

Books to Read with Your Child

Exploring Feelings

My Many Colored Days by Dr. Seuss

The Feelings Book by Todd Parr

How Are You Peeling? by Saxton Freymann and Joost Elffers

Taking a Bath with the Dog and Other Things that Make Me Happy by Scott Menchin

Today I Feel Silly: And Other Moods That Make My Day by Jamie Lee Curtis

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

I Like Myself by Karen Beaumont

I'm Gonna Like Me: Letting Off a Little Self-Esteem by Jamie Lee Curtis

Anger

No Matter What by Debi Gliori

Finn Throws a Fit by David Elliott

Llama Llama Mad at Mama by Anna Dewdney

When I feel Angry by Cornelia Maude Spelman

Alicia Has a Bad Day by Lisa Jahn-Clough

Mean Soup by Betsey Everitt

When Sophie Gets Angry – Really Really Angry by Molly Bang

What a Tantrum! by Mireille D'Allancé

Fear of Separation

Have You Seen My Duckling? by Nancy Tafuri

When Mama Comes Home Tonight by Eileen Spinelli

I Love You All Day Long by Francesca Rusackas

Whose Mouse Are You? by Robert Kraus

Don't Go! by Jane Breskin Yolen

The Kissing Hand by Audrey Penn

Self-Control

No, David! by David Shannon

Don't Let the Pigeon Drive the Bus by Mo Willems

It's Hard to be Five: Learning How to Work My Control Panel by Jamie Lee Curtis

Friendships

My Friend and I by Lisa Jahn-Clough

Being Friends by Karen Beaumont

Chester's Way by Kevin Henkes

Stand Tall, Molly Lou Melon by Patty Lovell

Wemberly Worried by Kevin Henkes

Shark vs. Train by Chris Barton

Enemy Pie by Derek Munson

Celebrating Diversity

All Are Welcome by Alexandra Penfold and Suzanne Kaufman
A Family is a Family is a Family by Sara O'Leary
Chocolate Milk, Por Favor! by Maria Dismondy
Different is Awesome by Ryan Haack
Giraffes Can't Dance by Giles Andreae and Guy Parker-Rees
The Push: A Story of Friendship by Patrick Gray
Happy in Our Skin by Fran Manushkin
Maddi's Fridge by Lois Brandt
I'm Like You, You're Like Me by Cindy Gainer
Winter Candle by Jeron Ashford
What I Like About Me by Allia Zobel Nolan

Kindness

How Kind! by Mary Murphy
A Sick Day for Amos McGee by Philip C. Stead
K is for Kindness by Jodie Shepherd
What Does it Mean to be Kind? by Rana DiOrio
Last Stop on Market Street by Matt de la Peña
Have You Filled a Bucket Today? by Carol McCloud
Everybody's Welcome by Patricia Hegarty
You Go First by Mercer Mayer

References:

Brightly. Children's Books That Champion Kindness. www.readbrihtly.com/childrens-books-about-kindness

BuzzFeed. 13 Children's Books That Encourage Kindness Toward Others. <https://www.buzzfeed.com/emeynardie/13-childrens-books-that-encourage-kindness-toward-26paw>

Huffington Post Life. 25 Children's Books that Celebrate Differences. https://www.huffpost.com/entry/kids-books-diversity-differences_n_5b912bd8e4b0cf7b003d3508

Zero to Three. Books About Feelings for Babies and Toddlers. Feb 1, 2016. www.zerotothree.org/resources/7-books-about-feelings-for-babies-and-toddlers