Get Kindergarten Ready at OC Public Libraries
Books About Feelings

After the Fall: How Humpty Dumpty Got Up Again by Dan Santat (2017). Even though Humpty Dumpty is scared after his big fall, he isn’t going to let the fear stop him from getting close to his beloved birds. XFCIP SANTAT D

Allie All Along by Sarah Lynn Reul (2018). Meet one angry little girl and see how she calms down, little by little, with some help from her big brother. XFCIP REUL S

The Color Monster: A Story About Emotions by Anna Llenas (2018). See how Color Monster sorts through all his different emotions with the help from his friend. XFCIP LLENAS A

The Grouchy Ladybug by Eric Carle (1996). A grouchy ladybug spends an entire day trying to pick a fight with bigger and bigger animals. XFCIP CARLE E

Grumpy Monkey by Suzanne Lang (2019). When Jim Panzee is in a bad mood all of his animal friends try to change the way he feels, but it doesn’t work until he gets the space to understand his feelings. XFCIP LANG S

How Do Dinosaurs Play with Their Friends? by Jane Yolen and Mark Teague (2006). Mark Teague's laugh-aloud illustrations, along with Jane Yolen's playful text, will show children that "playing nice" can be easy and fun. XFCIP YOLEN J

I Am Enough! by Grace Byers (2018). This is a gorgeous, lyrical ode to loving who you are, respecting others, and being kind to one another. XFCIP BYERS G

I'm Gonna Push Through! by Jasmyn Wright (2020). Encourages kids to push through and show resilience in the face of difficulty. XP 155.4182 WRI

Jabari Jumps by Gaia Cornwall (2020). Jabari is so excited to jump off the diving board! But when his moment comes, he continues to find reasons not to climb up. With the support of his father, Jabari learns to overcome his fear. XFCIP CORNWALL G

Mad, Mad Bear by Kimberly Gee (2018). Bear is very, very, very MAD! Will he ever feel better? Find out in this sweet and silly picture book about toddler tantrums that little ones--and their caretakers--are sure to relate to. XFCIP GEE K

The Rabbit Listened by Cori Doerrfeld (2018). When Taylor's block castle is destroyed, all the animals think they know just what to do, but only the rabbit quietly listens to how Taylor is feeling. XFCIP DOERRFELD C

There Might Be Lobsters by Carolyn Crimi (2017). Suki, a very small dog, finds a lot of things to fear at the beach, but with patience she finds how rewarding it can be to overcome her fears. XFCIP CRIMI C

The Way I Feel by Janan Cain (2005). Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride. XFCIP CAIN J

When Miles Got Mad by Samantha Kurtzman-Counter (2013). When his little brother breaks his toy airplane Miles gets so mad his reflection shows a red monster. The monster helps Miles to articulate and deal with his big feelings. XFCIP KURTZMAN-COUNTER S

When Sadness is at Your Door by Eva Eland (2019). A comforting story that reminds us to feel our feelings, even the ones we’d like to avoid. XFCIP ELAND E

When Sophie Gets Angry - Really, Really Angry... by Molly Bang (2004). In this Caldecott Honor book, kids will see what Sophie does when she gets angry. XFCIP BANG M

Why Do We Cry? by Fran Pintadera (2020). A beautifully illustrated exploration of all the reasons we cry. XFCIP PINTADERA F


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