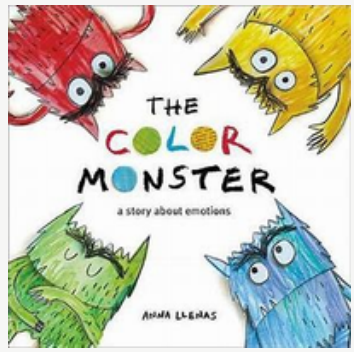


10 books about emotions



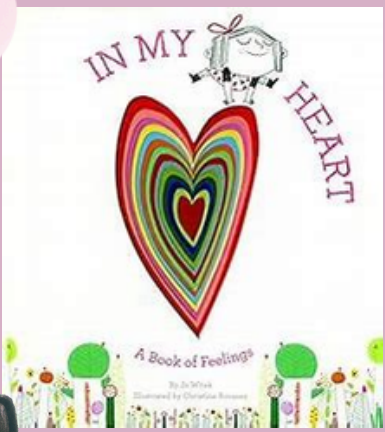
The Colour Monster by Anna Llenas

A charming story where emotions are represented by colours, helping children understand and sort their feelings.



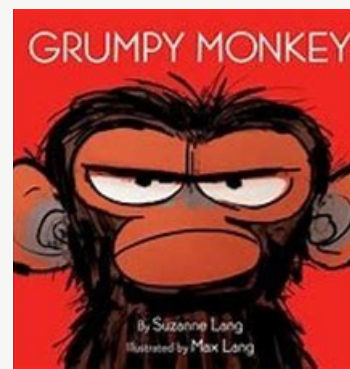
When Sophie Gets Angry – Really, Really Angry... by Molly Bang

A beautifully illustrated story about managing anger and finding ways to calm down.



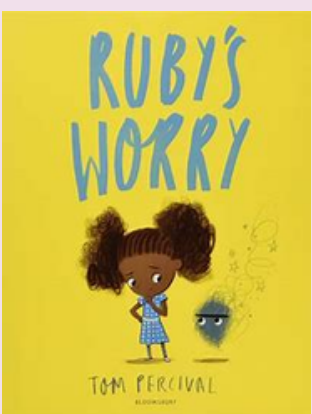
In My Heart: A Book of Feelings by Jo Witek

A poetic exploration of different emotions with vibrant illustrations and a die-cut heart design.



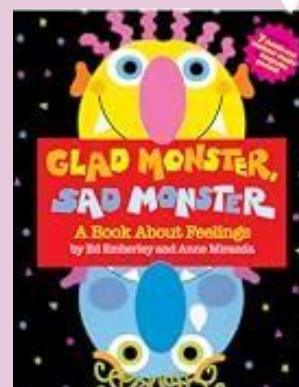
Grumpy Monkey by Suzanne Lang

A humorous story about a monkey who's having "one of those days" and learning that it's okay to feel grumpy.



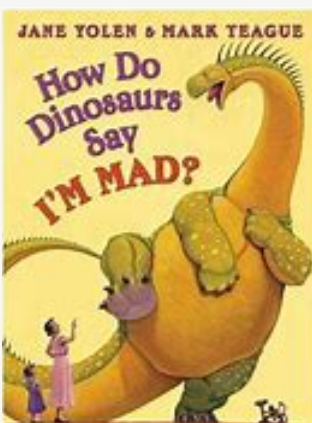
Ruby's Worry by Tom Percival

A gentle tale about how sharing your worries can make them smaller.



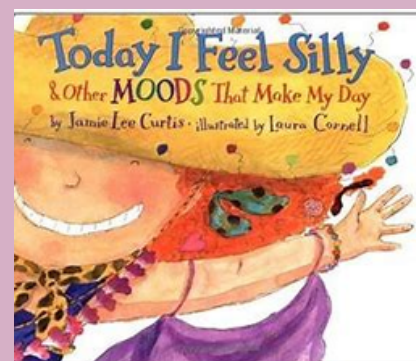
Glad Monster, Sad Monster by Ed Emberley and Anne Miranda

An interactive book with masks that introduces children to emotions in a playful way.



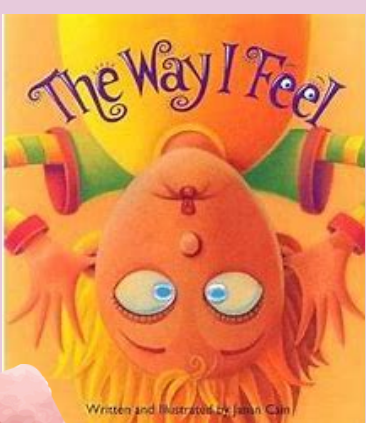
How Do Dinosaurs Say I'm Mad? by Jane Yolen

Part of the popular "How Do Dinosaurs..." series, this story uses dinosaurs to show how to handle feelings of anger.



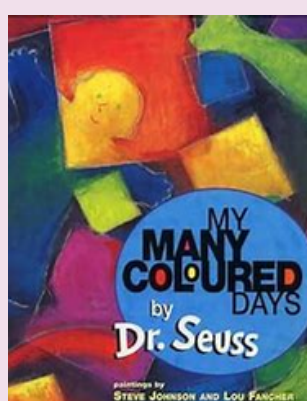
Today I Feel Silly: And Other Moods That Make My Day by Jamie Lee Curtis

A delightful rhyming story exploring a range of moods that children can relate to.



The Way I Feel by Janan Cain

- This book uses expressive illustrations to describe different feelings like happy, sad, and frustrated.



My Many Coloured Days by Dr. Seuss

A creative book linking emotions to colours and animals, encouraging children to connect feelings with visuals.