

# Bored? Worried? Sad? Angry? Anxious? Proud? Peaceful? Loving?

## A guide to using books about feelings and emotions in your classroom



Bored? Worried? Sad? Angry? Anxious? Proud? Peaceful? Loving? These are common feelings and emotions children encounter as they grow and mature, and picture books can help children learn to recognize and navigate them. These books offer young readers a unique opportunity to better understand their feelings and emotions and figure out how to deal with them. The illustrations allow children to see and name their emotions, while the words allow them to understand the situations characters go through. Together, words and pictures open up important topics for social and emotional growth.

The activities in this guide can help younger readers to understand and to address their feelings and emotions through enjoyable reading, writing, drawing, and speaking about appealing picture books.

# Reading and Responding

- 1.** As you read the story, stop several times along the way to discuss what the characters are feeling. Predict what you think will happen next. What clues did you use to make those predictions? Then continue reading to find out.
- 2.** What is the main idea? Why do you think the story is important?
- 3.** How was the main character feeling at the beginning and the end of the book? What helped the character to change? How did you see this reflected in the images and text?
- 4.** Have you ever felt the same way as one of the characters in the story? What did you do? Tell your story.
- 5.** Imagine that you are one of the characters. Retell the story from their point of view, telling how you feel.
- 6.** With one or more friends, act out the story. Then talk about what each character is feeling.
- 7.** Find an illustration in the book that uses colors to show how a character feels. Explain how the color works with the words to show feelings.

# Drawing and Writing

- 1.** Draw a split picture. On one side, draw the main character at the beginning of the book; on the other side, draw the character at the end of the book. Use speech bubbles to write what the character would say about his or her feelings. How did these feelings change? Share your split pictures.
- 2.** Has someone like a parent, sibling, teacher, aunt, uncle, grandparent, or friend helped you deal with your feelings? Tell how that person helped you. Here are some ideas to write about:
  - ❖ How I learned not to worry so much.
  - ❖ I used to be nervous when...
  - ❖ I am not bored anymore because...
  - ❖ How I show that I love \_\_\_\_\_ (put a person or pet's name).
- 3.** What advice could you give to one of the characters in the story? Write a note to that character.

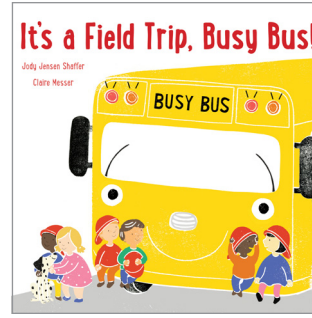
4. In many books, colors and big print help show how the character feels. Find some examples that show this. For example, when a character is sad, the picture might use gray and black colors. Or when a character is angry, the picture might use red. The words may be very large to show a strong feeling. After looking at some examples of how color shows feelings, draw a picture showing how you feel today. Give your picture a title, and think about what font to use.
5. Imagine that you could have a conversation about feelings with one of the characters in the book you've read. What would you say to them? How would the character answer you? Write your imaginary conversation about feelings.
6. Write a wordless picture book about feelings. Maybe a character changes from sad to happy, from angry to calm, from worried to carefree, from bored to amused, or from nervous to relaxed. Make three or more pictures. Put your pictures in order. With a partner, take turns telling your story. Use these questions to guide you.
  - ❖ How does the character feel when the story begins?
  - ❖ What happens to cause the character's feelings to change?
  - ❖ How does the character feel at the end of the story?
7. Read additional books about feelings and emotions; see below for a list of suggestions, or try one of the other picture books featured in this guide.
  - ❖ *When Sophie Gets Angry—Really, Really Angry...* by Molly Bang
  - ❖ *When Sophie's Feelings Are Really, Really Hurt* by Molly Bang
  - ❖ *The Way I Feel* by Janan Cain
  - ❖ *Lilly's Purple Plastic Purse* by Kevin Henkes
  - ❖ *David Gets in Trouble* by David Shannon
  - ❖ *Jabari Jumps* by Gaia Cornwall
  - ❖ *The Unbudgeable Curmudgeon* by Matthew Burgess
  - ❖ *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst
  - ❖ *Llama Llama Mad at Mama* by Anna Dewdney
  - ❖ *Millie Fierce* by Jane Manning
  - ❖ *Today I Feel Silly: And Other Moods That Make My Day* by Jamie Lee Curtis
  - ❖ *In My Heart: A Book of Feelings* by Jo Witek
  - ❖ *My Many Colored Days* by Dr. Seuss

# Get Started!

A selection of Simon & Schuster's picture books dealing with feelings and emotions.



**Remembering Blue Fish**  
Adapted by Becky Friedman  
Illustrated by Jason Fruchter  
PB: 9781534400955



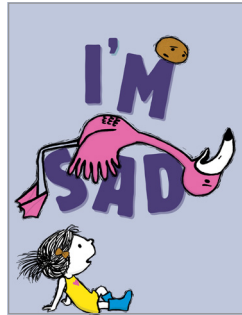
**It's a Field Trip, Busy Bus!**  
By Jody Jensen Shaffer  
Illustrated by Claire Messer  
HC: 9781534440814  
Lexile® AD430L



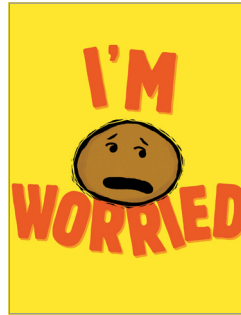
**All Kinds of Kindness**  
By Judy Carey Nevin  
Illustrated by Susie Hammer  
BB: 9781534432062



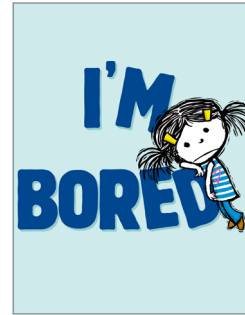
**I Feel Teal**  
By Lauren Rille  
Illustrated by Aimée Sicuro  
HC: 9781481458467  
Lexile® AD200L



**I'm Sad**  
By Michael Ian Black  
Illustrated by Debbie Ridpath Ohi  
HC: 9781481476270  
Lexile® AD500L



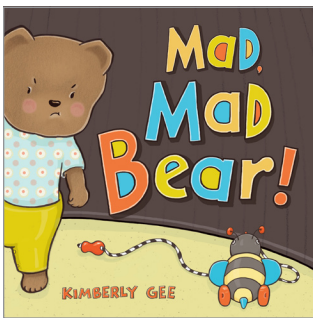
**I'm Worried**  
By Michael Ian Black  
Illustrated by Debbie Ridpath Ohi  
HC: 9781534415867  
Lexile® AD460L



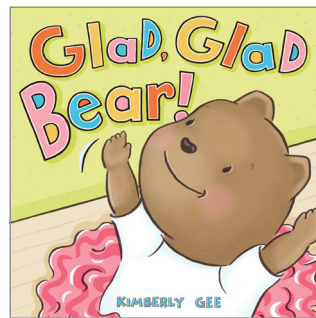
**I'm Bored**  
By Michael Ian Black  
Illustrated by Debbie Ridpath Ohi  
HC: 9781442414037



**Love, Z**  
Written and illustrated by Jessie Sima  
HC: 9781481496773  
Lexile® 520L



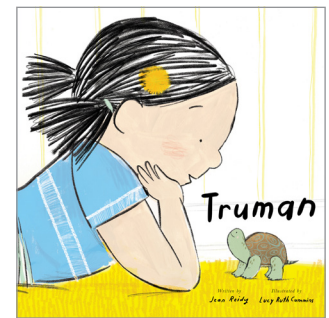
**Mad, Mad Bear!**  
Written and illustrated by Kimberly Gee  
HC: 9781481449717  
Lexile® 280L



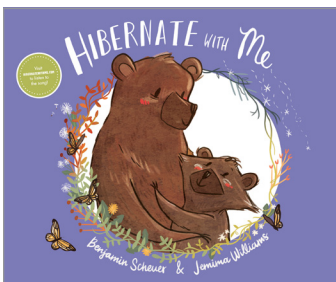
**Glad, Glad Bear!**  
Written and illustrated by Kimberly Gee  
HC: 9781534452695  
Lexile® AD280L



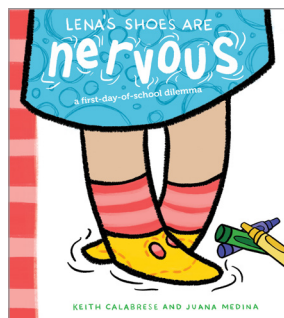
**Quiet**  
Written and illustrated by Tomie dePaola  
HC: 9781481477543  
Lexile® 440L



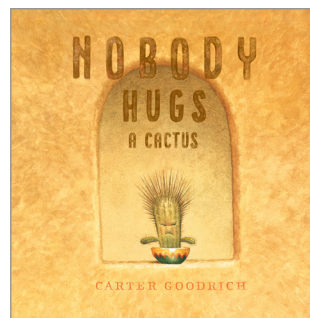
**Truman**  
By Jean Reidy  
Illustrated by Lucy Ruth Cummins  
HC: 9781534416642  
Lexile® 560L



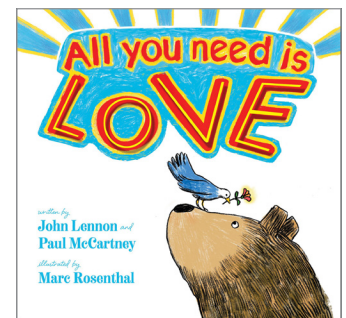
**Hibernate with Me**  
By Benjamin Scheuer  
Illustrated by Jemima Williams  
HC: 9781534432178  
Lexile® AD450L



**Lena's Shoes Are Nervous**  
By Keith Calabrese  
Illustrated by Juana Medina  
HC: 9781534408944  
Lexile® AD480L



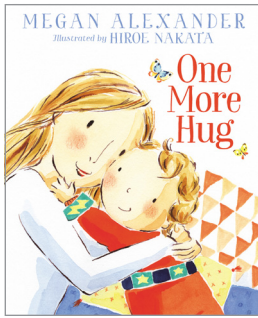
**Nobody Hugs a Cactus**  
Written and illustrated by Carter Goodrich  
HC: 9781534400900  
Lexile® 540L



**All You Need Is Love**  
By John Lennon and Paul McCartney  
Illustrated by Marc Rosenthal  
HC: 9781534429819  
Lexile® AD150L

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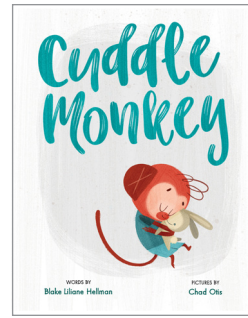




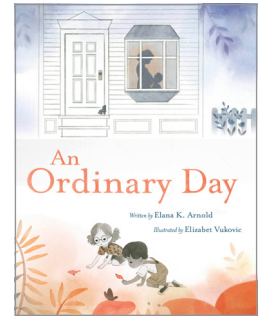
**One More Hug**  
By Megan Alexander  
Illustrated by Hiroe Nakata  
HC: 9781534429710  
Lexile® AD530L



**Sweep**  
By Louise Greig  
Illustrated by Júlia Sardà  
HC: 9781534439085  
Lexile® AD560L



**Cuddle Monkey**  
By Blake Liliame Hellman  
Illustrated by Chad Oris  
HC: 9781534431171  
Lexile® AD500L



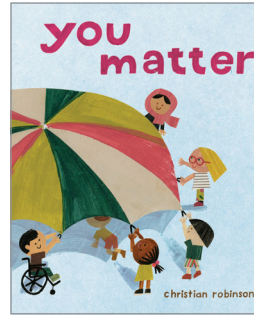
**An Ordinary Day**  
By Elana K. Arnold  
Illustrated by Elizabet Vukovic  
HC: 9781481472623  
Lexile® 610L



**Together We Grow**  
By Susan Vaught  
Illustrated by Kelly Murphy  
HC: 9781534405868



**The Perfectly Perfect Wish**  
By Lisa Mantchev  
Illustrated by Jessica Courtney-Tickle  
HC: 9781534406193



**You Matter**  
Written and illustrated  
by Christian Robinson  
HC: 9781534421691



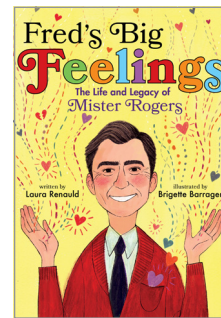
**The Crankypants Tea Party**  
By Barbara Bottner  
Illustrated by Ale Barba  
HC: 9781481459006



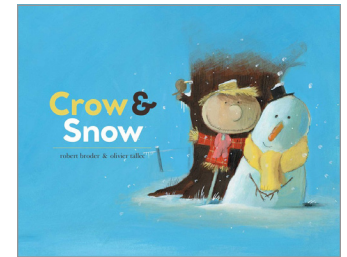
**Hundred Feet Tall**  
By Benjamin Scheuer  
Illustrated by Jemima Williams  
HC: 9781534432192  
Lexile® AD510L



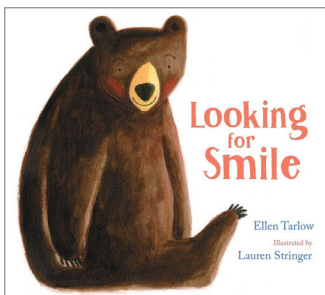
**Love by Sophia**  
Part of The Sophia Books  
By Jim Averbeck  
Illustrated by Yasmeen Ismail  
HC: 9781481477901



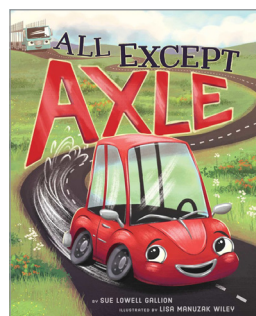
**Fred's Big Feelings**  
The Life and Legacy of Mister Rogers  
By Laura Renauld  
Illustrated by Brigitte Barrager  
HC: 9781534441224  
Lexile® AD740L



**Crow & Snow**  
By Robert Broder  
Illustrated by Olivier Tallec  
HC: 9781534445956



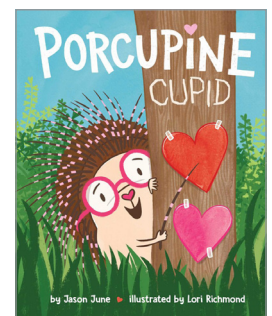
**Looking for Smile**  
By Ellen Tarlow  
Illustrated by Lauren Stringer  
HC: 9781534466197



**All Except Axle**  
By Sue Lowell Gallion  
Illustrated by Lisa Manuzak Wiley  
HC: 9781534440227



**Share Some Kindness,  
Bring Some Light**  
Written & illustrated by Apryl Stott  
HC: 9781534462380



**Porcupine Cupid**  
By Jason June  
Illustrated by Lori Richmond  
HC: 9781481481014