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.*