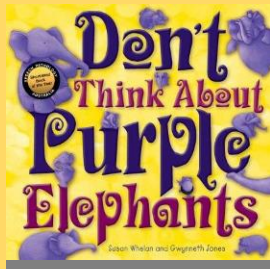


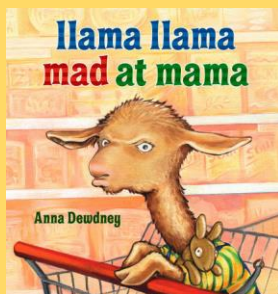
All the Feels:

7 Books to Help Kids with Their Emotions

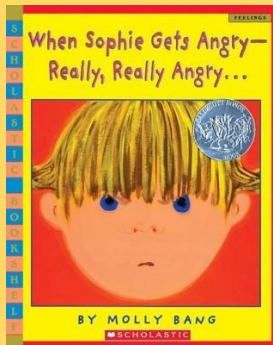
<https://www.readbrightly.com/7-books-to-help-kids-with-their-emotions/>



Kids that suffer from stress or worry may find this book helpful. Sophie stays awake at night, worrying about anything and everything. Finally, her mom suggests that she NOT think about purple elephants. This fills Sophie's head so full of purple elephants that she doesn't have room to worry, and she is able to fall asleep.



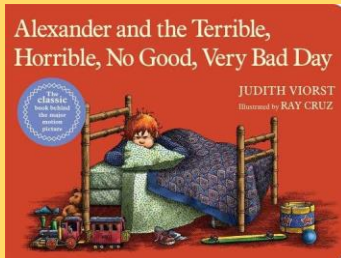
When Llama loses his patience and throws a tantrum in the store, Mama keeps her cool and decides to let Llama be more involved with the shopping. Llama learns that while the chore may be boring, spending time with a loved one is more important.



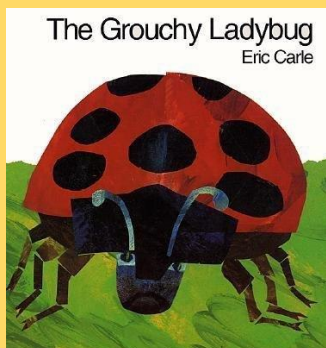
Almost every child struggles with anger from time to time. Sophie loses her temper when her sister takes her toy away, but instead of lashing out, she starts running. By removing herself from the situation, she is able to calm down and return home a happy girl.



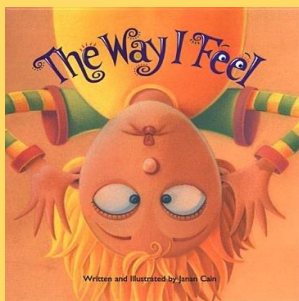
When Millie gets frustrated at being constantly overlooked, she starts acting out to get attention. It works at first, but quickly backfires when everyone starts avoiding her. She soon discovers there are consequences for her actions and a big difference between getting noticed and being mean.



Even kids have those days when nothing seems to go their way. This classic tale of Alexander and his rotten day illustrates that everyone has bad days, and that all bad days eventually come to an end.



A surly ladybug is looking for a fight, but no opponent is big enough until she challenges a whale. This beautiful book from Eric Carle illustrates the need for good manners even in the face of a bad mood.



This charming book explores a wide array of emotions like sad, happy, proud, and jealous. No feeling lasts forever and each day brings something new. It gives kids the opportunity to name their feelings and talk about what makes them feel that way.