

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 AhaParenting.com.

Books:

- Feelings by Aliko
- Story of My Feelings by Laurie Berkner
- The Way I Feel by Janan Cain
- My Mouth Is a Volcano! by Julia Cook
- 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
- I'm Mad by Elizabeth Crary
- I'm Frustrated by Elizabeth Crary
- I Want It by Elizabeth Crary
- I Can't Wait by Elizabeth Crary
- Mommy, Don't Go by Elizabeth Crary
- How Are You Peeling? by Saxton Freymann
- Today I Feel Silly: And Other Moods That Make My Day by Jamie Lee Curtis

- Mean Soup by Betsy Everitt
- I Am So Angry, I Could Scream: Helping Children Deal with Anger by Laura Fox
- Tough Boris by Mem Fox
- Whoever You Are by Mem Fox
- The Carrot Seed by Ruth Krauss
- No Matter What by Debi Gliori
- Stand Tall, Molly Lou Melon by Patty Lovell
- The Story of Ferdinand by Munro Leaf
- Two Monsters by Mckee
- Shapesville by Andy Mills
- Loud Emily by Alexis O'Neill
- Meet Thotso, Your Thought Maker by Rachel Robb Avery
- Grody's Not So Golden Rules by Nicole Rubel
- Dawn and the Round To-it by Irene Smalls
- Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst
- The Monster Storm by Jeanne Willis
- The Runaway Bunny by Margaret Wise Brown
- Full Mouse, Empty Mouse: A Tale of Food and Feelings by Dina Zeckhausen
- Learning to Feel Good and Stay Cool by Judith Glasser and Kathleen Nadeau
- Visiting Feelings by Lauren Rubenstein
- Howard B. Wigglebottom Learns to Listen by Howard Binkow
- Howard B. Wigglebottom Listens to His Heart by Howard Binkow
- In My Heart: A Book of Feelings by Jo Witek

- My Feelings Activity Book by Abbie Schiller
- A Little Book About Feelings by Abbie Schiller
- Ruby's Studio: The Feelings Show (DVD)
- Duck & Goose, Goose Needs a Hug by Tad Hills
- Peter Panda Melts Down by Artie Bennett
- Totally Chill: My Complete Guide to Staying Cool A Stress Management Workbook for Kids With Social, Emotional, or Sensory Sensitivities by Christopher Lynch
- Angry Octopus: An Anger Management Story introducing active progressive muscular relaxation and deep breathing by Lori Lite
- Meet Thotso, Your Thought Maker by Rachel Robb Avery