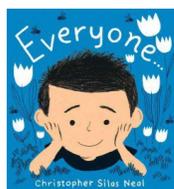


Emotions and Self Awareness

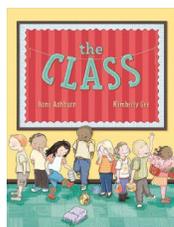


Everyone...

by Christopher Silas Neal

The illustrator of Over and Under the Snow explores the universal nature of feelings while inviting children to explore their emotions in scenes illustrated with sparse, retro-style art

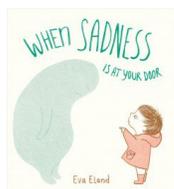
depicting animals in the woods, neighbors in apartment buildings and more.



The class

by Boni Ashburn

Twenty young students--some eager, some nervous, some grumpy--prepare for their very first day of kindergarten

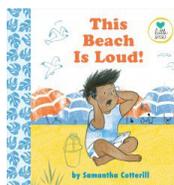


When sadness is at your door

by Eva Eland

A picture book primer in emotional literacy and kindness, illustrated in a style inspired by the classic artwork of Crockett Johnson, depicts universal feelings of sadness as a visitor that can

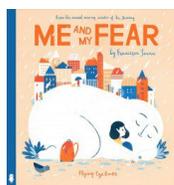
be better understood through quiet activities that distinguish it from the self. A first picture book.



This beach is loud!

by Samantha Cotterill

When a little boy is overwhelmed by the sounds and textures at the beach, his dad comes to his aid with some simple tricks for facing obstacles

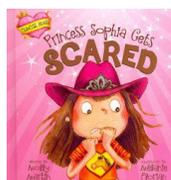


Me and my fear

by Francesca Sanna

When a young girl has to move countries and start at a new school, her fear tells her to be alone and afraid. How can she hope to make friends if she doesn't understand anyone? Surely

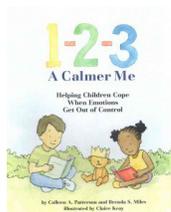
no one else feels the same way



Princess Sophia gets scared

by Molly Martin

Things like spiders and talking in front of the class frighten Princess Sophia, but she knows how a princess should deal with the fear



1-2-3 a calmer me : helping children cope when emotions get out of control

by Colleen A Patterson

A young girl learns a technique for dealing with anger--and it works

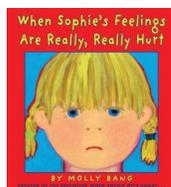


Places to be

by Mac Barnett

A picture book celebration of the wide-ranging emotions that children experience features endearing animal characters who explore and respond to their world together. By the Caldecott Honor-winning author of

Sam and Dave Dig a Hole.



When Sophie's feelings are really, really hurt

by Molly Bang

A sequel to When Sophie Gets Angry—Really, Really Angry... finds Sophie struggling with difficult emotions in the face of peer teasing before her

class learns that there are different ways to see the world. By the Caldecott Honor-winning creator of The Grey Lady and the Strawberry Snatcher.



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