

Emotion Coaching

Recommended Book List

Stories organized by emotion or situation:

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Do you have a book recommendation to add to the list?

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The Temperament and Narratives Lab, led by Dr. Hedwig Teglesi, created the Emotion Coaching Teacher Training at the University of Maryland in partnership with the Do Good Campus Fund.



Book Title	Short Description	Age Range	Emotion	Link
Anger				
The Grumpy Monkey	Jim wakes up feeling grumpy and struggles to understand why. While his friends try to cheer him up, Jim learns it's okay to feel grumpy sometimes and that emotions are a natural part of life.	2-5	Grumpiness	The Grumpy Monkey
The Beautiful Oops!	This book demonstrates how every mistake is an opportunity to make something beautiful.	2-6	Making mistakes	The Beautiful Oops!
The Pout-Pout Fish and the Mad, Mad Day	Swim along with Mr. Fish as he faces his anger and gains new understanding. With a little help from his friends, he might just discover the healing power of words and self-compassion.	2-6	Anger, Frustration	The Pout-Pout Fish and the Mad, Mad Day
Roaring Mad Riley	Riley learns techniques like deep breathing and using words to express her feelings, which helps her feel better after a peer knocks down her block tower.	3-5	Anger	Roaring Mad Riley
Ravi's Roar	While we all get angry sometimes, <i>Ravi's Roar</i> shows ways to channel those emotions without hurting family and friends.	3-6	Anger	Ravi's Roar
Pause Power	Gabe learns how to pause and take a mindful moment before reacting when emotions run high at school.	5-11	Anger, Frustration	Pause Power
Fear & Anxiety				
Ruby Finds a Worry	Ruby discovers that everyone has worries, and not only that, there's a great way to get rid of them too...she just has to share her feelings.	3-6	Worry, anxiety	Ruby Finds a Worry
Scaredy Squirrel	Scaredy Squirrel, an anxious little creature, avoids risks and loves routine, but when faced with a situation that challenges him to leave his tree, he learns that sometimes stepping out of his comfort zone can lead to unexpected and positive outcomes.	3-7	Fear, Anxiety	Scaredy Squirrel

Book Title	Short Description	Age Range	Emotion	Link
Don't Feed The WorryBug	Wince, the monster of worries, learns that the more he worries, the more the pesky WorryBug grows. Eventually the WorryBug grows so big that it can't be ignored, and Wince knows he needs to do something.	3-8	Worry, anxiety	Don't Feed The WorryBug
Brave Every Day	A class trip to the aquarium causes Camila's worries to pile up like never before. But when an anxious classmate asks for help, Camila discovers that her heart is bigger than her fears.	4-8	Anxiety, fear, courage	Brave Every Day
Me And My Fear	This story about an immigrant's experiences tackles a tough topic with honesty, empathy, and a sense of hopefulness.	4-8	Fear, hope	Me and My Fear
Sadness, Disappointment, Depression				
Bea's Bad Day	Bea faces a series of frustrating events, but through her perseverance and creativity, she learns how to handle her emotions and turn her bad day around.	3-6	Sadness, disappointment	Bea's Bad Day
A Blue Kind of Day	Coen feels too sad to get out of bed. His parents and younger sibling try to cheer him up with jokes, silly faces, and toys. But, ultimately, it takes a lot of patience and love.	4-8	Depression	A Blue Kind of Day
Dark Cloud	The cloud usually follows as Abigail goes about her activities, but sometimes she's able to leave it behind. Abigail embraces her cloud and finds enough distance from it to see light and joy.	4-8	Sadness, depression	Dark Cloud
The Rabbit Listened	When something sad happens, Taylor doesn't know where to turn. All the animals are sure they have the answer. One by one, the animals try to tell Taylor how to act, and one by one they fail to offer comfort. Then the rabbit arrives. All the rabbit does is listen . . . which is just what Taylor needs.	2-8	Empathy, friendship, sadness	The Rabbit Listened

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Grief & Loss				
The Invisible String	A heartwarming story about the invisible bond of love that connects people, no matter how far apart they may be, helping children understand that love transcends distance and time.	3-7	Relationships, connection, love, grief	Invisible String
I Wish I Could Tell You	After losing his grandmother, a young fox discovers that only by embracing his grief will the right words come to him.	4-8	Grief, Longing, Hope	I Wish I Could Tell You
One Wave at a Time	After his father dies, Kai experiences all kinds of emotions. Other times, there are no emotions at all—just flatness. With the help of friends and one another, they learn to cope—and, eventually, heal.	4-8	Grief, loss	One Wave at a Time
Phineas, The Orange Cat	Follows the beautiful friendship between an orange cat named Phineas and his best friend, a girl with orange hair. Together, they share moments filled with joy, ice cream, and endless affection. But, one day, the orange cat leaves the world behind, and the girl with orange hair is left sad without him. In their new reality, they find a way to stay connected, and their beautiful friendship lives on.	4-8	Grief, loss	Phineas, The Orange Cat
The Miraculous Journey of Edward Tulane – Chapter book	Edward, who after being lost and separated from his beloved owner, embarks on a transformative journey of love, loss, and self-discovery, learning the true meaning of compassion and connection along the way.	7+	Loss, Fear, Hope, Connection	The Miraculous Journey of Edward Tulane
Identity, Belonging				
Edward the Emu	Tired of his life as an emu, Edward decides to try being something else for a change. But Edward soon discovers that being an emu may be the best thing after all.	2-6	Identity, belonging	Edward the Emu

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Everything in Its Place	Nicky is a shy girl who feels most at home in the safe space of her school library, but the library closes for a week and Nicky is forced to face her social anxiety. Nicky realizes that being different doesn't have to mean being alone, and that there's a place for everyone.	3-7	Belonging, social anxiety	Everything in Its Place
The Cool Bean	Always on the sidelines, one bean unsuccessfully tries everything he can to fit in with the crowd—until one day the cool beans show him how it's done.	4-7	Low self-esteem, belonging	The Cool Bean
Relationships, Love, Connection				
The Giving Tree	This moving parable for all ages offers a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return.	2+	Love, acceptance	The Giving Tree
Perfect	A fussy eraser tries to keep the pages clean by erasing the scribbles of a mischievous pencil. But before long, the eraser discovers what can happen when two opposing forces come together to have fun.	3-5	Collaboration	Perfect
Beneath	Finn is in a horrible mood and doesn't want to talk about it. After a hike, Grandpa explains that sometimes beneath a person who seems like they won't understand what you're feeling, is someone feeling the exact same way.	4-8	Connection	Beneath
Where the Wild Things Are	After being sent to his room for mischief, Max journeys to the land of wild things where he makes the rules. But soon, Max longs for home.	4-8	Friendship, loneliness, forgiveness	Where the Wild Things Are
The Invisible Boy	Meet Brian, the invisible boy. Nobody in class ever seems to notice him or think to include him in their group, game, or birthday party... until, that is, a new kid comes to class.	5-8	Shyness, kindness	The Invisible Boy

Book Title	Short Description	Age Range	Emotion	Link
Big Al	<p>Poor Big Al! He just wants to make friends. And in the whole wide blue sea you can't find a nicer fish. But because Big Al is large and scary-looking, the little fish are afraid to get to know him.</p> <p>What can he do? He tries everything he can think of -- from disguising himself with seaweed to burrowing under the ocean floor so he'll look smaller. But something always goes wrong, and lonely Big Al wonders if he'll ever have a single friend. Then one frightening day, when a fishing net captures the other fish, Big Al gets the chance to prove what a wonderful friend he can be!</p>	2-6	Making friendships	Big Al
Bullying				
Chrysanthemum	Victoria picks on Chrysanthemum because she has the same name as a flower, and Chrysanthemum wilts under the ridicule. Then the students learn that a teacher has a similar name, and all of a sudden Chrysanthemum is cool.	4-8	Teasing, bullying	Chrysanthemum
Secret of the Peaceful Warrior	When Danny's family moves to a new neighborhood, he is confronted by a frightening bully. One night in a dream, Danny meets an old man who shares a wonderful secret to overcome his fears, and turn an enemy into a friend.	4-10	Bullying, victim, bystander	Secret of the Peaceful Warrior
Exuberance, Impulsivity				
My Mouth Is A Volcano	My Mouth Is A Volcano takes an empathetic approach to the habit of interrupting and teaches children a witty technique to help them manage their rambunctious thoughts and words	4-7	Impulsivity, respecting others, waiting	My Mouth Is A Volcano
The Lemonade Hurricane	Henry is a lot of fun when he's not storming through the house, so Emma decides to teach him how to be still. By showing him how to sit, bow, and breathe, Emma is able to calm the hurricane within Henry.	2-7	Exuberance, high energy	The Lemonade Hurricane

Book Title	Short Description	Age Range	Emotion	Link
Stop and Smell the Cookies	When Dash is tempted to fly a paper airplane in class, he learns a strategy that helps him stop and relax before he takes action. He also learns that there's an appropriate place for behavior.	4-8	Impulsivity	Stop and Smell the Cookies
What Were You Thinking?	When Braden is corrected in class for ill-timed jokes and an impulsive reaction during a game of dodgeball ends up with a classmate in tears, Braden's teachers and parents teach him how to control his impulses.	6-9	Impulsivity	What Were You Thinking?
Experiencing Multiple Emotions				
The Boy with Big, Big Feelings	A story of a little boy with some big, big emotions -- and how he learns to see them for the gifts they are.	3-6	Anxiety, highly sensitive	The Boy with Big, Big Feelings
I'm Happy-Sad Today	In this story, the little girl experiences different feeling combinations throughout her day. She talks about her many layered feelings, ultimately concluding, "When I have more than one feeling inside me, I don't have to choose just one. I know that all my feelings are okay at the same time."	3-8	Mixed feelings	I'm Happy-Sad Today
Olive, All at Once	Olive helps young readers explore the sometimes-contradictory ways they feel about significant events in their lives.	4-8	Experiencing multiple emotions simultaneously	Olive, All at Once
Big Kids Don't Get Butterflies	Big kids don't get butterflies. Or do they? A child learns that growing up doesn't mean giving up the things you love.	5-9	Nervousness, Joy, Nostalgia	Big Kids Don't Get Butterflies
Marcy's Having All the Feels	A young girl navigates the complex world of emotions, as she learns to understand and express her feelings, ultimately discovering that it's okay to experience a wide range of emotions and to seek support when needed.	7-11	Many unwanted feelings!	Marcy's Having All the Feels