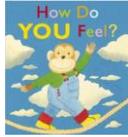




Nevins Memorial Library

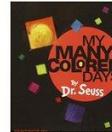
Growing Community

TEN BOOKS To Learn About Feelings



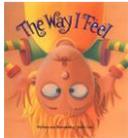
"How Do You Feel?"
By Anthony Browne
J-ER BRO

With spare words and simple, graphic illustrations, quintessential chimp-renderer Anthony Browne draws on insight and humor to reassure children with an exploration of the emotions they experience.



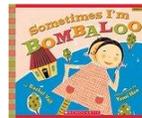
"My Many Colored Days"
By Dr. Seuss
J-ER SEU

Using a spectrum of vibrant colors and a menagerie of animals, this unique book describes the range of human moods and emotions in the typical rhythm of a Dr. Seuss picturebook.



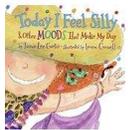
"The Way I Feel"
By Jana Cain
J-ER CAI

This full-color book is filled with vivid illustrations that help children ages 2 to 8 describe their emotions and understand that feelings are a normal part of life.



"Sometimes I'm Bombaloo"
By Rachel Vail
J-ER VAI

Sometimes, Katie loses her temper. Sometimes she uses her feet and her fists instead of words. When Katie is this mad, she's not herself: she's BOMBALOO.



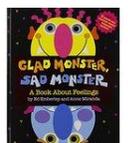
"Today I Feel Silly"
By Jamie Lee Curtis
J-ER CUR

Silly, cranky, excited, or sad—everyone has moods that can change each day. This book explores those moods with the child reader.



"The Pigeon Has Feelings, Too!"
By Mo Willems
J-ER BOARD WIL

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 bird is not going to be told what to do!



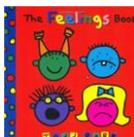
"Glad Monster, Sad Monster"
By Ed Emberly
J-ER EMB

Glad, sad, silly, mad—monsters have all kinds of different feelings! Learn about explaining feelings while playing with funny monster masks.



"Visiting Feelings"
By Lauren Rubenstein
J-152.4 RUB

Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness.



"The Feelings Book"
By Todd Parr
J-ER PAR

Todd Parr's bold, kid-friendly illustrations portray children expressing all different moods, from "I feel very mad" and "I feel like reading books all day" to "I feel like wearing funny underwear."



"Feelings" series
By Katie Kawa
Various Non-fiction

Using a fictional approach, these books introduce children to common anxieties. Through the eyes of a relatable narrator, children learn how to work through worries by themselves via accessible text.