



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. **XFICP 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. **XFICP 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. **XFICP 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. **XFICP 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. **XFICP 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. **XFICP 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 **XFICP 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. **XFICP 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. **XFICP 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. **XFICP 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. **XFICP 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. **XFICP 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. **XFICP 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. **XFICP 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. **XFICP BANG M**

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

[Why the Face?](#) by Jean Jullien (2018). A hilarious guessing game of facial reactions. **XFICP JULIEN J**



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