

peaceful parent happy kids

Books That Help Kids Develop Emotional Intelligence

We can give ourselves, and our child, a lot of help by reading them books about emotion. Here is a small sampling of time-tested books so you can locate them easily the next time you visit the library.

For more recommendations based on age and select topics, please visit our website at **PeacefulParentHappyKids.com**.

1. **Feelings** by Alik
2. **Story of My Feelings** by Laurie Berkner
3. **The Way I Feel** by Janan Cain
4. **My Mouth Is a Volcano!** by Julia Cook
5. **I Just Don't Like the Sound of No! My Story About Accepting No for an Answer and Disagreeing the Right Way!** by Julia Cook
6. **I'm Mad** by Elizabeth Crary
7. **I'm Frustrated** by Elizabeth Crary
8. **I Want It** by Elizabeth Crary
9. **I Can't Wait** by Elizabeth Crary
10. **Mommy, Don't Go** by Elizabeth Crary
11. **How Are You Peeling?** by Saxton Freymann
12. **Feelings Are Like Farts** by Christopher Willard & Tara Wosiski
13. **Today I Feel Silly: And Other Moods That Make My Day** by Jamie Lee Curtis
14. **Mean Soup** by Betsy Everitt
15. **I Am So Angry, I Could Scream: Helping Children Deal with Anger** by Laura Fox
16. **Tough Boris** by Mem Fox
17. **Whoever You Are** by Mem Fox
18. **The Carrot Seed** by Ruth Krauss
19. **No Matter What** by Debi Gliori
20. **Stand Tall, Molly Lou Melon** by Patty Lovell
21. **The Story of Ferdinand** by Munro Leaf

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22. **Two Monsters** by Mckee
23. **Shapesville** by Andy Mills
24. **Loud Emily** by Alexis O'Neill
25. **Meet Thotso, Your Thought Maker** by Rachel Robb Avery
26. **Grody's Not So Golden Rules** by Nicole Rubel
27. **Dawn and the Round To-it** by Irene Smalls
28. **Alexander and the Terrible, Horrible, No Good, Very Bad Day** by Judith Viorst
29. **The Monster Storm** by Jeanne Willis
30. **The Runaway Bunny** by Margaret Wise Brown
31. **Full Mouse, Empty Mouse: A Tale of Food and Feelings** by Dina Zeckhausen
32. **Learning to Feel Good and Stay Cool** by Judith Glasser & Kathleen Nadeau
33. **Visiting Feelings** by Lauren Rubenstein
34. **Howard B. Wigglebottom Learns to Listen** by Howard Binkow
35. **Howard B. Wigglebottom Listens to His Heart** by Howard Binkow
36. **In My Heart: A Book of Feelings** by Jo Witek
37. **My Feelings Activity Book** by Abbie Schiller
38. **A Little Book About Feelings** by Abbie Schiller
39. **Ruby's Studio: The Feelings Show** (DVD)
40. **Duck & Goose, Goose Needs a Hug** by Tad Hills
41. **Peter Panda Melts Down** by Artie Bennett
42. **Totally Chill: My Complete Guide to Staying Cool A Stress Management Workbook for Kids With Social, Emotional, or Sensory Sensitivities** by Christopher Lynch
43. **Angry Octopus: An Anger Management Story introducing active progressive muscular relaxation and deep breathing** by Lori Lite