

R E L A X

Recommended Booklist

Children's books are one way to open a discussion about recognizing feelings, empathizing with others, listening skills, acceptance, and starting over after you have a problem. The following book list is not inclusive and not intended to represent the only books that you could use.

Explore new children's books on the web by topic. Story stretchers, finger-plays, songs and rhymes are available for FREE reprint at eXtension Alliance for Better Child Care at http://www.extension.org/child_care.

The Grouchy Ladybug by Eric Carle

I Was So Mad by Mercer Mayer

The Chocolate Covered Cookie Tantrum by Deborah Blumenthal

I Was So Mad by Norma Simon

The Quarreling Book by Charlotte Zolotow

When I Feel Angry by Cornelia Maude Spelman

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst

Baby Faces books (most are by Roberta Grobel Intrater)

The Feelings Book by Todd Parr

Glad Monster, Sad Monster by Ed Emberly & Anne Miranda

The Pout Pout Fish by Deborah Diesen

How Are You Peeling: Foods with Moods by Saxton Freymann

My Many Colored Days by Dr. Seuss

Smudge's Grumpy Day by Mirium Moss

The Way I Feel by Janine Cain
Today I Feel Silly & Other Moods that Make My Day by Jamie Lee Curtis
Llama Llama Mad at Mama by Anna Dewdney
Sometimes I'm Bombaloo by Rachel Vail
No, David by David Shannon
I Just Don't Like the Sound of NO by Julia Cook
What I Like About Me by Allia Zobel-Nolan
The Shape of Me and Other Stuff by Dr. Seuss
From Head to Toe by Eric Carle
The Kissing Hand by Audrey Penn
How I Have Grown by Mary Reid
My Mouth is a Volcano by Julia Cook
When Sophie Gets Angry-Really, Really Angry by Molly Bang
Someday is Not a Day of the Week by Denise Brennan Nelson
Feeling to Share by Todd & Peggy Snow
If You're Angry and You Know It by Cecily Kaiser
The Rainbow Fish by Marcus Phister
The Pout Pout Fish by Deborah Diesen
The Kissing Hand by Audrey Penn
Have You Filled a Bucket Today by Carol McCloud
Lots of Feelings by Shelley Rotner
I'm Feeling; Teaching Your Baby to Sign by Lora Heller