

FEELINGS BOOK LIST

To help kids access feelings, explore feelings, get attuned to feelings, & understand feelings



Books by Todd Parr

- The Feelings Book
- It's OK to Be Different
- The I Love You Book
- The Feel Good Book
- It's OK to Make Mistakes

Feelings Flashcards by Todd Parr are fun and helpful to explore with kids

Books by Peter Reynolds

- I am Human
- I am Peace
- I am Love
- Happy Dreamer

The Way I Feel

by Janan Cain

The Grouchy Ladybug

by Eric Carle

The I am Feeling Series

by Trace Moroney

My Many-Colored Feelings

by Dr Seuss

In My Heart

by Jo Witek

There are No Animals in this Book (only Feelings)

by Chani Sanchez

Glad Monster, Sad Monster

by Anne Miranda and Ed Emberley

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