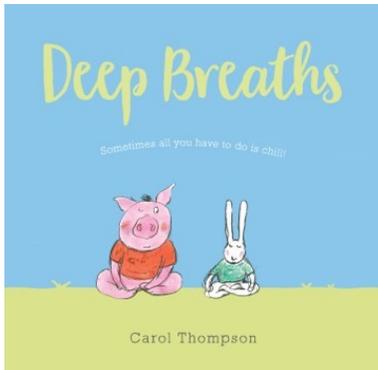
by Isabelle Arsenault, c2019 (IL: K-3, RL: 0.9)

"Albert's home is very loud—and all he wants to do is read! He escapes outside for some peace, and thinks he's found it at last. But, one by one, his friends boisterously infiltrate his space until Albert just can't take it anymore...and snaps! How will his friends react? While they leave him alone at first, they slowly return...with books in hand." - Pub.

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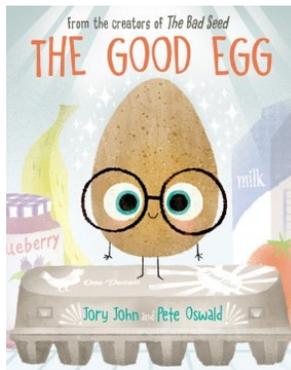
## Picture Book Format



### Deep Breaths

by Carol Thompson, c2019 (IL: K-3, RL: 2.0)

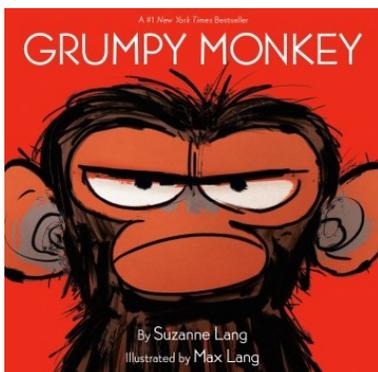
"Dolly the pig and Jack the rabbit are best friends, but even best friends don't always get along. When Dolly and Jack get into a big disagreement, they go from happy to mad, to sad...and then back to happy!" - Pub.



### The Good Egg

by Jory John, c2019 (IL: K-3, RL: 1.9)

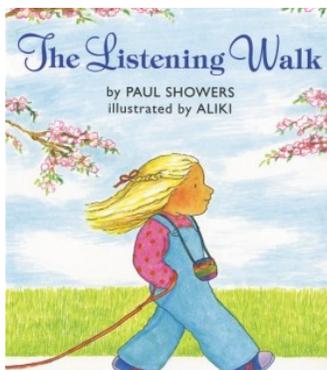
"A very good egg learns to relax and not be perfect all the time." - Follett



### Grumpy Monkey

by Suzanne Lang, c2018 (IL: K-3, RL: 2.2)

"Jim the chimpanzee is in a terrible mood for no good reason. His friends can't understand it—how can he be in a bad mood when it's SUCH a beautiful day? They encourage him not to hunch, to smile, and to do things that make THEM happy. But Jim can't take all the advice...and has a BIT of a meltdown. Could it be that he just needs a day to feel grumpy?" - Follett



### The Listening Walk

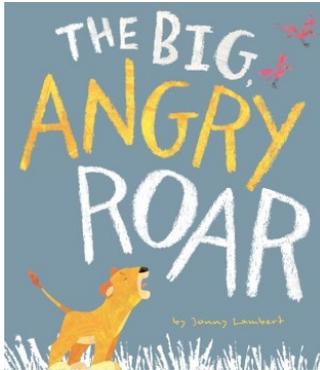
by Paul Showers, c1991 (IL: K-3, RL: 1.9)

"A little girl and her father take a quiet walk and identify the sounds around them." - Follett

# Self-Regulation: Managing Emotions

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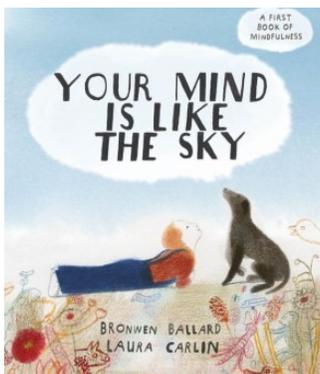
## Picture Book Format



### The Big Angry Roar

by Jonathan Lambert, c2019 (IL: K-3, RL: 1.7)

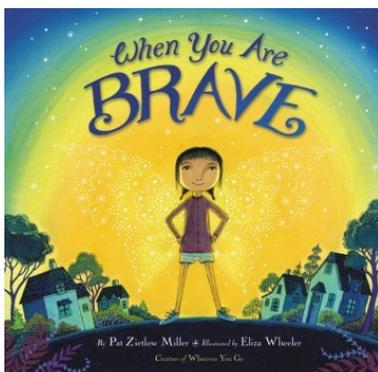
"Cub and his little sister are fighting, and Cub gets in trouble with Dad. Cub walks off angrily and sees Zebra, who tells him that zebras stamp and stomp when they're angry. Hippo explains that hippos crash and splash to get the anger out. Still upset, Cub runs into Elephant and causes even more trouble. Maybe Baboon can help...The perfect story for any child experiencing anger and learning how to handle those feelings." - Pub.



### Your Mind is Like the Sky

by Bronwen Ballard, c2019 (IL: K-3, RL: 4.0)

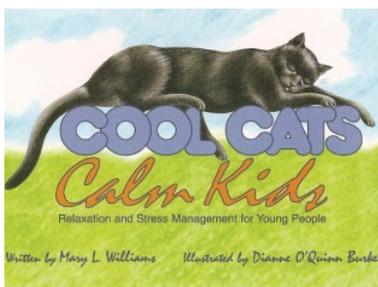
"Your mind is like the sky. Sometimes it's clear and blue—but sometimes a raincloud thought comes along and makes everything seem dark. So, what can we do about rainclouds? This beautiful picture book...shows children that worries and negative thoughts are normal and helps them develop healthy thinking habits." - Pub.



### When You are Brave

by Pat Zietlow Miller, c2019 (IL: K-3, RL: 1.5)

"Saying goodbye to neighbors. Worrying about new friends. Passing through a big city. Seeing a dark road ahead. In these moments, a young girl feels small and quiet and alone. But when she breathes deeply and looks inside herself, a hidden spark of courage appears, one she can nurture and grow until she glows inside and out." - Pub.



### Cool Cats, Calm Kids

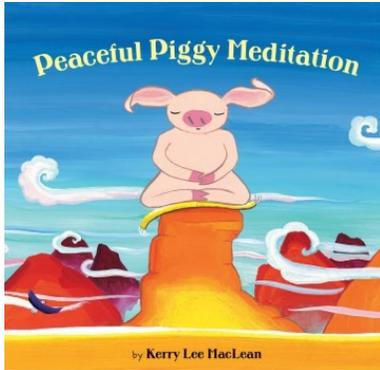
by Mary Williams, c1996 (IL: 5-8, RL: 5.7)

"Looks at the behaviors of cats for examples of how young people can relax, avoid stress, and maintain their self-esteem." - Follett

# Self-Regulation: Managing Emotions

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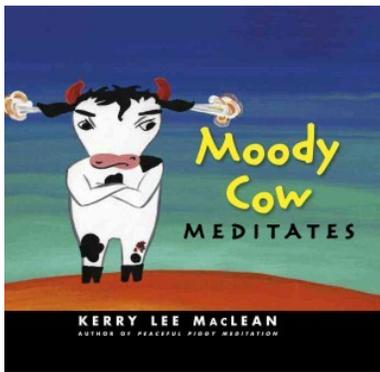
## Picture Book Format



### Peaceful Piggy Meditation

by Kerry Lee MacLean, c2004 (IL: K-3, RL: 2.5)

"What can you do when you're mad, sad, or anxious? Find a quiet spot, sit, and breathe. When you meditate every day, your mind stays happy, and even bad days are a little easier." - Pub.



### Moody Cow Meditates

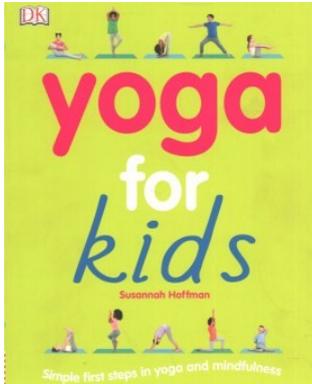
by Kerry Lee MacLean, c2009 (IL: K-3, RL: 3.0)

"Peter wakes up from a bad dream and his day just gets progressively worse, but his grandfather shows him a meditation technique that helps him calm his angry thoughts." - Follett

# Self-Regulation: Managing Emotions

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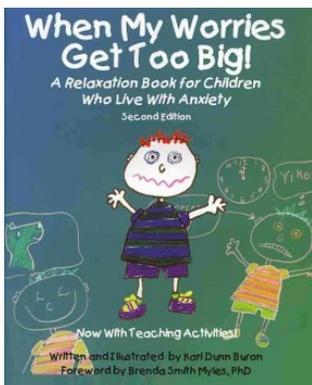
## Non-fiction



### Yoga for Kids

by Susannah Hoffman, c2018 (IL: K-3, RL: 2.2)

"Yoga for kids shows that supporting a child's positive mental health doesn't need to be expensive, time-consuming, or difficult. Poses and activities help children to de-stress, focus, and get moving while having fun." - Pub.



### When My Worries Get Too Big: A Relaxation Book for children Who Live With Anxiety

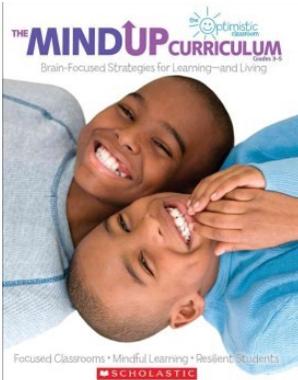
by Kari Dunn Buron, c2013 (IL: AD)

"Engaging and easy to read, this illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies. Children who use the simple strategies in this charming book, illustrated by the author, will find themselves relaxed and ready to focus on work or play!" - Pub.

# Self-Regulation: Managing Emotions

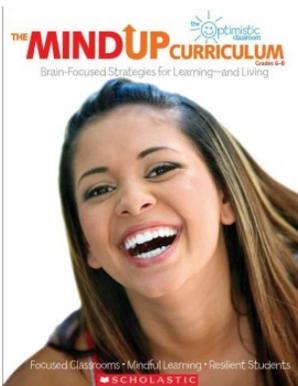
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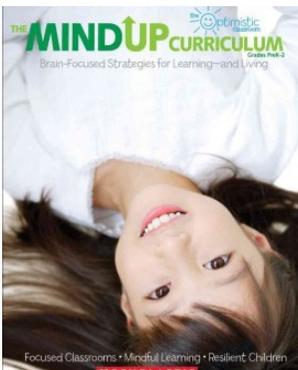
### The MINDUP curriculum, Grades 3-5 by Scholastic, c2011 (IL: PF)

" A curriculum for teachers that presents fifteen lessons for students, in grades third through fifth, on how the brain can improve behavior and learning. Lessons include focused awareness, mindful listening, and expressing gratitude." - Pub.



### The MINDUP curriculum, Grades 6-8 by Scholastic, c2011 (IL:PF)

"A curriculum for teachers that presents fifteen lessons for students, in grades six through eight, on how the brain can improve behavior and learning. Lessons included self-regulation skills, building resilience to stress and other topics." - Follett



### The MINDUP curriculum, Grades Pre-K-2 by Scholastic, c2011 (IL: PF)

" A curriculum for teachers that presents fifteen lessons for students, in grades Pre-K through second, on how the brain can improve behavior and learning. Lessons include focused awareness, mindful listening, and expressing gratitude." - Follett