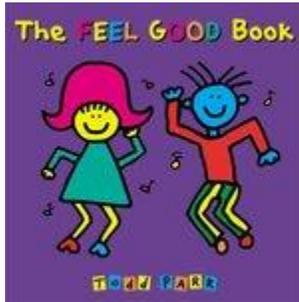
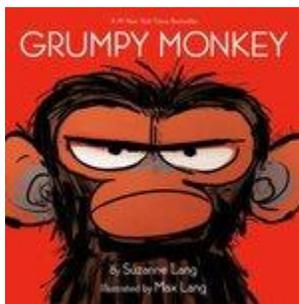


# What are Feelings?



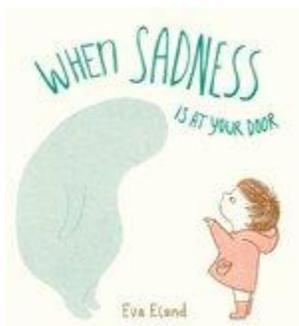
The Feel Good Book – by Todd Parr

Todd Parr celebrates all the feel-good things that tickle kids and adults alike, from rubbing noses and rubbing a dog's belly, to giving a great big hug, and seeing fireflies outside your window. With Parr's trademark bold, bright colors and silly scenes, children will be inspired to feel good about things they do every day. Targeted to young children first beginning to read, this book will inspire kids to celebrate the range emotions that make them feel good.



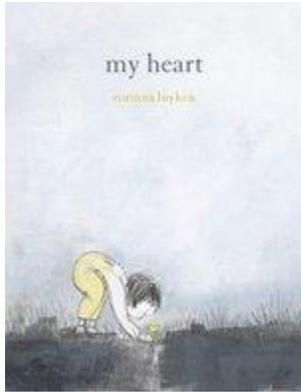
Grumpy monkey – by Suzanne Lang

What happens when we get unexpected feelings that we bottle up? This quirky and funny book explains just does what happen when we all put on a happy face, and teaches children that it's okay to feel their feelings.



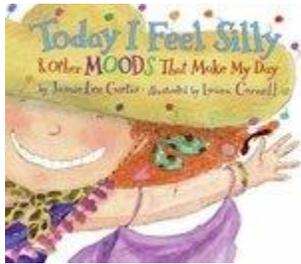
When sadness is at your door – by Eva Eland

When sadness arrives, what do we do with it? Do we ignore it? Why is it here? This book helps kids realize that sometimes sadness doesn't go away so quickly, but instead of being afraid of this feeling, they find that they can learn from it.



My Heart – by Corinna Luyken

*My Heart* takes children on a beautiful lyrical journey about the feelings of emotions. Sometimes our hearts feel small and afraid, sometimes they're a puddle, sometimes they're big and open for the whole world.



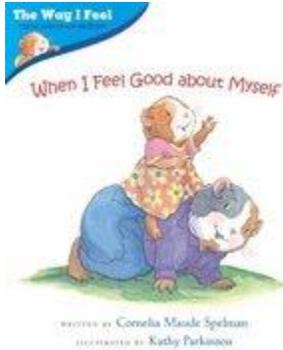
Today I feel Silly – by Jamie Lee Curtis

Exploring a wide range of emotions and reasons they can differ vastly even within the same day, this is a great book to read with early primary/elementary aged children.



The Quiet Book – by Deborah Underwood

There are many different types of quiet and this book is perfect for inviting discovery and discussion with children about the emotions behind each of the different kinds of quiet – be it nervousness, excitement, concern or silent awe. This truly is a lovely book.



When I feel good about myself – by Cornelia Spelman

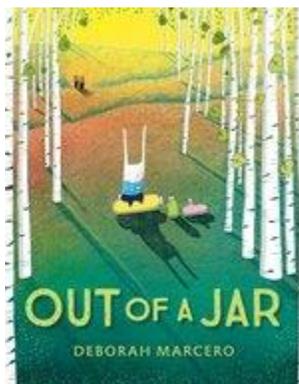
I feel good about myself. Somebody loves me just as I am. I don't have to look like anyone else, be the same size, or do the same things. It's fine to be me. This book offers children positive and upbeat examples about being themselves. The author portrays a very young guinea pig and friends feeling good about themselves through common situations readers will relate to. Together, the text and art will foster self-esteem and independence.

(Cornelia Spelman has a whole series of books on feelings in her *The Way I Feel* series)



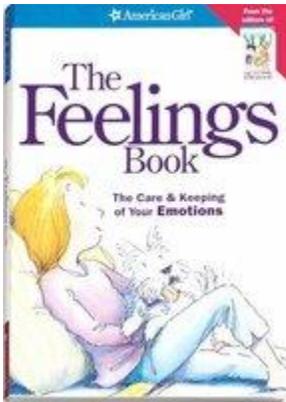
I Feel Teal – by Lauren Rille

All of us have lots of feelings, and this sweet rhyming story cleverly uses colors to explore the wide range of emotions little one's experience throughout the day, from a shy scarlet to a quiet ecru to an exuberant magenta. Along the way it celebrates individuality and self-acceptance—after all, our feelings are the palette that makes us who we are!



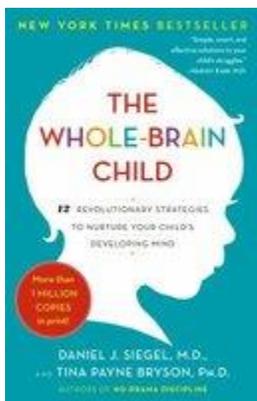
Out of a Jar – Deborah Marcero

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. This book teaches children that it is ok to let out and show your emotions.



The Feelings Book – by Lynda Madison

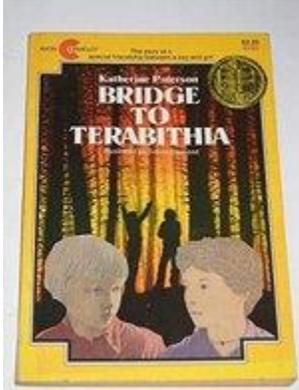
## For Parents:



The whole brain child – by Siegel Daniel J

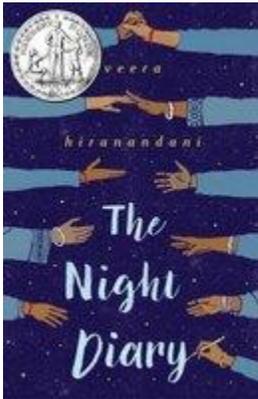
Our kids literally cannot control their emotions—because their brains aren't fully developed. Weird. Kids are small humans, after all. Why do we expect them to control themselves like adults do? This is a great book for those of us who struggle with forgetting that we're raising people who will one day in the future be adults, but not yet.

## Middle School:



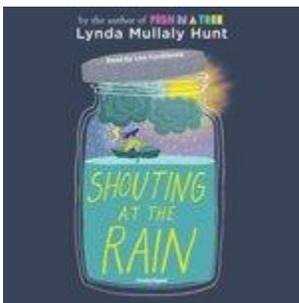
Bridge to Terabithia – by Katherine Paterson

Jess and Leslie become quick friends one summer when they create their imaginary land, “Terabithia.” Terabithia exists in the woods behind Leslie’s house, and one day she goes there without Jess—and something unspeakable happens to her. Jess is left to deal with his grief, his loss, his confusion. It’s a book about how we live after the death of our closest person.



The Night Diary – by Veera Hiranandani

Nisha doesn’t know where she belongs. It’s 1947, India has just separated from British rule—and has separated into two countries. She lost her mother when she was young, and because of the tensions between the two new countries, she is now a refugee. This book is a series of her letters to her late mother as she expresses her grief and learns who she is. It’s a great book for kids who are feeling lost.



Shouting at the rain – by Lynda Hunt

*Shouting at the Rain* shows us the journey of Ronan and Delsie. Delsie is interested in the weather, lives with her Grammie, and is starting to question everything. Ronan has his own

trauma to deal with. Together they learn the difference between anger and sadness, brokenness and wholeness, abandonment and love. Together they can weather any storm.