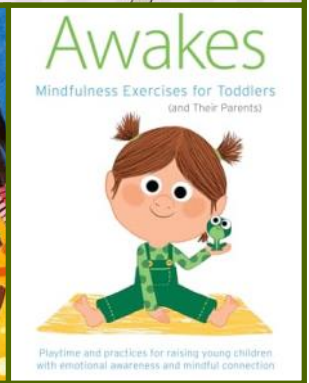
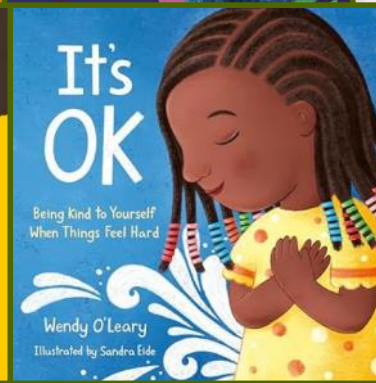
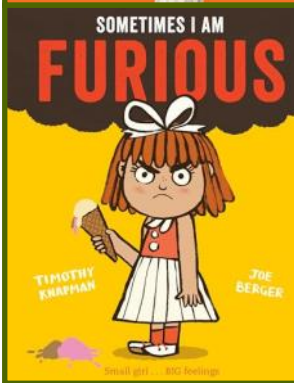
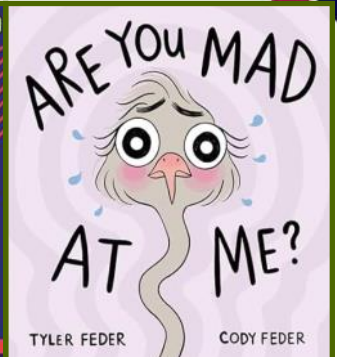
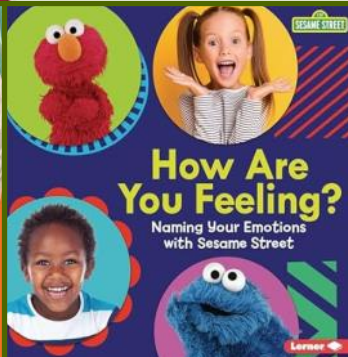
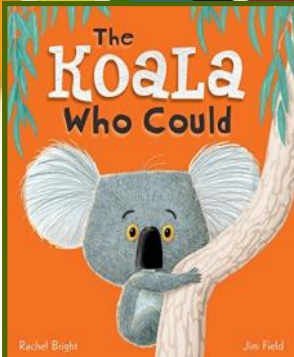


Big Feelings

Books for children 2 to 6 with resources for parents/caregivers.



MOORESTOWN LIBRARY

111 West Second Street
856-234-0333 x5

www.moorestownlibrary.org



Updated 12/20/2023



Picture Books Bell - ***Captain Starfish***

by Davina Bell

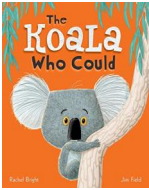
Alfie's anxiety often keeps him from engaging in fun activities, but he learns a valuable lesson at the aquarium when a tiny clownfish swims up to him for a quick hello and then retreats, showing Alfie there is a happy medium between hiding away and being a star.



Picture Books Booth - ***A Shelter for Sadness***

by Anne Booth

A small boy creates a shelter for his sadness so that he can visit it whenever he needs to, to cry, talk, or just sit. One day his sadness comes out of the shelter, and together they look out at the world and see how beautiful it is.



Picture Books Bright - ***The Koala Who Could***

by Rachel Bright

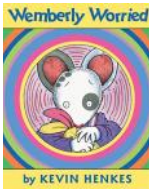
Kevin is a koala who clings to his tree and never comes down, until one day his tree falls down, and Kevin learns that the ground is not as scary as he believed.



Picture Books Feder - ***Are You Mad at Me?***

by Tyler Feder

Opal the ostrich pushes past her anxiety to take on a big responsibility at her family's annual party.



Picture Books Henkes - ***Wemberly Worried***

by Kevin Henkes

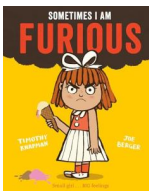
A mouse named Wemberly, who worries about everything, finds that she has a whole list of things to worry about when she faces the first day of nursery school.



Picture Books Hussain - ***My Monster and Me***

by Nadiya Hussain

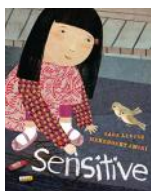
A touching story about a little boy whose worry monster follows him everywhere he goes. It's there when he gets dressed and even when his friends come over to visit. How can he escape his worries?



Picture Books Knapman - ***Sometimes I Am Furious***

by Timothy Knapman

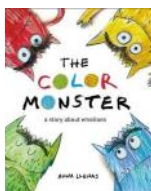
In rhyming text, a small girl admits she sometimes gets angry when she is frustrated, and her grandmother shows her how to cope.



Picture Books Levine - *Sensitive*

by Sara Levine

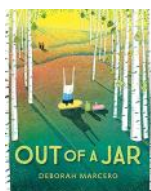
A young girl hears messages that she's too sensitive and needs to change. The messages travel into her body, and she ultimately changes the negative comments into an affirmation that being sensitive is her strength.



Picture Books Llenas - *The Color Monster*

by Anna Llenas

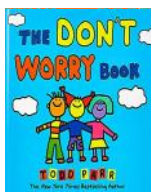
Emotions, including happiness, sadness, anger, fear, and calm, are described through the actions of a monster sorting them out.



Picture Books Marcero - *Out of a Jar*

by Deborah Marcero

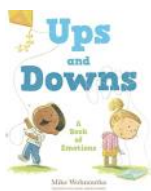
Llewellyn, a little rabbit overwhelmed by his emotions, hides away his feelings in glass jars, until he discovers life is more colorful when he sets his emotions free.



Picture Books Parr - *The Don't Worry Book*

by Todd Parr

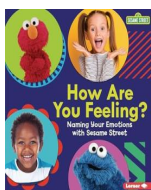
In this book about things that might make kids worry, from loud news, to loud neighbors, or a big day at school, kids who are feeling the weight of their world can be reassured and offered solutions and comfort, as well as giggles.



Picture Books Wohnoutka - *Ups and Downs*

by Mike Wohnoutka

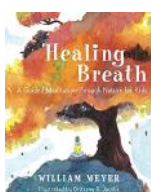
Simple words and tender illustrations demonstrate the highs and lows of a single day at school and open the door for readers to talk about their own contradictory, unpredictable ever-present emotions.



Picture Book Characters Sesame - *How Are You Feeling? Naming Your Emotions with Sesame Street*

by Marie-Therese Miller

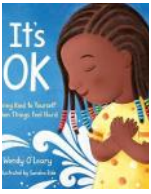
Everyone has big feelings. Learn how to name your emotions with your friends from Sesame Street!



J 158.1 Meyer - *Healing Breath : a Guided Meditation Through Nature for Kids*

by William Meyer

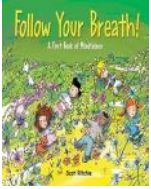
A guided meditation that uses imagery of nature to help young readers focus the mind, find inner peace, and appreciate the beauty of the natural world.



J 158.1 O'Leary - *It's OK: Being Kind to Yourself When Things Feel Hard*

by Wendy O'Leary

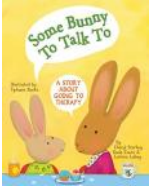
Children can practice along with this story that teaches them how to be self-compassionate with proven skills to support resiliency and emotional wellbeing. Additional exercises for parents or educators to teach children to explore ways to be kind to themselves are also included.



J 158.1 Ritchie - *Follow Your Breath! : a First Book of Mindfulness*

by Scot Ritchie

An introduction to mindfulness and how kids can make it part of their everyday lives.



J 616.85 Sterling - *Some Bunny to Talk to: A Story About Going to Therapy*

Cheryl Sterling, PhD

When Little Bunny's problem makes him feel sad and fearful, he goes to a therapist for help. Includes note to parents.

Awakes

Mindfulness Exercises for Toddlers and Their Parents



158.1 Snel - *The Little Frog Awakes: Mindfulness Exercises for Toddlers (and Their Parents)*

by Eline Snel

Offers advice and tools for parents of kids ages 18 months-4 years to respond skillfully and with mindful intention, especially in difficult moments. (Adult section.)

Additional Resources:

• ***MentalHealth.gov/parents-caregivers***

Provides information for parents and caregivers about warning signs to look for, what to do, and how to talk about mental health with your little one(s).

• ***National Alliance on Mental Illness - Burlington County***

Contains information, programs, and support groups on mental health for individuals and families of all ages.

(Namiburlingtonnj.org)

• ***National Institute of Mental Health***

Shareable resources on child and adolescent mental health.

(Nimh.nih.gov)