



# Get Kindergarten Ready at OC Public Libraries Books About Feelings



[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**

[I Am Enough!](#) by **Grace Byers (2018)**. This is a gorgeous, lyrical ode to loving who you are and being kind.

**XFICP BYERS G**

[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**

[Jabari Jumps](#) by **Gaia Cornwall (2020)**. Jabari is so excited to jump off the diving board! But finds reasons not to climb up. Jabari learns to overcome his fear.

**XFICP CORNWALL G**

[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 overcomes her fears.

**XFICP CRIMI C**

[The Rabbit Listened](#) by **Cori Doerrfeld (2018)**. When Taylor's block castle is destroyed only the rabbit quietly listens to how Taylor is feeling.

**XFICP DOERRFELD C**

[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**

[Mad, Mad Bear](#) by **Kimberly Gee (2018)**. Bear is very, very, very MAD! Will he ever feel better? Find out in this silly picture book about toddler tantrums.

**XFICP GEE K**

[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.

**XFICP KURTZMAN-COUNTER S**

[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**

[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**

[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**

[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 fear stop him.

**XFICP SANTAT D**

[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**

[ABC of feelings](#) by **Bonnie Lui (2021)**. From anxious to zany, kids experience a wide range of emotions, but they don't know how to explain how they're feeling.

**XP 152.4 LUI**

[The Monster Parade : A Book About Feeling All Your Feelings and Then Watching Them Go](#) by **Wendy O'Leary (2022)**. A fun and playful story to help children acknowledge and manage big feelings.

**XP 155.4124 O'LE**

[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**

