

J 152.46 Brochmann—***A Feel Better Book for Little Worriers*** by Holly Brochmann and Leah Bowen
Provides young children with tools for dealing with feelings of anxiety, such as breathing deeply or replacing worry with happy thoughts.

J 155.4182 Brukner 2014—***The Kids' Guide to Staying Awesome and in Control*** by Lauren Brukner
Provides tips and tricks to help children regulate their emotions and senses.

J 155.433 Madison 2013—***The Feelings Book: The Care & Keeping of Your Emotions***
Discusses a variety of emotions girls might experience and suggests ways of dealing with them.

J 158 Chopra 2010—***On My Way to a Happy Life*** by Deepak Chopra
Introduces seven "keys" to living a happy and meaningful life that originate in ancient Indian teachings and provide what the author believes are the most important traits to possess--the ability to love and have compassion for others.

J 158.12 Stewart 2015—***Meditation is an Open Sky: Mindfulness for Kids***
Provides nine simple mindfulness exercises designed to manage stress and emotions.

J 158.2 Sileo 2017—***A World of Pausabilities: An Exercise in Mindfulness*** by Frank J. Sileo
Offers a gentle reminder to stop and enjoy the moments we might normally miss, and tips on finding ways to cope when emotions are hard to handle.

170 Metzger—***The Way I Act*** by Steve Metzger
Rhyming text and color illustrations introduce young readers to ways in which children exemplify positive behaviors.

For Parents

J 155.4 Zellinger—***Please Explain "Anxiety" to Me!: Simple Biology and Solutions for Children and Parents*** by Laurie Zelinger
A colorful dinosaur story explains the link between brain and body functioning, followed by practical therapeutic techniques that children can use to help themselves.

J 155.419 Baraz 2017—***Awakening Joy for Kids: A Hands-On Guide for Grown-ups to Nourish Themselves and Raise Mindful, Happy Children***

J 158.12 Willard 2016—***Growing Up Mindful*** by Christopher Willard
Helps parents, educators, and counselors learn how to embody and share the skills of mindfulness that will empower our children with resilience throughout their lives

J 170.44 Willard—***Raising Resilience: The Wisdom and Science of Happy Families and Thriving Children*** by Christopher Willard
A practical guide for parents and educators of children from preschool through adolescence, detailing ten universal principles for happy families and thriving children.

J 649.1 Doyle 2017—***Mindful Parenting: Find Peace and Joy Through Stress-free, Conscious Parenting***

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All Kinds of Feelings

Picture Books and Non-Fiction



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Picture Books

(Located in Children's Picture Books by call number: "JP (Author's Last Name)")

Bender, Rebecca—***How Do You Feel?***

A sweet and poetic concept book for preschoolers that explores feelings both tactile and emotional.

Doerrfeld, Cori—***The Rabbit Listened***

Sometimes hugs say more than words.

Kang, Anna—***I Am (Not) Scared***

Two fuzzy creatures go to an amusement park and discover that being frightened may not be as scary as one thinks.

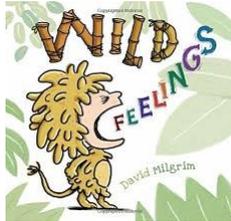
Miles, Brenda S. and Colleen A Patterson
Move Your Mood!

Provides a fun, active way to link movement with mood.

Milgrim, David

Wild Feelings

Explores the normal, natural feelings we all have.



Parr, Todd—***The Feelings Book***

A child expresses different moods, including "Sometimes I feel cranky," and "Sometimes I feel like reading a book under the covers."

Spelman, Cornelia—***When I Feel Worried***

A young guinea pig describes situations that make her worry, what being worried feels like, and how she can stop worrying. Includes note to parents and teachers.

Van Hout, Mies—***Happy***

Dive into this book and be swept along with some remarkable fish; from curious to sad; from shy to proud; and from angry to happy.

Witek, Jo—***In My Heart: A Book of Feelings***

A young girl explores what different emotions feel like, such as happiness which makes her want to twirl, or sadness which feels as heavy as an elephant.

Picture Books Shelved in Children's Non-Fiction

J 152. Negley 2015—***Tough Guys (Have Feelings Too!)***

Explains through simple text and colorful illustrations that tough guys have the same feelings as you and I.

J 152.4 Cain 2000—***The Way I Feel***

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

J 152.4 Rubenstein—***Visiting Feelings***

Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to their feelings.

J 152.4 Sanchez 2013—***There are No Animals in This Book, Only Feelings***

Masterworks of contemporary art teach kids about feelings and how they can be expressed in art.

J 152.4 Who 2016—***Who Is Happy?: See and Say Your First Feelings***

In this fun, interactive question-and-answer book, young readers can look carefully at the pictures to work out who's feeling what, learning how to understand 12 key emotions and recognize them in others.



J 152.46 Cook 2012—***Wilma Jean, the Worry Machine***

by Julia Cook
Wilma Jean worries about everything, so her teacher helps her figure out what worries she can control and those that she can't and what to do about both types of worries.

Everyday Feelings series by Kay

Barnham and Katie Douglass

J 155.4124 Barnham—***Feeling Jealous!***

J 155.4124 Barnham—***Feeling Sad!***

J 155.4124 Barnham—***Feeling Scared!***

J 155.4124 Douglass—***Feeling Angry!***

J 155.4182 Barnham—***Feeling Shy!***

J 179.6 Eason 2016—***Chin Up, Charlie: Be Brave!***

by Sarah Eason

Explores the story of a child facing dilemmas about different social situations, the choices he or she makes and the consequences of those choices.

Mindfulness for Children

Amen, Daniel—***Captain Snout and the Super Power Questions: Don't Let the ANTs Steal your Happiness***

Captain Snout reveals the super power questions that can rid us of our automatic negative thoughts (ANTs). (Picture Books)

Magoon, Scott. ***Breathe***

Provides exercises on breathing deeply along with the whale to practice relaxation. (Picture Books)

J 152.42 McCloud—***Fill a Bucket: A Guide to Daily Happiness for Young Children***

by Carole McCloud

Provides a metaphor for a child's healthy self-concept and happiness, most often the result of the encouraging words and actions of parents and others who help a child know they are loved, valued, and capable.