

Feelings Booklist

***Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst. Illustrated by Ray Cruz**. New York, NY: Aladdin Paperbacks, an imprint of Simon & Schuster, 1972. One day when everything goes wrong for him, Alexander is consoled by the thought that other people have bad days, too.

***And My Mean Old Mother Will Be Sorry, Blackboard Bear* by Martha Alexander Illustrated by the author**. Cambridge, MA: Candlewick Press, 1969 (text) and 2000 (illustrations). When his mother gets angry over the mess he has made and he decides to run away to the woods with his friend, Blackboard Bear, Anthony discovers that home isn't such a bad place after all. Also available on audiotape.

***Andrew's Angry Words* by Dorothea Lachner Illustrated by THE Tjong-Khing**. New York: North-South books, 1995. When Andrew spews a cloud of angry words at his sister after she trips over him, the words travel from one person to another until they're captured, thrown away and replaced with kind and happy words.

***Annabell Swift, Kindergarten* by Amy Schwartz**. Although some of the things her older sister taught her at home seem a little unusual at school, other lessons help make Annabelle's first day in kindergarten a success.

***Best Friends* by Miriam Cohen**. Kindergarten classmates realize they're best friends.

***C is for Curious, an ABC of Feelings/2 is for Dancing, A 123 of Actions* written and illustrated by Woodleigh Hubbard**. Chronicle Books, 1990. One side of this jazzy, ingenious book offers a swing through the alphabet; flipped upside-down, it becomes a counting book of cavorting critters.

***Carousel* by Pat Cummings Illustrated by the author**. New York: Bradbury Press, 1994. Alex's father misses her birthday party, and everything is spoiled for her until the animals on his gift of a tiny carousel come to life.

***Contrary Bear* by Phyllis Root**. Dad's patience is sorely tested by his daughter's "Contrary Bear." The bear argues about putting on his shoes, throws sand, and drops cake on the floor (his piece was too small). His behavior, of course, has everything to do with the little girl's own contrariness.

***D.W., Go to Your Room! (an Arthur story)* by Marc Brown**. Boston: Little, Brown & Company, 1999. When D.W. is given a timeout in her room for grabbing a toy from baby Kate, it is Kate who finally makes her feel better.

***Do You Want to be My Friend* by Eric Carle**. A small mouse has a hard time finding a friend.

***Franklin's Bad Day (a Franklin the Turtle story)* by Paulette Bourgeois**. New York: Scholastic, 1997. Franklin feels grumpy and sad one day and doesn't know why until he realizes he is missing his friend Otter who moved away.

***Guess How Much I Love You* by Sam McBratney Illustrated by Anita Jeram**. Cambridge, MA: Candlewick Press, 1994. Every time Little Nutbrown Hare shows how much he loves his father, Big Nutbrown Hare gently shows his son that the love is returned even more.

How Do I Feel by Norma Simon. Morton Grove, IL: Albert Whitman & Company, 1970. A young boy describes his feelings in different situations.

I Was So Mad by Mercer Mayer Illustrated by the author. New York: Golden Books, 1985, 1999. Mayer's trademark character Little Critter decides to run away when he is not allowed to do anything he wants.

I Was So Mad! by Norma Simon Illustrated by Dora Leder. Morton Grove, IL: Albert Whitman & Company, 1974. Evocative drawings and children's voices describe situations that can provoke feelings of anger, frustration, anxiety, humiliation, and loss of control.

I'm Gonna Like Me: Letting Off a Little Self-Esteem by Jamie Lee Curtis Illustrated by Laura Cornell. Joanna Cotler books, an imprint of HarperCollins Publishers, 2002. A young girl learns to like herself every single day, no matter what.

I'm Mad by Elizabeth Crary, Illustrated by Jean Whitney. From the author's Children's Problem Solving collection, Dealing with Feelings series. Seattle, WA: Parenting Press, 1992. In this "pick-what-happens" story, Katie is terribly upset when a rainy day keeps her and her dad from picnicking in the park. The format presents a variety of strategies the two of them can use to help Katie sort out her feelings.

Let's Be Enemies by Janice May Udry Illustrated by Maurice Sendak. New York: HarperCollins, 1988. A friend who always wants to be the boss, a friend who takes all the crayons, a friend you'd no longer consider having the chicken pox with – this friend is an enemy...isn't he?

Let's Talk About...Feeling Angry by Joy Wilt Berry Illustrated by Maggie Smith. New York: Scholastic Inc., 1995. From the author's "Let's Talk About" series. Maria's dog Max talks compassionately about things that make Maria mad, and some of the ways (both less appropriate and more appropriate) she has of dealing with her anger.

Lucky Song by Vera Williams. Evie's loving family supports her independence. She wants a toy, so grandpa helps her make a kite. She wants it to fly, and the wind obliges. She says "look" and her mother is there to admire. At the end of the day, her father sings about a lucky little girl.

Matthew and Tilly by Rebecca C. Jones Illustrated by Beth Peck. New York: Dutton, 1991. (Also available from Picture Puffins.) Like all friends, Matthew and Tilly have an occasional tiff, but their friendship prevails. Muted oil paintings convey the communal warmth of their diverse city neighborhood.

Mean Soup by Betsy Everitt Illustrated by the author. San Diego: Harcourt Brace Jovanovich, 1992. Horace feels really mean at the end of a hard day...until he helps his mother make mean soup.

Minerva Louise at School by Janet Morgan. A hen leaves her barnyard to explore another. Children know the red "barn" is a school, but she sees cubbies as nesting boxes, the wastepaper basket as feed bucket, and a ball resting in a glove as a nest. She returns home full of ideas.

***My Many Colored Days* by Seuss Steve Johnson (Illustrator).** Using a spectrum of colors and a menagerie of animals, Dr. Seuss presents a completely new and different kind of book about feelings and moods. Only one of five books written by Dr. Seuss that he didn't illustrate, "My Many Colored Days" features large-scale paintings by Johnson and Fancher which literally burst off the page, appealing to both the innocent young reader and the most sophisticated senior. Full color.

***Oh My Baby, Little One* by Kathi Appelt Illustrated by Jane Dyer.** San Diego, CA: Harcourt, Inc., 2000. A mother explains to her child all the ways her love remains even while she's away.

***On Monday When It Rained* by Cherryl Kachenmeister Photographs by Tom Berthiaume.** Boston: Houghton Mifflin Co., 1989. A young boy describes, in text and photographs of his facial expressions, the different emotions he feels each day of the week.

***Owl Babies* by Martin Waddell.** Three little owls await their mother's return. The biggest one has comforting words, the middle one is not sure, the smallest says, "I want my mommy!" Mommy returns and says she will always come back.

***Riding the School Bus with Mrs. Kramer* by Christine Osinski.** Follows Mrs. Kramer, a safe and careful bus driver, as she gets the children to school on time and brings them home again at the end of the day.

***School Bus* by Donald Crews.** Brief text and illustrations trace the journey of a school bus as it picks up children and takes them to school.

***Spence and the Mean Old Bear* by Christa Chevalier.** Niles, IL: Albert Whitman & Company, 1986. Angry at his mother, Spence draws a mean old bear. Then the bear walks off the page and threatens to carry her off! How will Spence stop him?

***Some Days, Other Days* by P.J. Petersen Illustrated by Diane de Groat.** New York: Charles Scribner's Sons, 1994. Lying in bed, Jimmy worries about the coming day – will it be full of good or bad happenings? These familiar situations (rendered in warm watercolors, with a real family serving as the illustrator's models) do not deal directly with anger, but some of them certainly could make Jimmy mad.

***Spinky Sulks* by William Steig Illustrated by the author.** A Sunburst Book, Farrar, Straus and Giroux, 1988. According to Spinky, his family doesn't love or understand him and nothing he can say or do will cure his blinding case of the sulks.

***That Makes Me Mad!* by Steven Kroll Illustrated by Hilary Knight.** New York: Pantheon Books, 1976. Uses comic scenes narrated by a young girl to describe family situations that aggravate her ("wanting to help and not being allowed," "trying hard to do something right and it comes out wrong"). The humorous text is gentle and effective.

***The Grouchy Ladybug* by Eric Carle Illustrated by the author.** New York: HarperCollins, 1977, 1996. A grouchy ladybug challenges everyone she meets to fight, but dismisses all her prospective opponents as "not big enough" – until she encounters a whale and decides that peaceful cooperation isn't so bad.

The Hating Book by Charlotte Zolotow Illustrated by Ben Schecter. New York: HarperCollins, 1969. A little girl knows her friend hates her, but finds it hard to overcome her own hurt feelings and ask why. A video version (The Hating Movie) is also available.

The Kissing Hand by Audrey Penn. Chester Raccoon is anxious about going to school. His mother spreads open his paw and plants a kiss on it. When he feels lonely he can put his paw to his cheek and be comforted.

The Quarreling Book by Charlotte Zolotow Illustrated by Arnold Lobel. New York: HarperCollins, 1963. In this small picture book (familiar to many parents today from their own childhoods), a gray rainy day sets off a chain reaction of upsetting encounters between family members and friends. But one friendly act reverses the chain, restoring all of the relationships.

The Rat and the Tiger by Keika Kasza. Rat and Tiger are best friends, but Tiger always gets his way. When Tiger knocks down his blocks by accident, Rat has had enough. They make up after Tiger mends his ways.

The Temper Tantrum Book by Edna Mitchell Preston Illustrated by Rainey Bennett. New York: Viking Press, 1969. A rhyming presentation of issues that provoke tantrums between animal (and human) parents and children. Pen-and-wash drawings portray first the angry wriggling of the young beasts, then the toddler-like situations that have upset them. The sometimes awkwardly phrased but comfortingly non-judgmental narration concludes with the joyful, "I love it when you let me play in the mud."

Three Star Billy by Pat Hutchins. Billy, a reluctant preschooler, does what any good monster would do – throws paint and a tantrum, makes horrid noises instead of singing, and is disruptive during dancing. How does the teacher reward his monstrous behavior? With stars and praise, of course!

Toot & Puddle, You Are My Sunshine by Holly Hobbie Illustrated by the author. New York, NY: Little, Brown and Company, 1999. Puddle cannot make his friend Toot stop moping until a huge thunderstorm clears the air.

We Are Best Friends by Aliko . Robert and Peter are sad when Peter moves, but both make new friends.

When I Feel Angry by Cornelia Maude Spelman Illustrated by Nancy Cote. Morton Grove, IL: Albert Whitman & Company, 2000. A young rabbit describes what makes her angry and the different ways she can control her anger. Warm colored-pencil illustrations depict situations at school and home that produce that "strong, hot feeling," and shows how the narrator deals with some of them.

When I'm Angry by Jane Aaron. New York: Golden Books, 1998. Published with A Parent's Guide to Anger (Language of Parenting: 2) by Barbara Gardino. In a child's voice, explains anger as a normal part of life and discusses how to deal with it. Accompanying parents' guide uses a question-and-answer format, providing examples and suggestions.