

Recommended Children's Books



EMOTIONS:

- In My Heart: A Book of Feelings (Jo Witek)
- The Color Monster: A Story About Emotions (Anna Llenas)
- The Boy with Big, Big Feelings (Britney Winn Lee)
- A Frenzy of Feelings (Nicole Dirksen)
- My Body Sends a Signal: Helping Kids Recognize Emotions & Express Feelings (Natalia Maguire)
- The Rabbit Listened (Cori Doerrfeld)
- I'm Happy-Sad Today: Making Sense of Mixed-Together Feelings (Lory Britain)
- Teach Your Dragon About Feelings: A Story About Emotions and Feelings (Steve Herman)
- A Little Spot of Feelings (Diane Alber)
- Ninja Life Hacks: Emotions and Feelings box set (Mary Nhin)
- Sometimes When I'm Sad (Debroah Serani)
- Sometimes When I'm Mad (Debroah Serani)
- Clouds Best Worst Day Ever (Hanako Wakiyama)
- I'm Sad (Michael Ian Black)
- Holdin Pott (Chandra Ghosh Ippen)
- What To Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger (Dawn Huebner)
- I Am Stronger Than Anger (Elizabeth Cole)
- Zach Gets Frustrated (William Mulcahy)
- Maybe Tomorrow? (Charlotte Agell)



MINDFULNESS:

- I Am Peace: A Book of Mindfulness (Susan Verde)
- My Magic Breath: Finding Calm Through Mindful Breathing (Nick Ortner)
- Breathing Makes it Better: A Book for Sad Days, Mad Days, Glad Days, & All the Feelings In-Between (Christopher Willard)
- A World of Pausabilities: An Exercise in Mindfulness (Frank J. Sileo)
- Visiting Feelings (Lauren Rubenstein)
- Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere (Kira Willey)
- A Little Peaceful Spot: A Story about Mindfulness (Diane Alber)

