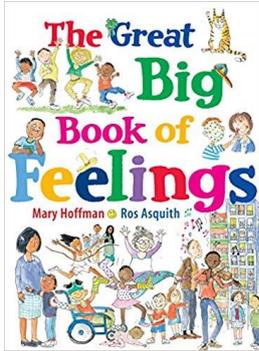


Understanding Feelings Reading List

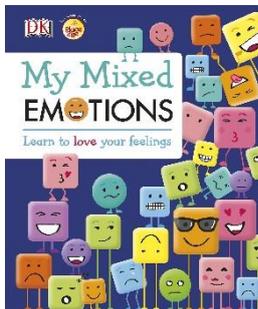
Books marked with a * can be found in the library stock



Title: The Great Big Book of Feelings*

Author: Mary Hoffman & Ros Asquith

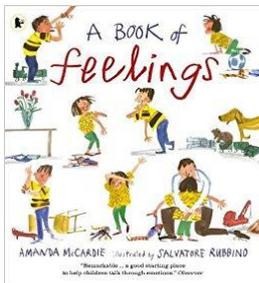
Description: This title opens with the question, 'How are you feeling today?', and leads on to a spread by spread presentation of a wide range of feelings. Lots of different children in lots of different situations, brief text captions, and plenty of humour make sure the book is fun, as well as dealing with a serious and important subject - human feelings.



Title: My Mixed Emotions: learn to love your feelings*

Author: Elinor Greenwood

Description: Feelings can be complicated, and learning to express them is a skill that must be developed. My Mixed Emotions is here to coach children through a variety of emotions and situations including dealing with bullying, understanding grief, and coping with large family changes, such as divorce.



Title: A Book of Feelings: starring Sam, Kate and Fuzzy Bean

Author: Amanda McCardie & Salvatore Rubbino

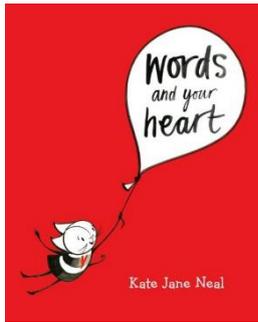
Description: This story stars a brother and sister, Sam and Kate, and their dog, Fuzzy Bean. Sam and Kate know what makes them happy: cuddling Mum, reading a story with Dad, swimming, running and dancing, lots of things. But they don't feel happy all the time (nor does Fuzzy Bean), and in the course of the book we see them feeling grumpy, embarrassed, shy, nervous, frightened, sad and jealous. Both words and pictures portray the children in many different situations at home and at school, and show how they change over time, how emotions can escalate, and how people can help each other.



Title: Sweep

Author: Louise Greig & Júlia Sardà

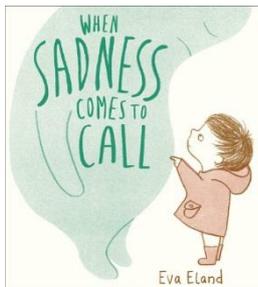
Description: Ed's bad mood begins as something really small, hardly a thing at all. But before long it grows, gathers pace, and spreads through the whole town. Can Ed sweep his troubles away?



Title: Words and Your Heart

Author: Kate Jane Neal

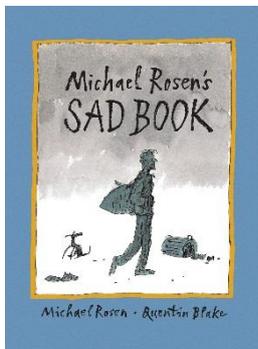
Description: Told through the eyes of Pip and Cat, this book demonstrates the importance of what we say - both positive and negative. Thoughtful, warm-hearted and completely non-preachy, this is a book that has already resonated with large numbers of children, whose teachers report a sea-change in the culture of their classroom after reading it.



Title: When Sadness Comes to Call

Author: Eva Eland

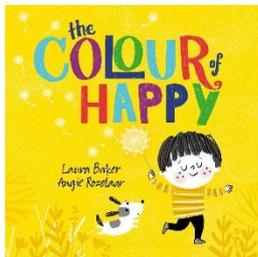
Description: When Sadness arrives, try not to be afraid: give it a name, listen to it and spend some time together. Maybe all it wants is to know that it's welcome. This beautiful debut by new author-illustrator talent Eva Eland takes a poignant but uplifting look at dealing with uncomfortable emotions.



Title: Michael Rosen's Sad Book*

Author: Michael Rosen & Quentin Blake

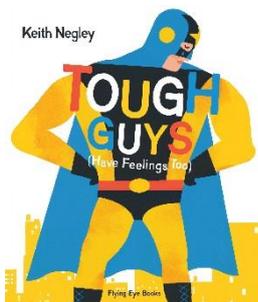
Description: We all have 'sad stuff' to deal with in life. What makes Michael Rosen most sad is thinking about his son, Eddie, who died. In this book he writes about his sadness, how it affects him, and some of the things he does to try to cope with it.



Title: The Colour of Happy

Author: Laura Baker & Angela Rozelaar

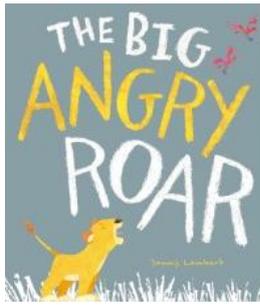
Description: Blue is for the calm I feel wandering in the spring. Yellow is for happy when I spot a special thing. A beautiful exploration of feelings shown through colour as one little boy navigates a range of emotions - from happiness and excitement to hope and love, all on his way to present a gift to his mum. This book is the perfect introduction to both emotions and colours.



Title: Tough Guys (have feelings too)

Author: Keith Negley

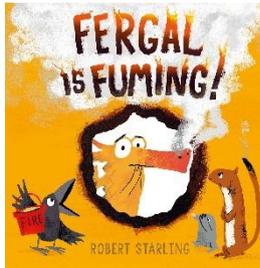
Description: Did you know wrestlers have feelings? And knights. Even superheroes and ninjas feel sad sometimes. In fact everyone has feelings - especially dads who love their children! Children will love recognizing their feelings in Keith Negley's bold illustrations which accompany a fun-to-read-aloud narrative. Parents can joyfully engage with children in a light-hearted discussion about emotions and how they affect us all!



Title: The Big Angry Roar

Author: Jonathan Lambert

Description: Cub is angry, so he stomps and smashes and roars! But now he just feels worse! Maybe his friends can help? The perfect story for any child experiencing feelings of anger and learning what to do with them.



Title: Fergal is Fuming!*

Author: Robert Starling

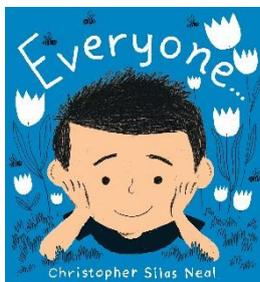
Description: A dragon with a short temper is not a good combination, as Fergal's family and friends soon find out. He burns the dinner (literally), reduces the football goal to ashes and absolutely cannot play a nice, quiet board game. It is only when he starts to notice other animals have clever tricks to calm down that Fergal begins to win back his friends, especially when he discovers dragons can cool off in a very handy way.



Title: I Like Bees, I Don't Like Honey!

Author: Sam Bishop & Fiona Lumbers

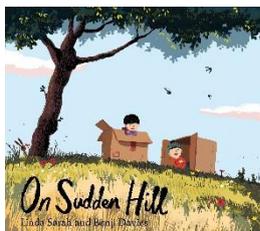
Description: A beautifully illustrated, funny and thought-provoking book for building confidence and encouraging children to express their feelings - about anything and everything. This book will help enable a much broader conversation about individuality, fear and hopes.



Title: Everyone...

Author: Christopher Silas Neal

Description: A first book of mindfulness and feelings, award-winning illustrator Christopher Silas Neal invites young readers to explore how we feel what we feel, and how everyone else feels it, too. From the animals in the woods to the neighbours in their homes nearby, everyone cries, everyone laughs, everyone sings - everyone. With vivid art in a stylish limited palette, this is a wonderfully accessible exploration of the universality of feelings, perfect for sharing - and encouraging discussion - with the very youngest of children.



Title: On Sudden Hill*

Author: Linda Sarah & Benji Davies

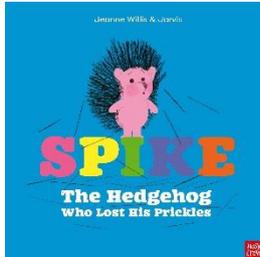
Description: Birt and Etho are best friends, they play on Sudden Hill, making marvellous contraptions out of cardboard boxes. But then a new boy, Shu, wants to join in too. Birt isn't sure that he wants Shu to join them. Eaten up with jealousy, he goes home and refuses to come out to play. Until Etho and Shu come to his house with the most marvellous cardboard contraption so far.



Title: The Colour Monster*

Author: Anna Llenas

Description: This is the story of a sweet little monster who wants help from his friend to understand the feelings he experiences.



Title: Spike: the hedgehog who lost his prickles*

Author: Jeanne Willis & Jarvis

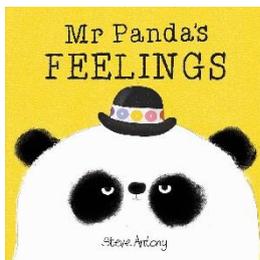
Description: Spike, a little hedgehog, has always had impressive prickles. But one morning, after a particularly scary dream, he wakes up completely bare! Oh no! Feeling very embarrassed, he goes in search of something to cover himself, from a paper lampshade to a tea cup to a very stinky sock. But nothing stops the other animals giggling at him. Poor Spike! Then he discovers a big bunch of balloons, which takes him across the world and ends in a very satisfying POP! and a very prickly party.



Title: Feelings

Author: Libby Walden & Richard Jones

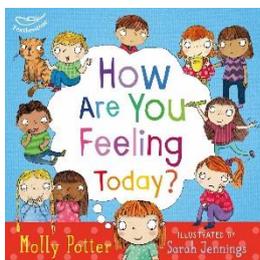
Description: Explore a world of emotions with this peep-through picture book. Richard Jones' enchanting illustrations and the lyrical text make each and every feeling come to life to help children understand the emotions they experience.



Title: Mr Panda's Feelings*

Author: Steve Antony

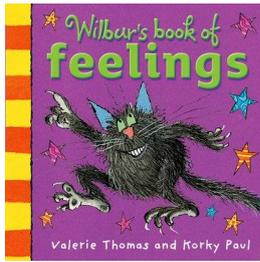
Description: Lemur is happy! Swan is scared. But how is Mr Panda feeling? Find out and help your little bears express their emotions with Mr Panda in this board book.



Title: How Are You Feeling Today?

Author: Molly Potter & Sarah Jennings

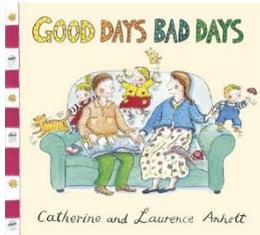
Description: We all experience emotions and emotions are absolutely fine as long as we know what to do with them. Feelings arrive effortlessly enough but deciding what to do with them when they turn isn't so easy - especially when you are a child. Cue: this book! It provides children with several straightforward, entertaining and appropriate interactive ideas to help them deal with a selection of significant emotions. This is a great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling.



Title: Wilbur's Book of Feelings*

Author: Valerie Thomas & Korky Paul

Description: Wilbur the cat is cuddly, friendly, and ready to introduce babies and toddlers everywhere to early-learning concepts with a dash of his very own feline mischief.



Title: Good Days, Bad Days

Author: Catherine & Laurence Anholt

Description: This jaunty, rhyming book of opposites presents large, simple words and detailed illustrations to convey the richness of everyday family life with its ups and downs. It captures all the moments and feelings which make up a small child's day.