

Mental Health and Well-Being: Exploring Emotions Through the Reading of Picture Books (Primary)

Note:

The interest levels listed in this bibliography are those given by the publishers. Each teacher, however, needs to decide the age suitability for their own students.

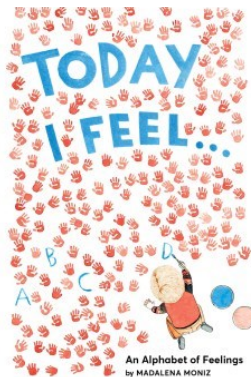
The summaries are from the publishers as well and have been included to give you a quick overview of the main themes of each title. In this way you can quickly select the titles that suit the particular social and emotional needs of your students. Some of the titles fit the theme loosely and others more tightly. The titles also range from "light-hearted" to more serious in tone.

Your school counsellor is an excellent source for suggestions on how to support students when teaching more sensitive subjects.

Joan Pearce, December 2020

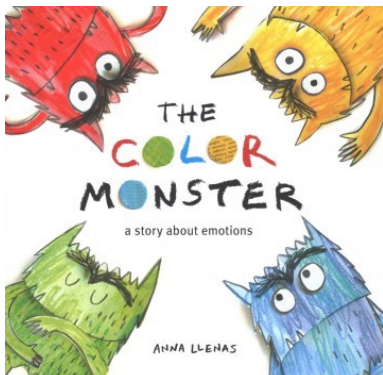
Mental Health and Well-Being: Exploring Emotions (Primary)

Compiled by Joan Pearce
Picture Book Format



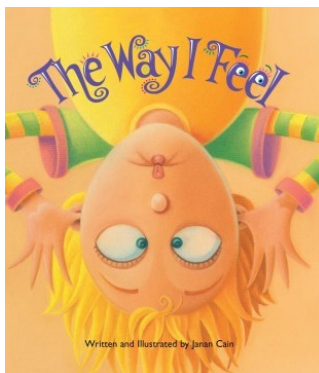
Today I Feel... An Alphabet of Feelings by Madalena Moniz, c2017 (IL: K-3)

"Beautifully illustrated by Madalena Moniz's subtle watercolors, *Today I Feel...* follows a child through a whole range of emotions, from adored to curious to strong. Not all of the emotions are positive and not all of them are simple, but they are all honest and worthy of discussion with a young child." - Pub.



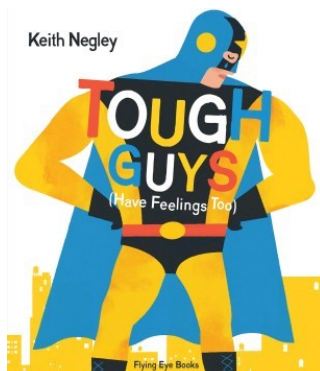
The Color Monster by Anna Ikenas, c2018 (IL: K-3, RL: 2.1)

"One day, Color Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once. To help him, a little girl shows him what each feeling means through color. As this adorable monster learns to sort and define his mixed up emotions, he gains self-awareness and peace as a result." - Pub.



The Way I Feel by Janan Cain, c2021 (IL: K-3)

"Children experience complex emotions just like adults and helping them identify and express their feelings in a positive manner is important for their social-emotional learning, developing empathy, and building resilience. Feelings are neither good nor bad, they simply are. Kids need words to name their feelings, just as they need words to name all things in their world. *The Way I Feel* uses strong, colorful, and expressive images which go along with simple verses to help children connect the word and the emotion" - Pub.

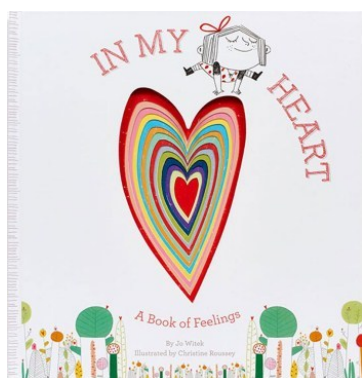


Tough Guys Have Feelings Too by Keith Negley, c2015 (IL: K-3, RL: 2.8)

"A boldly illustrated picture book read-aloud about how everyone gets sad--ninjas, wrestlers, knights, superheroes, everyone...even daddies have emotions!" - Pub.

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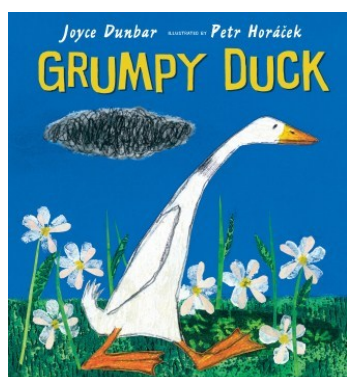
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In My Heart: A Book of Feelings

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

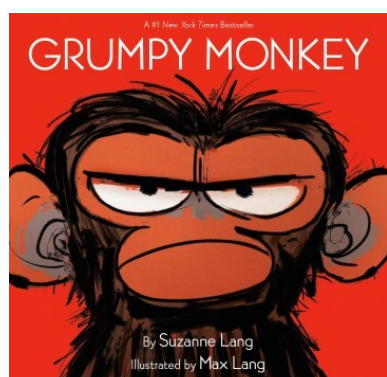
"Sometimes my heart feels like a big yellow star, shiny and bright. I smile from ear to ear and twirl around so fast, I feel as if I could take off into the sky. This is when my heart is happy. Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside." - Pub.



Grumpy Duck

by Joyce Dunbar, c2019 (IL: K-3, RL: 1.7)

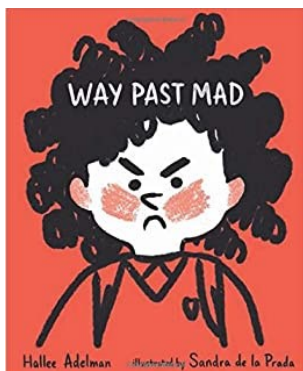
"Duck is in a very grumpy mood. The pond is dry, and she doesn't want to roll in the mud with Pig, sing with Rooster, doze with Tortoise, eat laundry with Goat, or join any of the other animals in their pastimes. To make matters worse, the gray cloud that's following Duck is growing bigger by the minute, and now her friends are feeling gloomy as well. What will it take to cheer them all up?" - Pub.



Grumpy Monkey

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

"... dealing with unexplained feelings...and the danger in suppressing them. 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?" - Pub.



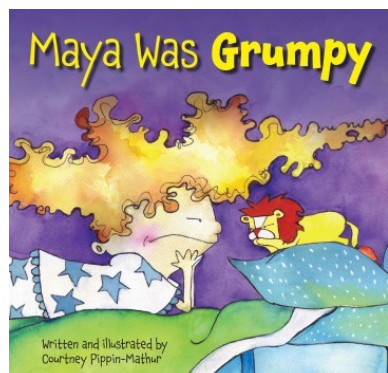
Way Past Mad

by Hallee Adelman, c2020 (IL: K-3, RL: 1.9)

"Keya is way past mad. Her little brother Nate messed up everything--even breakfast. She heads to school kicking rocks and sticks. When her best friend Hooper tries to help, Keya shouts, "I don't even like you." It's not true, but Hooper storms off, kicking rocks and sticks too. Keya gave him her mad! Now it's up to Keya to find a different way past mad and to make things right." - Pub.

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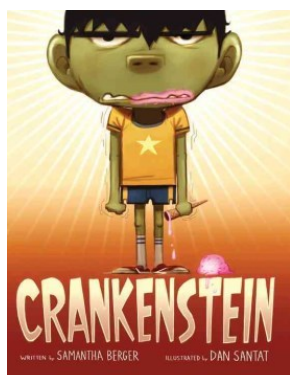
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Maya Was Grumpy

by Courtney Pippin-Mathur, c2013 (IL: K-3, RL: 1.9)

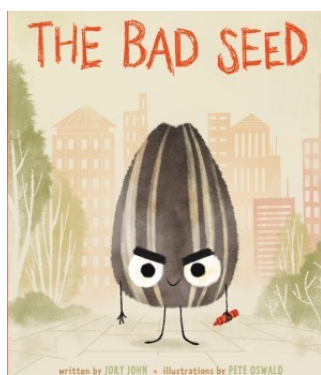
"Maya Was Grumpy celebrates the power of imagination and humor to improve moods. Maya wakes up on the wrong side of the bed, tangled in her blanket, and in a crispy, cranky, grumpy, grouchy mood. She doesn't want to color or wear her favorite shorts or go outside to play. What's worse, she's determined to share her grumpiness with everyone as she glumps, clumps, and thumps around the house. But when Maya growls at her grandmother, she graciously takes Maya's mood in stride..." - Pub



Crankenstein

by Samantha Berger, c2013 (IL: K-3, RL: 1.7)

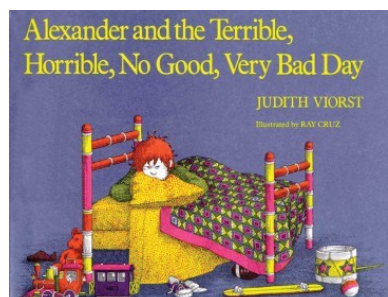
"A boy who looks ordinary transforms into grumbling Crankenstein when faced with a rainy day, a melting popsicle, or bedtime, but everything changes when he meets a fellow Crankenstein." - Follett



The Bad Seed

by Jory John, c2017 (IL: K-3, RL: 2.0)

"This is a book about a bad seed. A baaaaaaaaaad seed. How bad Do you really want to know He has a bad temper, bad manners, and a bad attitude. He's been bad since he can remember! This seed cuts in line every time, stares at everybody and never listens. But what happens when one mischievous little seed changes his mind about himself, and decides that he wants to be-happy?" - Pub.



Alexander and the Terrible, Horrible, No Good, Very Bad Day

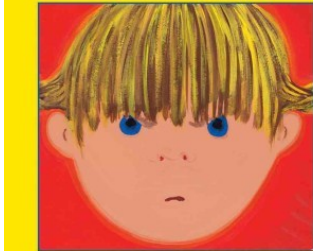
by Judith Viorst, c1972 (IL: K-3, RL: 3.7)

"On a day when everything goes wrong for him, Alexander is consoled by the thought that other people have bad days too." - Follett

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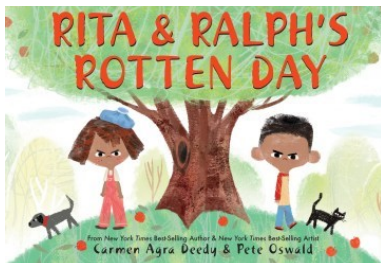
**When Sophie Gets Angry—
Really, Really Angry...**



BY MOLLY BANG

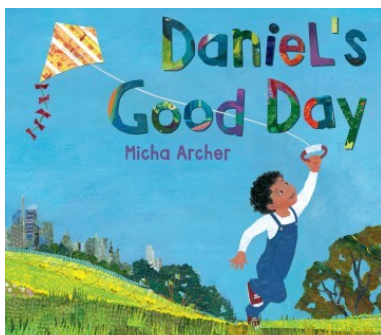
When Sophie Gets Angry—Really, Really Angry
by Molly Bang, c1999 (IL: K-3, RL: 1.6)

"When Sophie gets angry, she goes outside and runs, cries, climbs her favorite tree—and then, calmed by the breeze, she is soon ready to go back home."
- Follett



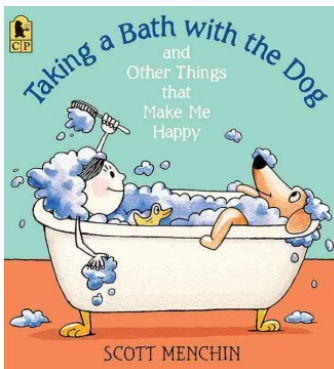
Rita & Ralph's Rotten Day
by Carmen Agra Deedy, c2020 (IL: K-3, RL: 1.4)

"Rita and Ralph live on neighboring hills and they are best friends, until a silly accident while goofing around ends up with both of them angry and unhappy—and they both need to find a way to heal the break in their relationship." - Follett



Daniel's Good Day
by Micha Archer, c2019 (IL: K-3, RL: 2.3)

"...what exactly is a good day? Daniel is determined to find out, and as he strolls through his neighborhood, he finds a wonderful world full of answers as varied as his neighbors. For Emma, a good day means a strong wind for kite flying. For the bus driver, a good day means pleases and thank-yous. A good day is bees for the gardener, birthdays for the baker, and wagging tails for the mail carrier. And, for Daniel's grandma, a good day is a hug from Daniel! And when Daniel puts all these good days together, they make a lovely poem full of his neighbors' favorite things." - Pub.

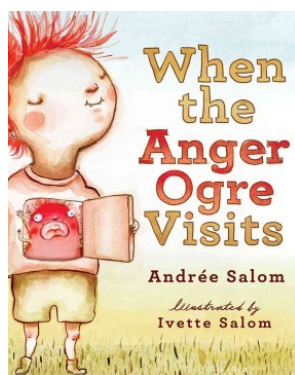


**Taking a Bath With the Dog and Other Things that
Make Me Happy**
by Scott Menchin, c2013 (IL: K-3, RL: 1.4)

"In order to answer her mother's question about what would make her smile, a girl first asks various people, animals, and even the moon what makes them happy."
- Follett

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When the Anger Ogre Visits

by Andrée Salom, c2015 (IL: K-3, RL: 2.8)

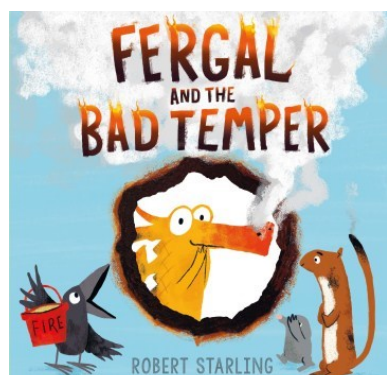
"When the Anger Ogre Visits gives children symbolic and concrete guidance about how to deal with anger as a natural part of their inner lives. Rather than squelching anger or pushing it away, the book invites children to sit with and observe anger, removing its overwhelming aspects." - Follett



Allie All Along

by Sarah Lynne Reul, c2018 (IL: K-3, RL: 1.7)

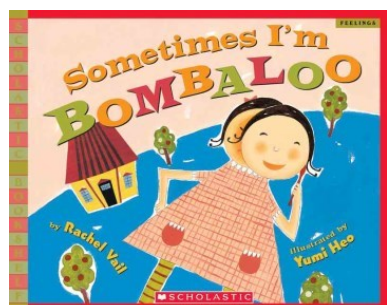
"Allie . . . is in a rage, throwing a tantrum, and having a fit! Her emotions have built and built and now they just burst. Is there a sweet little girl hiding somewhere under all the angry layers? And can her big brother find a way to make things all right again?" -Follett



Fergal and the Bad Temper

by Robert Starling, c2019 (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?" - Follett



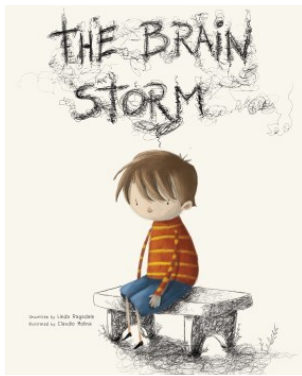
Sometimes I'm Bombaloo

by Rachel Vail, c2002 (IL: K-3, RL: 2.6)

"When Katie Honors feels angry and out of control, her mother helps her to be herself again." - Follett

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Picture Book Format



The Brain Storm

by Linda Ragsdale, c2019 (IL: K-3)

"Follow along as a mood pesters a young boy and ends up rubbing off on all those around him. After a frustrating day under his version of a little dark cloud, he discovers that ultimately working through your feelings and emotions begins with you. The wordless pages inspire readers to "read" the story as they apply their own interpretations to the young boy's plight."
- Pub.



The Most Magnificent Thing

by Ashley Spires, c2014 (IL: K-3, RL: 2.9)

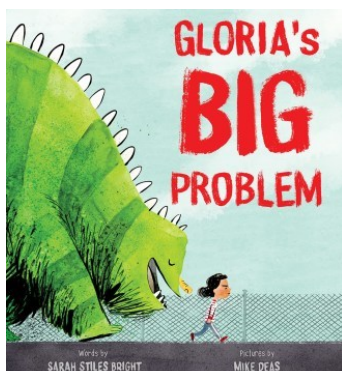
"[A little girl] is going to make the most MAGNIFICENT thing! She knows just how it will look. She knows just how it will work. All she has to do is make it, and she makes things all the time. Easy-peasy!? But making her magnificent thing is anything but easy, and the girl tries and fails, repeatedly. Eventually, the girl gets really, really mad. She is so mad, in fact, that she quits. But after her dog convinces her to take a walk, she comes back to her project with renewed enthusiasm and manages to get it just right." - Pub



Little Brown

by Marla Frazee, c2018 (IL: K-3, RL: 2.0)

"Little Brown is one cranky canine because no one ever plays with him at the animal shelter. Or maybe no one ever plays with him because he is cranky. Either way, Little Brown decides today is the day to take action, so he takes all of the toys and sticks and blankets from all of the dogs at the shelter and won't give them back. But what will happen now?" -Pub.



Gloria's Big Problem

by Sarah Stiles Bright, c2020 (IL: K-3, RL: 2.7)

"Gloria loves to sing, dance, and act in her bedroom, but not in public. No way. Gloria's big problem makes sure of that, following her wherever she goes and constantly reminding her that she's anxious and frightened, that she's not good enough, and that everyone will laugh at her. Anxious Gloria worries all the time, about everything. Until, one day, Gloria summons all her courage to try out for a community theater production. her... And then at last she yells "STOP!", and her big problem shrinks to a little problem, and Gloria wins a part in the play."
- Pub

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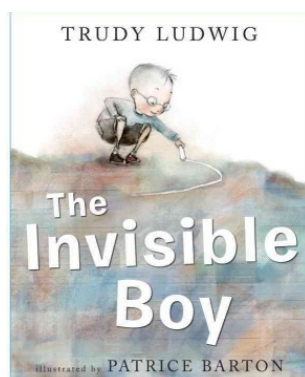
Compiled by Joan Pearce
Picture Book Format



Sweep

by Louise Greig, c2019 (IL: K-3, RL: 2.2)

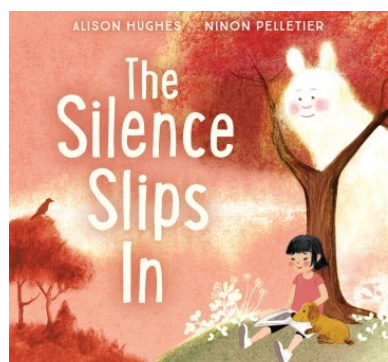
"Ed's bad mood begins as something really small, hardly a thing at all. But before long it grows, gathers pace, and spreads through the whole town. Can Ed sweep his troubles away?" - Pub.



The Invisible Boy

by Patrice Barton, c2013 (IL: K-3, RL: 2.9)

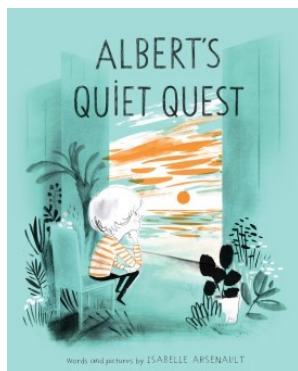
" Brian has always felt invisible at school, but when a new student, Justin, arrives, everything changes." - Follett



The Silence Slips In

by Alison Hughes, c2019 (IL: K-3, RL: 3.4)

"In this illustrated picture book, a young child learns to find comfort in silence when the world becomes too noisy." - Pub.



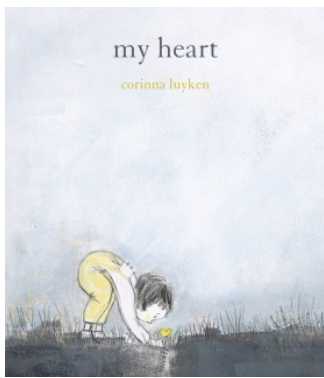
Albert's Quiet Quest

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." - Follett

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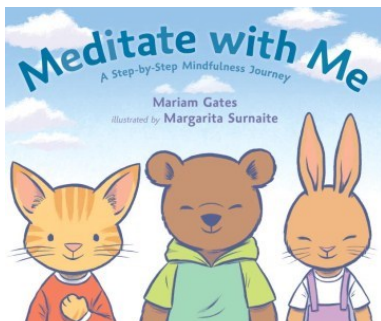
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Picture Book Format



My Heart

by Corinna Luyken, c2019 (IL: K-3, RL: 1.4)

"My heart is a window. My heart is a slide. My heart can be closed...or opened up wide. Some days your heart is a puddle or a fence to keep the world out. But some days it is wide open to the love that surrounds you. With lyrical text and breathtaking art, *My Heart* empowers all readers to listen to the guide within in this ode to love and self-acceptance." - Pub.



Meditate with Me

by Mariam Gates, c2017 (IL: K-3, RL: 1.6)

"Meditation does a body good, and can even help kids as young as four or five. This practical guide is gentle, clear, and a pleasure to use. Kids will learn how to focus on their breath, on the sensations in their body, and on the sounds around them to help them relax, settle their busy minds, and understand their emotions." - Pub.



Joy

by Corrinne Averiss, c2018 (IL: K-3, RL: 1.7)

"Fern's Nanna has not been herself of late. And when Mom remarks that all the joy seems to have gone out of her life, Fern decides to fetch the joy back. With her catching-kit at the ready, she goes to the park and finds joy in all sorts of unusual places...But Fern soon realizes that joy doesn't fit in a bag, or a box, or a can! How will she manage to bring some back to Nanna?" - Follett



Books by Julia Cook

Baditude—Bad attitude
Be Where Your Feet Are—Mindfulness
Blueloon—Depression
I'm Stretched—Dealing with stress
Soda Pop Head—Anger
Wilma Jean the Worry Machine—Anxiety

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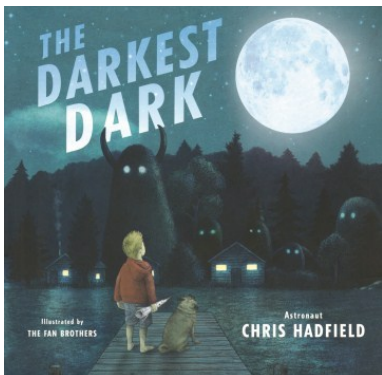
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Happy

by Mies Van Hout, c2012

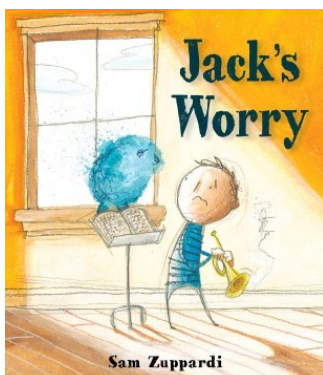
"In Happy, Van Mies shows all the emotions a young child encounters. Each double page spread is devoted to one fish, showing a particular emotion with its name in lettering that expresses the same feeling. Swim into Happy where the dazzling fish sparkle against the dark background and let the images spark laughter and empathy." - Amazon.ca



The Darkest Dark

by Chris Hadfield, c2016 (IL: K-3, RL: 3.0)

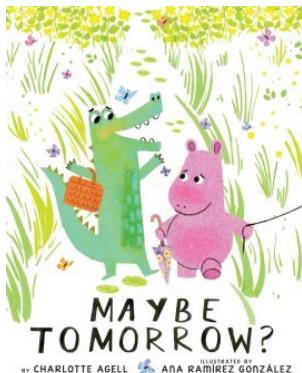
"Young Chris loves pretending he's a brave astronaut, exploring the universe. Only one problem—at night, he's afraid of the dark. Only when he watches the moon landing on TV does he realize how exciting the unknown can be. Inspired by the childhood of real-life astronaut Chris Hadfield." - Follett



Jack's Worry

by Sam Zuppardi, c2016 (IL: K-3, RL: 2.7)

"Jack loves playing the trumpet, and for weeks he's been looking forward to taking part in his first concert. But on the morning of the big day, Jack finds he has a Worry. And his Worry starts to grow. Even when Jack's mother calls him for a special breakfast, even when he hides under the bed or runs around the yard, his Worry follows him. Suddenly, when it's almost time to leave for the concert, Jack finds it's all too much. For anyone who's ever been afraid of failing at something new, this book offers just what's needed to shrink a Worry down to size." - Pub.



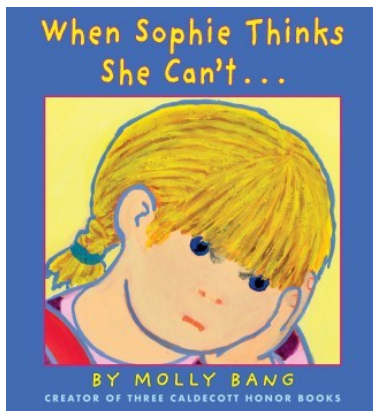
Maybe Tomorrow

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." - Follett

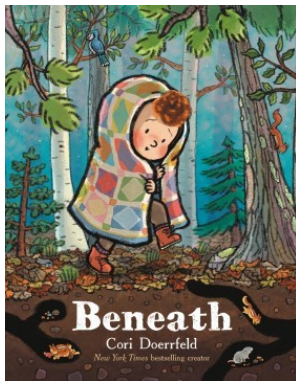
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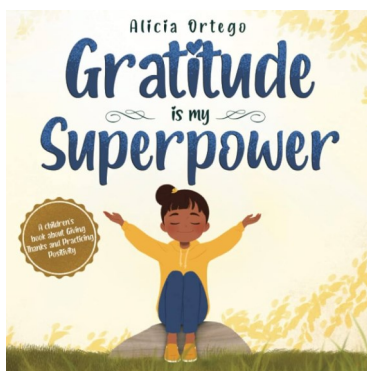
When Sophie Thinks She Can't
by Moly Bang, c2018 (IL: K-3, RL: 2.0)

"Sophie is discouraged because she always struggles with math and puzzles--until her teacher shows her the hidden value of 'try' and 'yet'." - Pub.



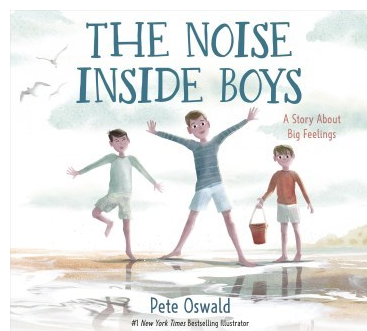
Beneath
by Cori Doerrfeld, c2023 (IL: K-3, RL: 2.7)

"Finn is in a bad mood, so his grandfather takes him on a walk in the forest, and tells him about all the things that are beneath the surface of plants and animals--and even people." - Follett



Gratitude Is My Superpower
by Alicia Ortego, c2022

"Little Betsy will learn that happiness is made up of simple things in life, both small and big. With the help of the magic stone, she will begin to feel gratitude for her parents, friends, and toys. But what happens when little Betsy forgets to use the magic of her stone? She will realize that the power of gratitude is hidden in her heart." - Amazon



The Noise Inside Boys
by Pete Oswald, c2023 (IL: K-2, RL: 1.4)

"Uses a rainbow of vibrant colors to illustrate how the wide range of emotions we experience can be managed by naming and understanding them as a young boy experiences overwhelming feelings when he's teased by his two older brothers." - Pub

Mental Health and Well-Being: Exploring Emotions (Primary)

Compiled by Joan Pearce
Picture Book Format—Strategies

A BOOK FOR SAD DAYS, MAD DAYS, GLAD DAYS,
AND ALL THE FEELINGS IN-BETWEEN



CHRISTOPHER WILLARD AND WENDY O'LEARY

Breathing Makes It Better

by Christopher Willard, c2019 (IL: K-3, RL: 2.3)

"Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness. With rhythmic writing and engaging illustrations, Breathing Makes It Better guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath." - Follett

Deep Breaths

Sometimes all you have to do is *ohhh*

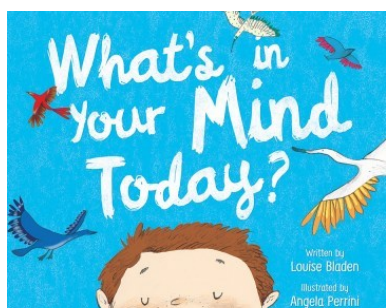


Carol Thompson

Deep Breaths

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

"Take a deep breath, and learn to manage strong emotions through mindfulness with this pair of feuding best friends, Dolly and Jack! 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.

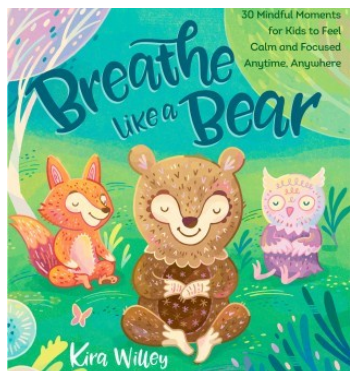


Written by
Louise Bladen
Illustrated by
Angela Perrini

What's in Your Mind Today?

by Louise Bladen, c2020 (IL: K-3, RL: 1.5)

"In this guided, illustrated meditation for kids, author Louise Bladen offers a simple mindfulness practice, not to banish bad thoughts, but to feel calm in the midst of thoughts that come and go. Children will learn how to breathe and center themselves in their bodies, find different ways to think about their positive and negative thoughts, and ultimately learn that they have the ability to feel calm and at peace no matter what kinds of thoughts happen to be in their mind at any particular moment." - Follett



30 Mindful Moments
for Kids to Feel
Calm and Focused
Anytime, Anywhere

Kira Willey

Breathe Like a Bear

by Kira Willey, c2017 (IL: K-3, RL: 3.2)

"Introduces mindfulness exercises to children to help them become relaxed, focused, and energized. Shows young readers how to get their "grumpies" out, become a cloud, stretch like a kitty cat, and more." - Follett

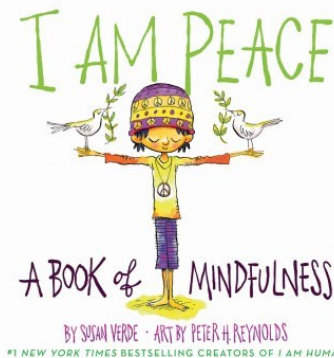
Mental Health and Well-Being: Exploring Emotions (Primary)

Compiled by Joan Pearce
Picture Book Format—Strategies



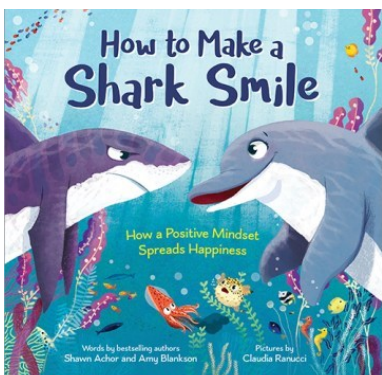
Charlotte and the Quiet Place
by Deborah Sosin, c2015 (IL: K-3, RL: 2.2)

"Sometimes children need a break from our noisy, overstimulating world. *Charlotte and the Quiet Place* shows how a child learns and practices mindful breathing on her own and experiences the beauty of silence." - Follett



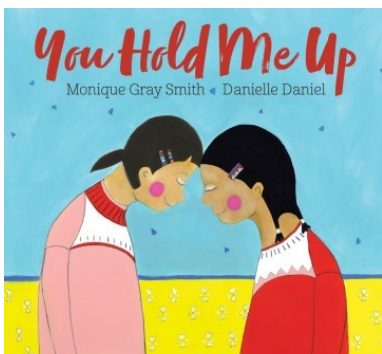
I am Peace: A Book of Mindfulness
by Susan Verde, c2017 (IL: K-3, RL: 2.2)

"Children can learn how to manage their emotions, make good choices, and balance their busy lives by learning to be mindful, express emotions through speech, find empathy through imagination, and wonder at the beauty of the natural world. From the bestselling team that created *I Am Yoga*, *I Am Human*, *I Am Love*, and *I Am One* comes a gentle expression of the tenets of mindfulness, encouraging children to breathe, taste, smell, and be present in the here and now." - Follett



How to Make a Shark Smile: How a Positive Mindset Spreads Happiness
by Shawn Achor, c2020 (IL: K-3, RL: 1.8)

"Happiness and kindness can be contagious! Ripple, the new dolphin at the aquarium, is surprised that no one in her new home plays or has any fun at all--all because of a bullying shark named Snark. Ripple teaches her new friends that happiness is a choice, and that we can each make the world a better place because of who we choose to be." - Pub.

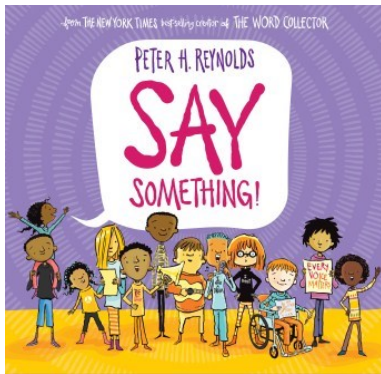


You Hold Me Up
by Monique Gray Smith, c2017 (IL: K-3, RL: 1.1)

"An evocative picture book intended to foster reconciliation among children and encourage them to show each other love and support." - Pub.

Mental Health and Well-Being: Exploring Emotions (Primary)

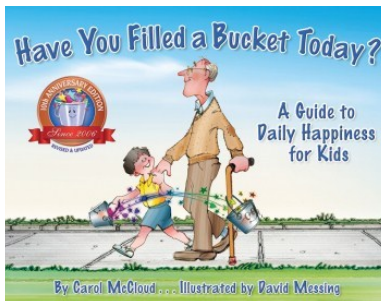
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Say Something!

by Peter H. Reynolds, c2019 (IL: K-3, RL: 2.5)

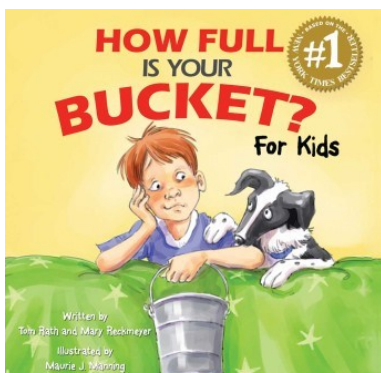
"An empowering story about finding your voice, and using it to make the world a better place." - Pub.



Have You Filled a Bucket Today: A Guide to Daily Happiness for Kids

by Carol McCloud, c2016 (IL: K-3, RL: 3.4)

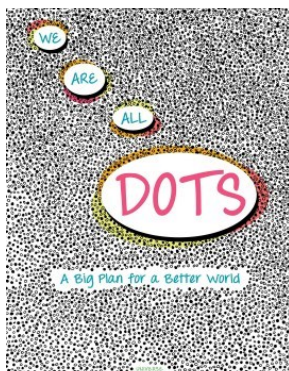
"Uses the metaphor of filling a bucket to encourage children to practice kind and considerate behavior and teach them the benefits of positive relationships." - Follett



How Full is Your Bucket? For Kids

by Tom Rath, c2009 (IL: K-3, RL: 2.7)

"Through the story of a little boy named Felix, this charming book explains to children how being kind not only helps others, it helps them, too. As he goes about his day, Felix interacts with different people - his sister Anna, his grandfather, other family and friends. Some people are happy, but others are grumpy or sad. Using the metaphor of a bucket and dipper, Felix' grandfather explains why the happy people make Felix feel good, while the others leave him feeling bad - and how Felix himself is affecting others, whether he means to or not." - Pub.



We Are All Dots by A Big Plan for Better World

by Giancarlo Macri, c2018 (IL: K-3, RL: 2.0)

"Beginning with a set of prosperous dots on one page and another set of impoverished dots on the other, the book takes us through their struggle to bridge their differences. Just when it looks like the dots will be forever doomed, they work together to find a solution that will help them all. Great things happen when we learn to share and work together." - Pub.

Mental Health and Well-Being: Exploring Emotions (Primary)

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Out, Out, Away From Here

by Rachel Woodworth, c2018 (IL: K-3, RL: 1.6)

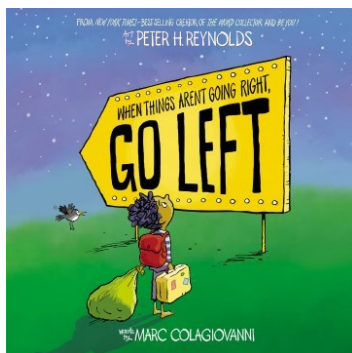
"Some days I feel mad. Some days I feel sad. Some days I feel smiling-ear-to-ear glad...Emotions can be strange, sudden, and even overwhelming at times. Through thoughtful words and expressive images, this book guides us on a journey through our imagination... to a place where everything feels calm again." - Pub.



Take Time for Mindfulness for Kids

by Maud Roegiers, c2010 (IL: K-3, RL: 2.3)

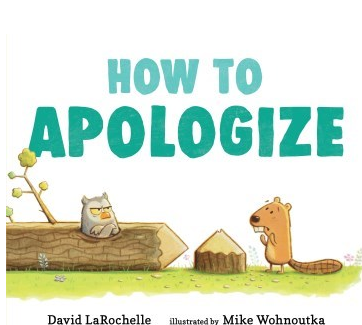
"What do you notice when you take the time to stop, listen, and experience? This pensive and peaceful book encourages children to slow down and become deliberate with their day-to-day actions and thoughts. With gentle rhythms and soothing imagery, kids may be guided toward a quiet self-awareness and mindfulness." - Pub.



When things Aren't Going right, Go Left

by Marc Colagiovanni, c2023 (IL: K-3, RL: 1.6)

"Reminding readers of their power to forge their own destinies, this deep and whimsical picture book creates an enduring message of strength and perseverance that is both universal and personal." - Follett



How to Apologize

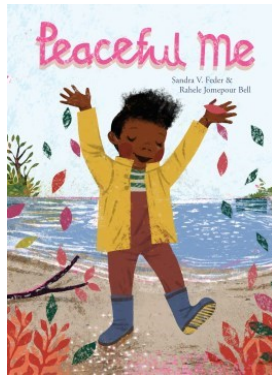
by David La Rochelle, c2023 (IL: K-3, RL: 1.6)

"A humorous and practical guide explains how, and how not, to apologize, depicting characters ranging from a porcupine who accidentally pops a friend's balloon to a snail who runs over a sloth's toes." - Follett

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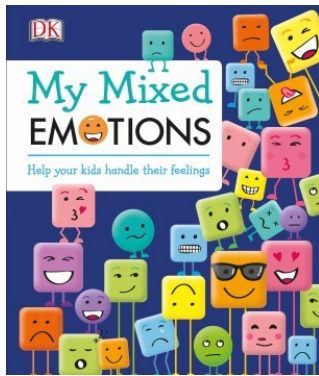
Peaceful Me

by Sandra Feder, c2023 (IL: K-1, RL: 1.9)

"A young boy tells young readers about the times he's feeling peaceful, such as playing with a friend or having family dinner, and shares his strategies for coping during the times he doesn't feel peaceful, like taking deep breaths and imagining his favorite things."
- Pub

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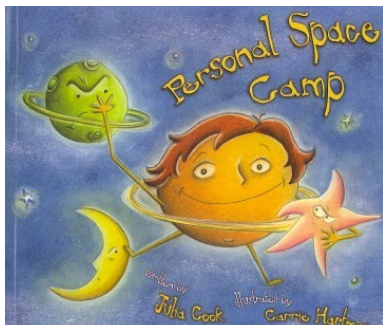
Compiled by Joan Pearce
Non-fiction



My Mixed Emotions: Help Your Kids Handle Their Feelings

by Elinor Greenwood, c2018 (IL: K-3, RL: 3.5)

"Feelings can be complicated, and learning to express them is a skill that must be developed. *My Mixed Emotions* is here to coach children through a variety of emotions and situations including dealing with bullying, understanding grief, and coping with large family changes, such as divorce. Divided into happiness, fear, anger, and sadness, *My Mixed Emotions* explores the four main emotions, the reasons why we feel them..." - Follett



Personal Space Camp

by Julia Cook, c2007 (IL: K-3, RL: 3.0)

"When he is invited to the school principal's office for personal space camp, self-proclaimed space expert Louis thinks he is going to learn about the planets, but instead finds out he has been getting too close to his schoolmates." - Follett