



Children's books about feelings

A great way to start a conversation with children about their feelings is to read about them together. Many of these books will help children understand their feelings better and perhaps the actions that arose out of those feelings. They may also realise that other people have these feelings too. Here are just a few:

Book title	Author	Publisher	What's it about
The Huge Bag of Worries	Virginia Ironside	Hodder Children's books	Fears and anxieties. This charming story shows that sharing worries helps the child to deal with them.
What Makes Me Happy	Catherine Anholt	Walker Books Limited	Many different feelings. Each double page spread on the different emotions helps children understand what makes them feel the way they do.
Things That Make Me Happy	Sarah Mazor	Mazorbooks	Sadness and happiness. The children in Miss Happy Morejoy's preschool class were surprised one morning when their beloved teacher arrived looking sad. The kids found out why Miss Happy's smile was missing and they were saddened too. But then they reminded her of the power of happy.
Eric The Hero	Christopher Wormell	Red Fox	Feeling less than or not good enough. This sweet story focuses on Eric who isn't much good at anything but who turns out to be a hero, standing up to a monster. Great for kids who are feeling worried that they are not good enough.
Worried Arthur	Jan Lewis	Ladybird	Worries and anxieties. Arthur the Penguin is the hero of this tale. He worries about everything but his Dad helps him out.
Walter and the No-Need-To-Worry Suit	Rachel Bright	Harper Collins Children	Worries and anxieties. Walter's friends help him find a way to control his worries.
This Book Belongs to	Richard Byrne	OUP Oxford	Feeling different. Although Aye Aye isn't blessed with good looks it turns out that he has other qualities that are more important. Two bullying

Aye Aye			rabbits get their come-uppance.
Good Little Wolf	Nadia Shireen	Jonathon Cape	Feeling out of step with others. Rolf is uncharacteristically good and kind, unlike the other wolves. The Big Bad Wolf tries to get Rolf to prove himself as a wolf by being bad. Rolf realises he is a wolf, but a good one.
I'm the Happiest	Anna Shuttlewood	QEB Publishing	Being happy with who you are and what you have. This story is about appreciating everyone's qualities without competing to be best.
I'm Special I'm Me	Ann Meek	Little Tiger Press	Feeling different. This story celebrates diversity and encourages respect for difference. Milo's mum helps him see the benefits of what he has and gives him the confidence to choose his own role.
Piggity Wiggity Jiggity Jig	Diana Nield	Scholastic	Feeling different. Piggity Wiggity is bothered by his long name which is different from everyone else's. Dad explains why his name was chosen and what makes it special.
I Feel Angry	Brian Moses	Wayland	Anger. This book for young children looks at anger – what it looks like, what causes it and what we can do about it. Beautifully illustrated by Mike Gordon, this is a great conversation starter.
I Feel Sad	Brian Moses	Wayland	Sadness is examined here in the same format as the I Feel Angry book.
Mad Isn't Bad	Michaelene Mundy	Abbey Press	Anger. You can be angry—and still be good. Through understanding what anger feels like and what triggers it, we can learn and teach healthy ways to handle it. This book offers kids a positive and honest view of anger—and what to do with it.
I Feel Frightened	Brian Moses	Wayland	This picture book examines how and why people get frightened, illustrates scenarios of people being scared, and the best way to deal with it.
It's Not Fair	Brian Moses	Wayland	This beautifully illustrated book examines how and why people find situations unfair, illustrates scenarios of people acting out because of this, and the best way to deal with it.
I Feel Jealous	Brian Moses	Wayland	This book looks at how and why people get jealous, illustrates scenarios of people behaving in a jealous way, and the best way to cope with it.

I Feel Bullied	Jen Green	Wayland	This picture books looks at how and why people are bullied, illustrates scenarios of people bullying and being bullied, and the best way to deal with it.
A Niffleloo Called Nevermind	Margot Sunderland	Speechmark Publishing Ltd	This is a story for children who bottle up their feelings: Nevermind always carries on whatever happens! Each time something horrible happens to him he just tucks his feelings away and carries on with life. Find out what happens to Nevermind and how he begins to understand that his feelings do matter, how he learns to express them and stand up for himself.