

# Early Learners Book Nook for Dealing with Big Emotions

## Books to Help with Emotional Regulation

[The Way I Feel](#) by Janan Cain

Feelings are neither good nor bad, they simply are. Kids need words to name their feelings, just as they need words to name all things in their world. The Way I Feel uses strong, colorful, and expressive images which go along with simple verses to help children connect the word and the emotion. Your child will learn useful words, and you will have many chances to open conversations about what's going on in her/his life. Recommended by parents, teachers and mental health professionals, The Way I Feel is a valuable addition to anyone's library. This book is ideal for children with autism.

[The Color Monster](#) by Anna Llenas

One day, Color Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through color. As this adorable monster learns to sort and define his mixed up emotions, he gains self-awareness and peace as a result. Caregivers will enjoy sharing this concept book that taps into both socio-emotional growth and color concepts in a simple, friendly way.

["Emotions"](#) by the StoryBots (video not a book)

Get ready for all the feels with the latest episode of "StoryBots Super Songs." Help your child understand their emotions with songs about feeling happy, sad, silly and more!

## Books to Help with Worry and Fear

[Ruby Finds a Worry](#) by Tom Percival

Meet Ruby--a happy, curious, imaginative girl. But one day, she finds something unexpected: A Worry. But when Ruby befriends a young boy, she discovers that *everyone* has worries, and not only that, there's a great way to get rid of them too. This perceptive and poignant story is the perfect springboard for talking to children about emotional intelligence and sharing hidden anxieties.

[Howard B. Wigglebottom Learns About Courage](#) by Howard Binkow

This book explains how to work with fear issues in a simple playful way. The eleventh book in the award winning Howard B. Wigglebottom series. Educator and Counselor approved. Tips and lessons are included in the above link.

[Don't Feed the Worry Bug](#) by Andi Green

Say hello to Wince, one of the biggest worriers you will ever meet. From cookies to homework to the weather, Wince worries about everything. And when Wince starts to worry, his Worry Bug appears. Don't Feed The WorryBug is a great story to start the conversation on worry and anxiety. We all worry, it happens, but the key is to not let those worries aka the Worry Bug grow to the point that it ruins your day.

## Books to Help with Frustration or Anger

### [The Very Frustrated Monster](#) by Andi Green

From The WorryWoo Monsters Series: Why me? and It's not fair! are favorite phrases used by Twitch, The Monster of Frustration. Though Twitch tries very hard to get everything right, he quickly gets upset when things don't go his way. If you've ever had a day when everything seems to go wrong, this adventure will tickle your funny bone and put life's little setbacks in a proper perspective. Once again, Andi Green has created a memorable character that will appeal to kids of all ages.

### [Grumpy Monkey](#) by Suzanne Lang

Jim the chimpanzee is in a terrible mood for no good reason. His friends can't understand it--how can he be in a bad mood when it's SUCH a beautiful day? They encourage him not to hunch, to smile, and to do things that make THEM happy. But Jim can't take all the advice...and has a BIT of a meltdown. Could it be that he just needs a day to feel grumpy?

### [Howard B. Wigglebottom Learns It's Ok to Back Away: A Story About Managing Anger](#) by Howard Binkow

Howard was getting angry a lot. His best friend Ali helps him deal with anger issues and back away from conflict. (Link has resources for lessons and activities)

### [When Miles Got Mad](#) by Abbie Schiller (video)

When his little brother breaks his favorite toy, MILES GETS MAD. As his anger swells, he suddenly catches sight of himself in the mirror-but instead of his own reflection, a furry red monster with big round eyes and funny teeth stares back at him. By encouraging Miles to use his words to express his anger, the Mad Monster helps Miles move through this big emotion to calm himself. Through this fun story and adorable illustrations, this insightful and entertaining children's book offers much-needed comfort to young children as they struggle to regulate their emotions

### [Something Strange Happened in My City](#)

This social story talks through some of the common concerns and questions regarding COVID-19 from a child's perspective.

## **Shining Stars: How Parents Can Help Their Early Learner Get Ready to Read**

- [Toddlers Get Ready To Read](#)
- [Preschoolers Get Ready To Read](#)
- [Kindergartners Learn To Read](#)
- [First Graders Learn To Read](#)
- [Second & Third Graders Learn to Read](#)