



Dealing with Feelings

Anger: Picture Books

Bang, Molly. [When Sophie Gets Angry-Really, Really Angry...](#)

A young girl is upset and doesn't know how to manage her anger but takes the time to cool off and regain her composure. (BAN)

Fernandes, Eugenie. [A Difficult Day.](#)

Everything seems to go wrong for Melinda. (FER)

Kroll, Steven. [That Makes Me Mad!](#)

A little girl gets mad at a lot of things in her daily life but is comforted that her mother understands her anger. (KRO)

Lachner, Dorothea. [Danny, the Angry Lion.](#)

Danny turns into a prowling lion with a big appetite when he doesn't get the sausages and raspberry juice he wanted for lunch. (LAC)

Palatini, Margie. [Goldie is Mad.](#)

A little girl is very upset when her baby brother drools on her doll, but during a time-out, she thinks of some of the things she likes about her brother. (PAL)

Sakai, Komako. [Mad at Mommy.](#)

A little rabbit is very angry at his mother, and he tells her the reasons why. (SAK)

Urban, Linda. [Mouse Was Mad.](#)

Mouse struggles to find the right way to express his anger, modeling the behavior of Hare, Bear, Hedgehog, and Bobcat, only to discover that his own way may be the best way of all. (URB)

Vail, Rachel. [Sometimes I'm Bombaloo.](#)

When Katie Honors feels angry and out of control, her mother helps her to be herself again. (VAI)

Anger: Nonfiction

Fiedler, Julie. [How to Deal with Anger.](#)

Describes and illustrates anger and provides practical advice for coping with it. (J 152.47 FIE)

Frost, Helen. [Feeling Angry.](#)

Simple text and photographs describe and illustrate anger and ways to alleviate it. (J 152.47 FRO)

Johnston, Marianne. [Dealing with Anger.](#)

A discussion of anger including suggestions for ways to deal with it directly, channel it to something productive, and avoid its destructiveness. (J 152.47 JOH)



Miller, Connie Colwell. [Angry Is...](#)

Photographs and short rhyming verses describe how it feels to be angry. (J 152.47 MIL)

Moser, Adolph. [Don't Rant and Rave on Wednesdays!: The Children's Anger Control Book.](#)

Discusses the causes and effects of anger and provides advice on how to control and channel it. (J 152.47 MOS)

Scheunemann, Pam. [Coping with Anger.](#)

Describes ways of coping with anger that help to maintain the peace. (J 152.47 SCH)

Verdick, Elizabeth. [How to Take the Grrrr Out of Anger.](#)

Provides advice on how to recognize anger, control the feeling and express it in healthy ways, and deal with the anger of others. (J 152.47 VER)

Fear: Picture Books

Allen, Jonathan. [I'm Not Scared!](#)

When Baby Owl takes his stuffed Owly out for a walk in the moonlit woods, he insists that he is not afraid of the other animals that keep popping up and making them jump. (ALL)

Emberley, Ed. [Go Away, Big Green Monster!](#)

Die-cut pages through which bits of a monster are revealed are designed to help a child control nighttime fears of monsters. (EMB)

Genechten, Guido Van. [No Ghost Under My Bed.](#)

When a little penguin named Jake becomes afraid of strange noises in his room at night, he calls his father to check out the situation, and when everything from the curtain to the wardrobe and toy box has been checked, Jake feels comforted that all of the ghosts are gone and prepares to sleep. (GEN)

Hest, Amy. [Off to School, Baby Duck!](#)

Baby Duck experiences the fear of the first day of school, but with a little help from Grampa, everything turns out okay in the end. (HES)

Hoppe, Paul. [The Woods.](#)

When a boy can't find his favorite stuffed bunny, he heads into the woods to find it. (HOP)

Landa, Norbert. [The Great Monster Hunt.](#)

When Duck hears a noise under her bed and runs to fetch help, each animal that hears about it imagines a more dangerous beast in Duck's room. (LAN)

Lester, Helen. [Something Might Happen.](#)

Twitchly Fidget the lemur worries about almost everything until his Aunt Bridget Fidget pays him a visit and shows him another way to live. (LES)



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Lucke, Deb. [The Boy Who Wouldn't Swim.](#)

One very hot summer, Eric Dooley watches his younger sister go from her first swimming lesson all the way to the diving board, while his fear of the water keeps him from joining her and the rest of the people of Clermont County in the pool. (LUC)

McGinty, Alice B. [Eliza's Kindergarten Pet.](#)

When the kindergarten classroom gets a pet guinea pig Eliza is afraid, but when the guinea pig gets lost, Eliza helps find her. (MCG)

Pitzer, Susanna. [Not Afraid of Dogs.](#)

Young Daniel must confront his fear of dogs when his mom dog sits his aunt's pet. (PIT)

Raschka, Christopher. [Can't Sleep.](#)

The moon comforts bedtime fears. (RAS)

Robberecht, Thierry. [Sam is Never Scared.](#)

Sam feels fearless compared to Max who is afraid of climbing trees and watching scary movies, until Sam learns that everyone is afraid of something. (ROB)

Rosoff, Meg. [Jumpy Jack and Googily.](#)

Jumpy Jack the snail is terrified that there are monsters around every corner despite the reassurances of his best friend, Googily. (ROS)

Sattler, Jennifer Gordon. [Pig Kahuna.](#)

Fergus is afraid to go in the water, but he and his baby brother Dink find a surfboard while collecting treasures along the seashore. (SAT)

Shea, Bob. [I'm a Shark.](#)

A boastful shark is not afraid of anything, which impresses his underwater friends until they ask about spiders. (SHE)

Soman, David. [Ladybug Girl at the Beach.](#)

Lulu, who likes to wear a ladybug costume, goes to the beach for the first time where she makes sand castles, flies kites, and deals with her fear of the ocean. (SOM)

Spelman, Cornelia. [When I Feel Scared.](#)

A child describes situations that bring about fear, how it feels to be scared, and what can make things better. (SPE)

Stewart, Amber. [No Babysitters Allowed.](#)

Hopscotch is a very brave young rabbit until his parents go out and leave him with a babysitter. (STE)

Stolz, Mary. [Storm in the Night.](#)

While sitting through a fearsome thunderstorm that has put the lights out, Thomas hears a story from Grandfather's boyhood, when Grandfather was afraid of thunderstorms. (STO)



Tyger, Rory. [Newton](#).

A little bear sets out with his bravest toy to find out what the strange night noises are. (TYG)

Watt, Melanie. [Scaredy Squirrel](#).

Meet Scaredy Squirrel, a squirrel who never leaves his nut tree because he's afraid of the unknown "out there." But then, something unexpected happens that may just change his outlook. (WAT)

Weston, Martha. [Tuck in the Pool](#).

Tuck, a little pig taking swimming lessons, overcomes his fear of the water with the help of his lucky rubber spider. (WES)

Wilson, Karma. [Bear Feels Scared](#).

Bear's animal friends come to his rescue when he becomes lost and frightened in the woods. (WIL)

Fear: Nonfiction

Crist, James J. [What to Do When You're Scared and Worried: A Guide for Kids](#).

Everyone has fears and worries some of the time. But you don't have to stay scared and worried. Learn about where fears and worries come from, what other kids are scared and worried about - you're not alone, and how your body and mind work together to make fears worse or better. (J 152.46 CRI)

Frost, Helen. [Feeling Scared](#).

A description of fear using simple vocabulary. (J 152.46 FRO)

Graves, Sue. [Who Feels Scared?](#)

When Jack's friends get frightened at a sleepover until they learn what causes the scary noises and how everyone fears something, they demonstrate how to handle fears, in a book with a story for children to retell and suggestions for parents. (J 152.46 GRA)

Moroney, Tracey. [When I'm Feeling Scared](#).

The little rabbit knows how it feels to be scared and what to do to feel better. Thinking questions at the back of the book help children review and connect to what they have read. (J 152.46 MOR)

Happiness: Picture Books

Carlson, Nancy. [Think Happy!](#)

A book about being happy and different things you can do to make you feel happy each day. (CAR)

Doyle, Malachy. [Get Happy](#).

Simple, rhyming text urges the reader to be happy by making such choices as teasing less and tickling more, or groaning less and giggling more. (DOY)



Juster, Norton. [Sourpuss and Sweetie Pie.](#)

Is it Sourpuss or Sweetie Pie? Most of the time she's Sweetie Pie, some of the time she's Sourpuss, and then there are those occasions when she's both at once! (JUS)

Menchin, Scott. [Taking a Bath with the Dog and Other Things That Make Me Happy.](#)

In order to answer her mother's question about what would make her smile, a girl first asks various people, animals, and even the moon what makes them happy. (MEN)

Parr, Todd. [The Feel Good Book.](#)

Offers kids an amusing, boldly illustrated picture book about the many kinds of things, silly and sweet, that one can do that can make them feel good, such as being with a friend and making strange animal sounds. (PAR)

Happiness: Nonfiction

Doudna, Kelly. [I Feel Happy.](#)

In photographs and simple text, children tell what makes them feel happy, such as a puppy and spending time with Grandpa. (J 152.42 DOU)

Frost, Helen. [Feeling Happy.](#)

Simple text and photographs describe and illustrate happiness and how to enjoy it. (J 152.42 FRO)

Miller, Connie Calwell. [Happy Is...](#)

Photographs and short rhyming verses describe how it feels to be happy. (J 152.42 MIL)

Moroney, Trace. [When I'm Feeling Happy.](#)

The little rabbit loves how it feels to be happy. Thinking questions at the back of the book help children review and connect to what they have read. (J 152.42 MOR)

Jealousy: Picture Books

Alderson, Brian. [The Tale of the Turnip.](#)

When a poor farmer grows a gigantic turnip and the king pays him handsomely for it, the envious town squire tries to get an even bigger reward for one of his horses. (ALD)

Alexander, Claire. [Lucy and the Bully.](#)

When a mean classmate in preschool wrecks Lucy's artwork, she discovers that they can be friends once he stops being jealous of her. (ALE)

Begin, Mary Jane. [Willowbuds: The Tale of Toad and Badger.](#)

When young Toady's nanny brings her son, Badger, with her to work at Toad Hall, Toady, not wanting to share the mansion or lose his status as "the only special someone" there, treats Badger very badly. (BEG)



Hollyer, Belinda. [Lulu and the Birthday Party.](#)

Lulu's brother Billy is having a birthday, and she becomes very jealous of the attention he is receiving, so on the day of the party she tries to spoil the fun by hiding Billy's best present. (HOL)

Petrovic, Svetlana. [Brown Bear, White Bear.](#)

Alice likes the teddy bears she receives for her birthday from each of her grandmothers, but soon the bears are fighting for her attention. (PET)

Rosenthal, Amy Krouse. [Spoon.](#)

Spoon's always been a happy little utensil. But lately, he feels like life as a spoon just isn't cutting it. He thinks Fork, Knife, and The Chopsticks all have it so much better than him. But do they? And what do they think about Spoon? (ROS)

Spelman, Cornelia. [When I Feel Jealous.](#)

A young bear describes situations that make her jealous, how it feels to be jealous, and how she can feel better. (SPE)

Stein, David Ezra. [Ned's New Friend.](#)

When Cowboy Ned meets Miss Clementine, his horse Andy, who is his best friend, becomes jealous. (STE)

Stephens, Helen. [What About Me?](#)

Charlie is jealous when all his friends begin to play with Arthur who is new. (STE)

Wewer, Iris. [My Wild Sister and Me.](#)

It is wonderful to have a big sister with whom the narrator can play games. That is until his sister goes off with her best friend and forgets all about her brother. (WEW)

Jealousy: Nonfiction

Croft, Patricia. [Dealing with Jealousy.](#)

Discusses the emotion jealousy and suggests ways of handling this difficult feeling. (J 152.48 CRO)

Kravetz, Jonathan. [How to Deal with Jealousy.](#)

Discusses the emotion jealousy and suggests ways of handling this difficult feeling. (J 152.48 KRA)

Sadness: Picture Books

Spelman, Cornelia. [When I Feel Sad.](#)

A young guinea pig describes situations that make him sad, how it feels to be sad, and how he can feel better. (SPE)

Verroken, Sarah. [Feeling Sad.](#)

On a gloomy day, Duck feels sad until a frog gives him some advice that cheers him up. (VER)



Willis, Jeanne. [Misery Moo.](#)

A pessimistic cow is so resistant to a lamb's attempts to cheer her up that the previously happy-go-lucky lamb starts to feel just like the miserable cow. (WIL)

Sadness: Nonfiction

Bingham, Jane. [Sad.](#)

Enumerates what can make people feel sad and what to do about it. (J 152.4 BIN)

Goldblatt, Rob. [The Boy Who Didn't Want to Be Sad.](#)

A boy gets rid of everything that might make him sad and is sad anyway until he realizes that those things are also what makes happy, and one emotion is impossible without the other. (J 152.4 GOL)

Moroney, Tracey. [When I'm Feeling Sad.](#)

The little rabbit knows how it feels to be sad and what to do to feel better. Thinking questions at the back of the book help children review and connect to what they have read. (J 152.4 MOR)



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