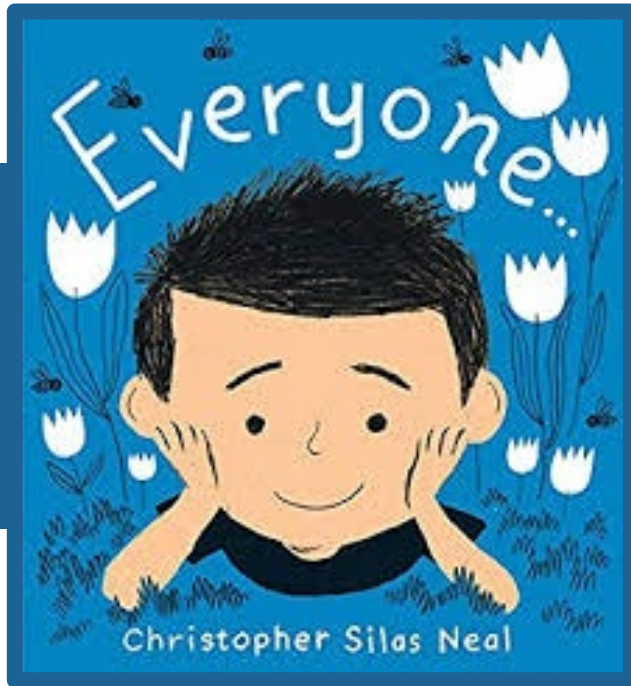


# Teacher Recommended **Book List**



# Books to Explore Emotions

Lower Grades

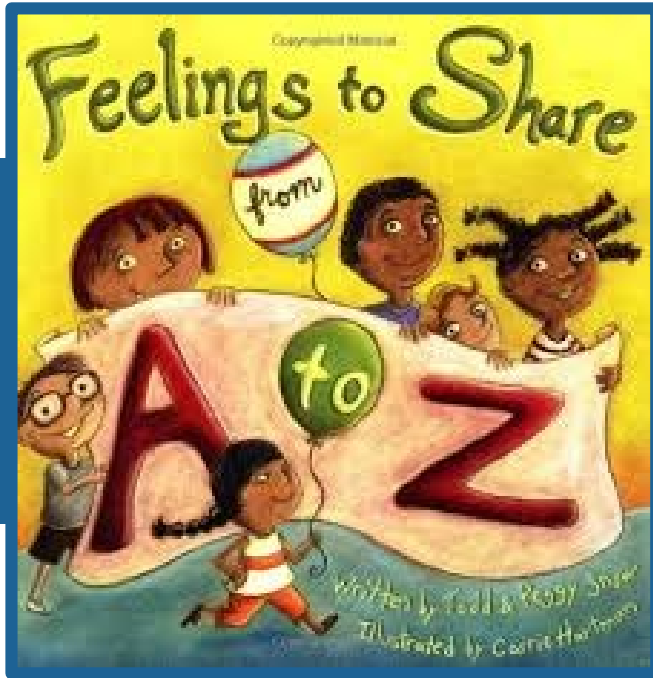


# Everyone

*Christopher Silas Neal*



<https://www.youtube.com/watch?v=CP5-e7TjuSQ>

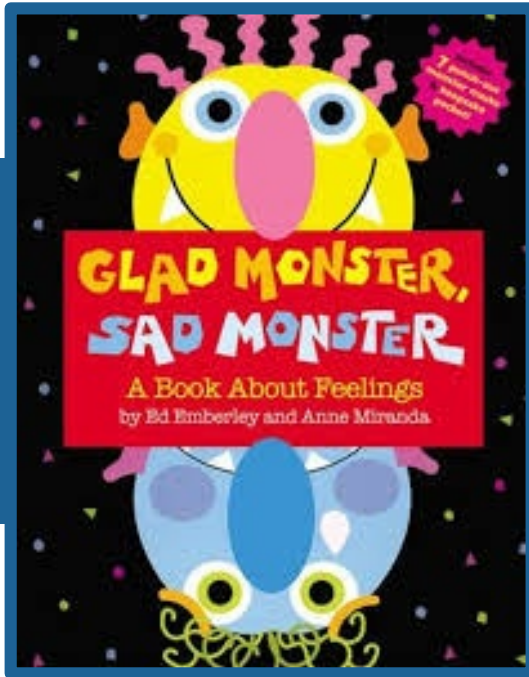


## Feelings to Share from A to Z

*Todd and Peggy Snow*



<https://www.youtube.com/watch?v=CQmlKcABZgY>

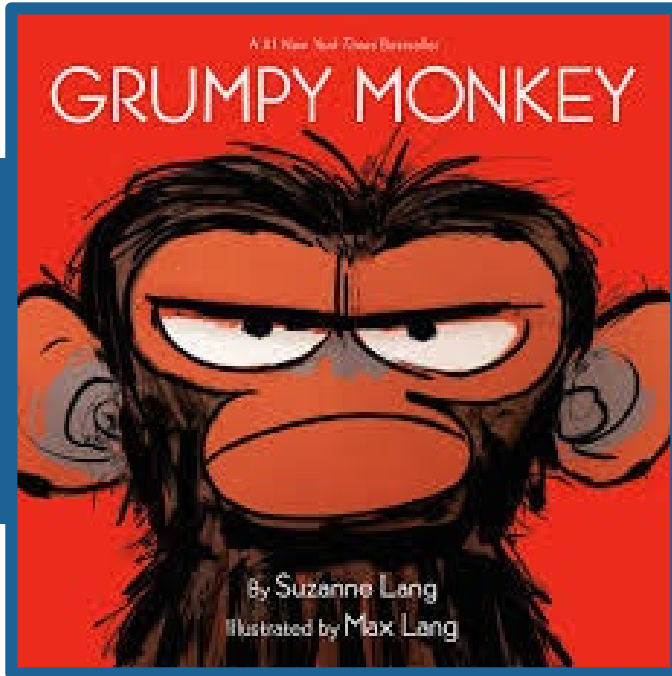


# Glad Monster, Sad Monster

*Ed Emberley and Anne Miranda*



<https://www.youtube.com/watch?v=p2ogleliZV0>



# Grumpy Monkey

*Suzanne Lang*



<https://www.youtube.com/watch?v=37RVQ2vvy9w>

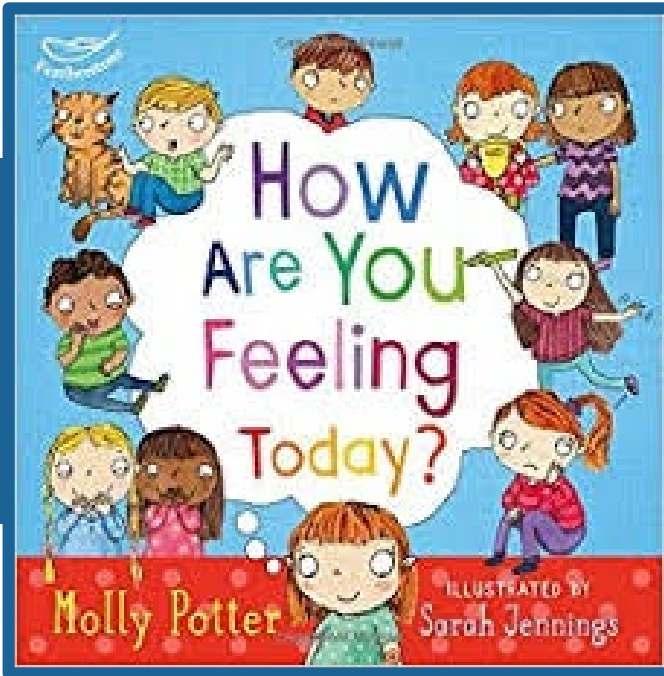


# Happy

*Mies Van Hout*



<https://www.youtube.com/watch?v=EKi9QpNzBDs>



# How are you Feeling Today?

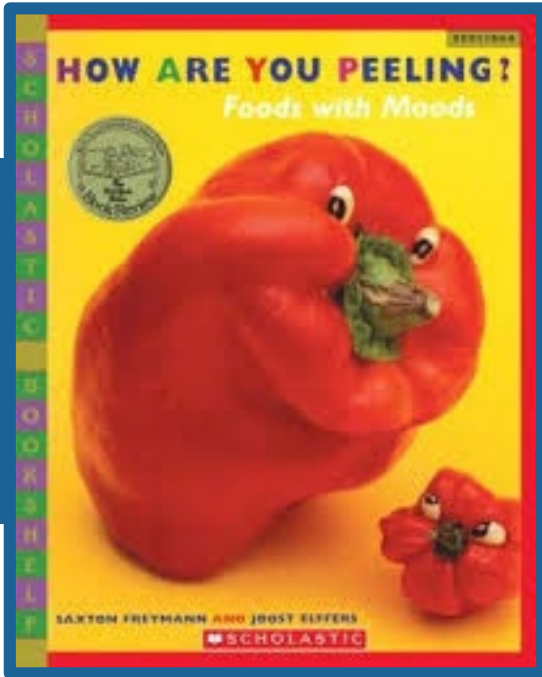
*Molly Potter*



[https://www.youtube.com/watch?v=-vq-i\\_XN6z8](https://www.youtube.com/watch?v=-vq-i_XN6z8)

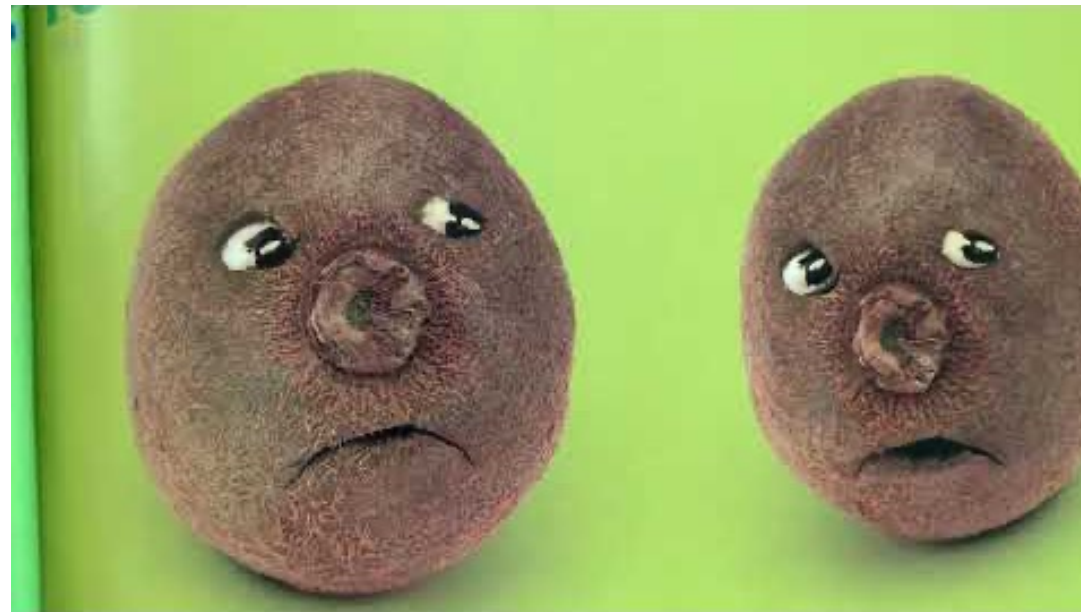
Please note, this is a flip through and not a read aloud





# How are you Peeling?

*Saxton Freymann and Joost Elffers*



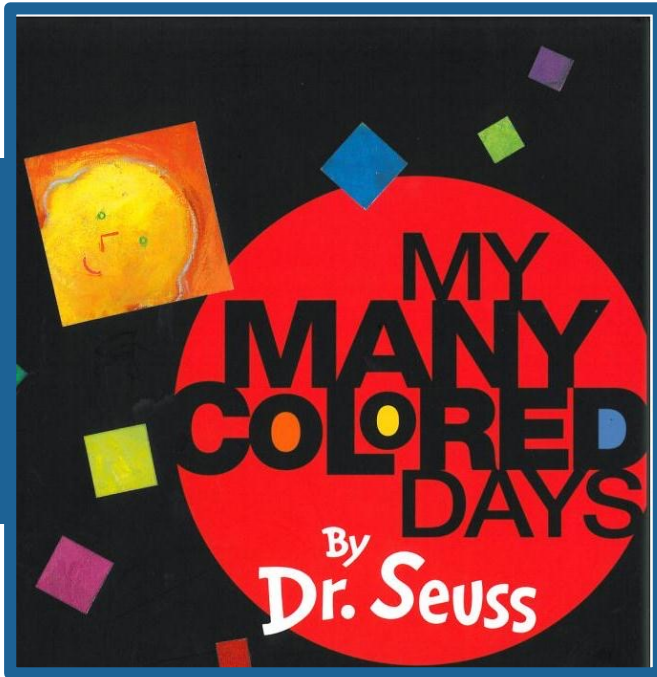
<https://www.youtube.com/watch?v=Wmd34aQJfqQ>

# Lots of Feelings

Shelly Rotner

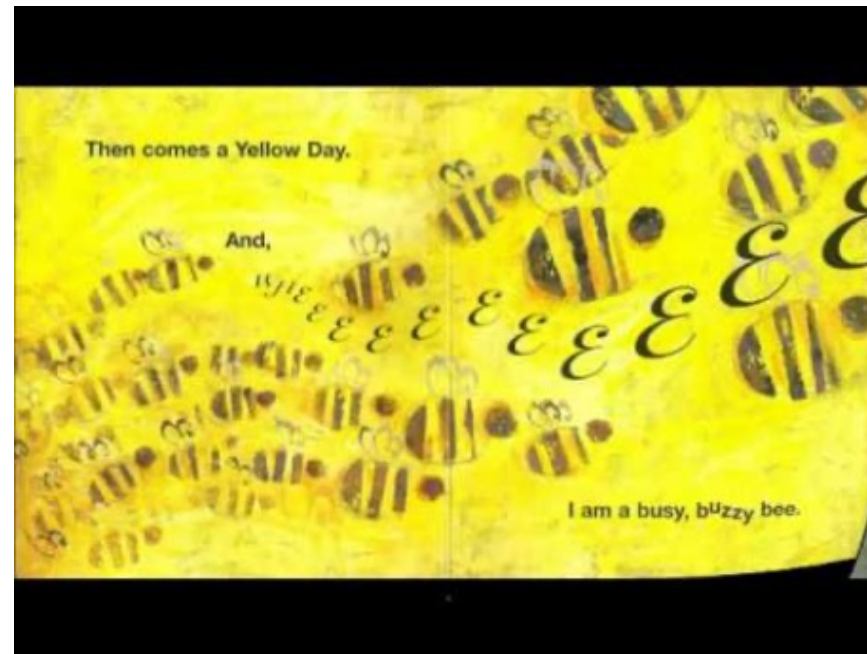


[https://www.youtube.com/watch?v=dfDEQa0\\_9oM](https://www.youtube.com/watch?v=dfDEQa0_9oM)

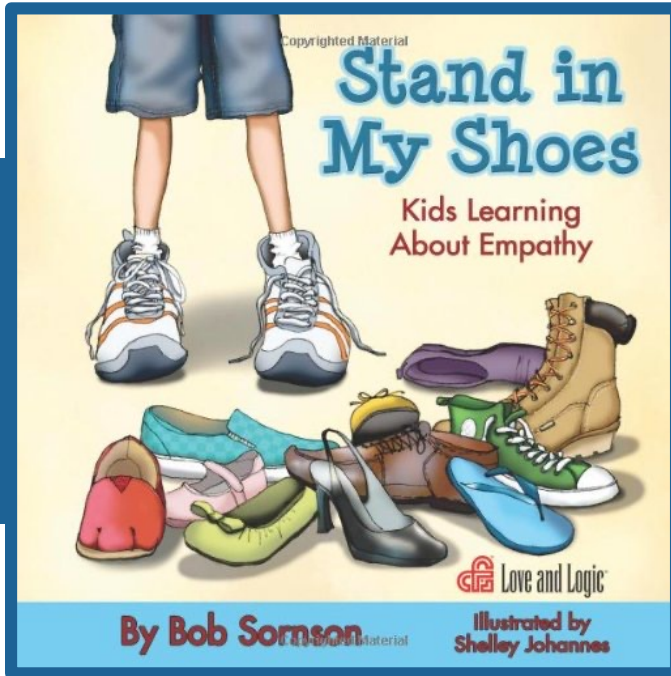


# My Many Colored Days

*Dr. Seuss*

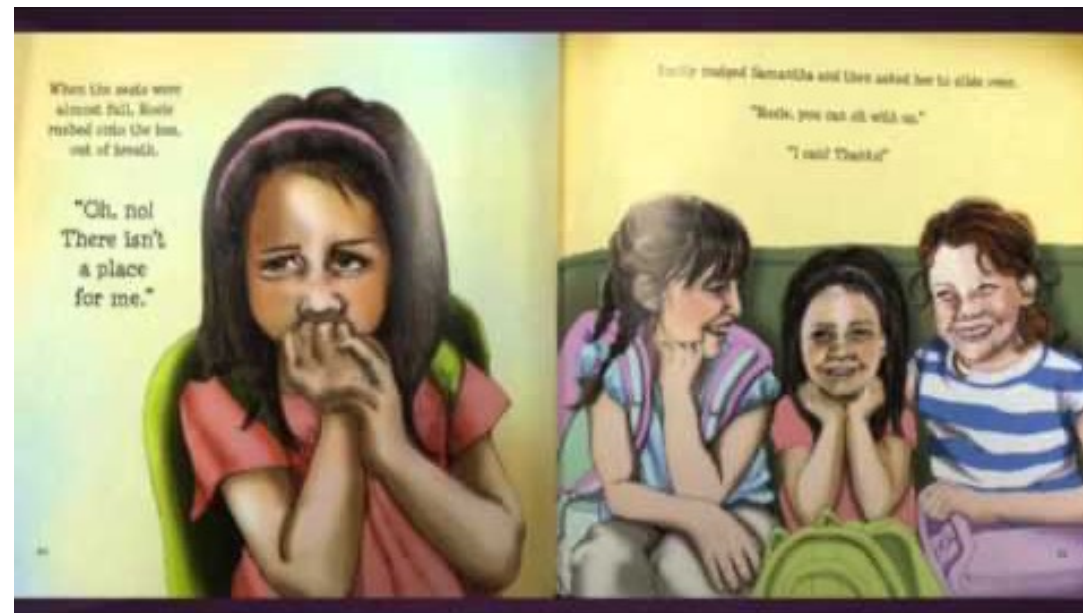


<https://www.youtube.com/watch?v=Lum83DLPXIw>

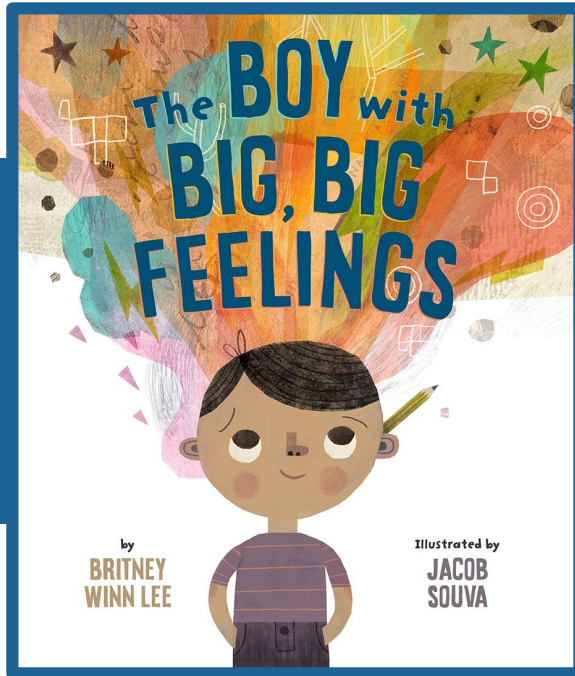


# Stand in My Shoes

Bob Sornson



<https://www.youtube.com/watch?v=pS4p-7JVs00&t=75s>



# The Boy with Big, Big, Feelings

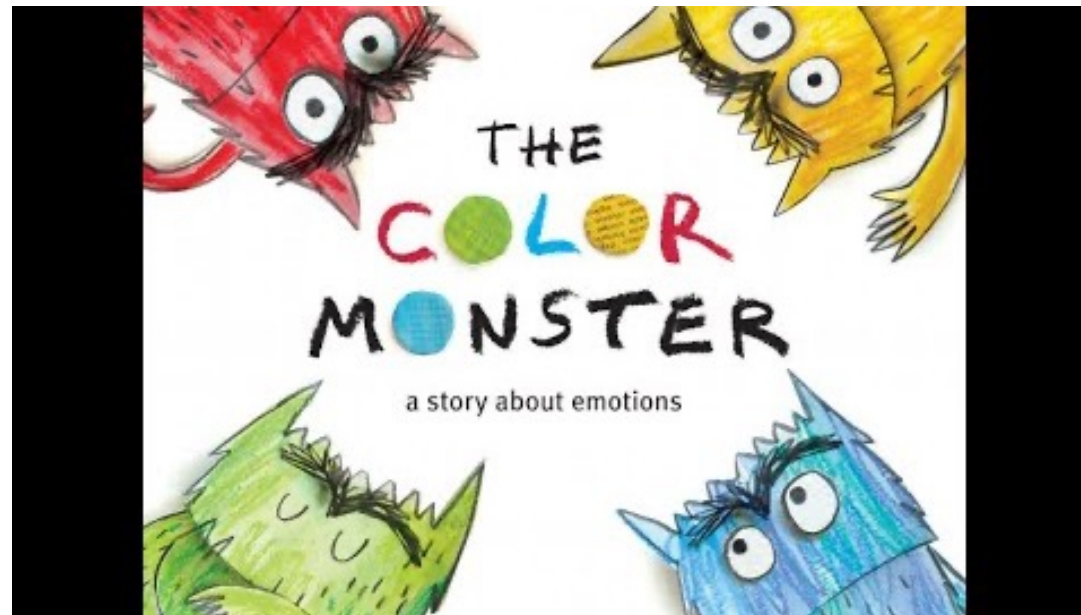
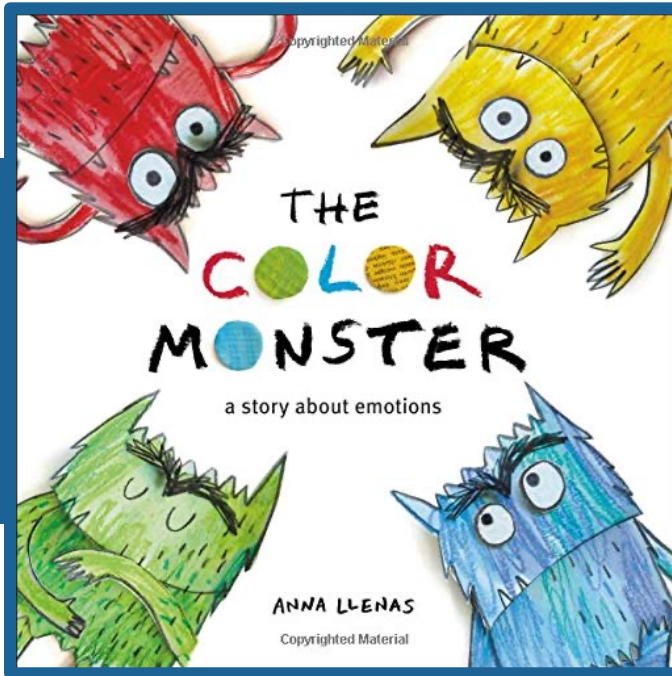
*Britney Winn Lee*



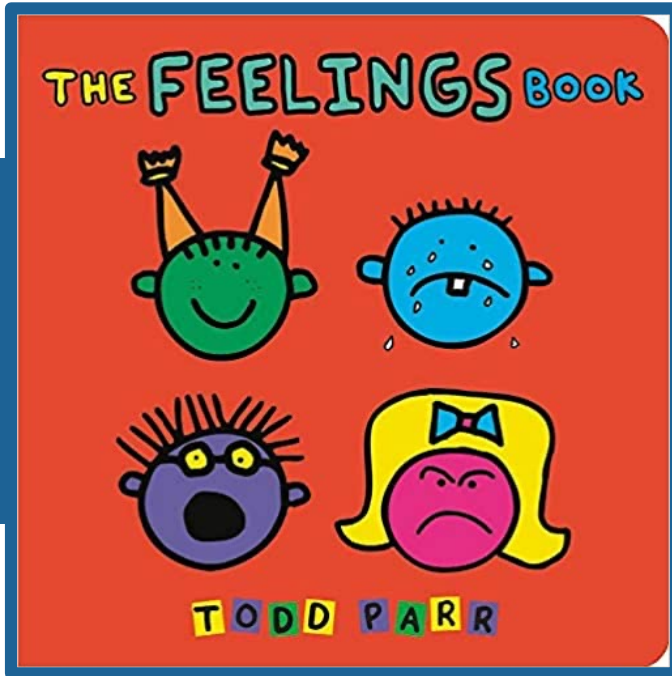
[https://www.youtube.com/watch?v=O4\\_gsWXnOFA](https://www.youtube.com/watch?v=O4_gsWXnOFA)

# The Color Monster

*Anna Lienas*

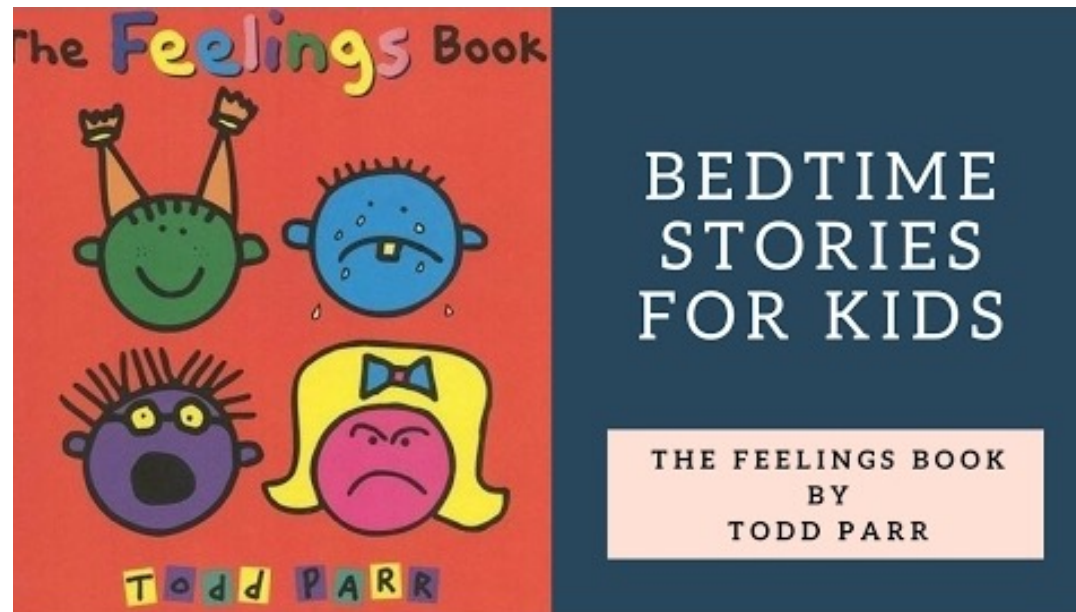


<https://www.youtube.com/watch?v=W6wlEp-M4tg>

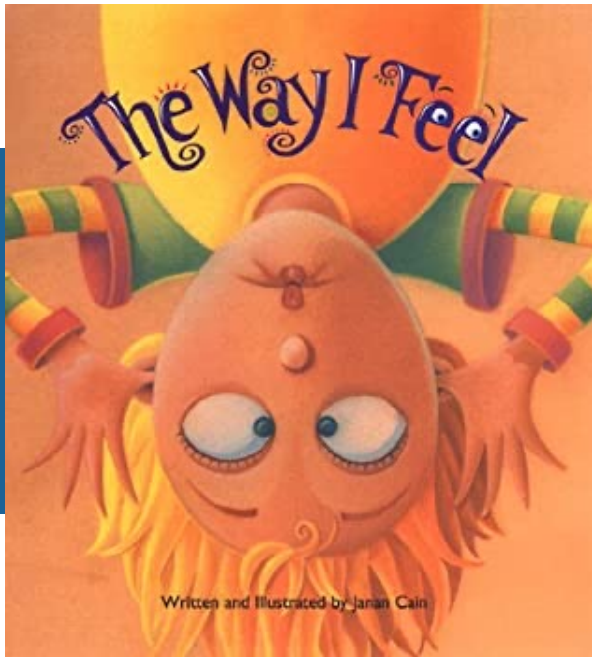


# The Feelings Book

*Todd Parr*



<https://www.youtube.com/watch?v=gWGt3WnZGU0>



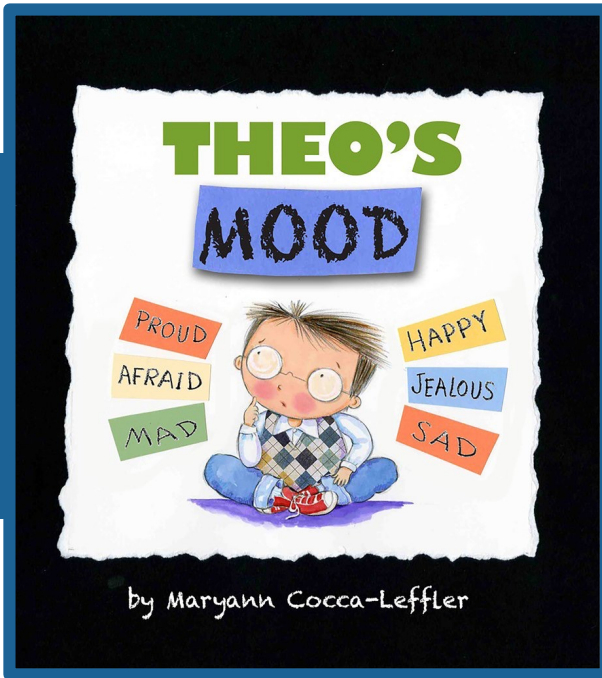
# The Way I Feel

Jenan Cain



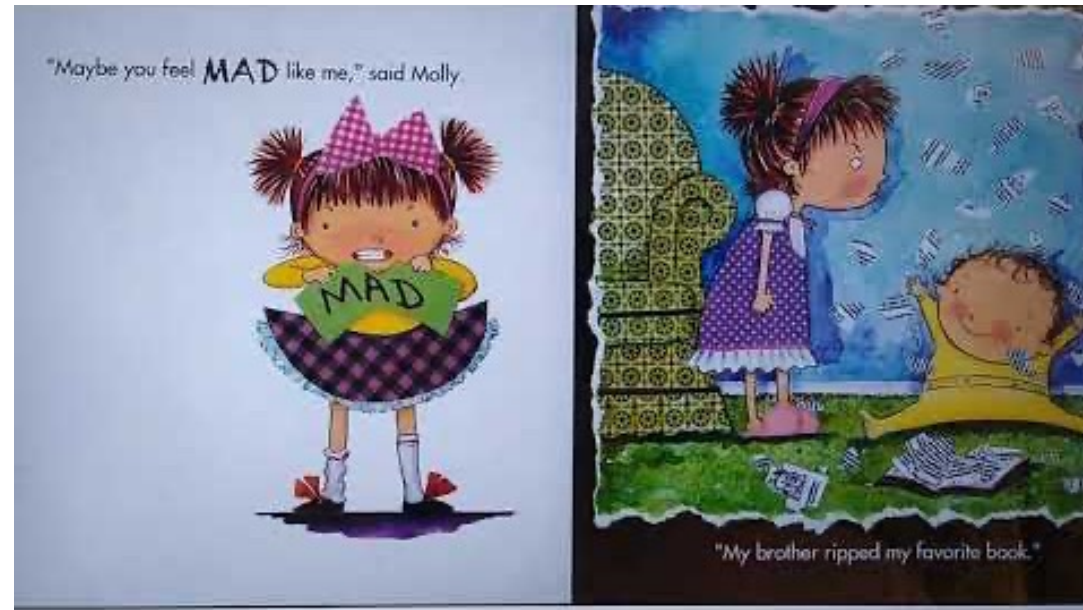
<https://www.youtube.com/watch?v=ITPUxVQ6UIk>



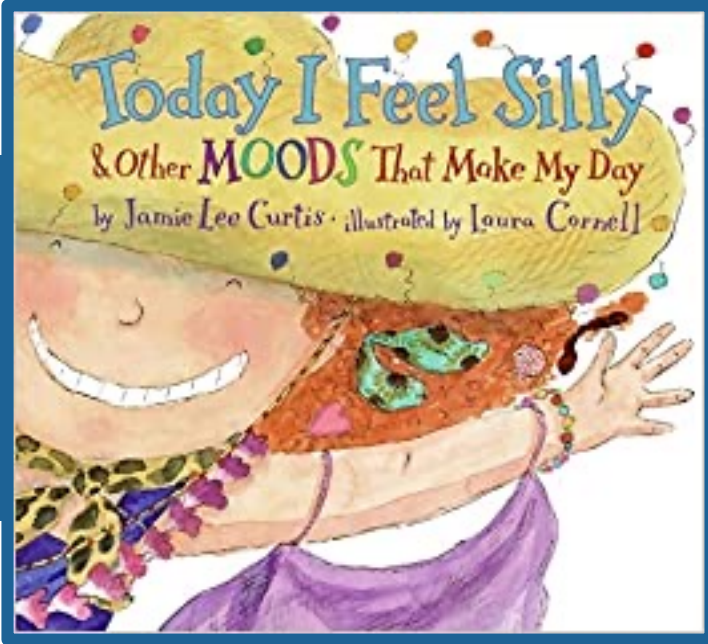


# Theo's Mood

Maryann Cocca-Leffler



<https://youtu.be/tFAMBmmHNgY?t=40>

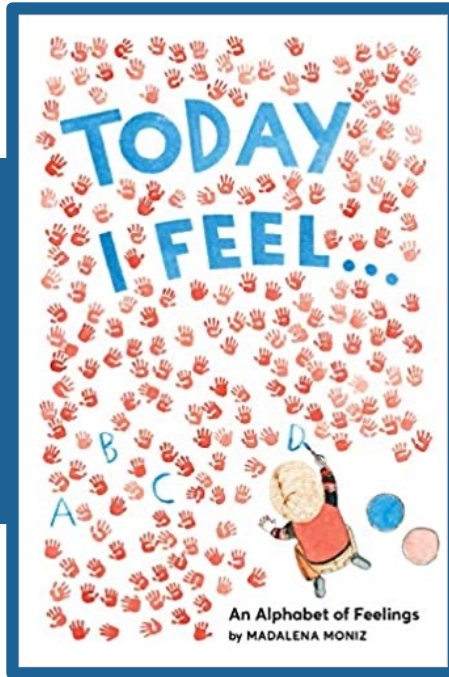


## Today I Feel Silly and Other Moods That Make My Day

Jamie Lee Curtis



<https://www.youtube.com/watch?v=JofkgL7CY5A>

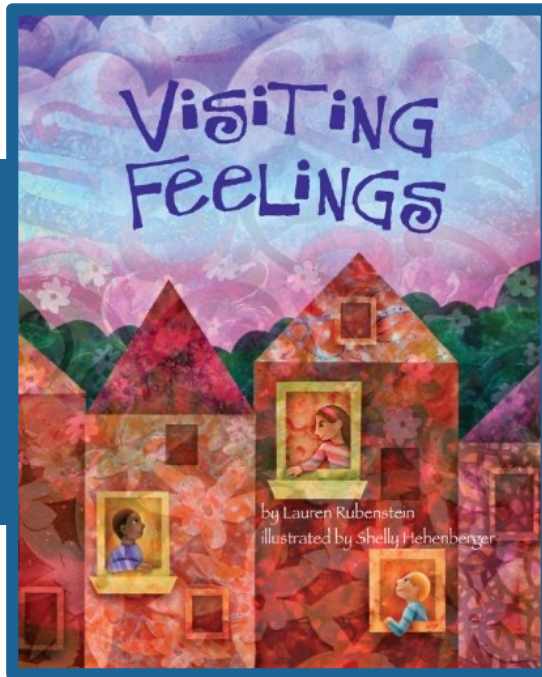


## Today I Feel...An Alphabet of Feelings

*Madalena Moriz*



<https://www.youtube.com/watch?v=ztxMRBWNwjE>

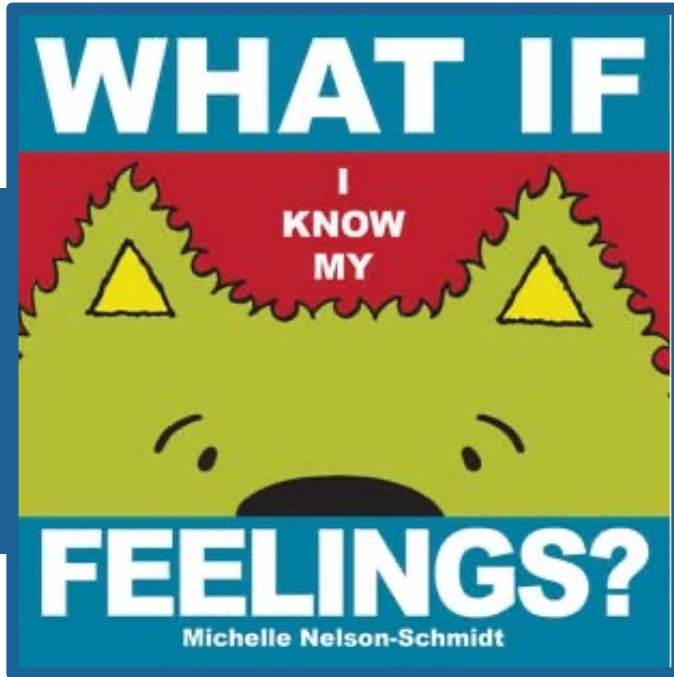


## Visiting Feelings

*Lauren Rubenstein*



<https://www.youtube.com/watch?v=80cgnAzHOWs>



## What If I Know My Feelings?

*Michelle Nelson-Schmidt*

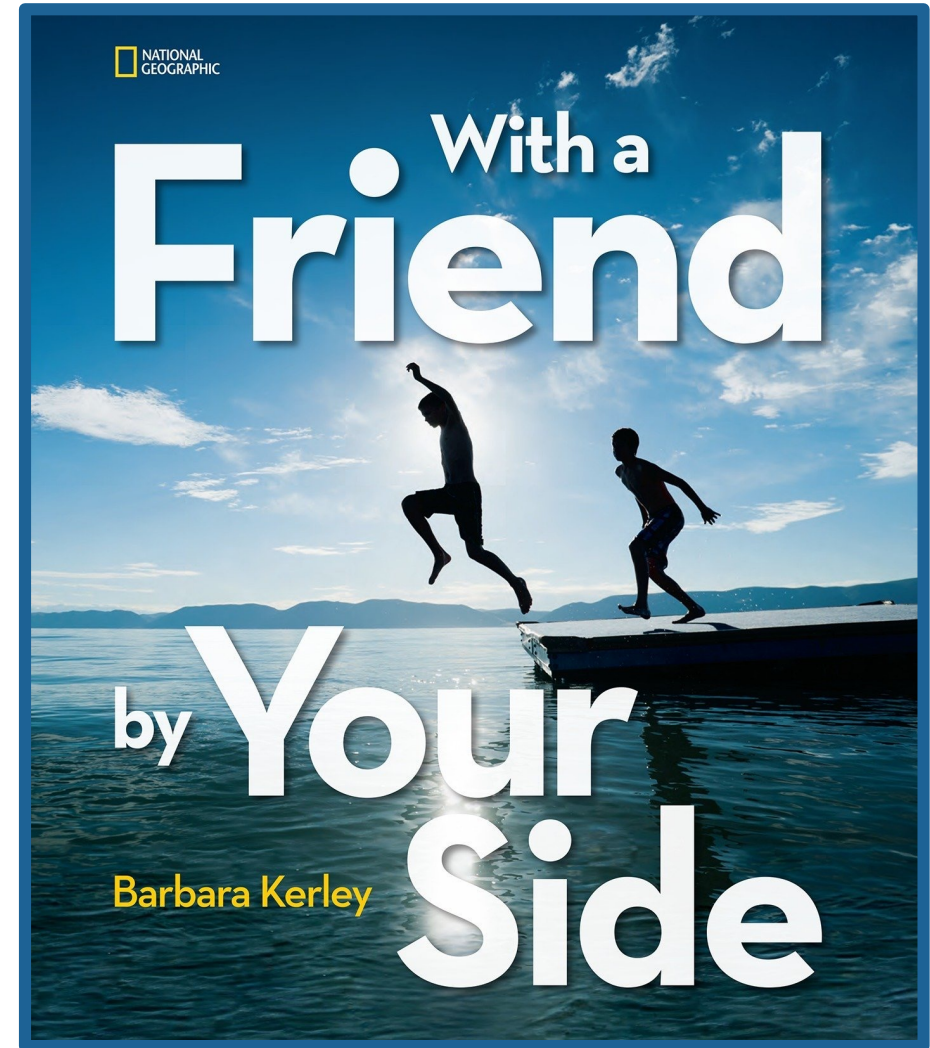


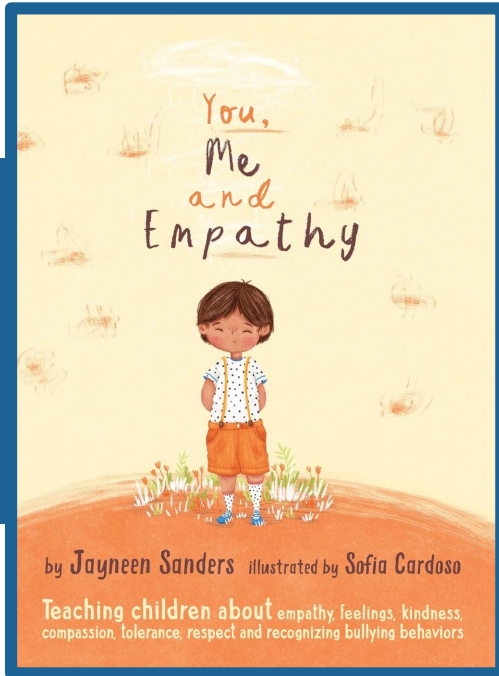
<https://youtu.be/S0xHhDnCFi0?t=37>

No Read-Aloud Available

# With a Friend By Your Side

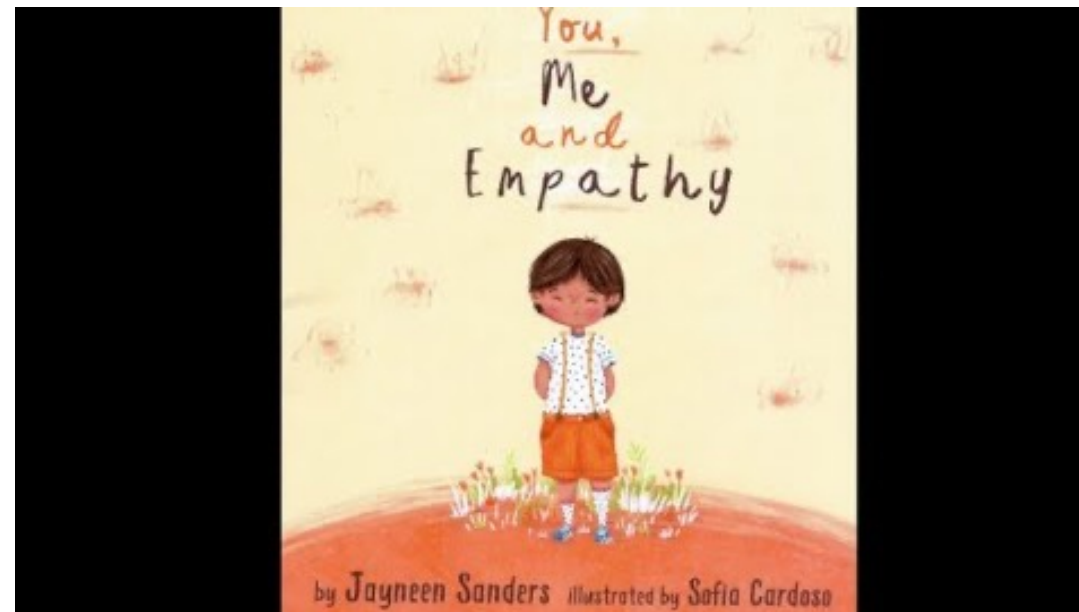
*Barbara Kerley*





# You, Me and Empathy

Jayneen Sanders



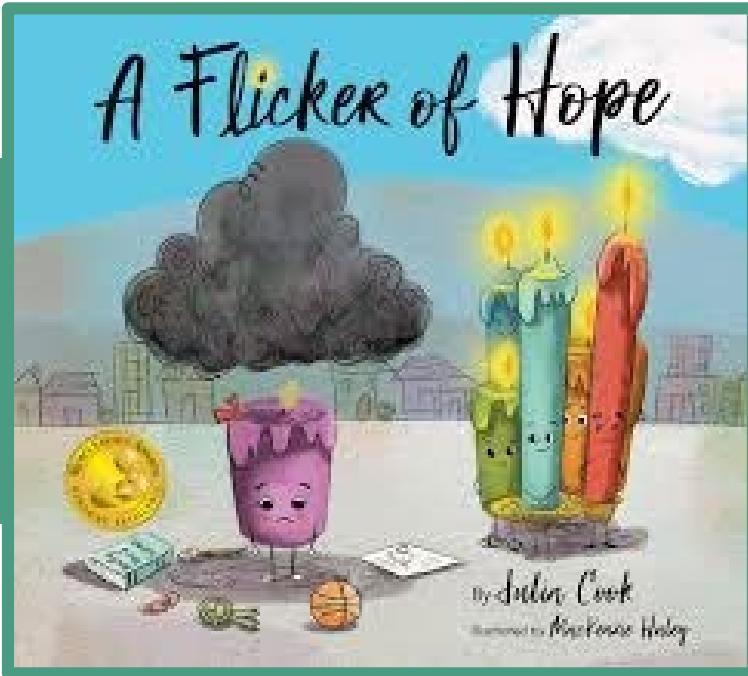
<https://www.youtube.com/watch?v=dG4Mq-81qdl>



# Books to Explore Emotions

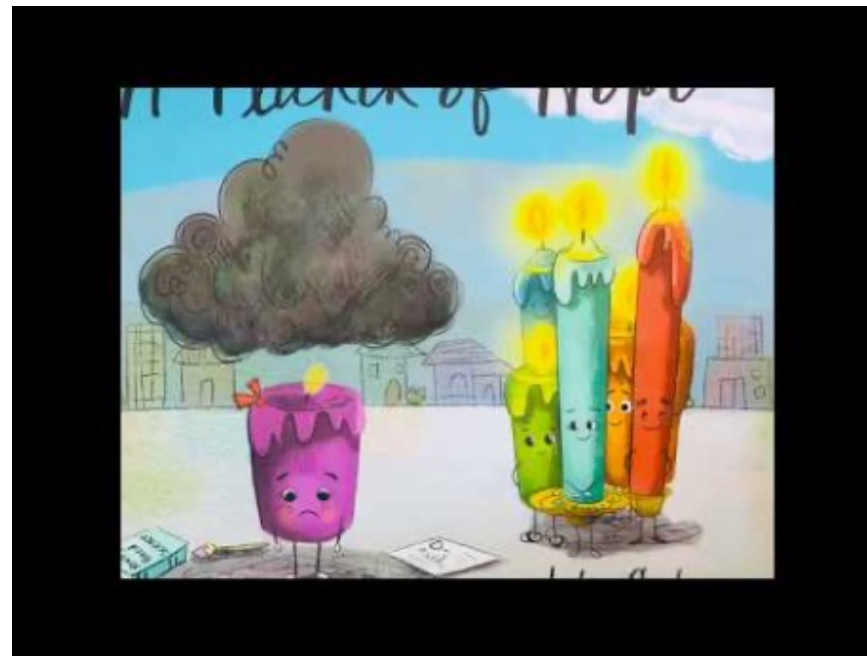
Upper Grades



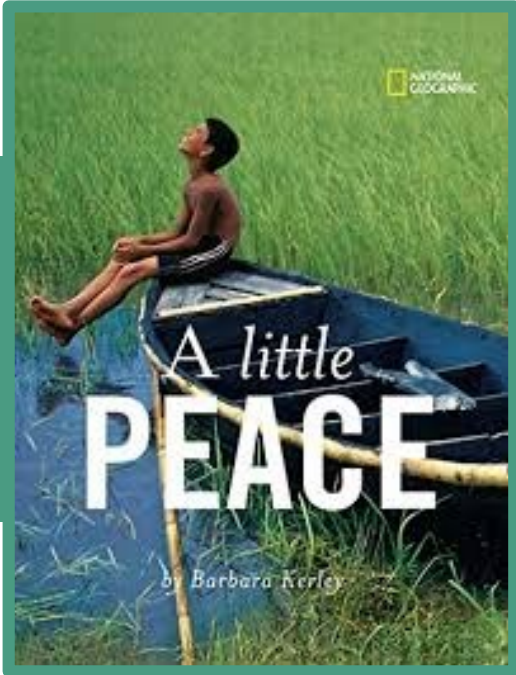


## A Flicker of Hope

*Julia Cook*



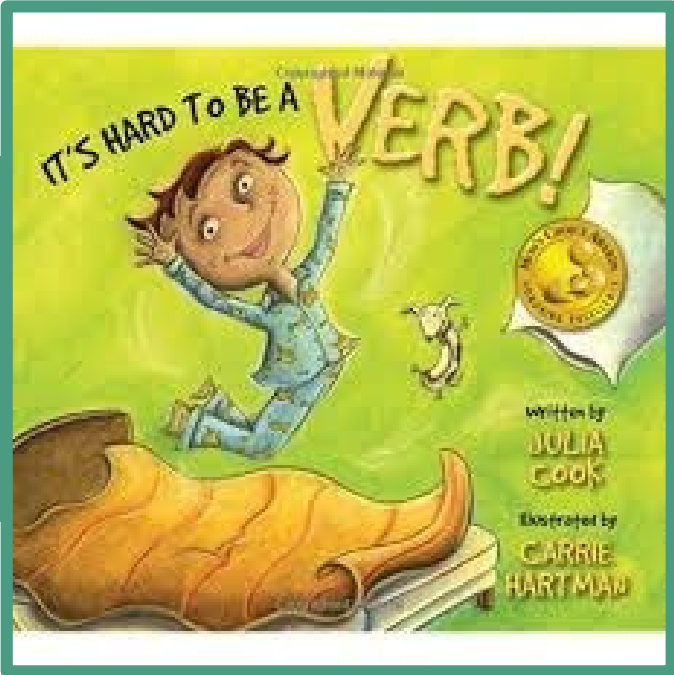
<https://www.youtube.com/watch?v=8pSQVPc5bS0>



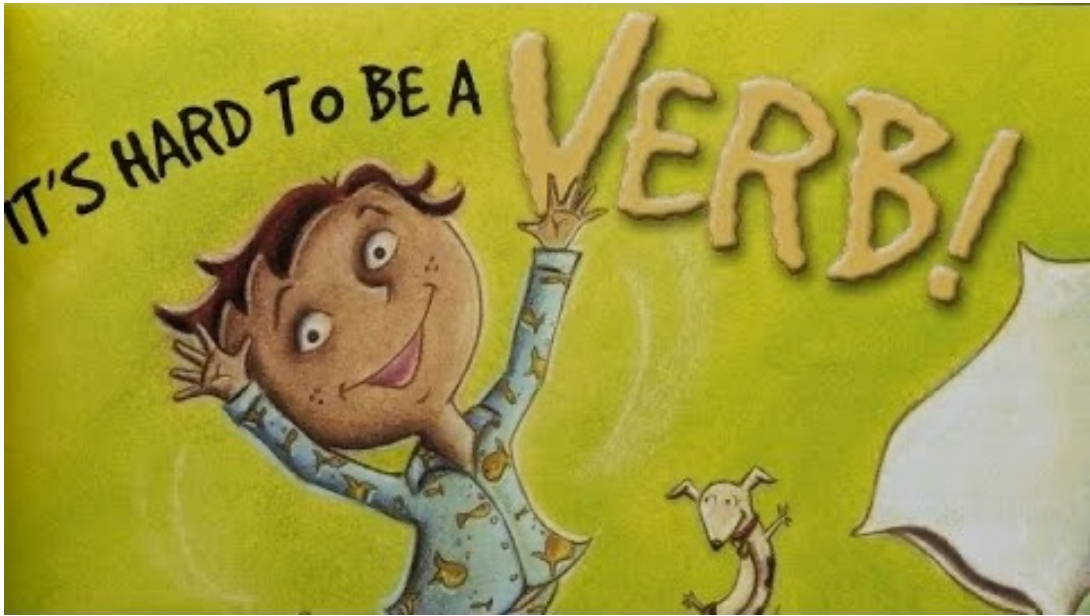
A Little Peace  
Barbara Kerley



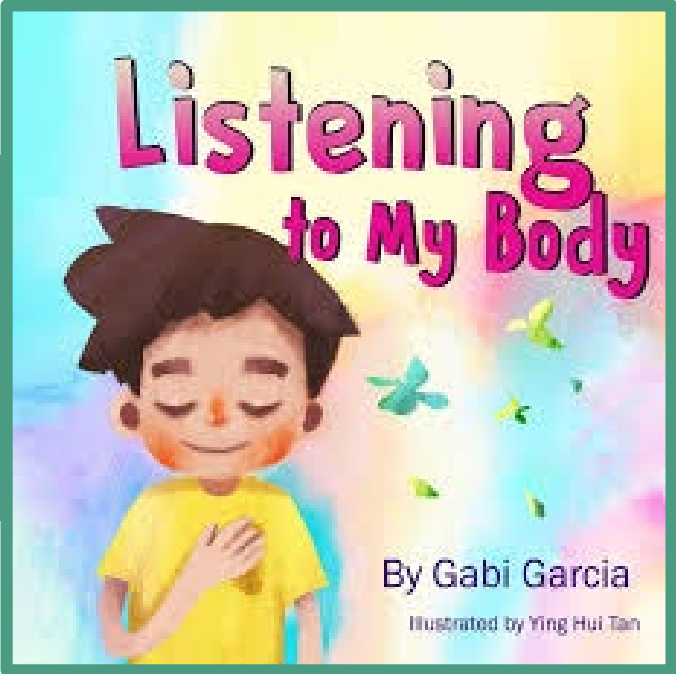
<https://www.youtube.com/watch?v=8lAVg0p6gl8>



It's Hard to Be a Verb!  
*Julia Cook*



<https://www.youtube.com/watch?v=1LihdCqFaxQ>

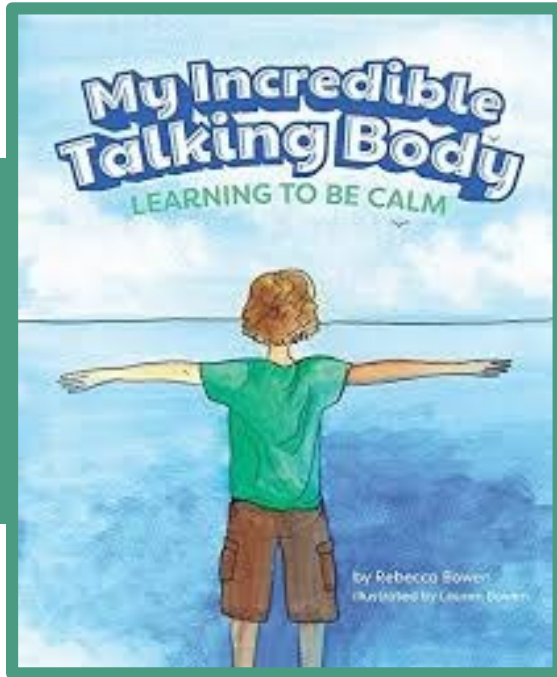


# Listening to My Body

*Gabi Garcia*



<https://www.youtube.com/watch?v=92S5QdzV-uA>

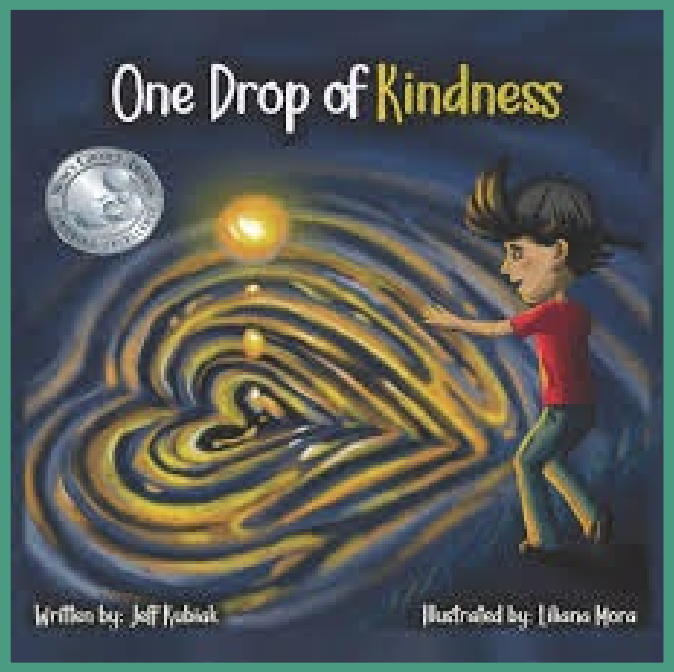


## My Incredible Talking Body – Learning to Be Calm

*Rebecca Bowen*



[https://www.youtube.com/watch?v=XMhP\\_kueNmO4](https://www.youtube.com/watch?v=XMhP_kueNmO4)

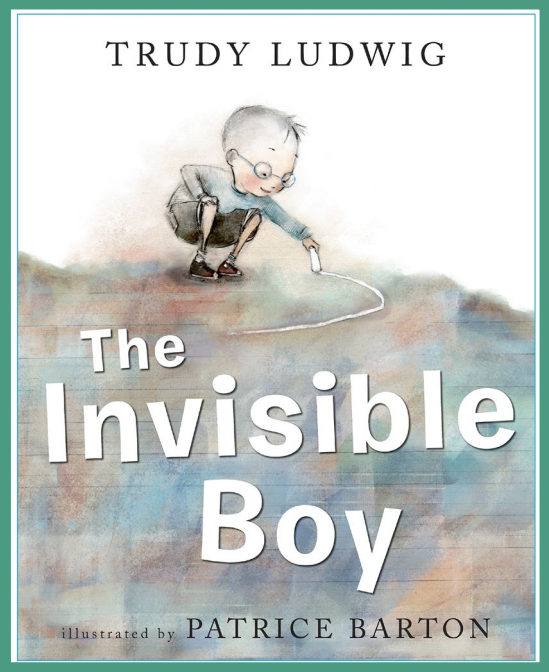


# One Drop of Kindness

Jeff Kubiak

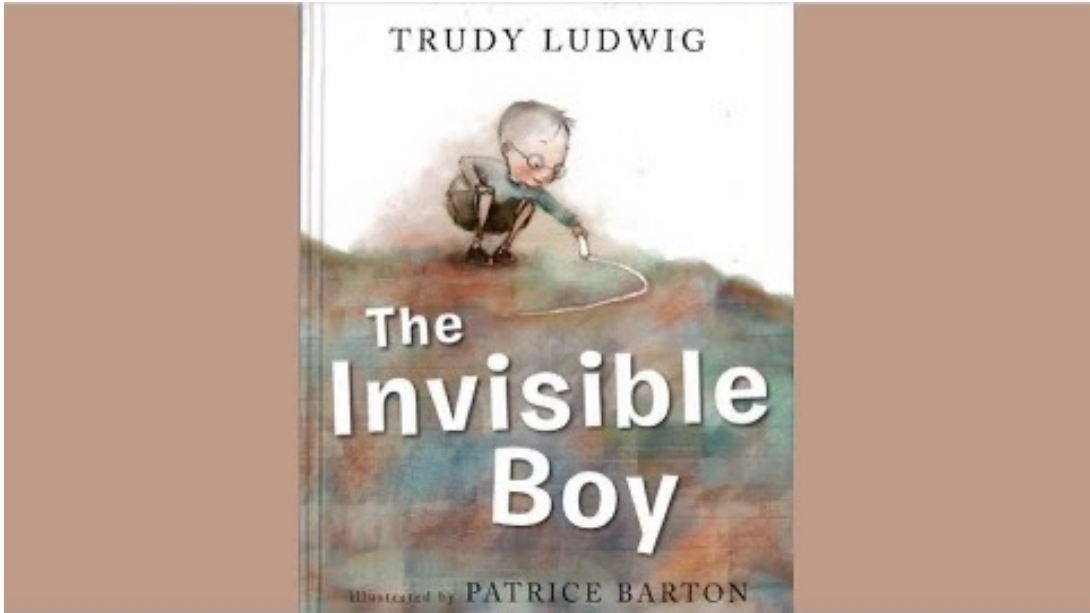


<https://www.youtube.com/watch?v=MzKmnbQ8420>

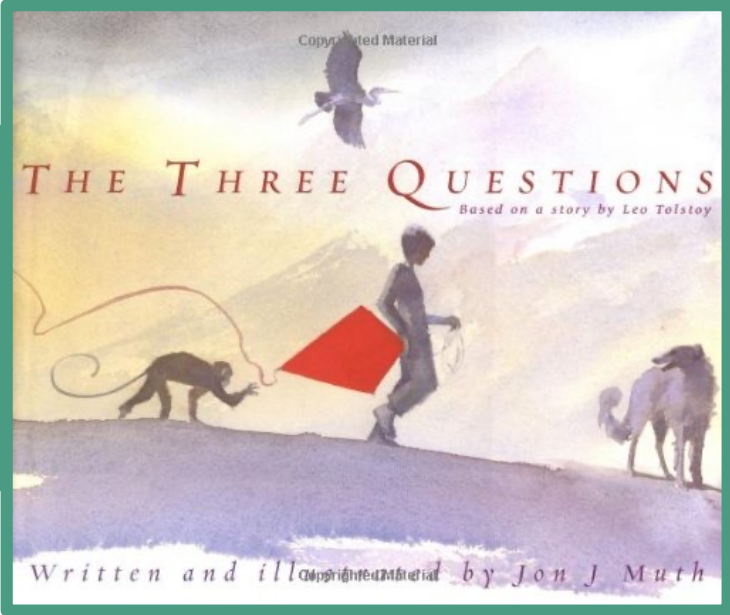


# The Invisible Boy

*Trudy Ludwig*



<https://www.youtube.com/watch?v=cNHc2XCultQ>



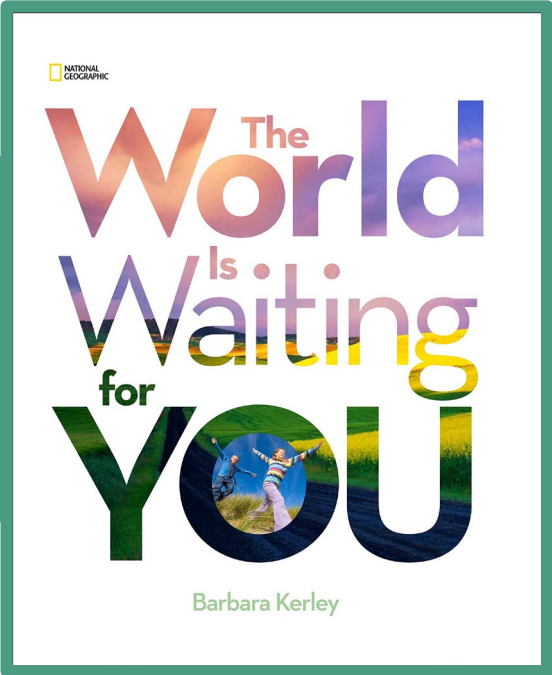
# The Three Questions

Jon J. Muth



<https://www.youtube.com/watch?v=5pOIYGjjvRc>





# The World is Waiting for You

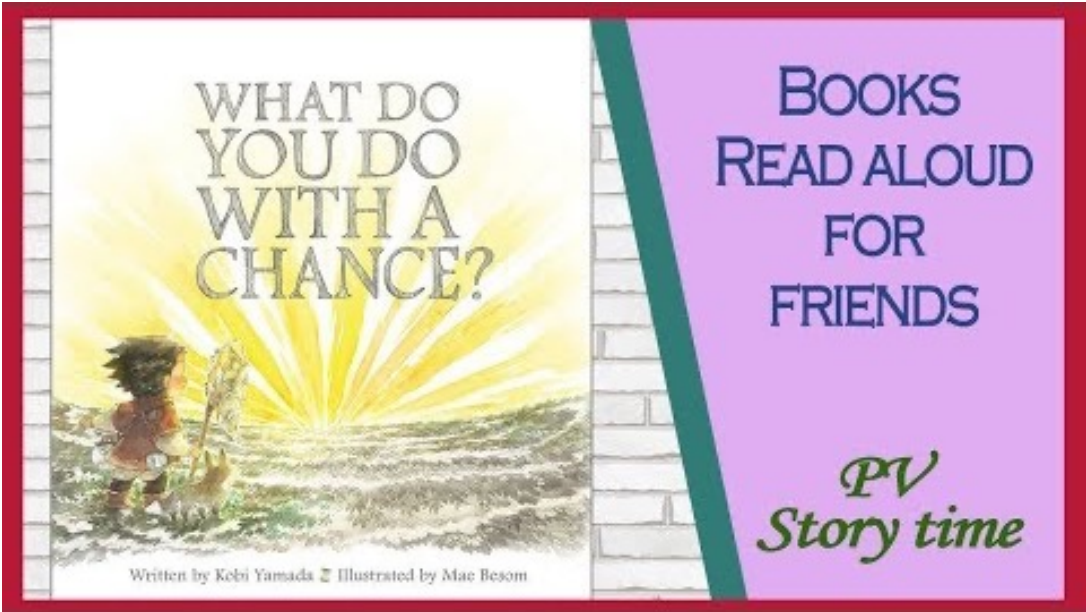
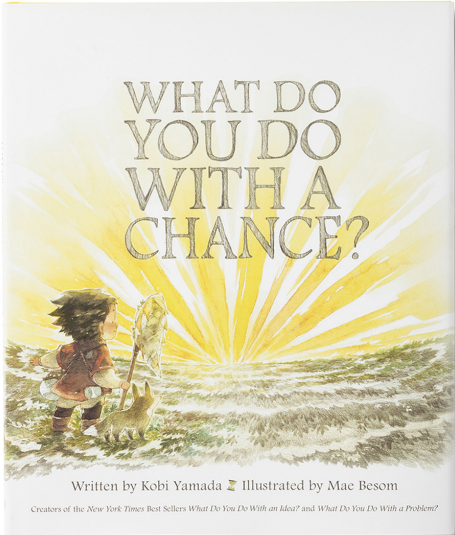
*Barbara Kerley*



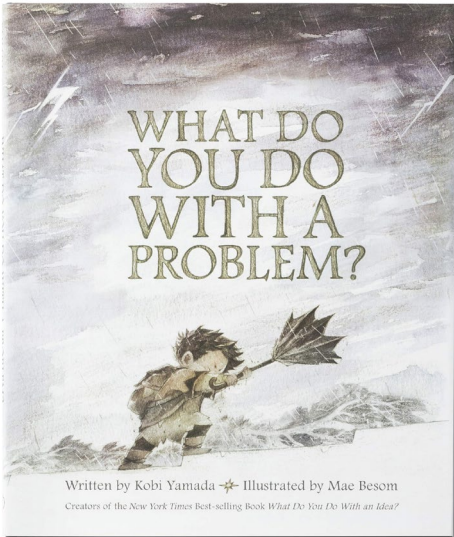
<https://youtu.be/Vnf pY5LXCBs?t=53>

# What Do You Do With a Chance?

*Kobi Yamada*



[https://www.youtube.com/watch?v=0\\_fYv3UrSIQ](https://www.youtube.com/watch?v=0_fYv3UrSIQ)

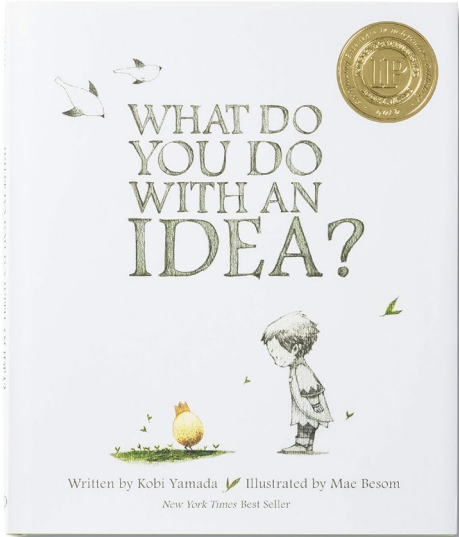


# What Do You Do With a Problem?

*Kobi Yamada*



<https://www.youtube.com/watch?v=UrElyjblITk>



# What Do You Do With an Idea?

*Kobi Yamada*

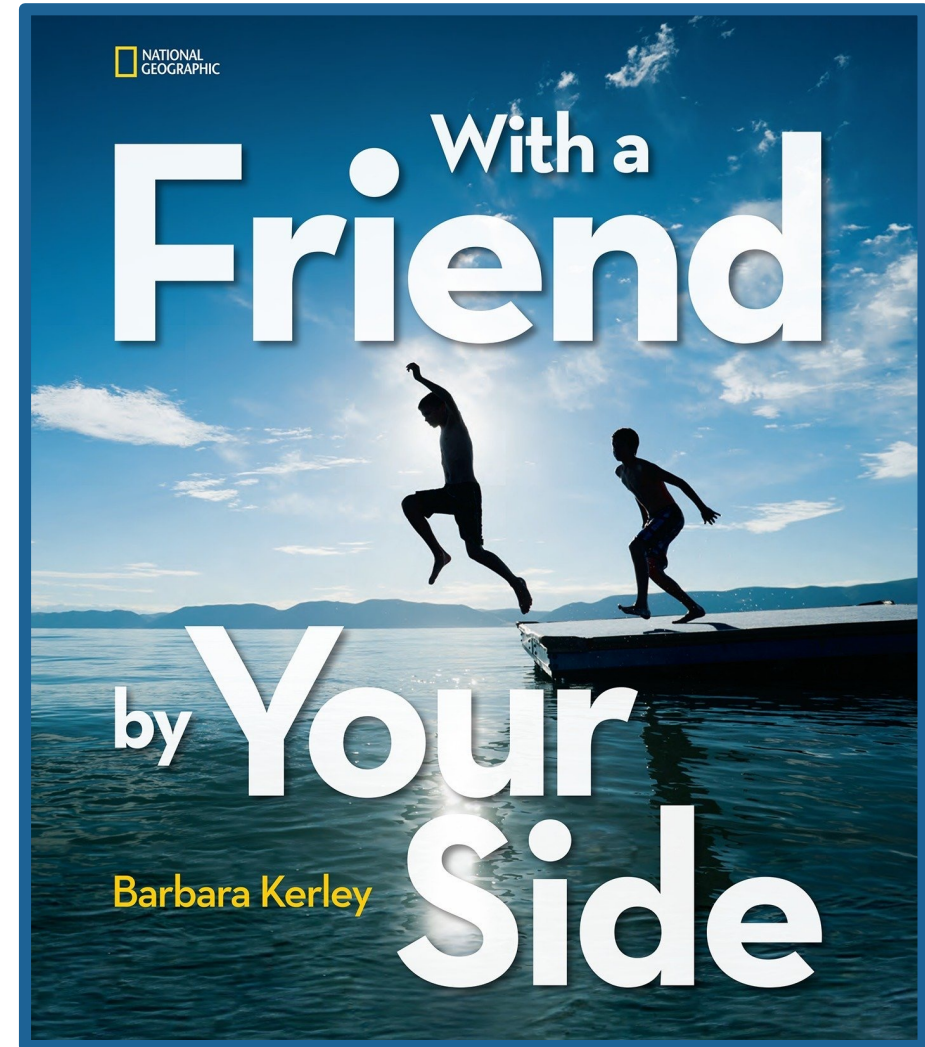


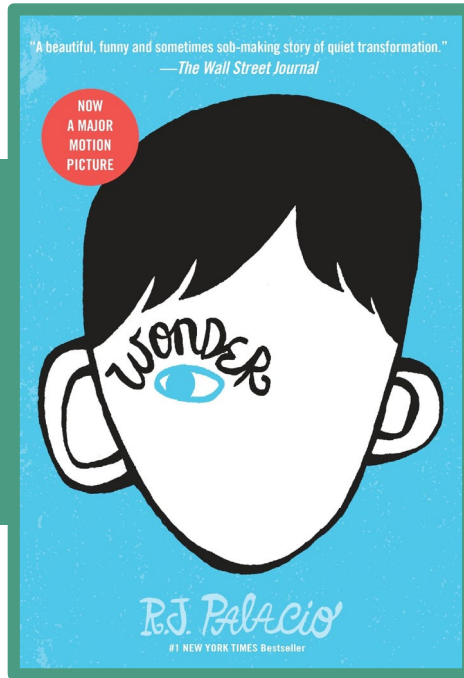
<https://www.youtube.com/watch?v=EDbokx01j0o>

No Read-Aloud Available

# With a Friend By Your Side

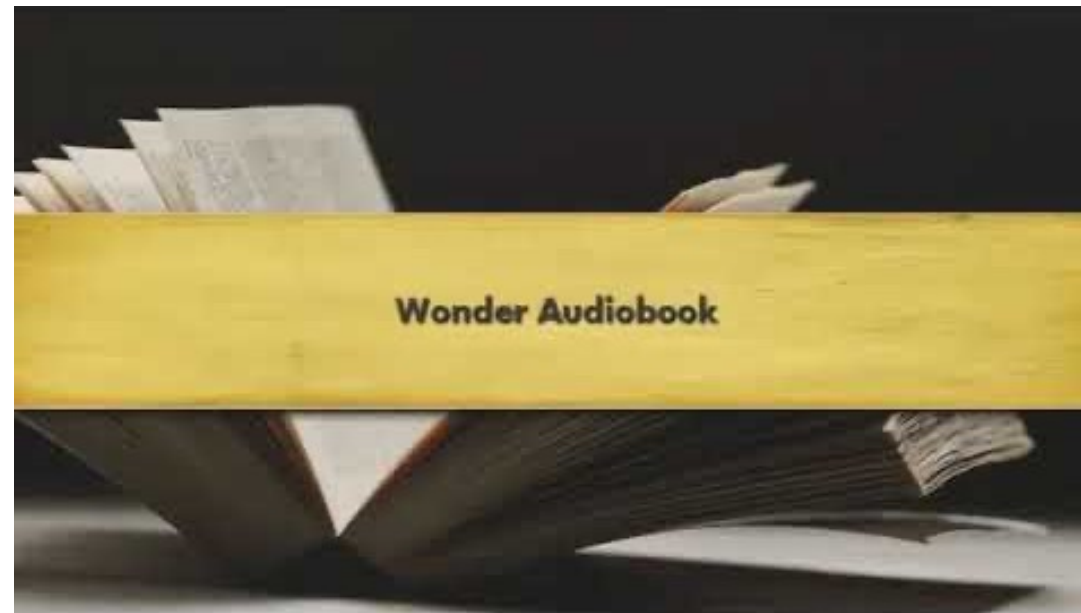
*Barbara Kerley*



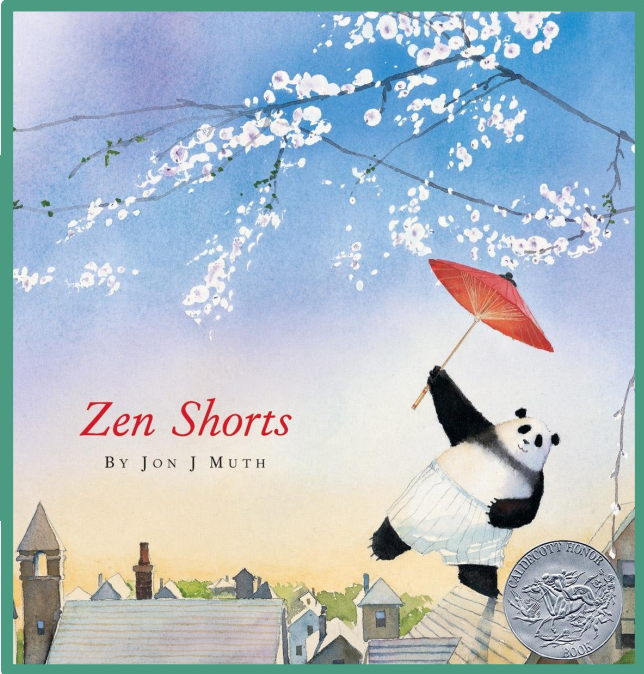


# Wonder

RJ Palacio



<https://www.youtube.com/watch?v=qGkPwJQ16EI&t=1204s>



# Zen Shorts

Jon J. Muth



<https://www.youtube.com/watch?v=n-FYzo9cG2o>



# **Books to Develop Awareness**

## Lower Grades



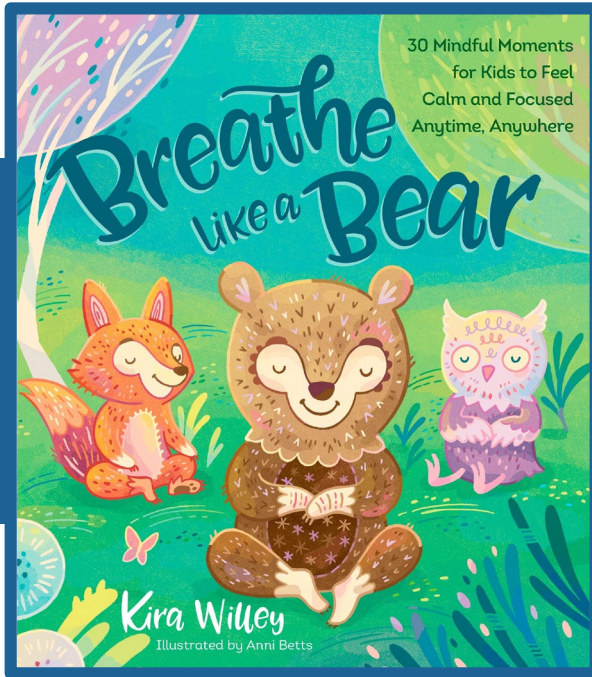


# Be Kind

Pat Zietlow Miller



<https://www.youtube.com/watch?v=t6NUJ2JZz50>



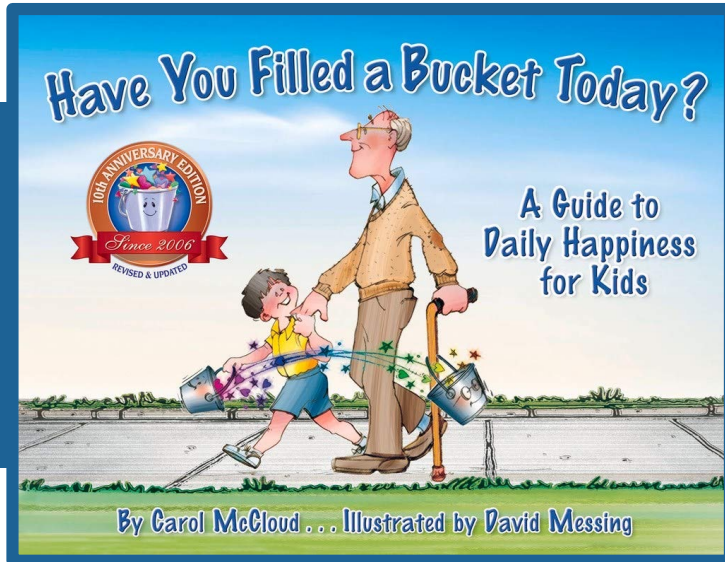
# Breathe Like a Bear

*Kira Willey*



[https://www.youtube.com/watch?v=Pqd2lmJv\\_4Q](https://www.youtube.com/watch?v=Pqd2lmJv_4Q)

Please note: this is not a link to a read-aloud, but a “book trailer”

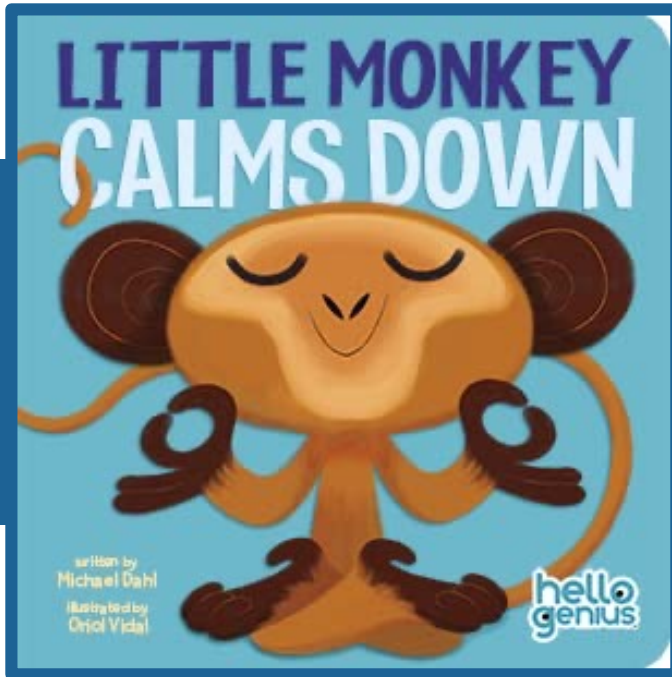


# Have You Filled A Bucket Today?

Carol McCloud

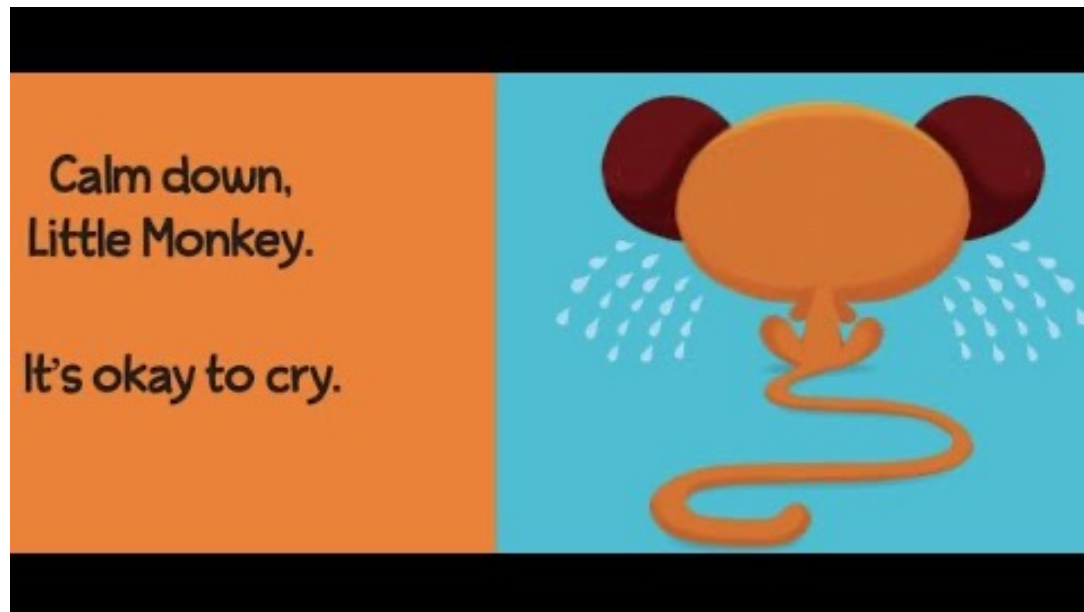


<https://www.youtube.com/watch?v=JEg38zCOMgk>

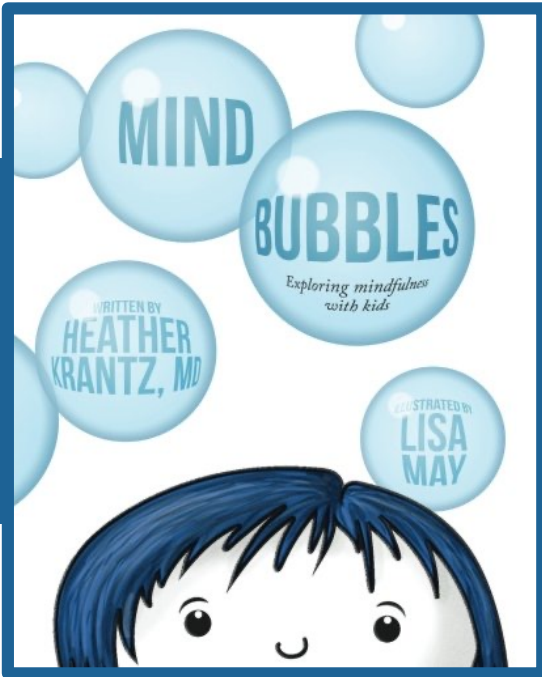


# Little Monkey Calms Down

*Michael Dahl*



<https://www.youtube.com/watch?v=wB32MDIX6rY>

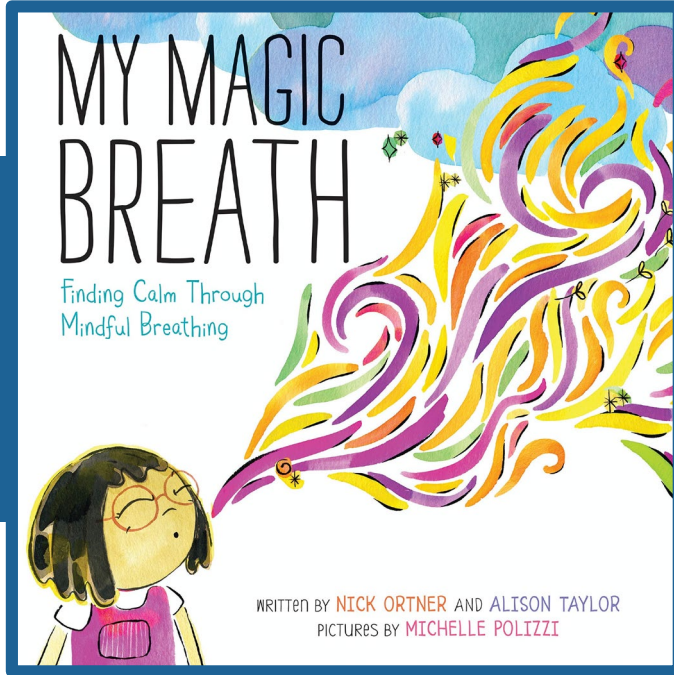


## Mind Bubbles – Exploring Mindfulness with Kids

Heather Krantz, MD



[https://www.youtube.com/watch?v=H\\_FT98bAs94](https://www.youtube.com/watch?v=H_FT98bAs94)

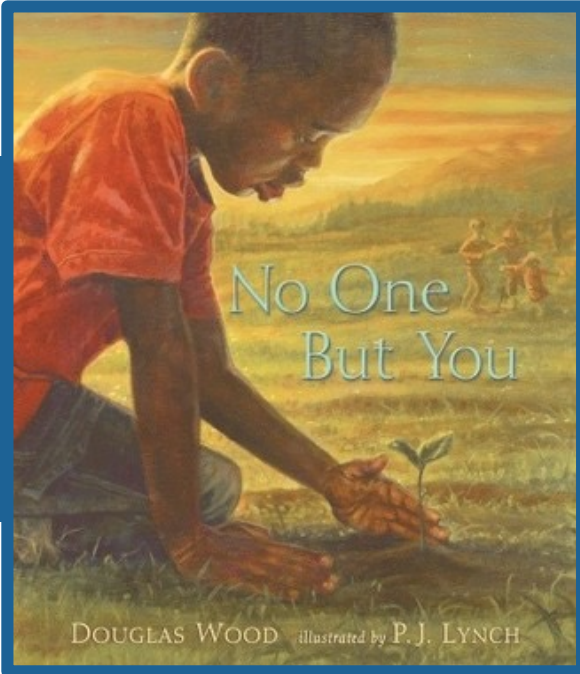


## My Magic Breath – Finding Calm Through Mindful Breathing

*Nick Ortner and Alison Taylor*



<https://www.youtube.com/watch?v=zwQZT-8P31k>



# No One But You

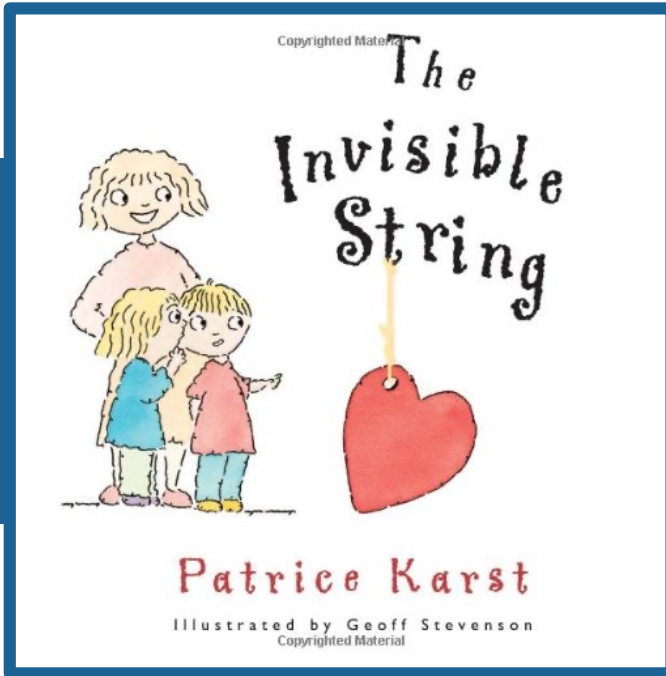
*Douglas Wood*



<https://www.youtube.com/watch?v=hZjaQkDKJh0>

# The Invisible String

*Patrice Karst*



<https://www.youtube.com/watch?v=gJNwqtr8Oww>



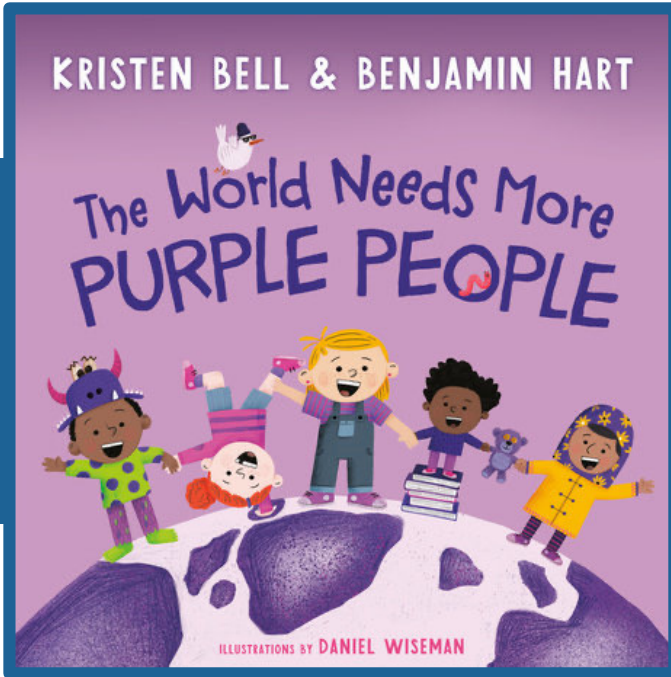


# The Most Magnificent Thing

*Ashley Spires*



<https://www.youtube.com/watch?v=UM8oN4yzJqw>

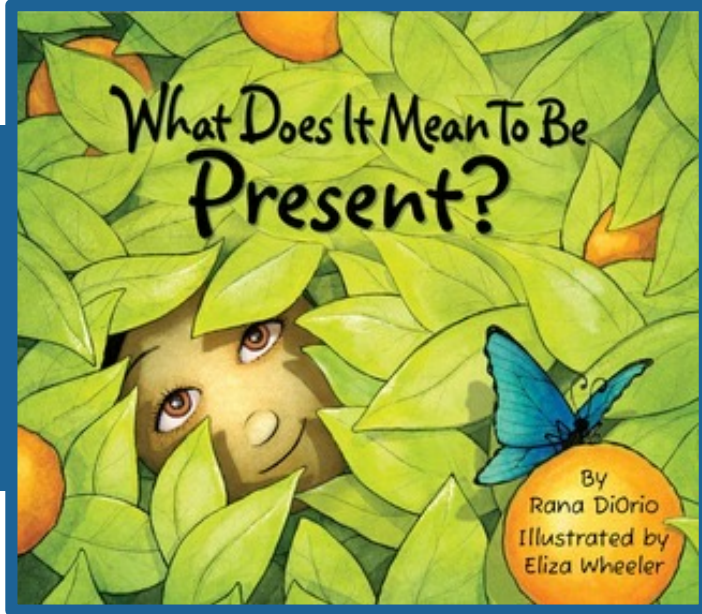


# The World Needs More Purple People

*Kristen Bell and Benjamin Hart*

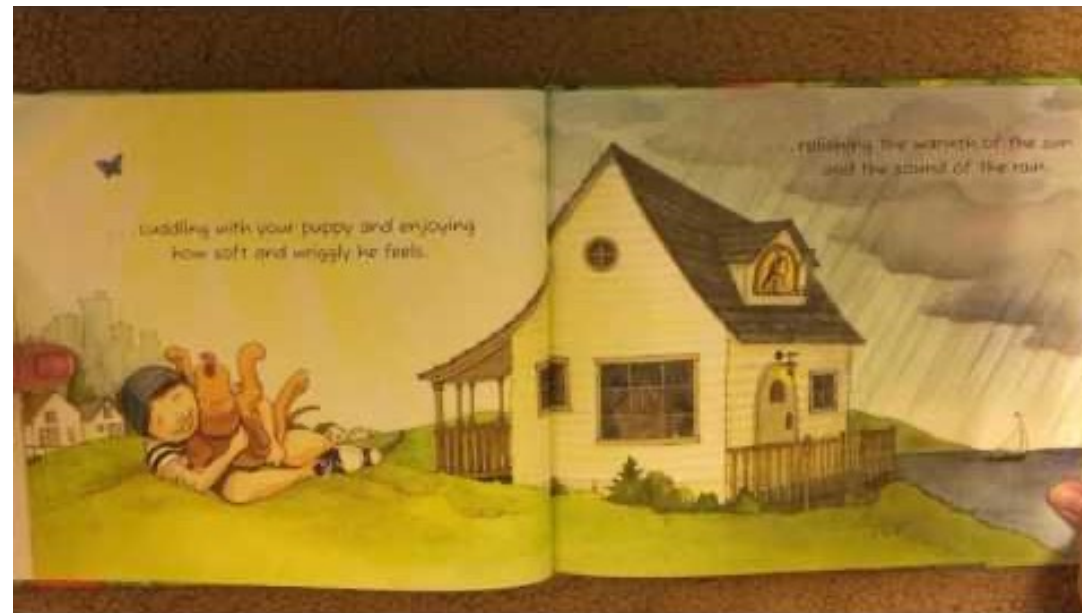


<https://www.youtube.com/watch?v=3Dnye4tPjL4>



# What Does It Mean To Be Present?

*Rana DiOrio*

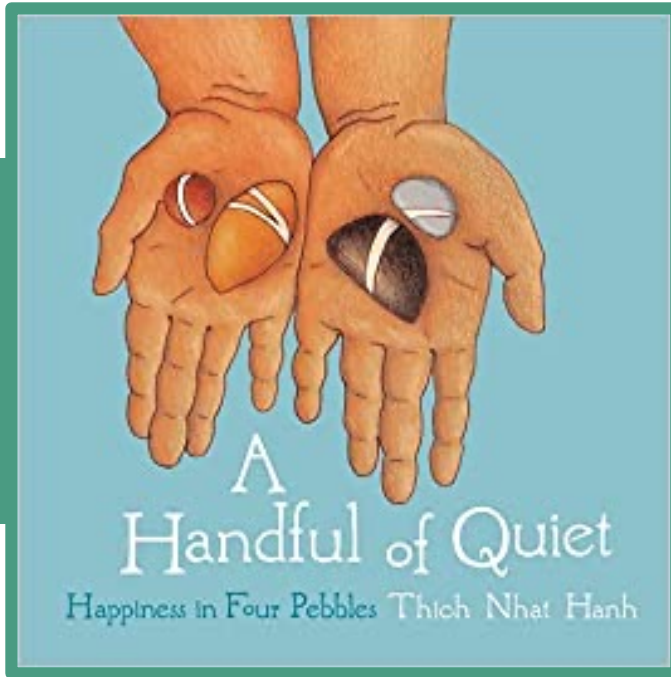


<https://www.youtube.com/watch?v=J5PBevEfpQQ>



# **Books to Develop Awareness**

## Upper Grades

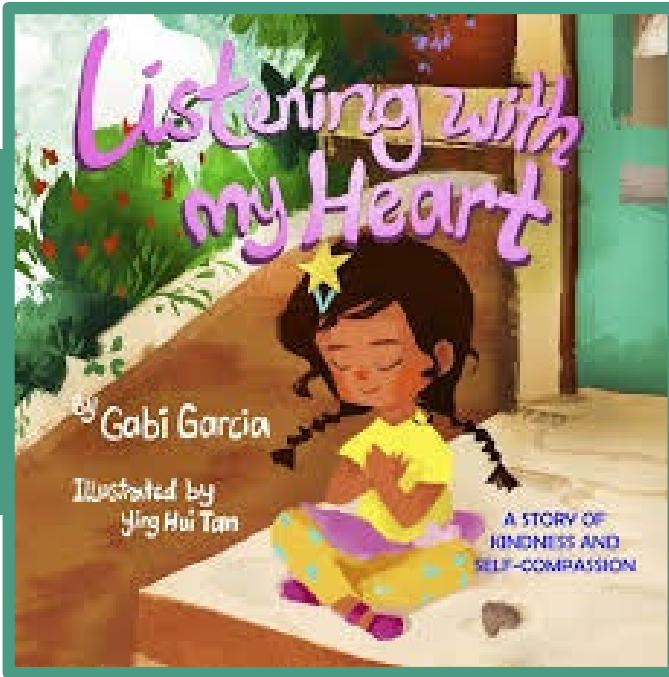


## A Handful of Quiet – Happiness in Four Pebbles

*Thich Nhat Hanh*



<https://www.youtube.com/watch?v=mRgldydKiMo>

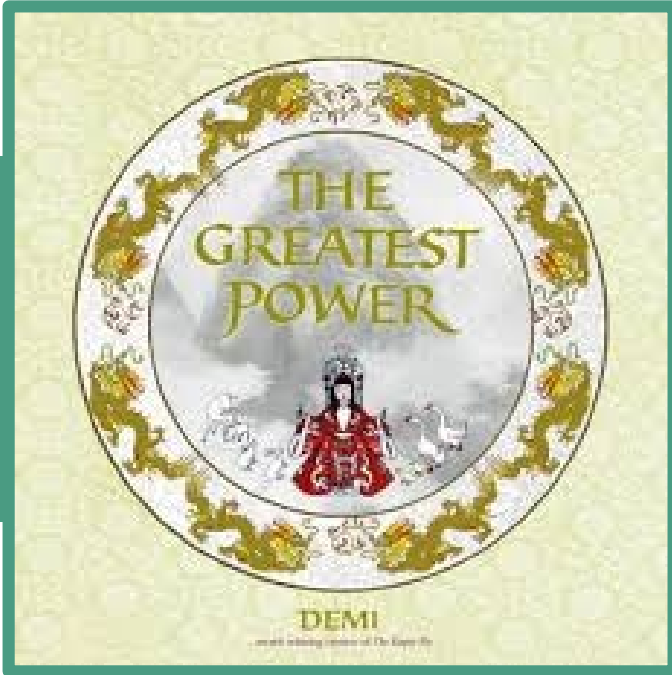


## Listening With My Heart

*Gabi Garcia*



<https://www.youtube.com/watch?v=jaa0Zod5reY>

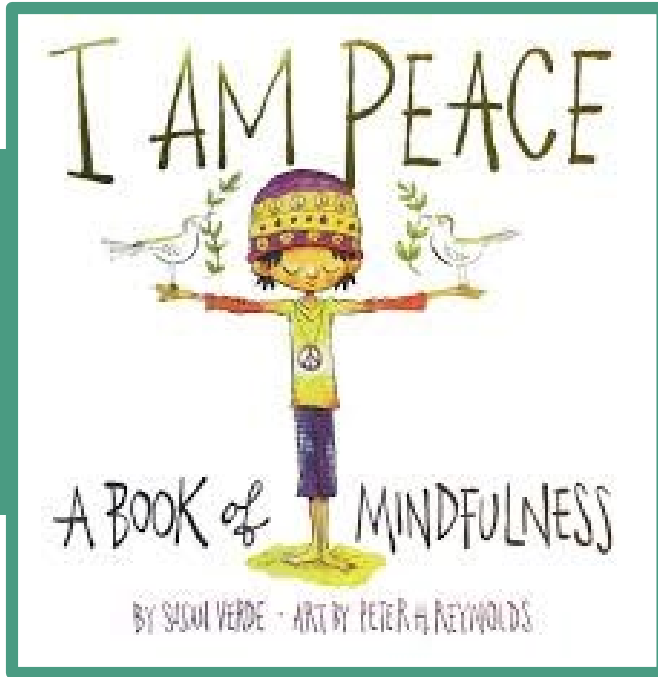


# The Greatest Power

*Demi*

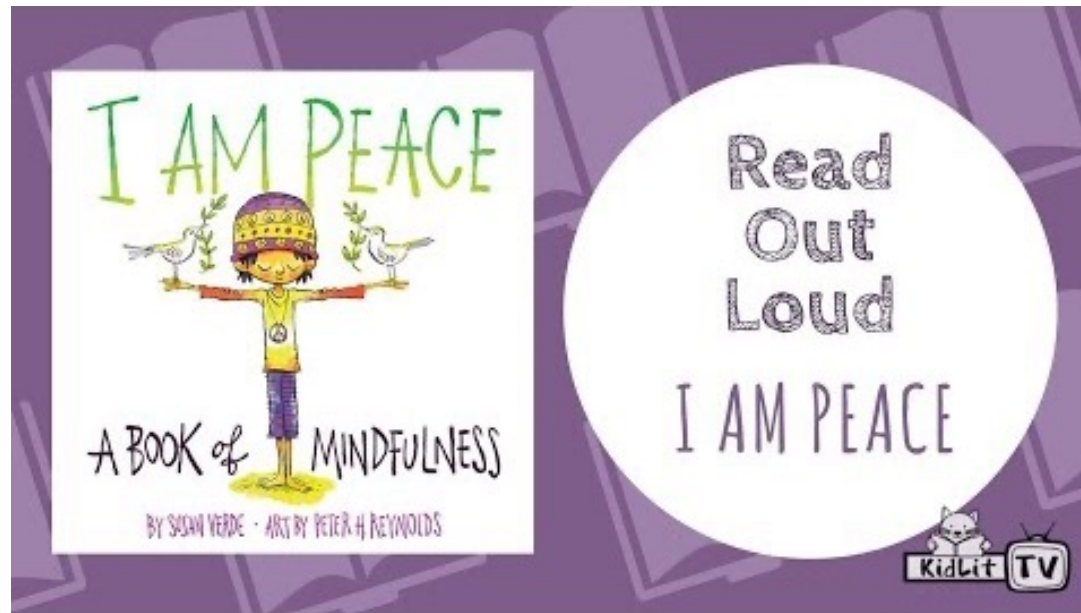


<https://www.youtube.com/watch?v=duCL5uWnfw4>



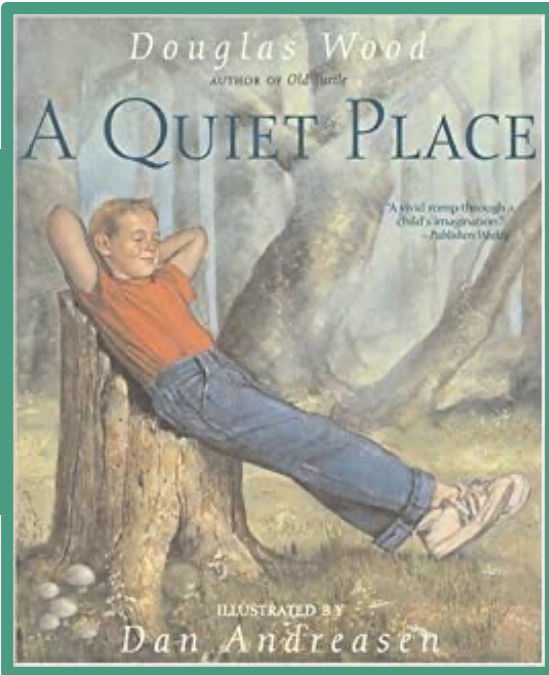
## I am Peace – A Book About Mindfulness

*Susan Verde*



<https://www.youtube.com/watch?v=hXA3837uv3w>



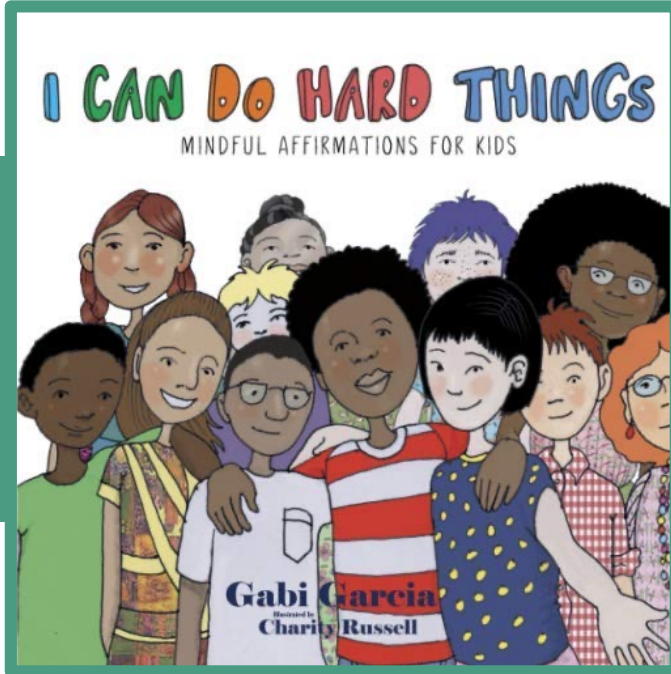


## A Quiet Place

Douglas Wood



<https://www.youtube.com/watch?v=Q4B7E6Vy7J8>



# I Can Do Hard Things – Mindful Affirmations for Kids

*Gabi Garcia*



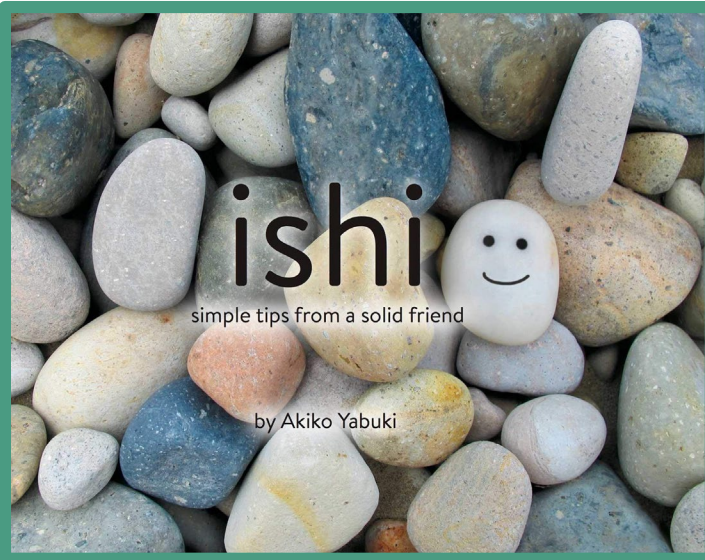
<https://www.youtube.com/watch?v=CF4kQfEVJLM>



I'm Stretched!  
*Julia Cook*

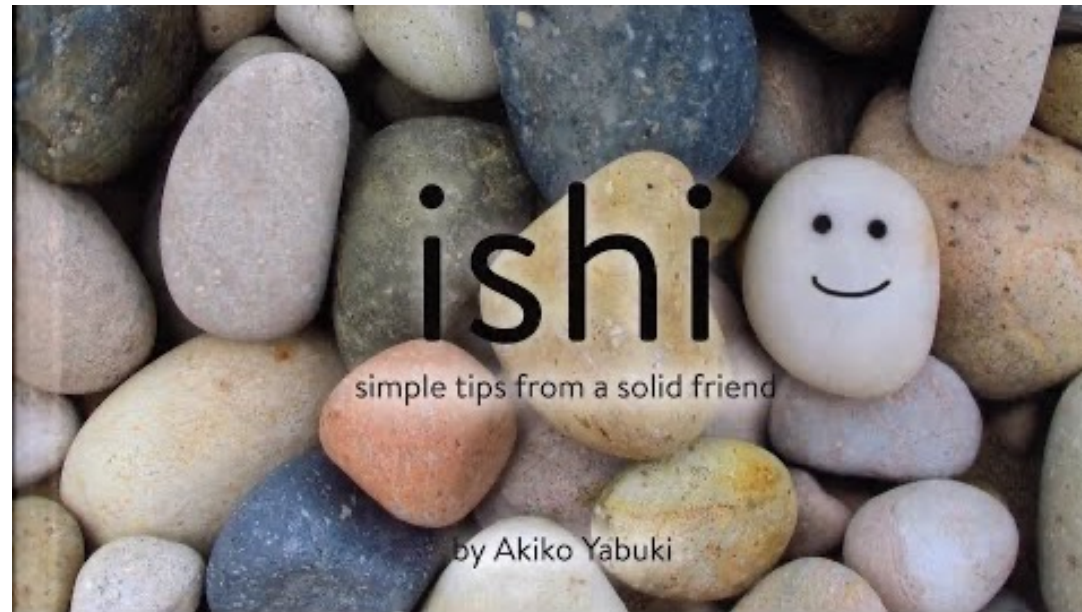


<https://www.youtube.com/watch?v=ipEsfXfawGU>



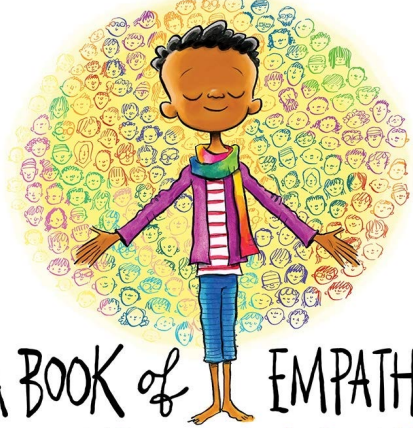
## Ishi – Simple Tips from a Solid Friend

*Akiko Yabuki*



<https://www.youtube.com/watch?v=1YEQX0oSA-A>

# I AM HUMAN



A BOOK of EMPATHY  
BY SUSAN VERDE • ART BY PETER H. REYNOLDS

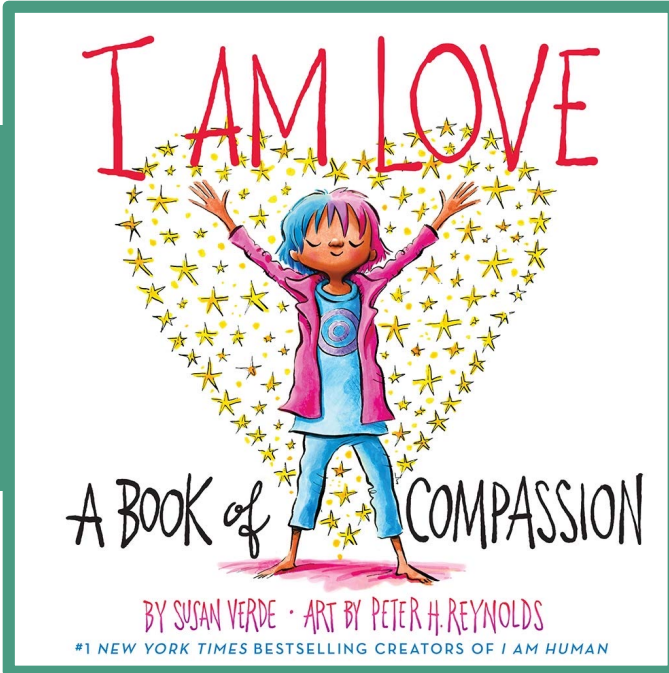
## I am Human – A Book of Empathy

*Susan Verde*

# I AM HUMAN

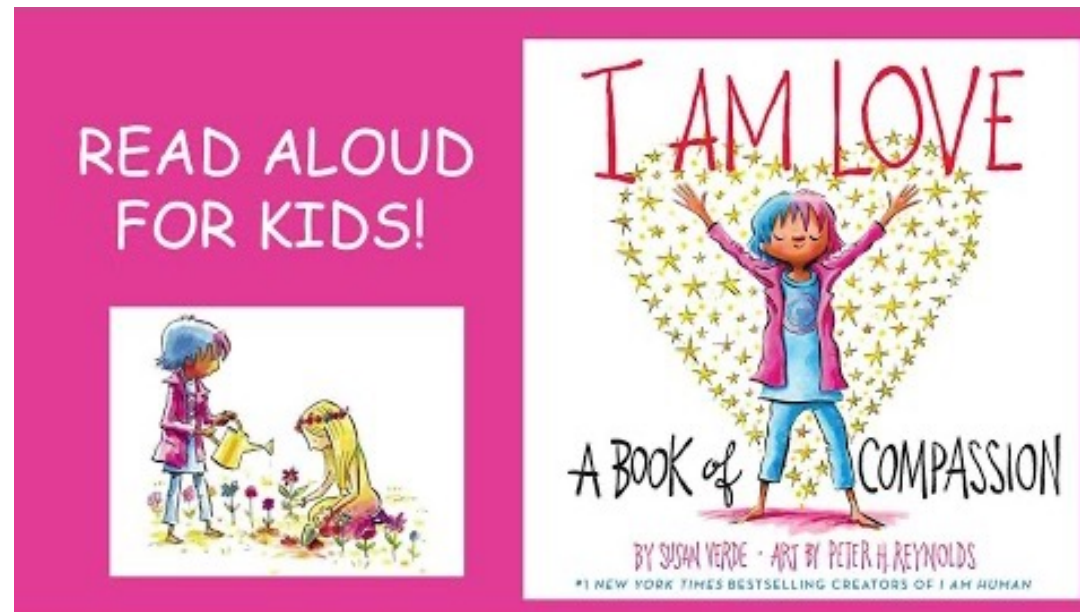


<https://www.youtube.com/watch?v=X9RxO3HG9bM>

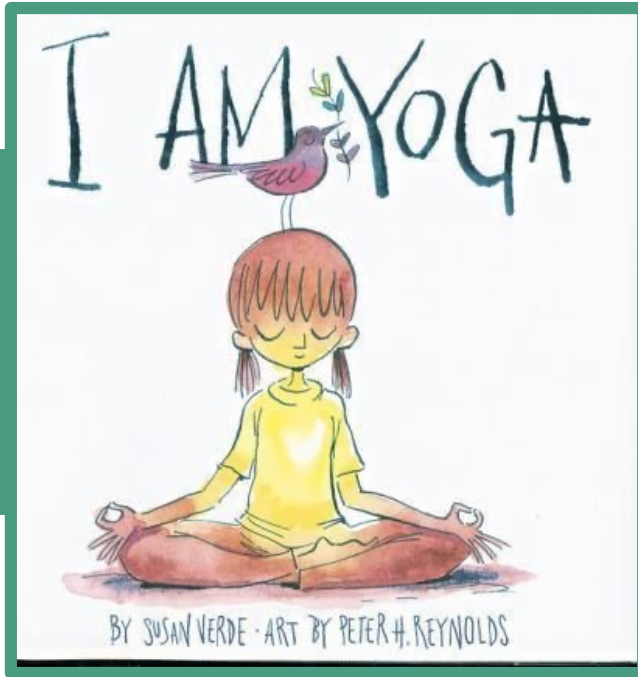


# I am Love – A Book of Compassion

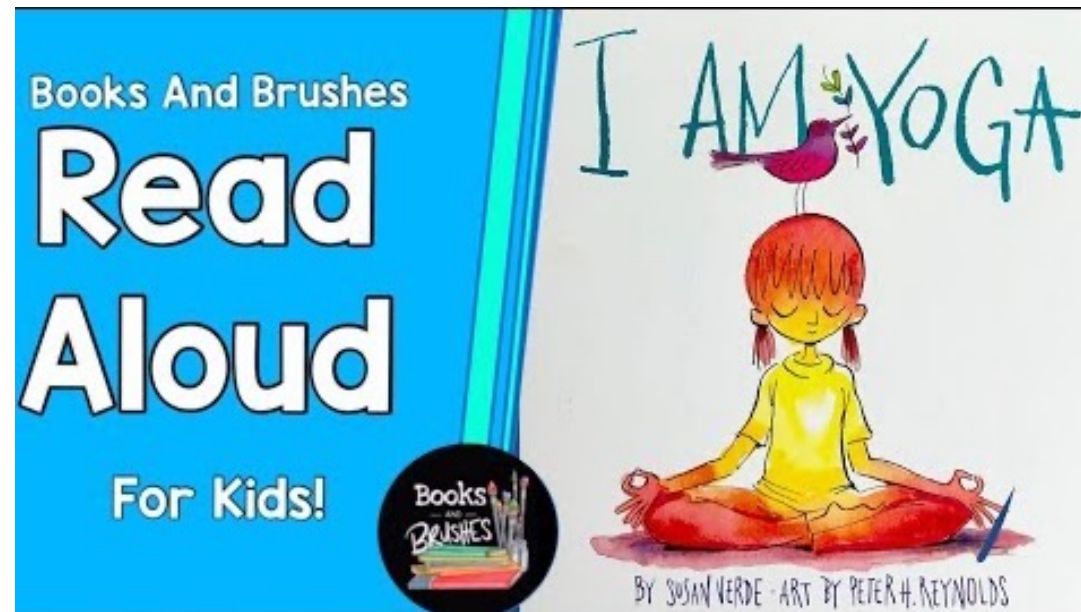
*Susan Verde*



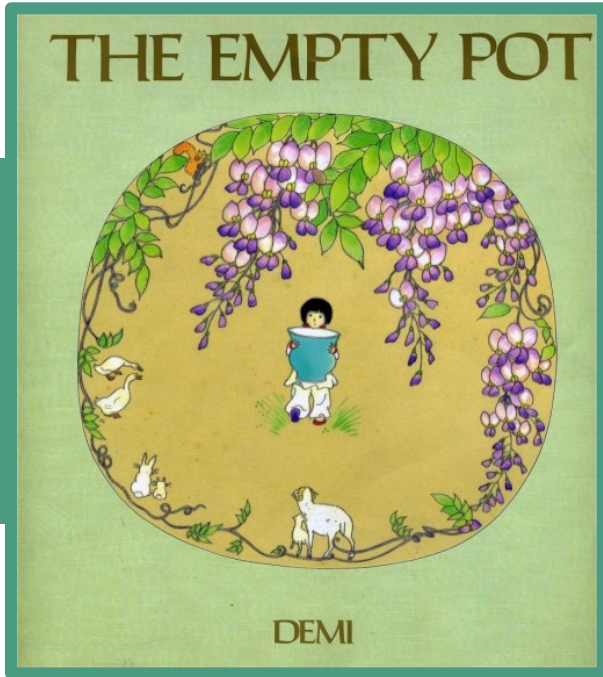
<https://www.youtube.com/watch?v=1V5AlDu1GHo>



I am Yoga  
*Susan Verde*

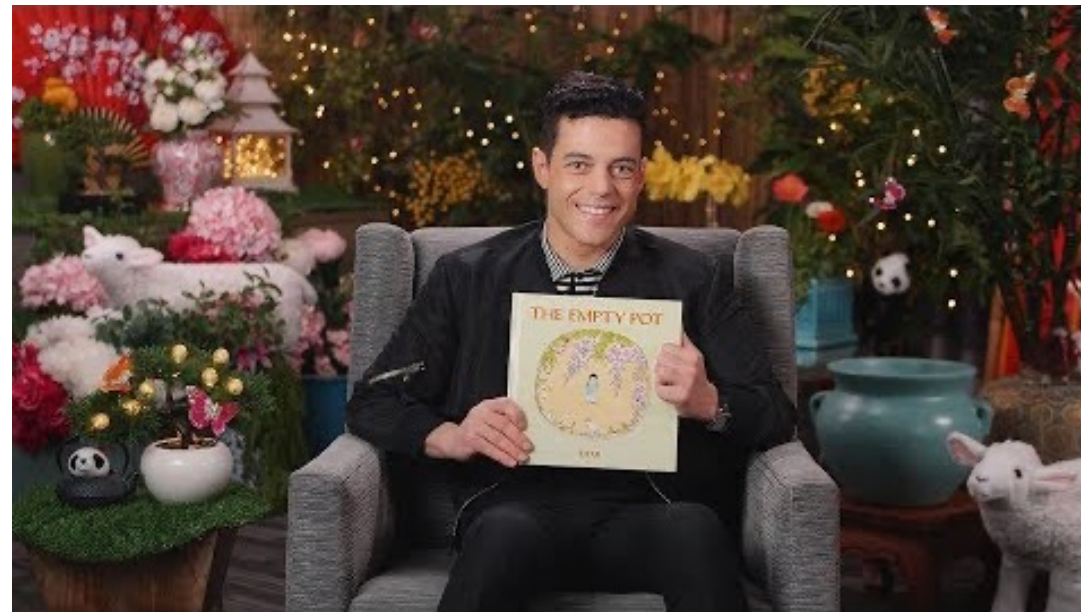


<https://www.youtube.com/watch?v=YSEN5Mj4kUY>



## The Empty Pot

*Demi*



<https://www.youtube.com/watch?v=a9K-sAKdk2Y>



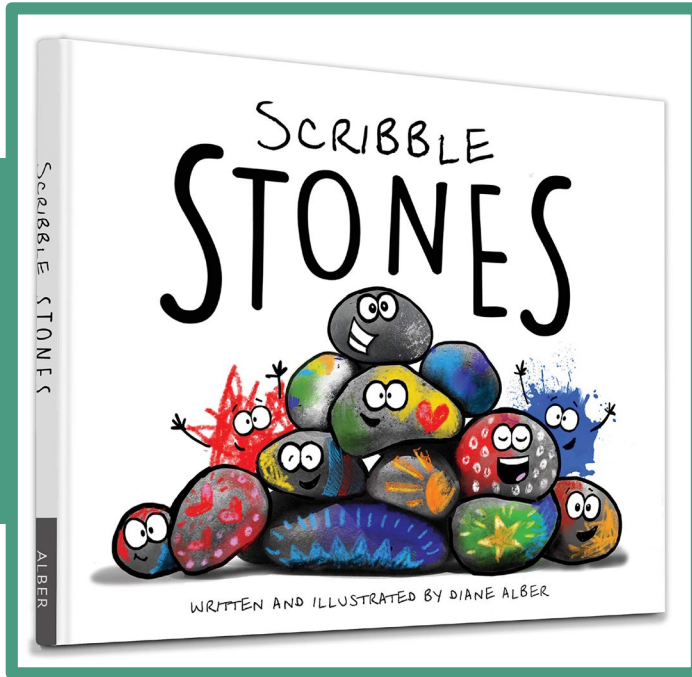


# Say Something

*Peter H. Reynolds*



[https://www.youtube.com/watch?v=U\\_rP-0aRpY](https://www.youtube.com/watch?v=U_rP-0aRpY)



# Scribble Stones

*Diane Alber*



Author  
Read Aloud:

SCRIBBLE  
STONES



<https://youtu.be/BlhaK9bhXDI?t=285>

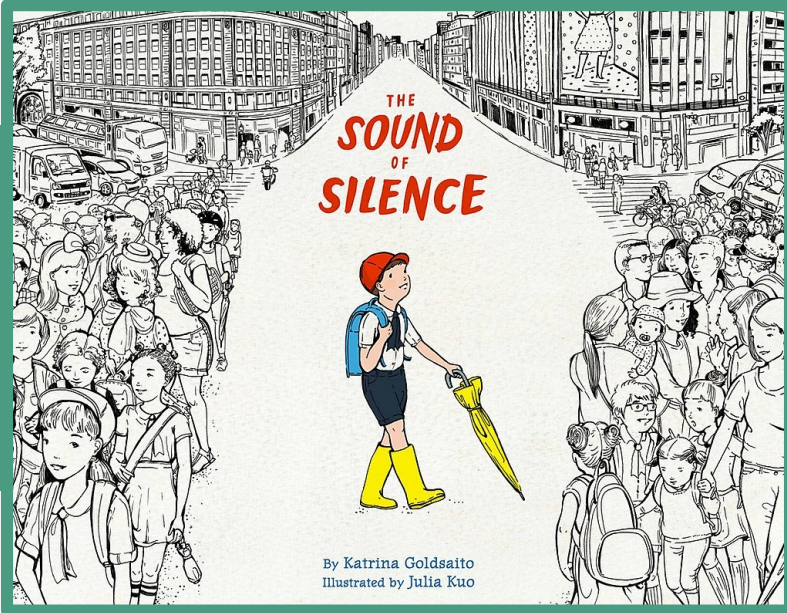


## The Grateful Book

*Angela Kehlee*



<https://www.youtube.com/watch?v=IOg6LtTG7O4>



# The Sound of Silence

Katrina Goldsaito

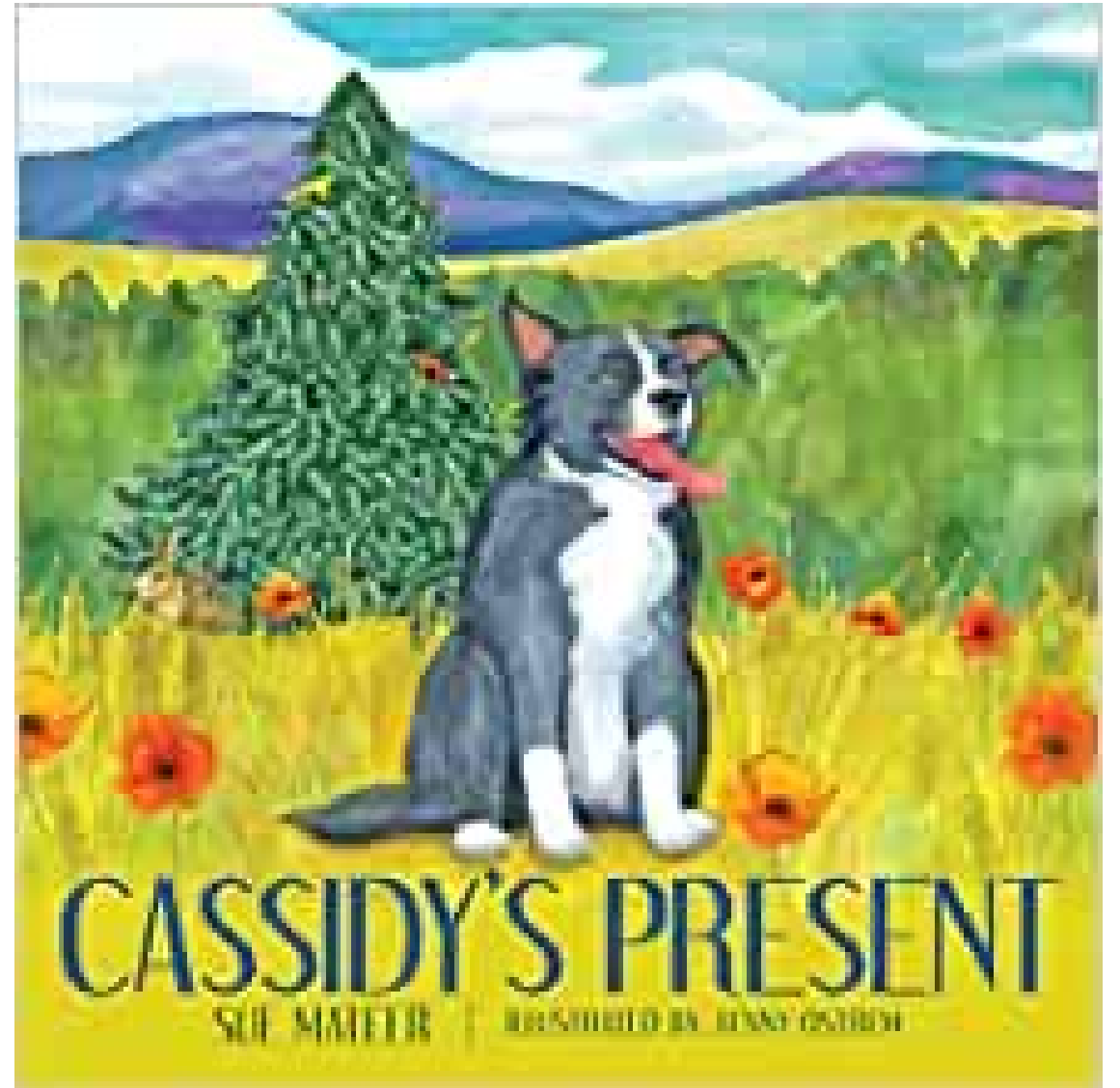


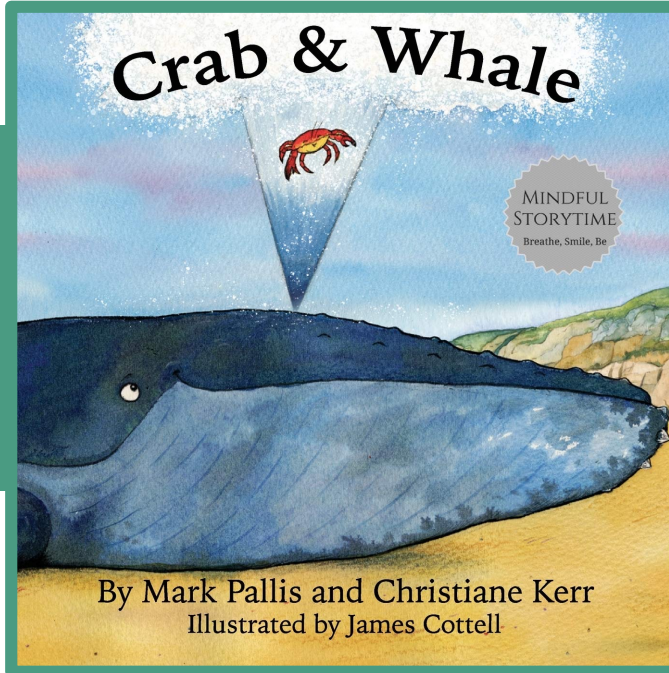
<https://youtu.be/FDTvNpAy8xA?t=429>

No read aloud available

# Cassidy's Present

*Sue Mateer*





## Crab & Whale

*Mark Pallis and Christiane Kerr*



<https://www.youtube.com/watch?v=nAcl32yKNvE>