



Books to Help Children Cope with Emotions

Agell, Charlotte

Maybe Tomorrow?

Elba carries the black block of grief and sadness wherever she goes--until Norris comes along and helps her to let go of the block and enjoy life again.

Black, Michael

I'm Worried

Potato is worried about what might happen in the future, causing Flamingo to worry, too, but their friend, a little girl, encourages them to focus on enjoying the present, instead.

Denos, Julia

Here and Now

Illustrations and easy-to-read text celebrate mindfulness and the connectedness of everything on Earth.

Doerrfeld, Cori

The Rabbit Listened

When Taylor's block castle is destroyed, all the animals think they know just what to do, but only the rabbit quietly listens to how Taylor is feeling.

Eland, Eva

When Sadness is at Your Door

A young child experiences sadness as if it were a visitor.

John, Jory

The Good Egg

When the other eggs in his carton behave badly, the good egg feels like he needs to be perfect.

Llenas, Anna

Color Monster

Emotions, including happiness, sadness, anger, fear, and calm, are described through the actions of a monster sorting them out.

Percival, Tom

Ruby Finds a Worry

A young girl's sense of adventure and exploration vanishes when she discovers a Worry that grows and grows until she learns how to get rid of it.

**All titles are available as E-Books on the [Batavia Public Library website](#).*