

EMOTIONS

Aliki. Feelings. Pictures, dialogues, poems and stories portray various emotions we all feel: jealousy, sadness, fear, anger, joy and others. j 152.4 A

Ancona, G. I Feel. Black and white photographs explore feelings and emotions common to everyone. j 152.4 A

Bang, M. When Sophie Gets Angry-Really, Really Angry. A young girl is upset and doesn't know how to manage her anger but takes time to cool off and regain her composure. j PAR PIC Bang

Carr, J. Dark Day, Light Night. Manda's Aunt Ruby helps her to deal with some angry feelings by making lists of all the things that they like in the world. j PAR PIC Carr

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

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

Elliott, D. Finn Throws A Fit! A cranky toddler has an enormous tantrum. jP Elliott

Frame, J. Yesterday I Had the Blues. A young boy ponders a variety of emotions and how different members of his family experience them, from his own blues to his father's grays and his grandmother's yellows. j PAR PIC Frame

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

Hooks, B. Grump Groan Growl. Rhythmic text exposes a bad mood on the prowl, and advises the reader not to hide, but to let those feelings be. j PAR PIC Hooks

Jahn-Clough, L. Alicia Has a Bad Day. When Alicia can't seem to cheer herself up, she tries going back to bed. j PAR PIC Jahn-Clough

Juster, N. Sourpuss And Sweetie Pie. Is it Sourpuss or Sweetie Pie? That's the question whenever Nanna and Poppy are treated a visit from their granddaughter. Most of the time she's Sweetie Pie, some of the time she's Sourpuss, and then there are those occasions when she's both at once. You can never be sure which it will be. Happy and sad, joyful and furious, delighted and dejected, loving and impossible. She can change in the blink of an eye! jP Juster

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

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

Moss, M. Regina's Big Mistake. When told to draw a jungle in art class, Regina experiences feelings of failure and creative insecurity, but manages to create a beautiful picture that's all her own. jP Moss

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

Proimos, J. The Loudness of Sam. A young boy who has always been allowed to express his feelings as loudly as he wants teaches his citified aunt to do the same.
jP Proimos

Rosen, M. Michael Rosen's Sad Book. Sad things happen to everyone, and sometimes people feel sad for no reason at all. With unmitigated honesty and sensitive illustrations by Quentin Blake, Michael Rosen explores the experience of sadness in a way that resonates with us all. j 155.9 R

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

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

Vail, R. Sometimes I'm Bombaloo. When Katie Honors feels angry and out of control, her mother helps her to be herself again. j PAR PIC Vail

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

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