Easy Fiction

E Aronson
Aronson, Katelyn.
Clovis Keeps His Cool
Clovis used to struggle with his temper, but when rivals from his football days come to heckle him, Clovis is challenged to practice inner peace and forgiveness.

E Black
Black, Michael Ian.
I'm Series
A little girl, a potato, and a flamingo (strange as it may seem), help each other to work through challenging emotions. Also available as an eBook: I'm Bored.

E Denos
Denos, Julia.
Here and Now
Illustrations and easy-to-read text celebrate mindfulness and the connectedness of everything on Earth.

Non-Fiction

J 152.4 Gr
Greenwood, Elinor.
My mixed emotions : Help Your Kids Handle Their Feelings
Explores the four main emotions, the reasons why we feel them, and the science behind each one. Children will discover great things about themselves, such as what happens in their brain when they are happy, why they cry when they are sad, and why they sometimes feel nervous.

J 811.54 Da
Dakos, Kalli. They Only See The Outside
“This collection of insightful and endearing poems explores what kids experience on the inside that cannot be seen from the outside. From topics that readers experience every day, like the agony of waiting for recess, to the monotony of homework, to things that aren’t easy to talk about, like death and bullying.”

Compiled by
Kathleen Ageton, Youth Services Librarian
Tammy Ching, Youth Services Librarian
Jessica Gleason, Bookmobile Librarian
Hawai‘i State Public Library System
May 2023
When Taylor’s block castle is destroyed, all the animals think they know just what to do, but only the rabbit quietly listens to how Taylor is feeling. Also available as an eAudiobook.

A young child experiences sadness as if it were a visitor, acknowledging the emotion and suggesting activities to do with it.

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 and helps the monster gain self-awareness and peace as a result.

Illustrations and easy-to-read text urge the reader to go beyond the noise of the city to listen to a crow’s caw, rain dripping onto a sidewalk, and whispered goodnights. Includes notes about listening.

Illustrations and easy-to-read text reveal ways nature affects our everyday lives, such as providing food and clothing, and showing when to go to bed and when to get up. Also available as an eBook.

Told in rhyming verse, a stone is considered from a variety of environmental and emotional perspectives, as it sits where it is, surrounded by grass, dirt, and water, an unchanging certainty in the world.

Explore different stories about feelings, friends, perseverance, and self-acceptance.