



Action for Children Book List

Seven Books That Help Children Express Their Feelings

Emotions are a natural part of human experience and it is important for children to understand and express their feelings. Reading books about emotions with children can help them identify, process, and manage their own emotions and better understand the emotions of others.

These seven books can help parents and educators introduce emotions to children:

1. **"The Way I Feel" by Janan Cain** - This illustrated book is an excellent tool to help children understand and express their feelings, and encourages empathy and understanding of others' emotions.
2. **"Glad Monster, Sad Monster" by Ed Emberley and Anne Miranda** - This interactive board book helps children identify and express different emotions, and features tactile elements for hands-on exploration.
3. **"In My Heart: A Book of Feelings" by Jo Witek** - This interactive board book features die-cut pages and helps children identify and express their emotions.
4. **"I Am Enough" by Grace Byers** - This picture book promotes self-love and self-acceptance, and encourages children to express their feelings and be proud of who they are.
5. **"The Rabbit Listened" by Cori Doerrfeld** - This book teaches children to identify helpful responses to their emotions, as a variety of animals offer their opinions after Taylor's block tower crashes.
6. **"The Chocolate-Covered-Cookie Tantrum" by Deborah Blumenthal and Harvey Stevenson** - This book helps children understand how to handle intense emotions by following the protagonist through a temper tantrum.
7. **"The Boy with Big, Big Feelings" by Britney Winn Lee and Jacob Souva** - This book teaches children that emotions, even if they are intense, should not be stifled, but

instead can help us connect with others.



About Action for Children:

Action for Children is the local child care resource and referral agency for Central Ohio, and is committed to assuring quality early learning experiences for all children. Our services focus on transforming the lives of children by supporting the everyday heroes who most influence our children's early growth; care givers, educators, parents, and guardians.

Learn more at www.actionforchildren.org