

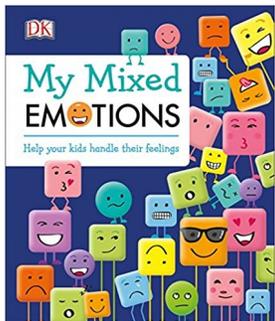
E Wood

Wood, Audrey.

[Quick As A Cricket](#)

A young boy describes himself as "loud as a lion," "quiet as a clam," "tough as a rhino," and "gentle as a lamb."

Non-Fiction



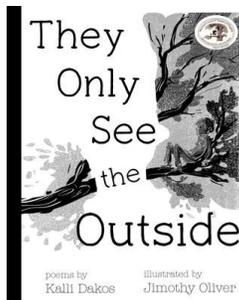
J 152.4 Gr

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

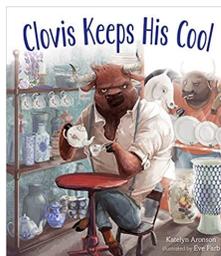
GROWING MY GARDEN: KEIKI SELF-CARE TOOLKIT

SOIL

Much like soil provides the foundation for seeds to grow, recognizing our own emotions builds the foundation for us to grow and manage them. Read these books as a family to cultivate self-awareness and healthy mindfulness practices.

Recommended for ages 4 and up.

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.

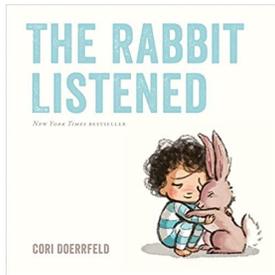
Also available as an eBook: [I'm Bored](#).



E Denos

Denos, Julia. [Here and Now](#)

Illustrations and easy-to-read text celebrate mindfulness and the connectedness of everything on Earth.



E Doerrfeld

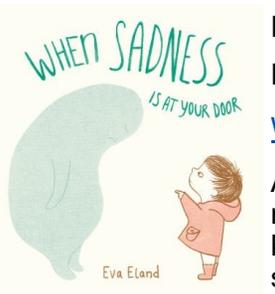
Doerrfeld, Cori.

[The Rabbit Listened](#)

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](#).

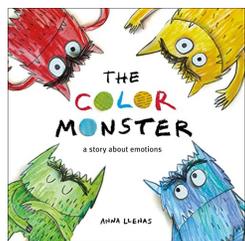


E Eland

Eland, Eva.

[When Sadness is at Your Door](#)

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

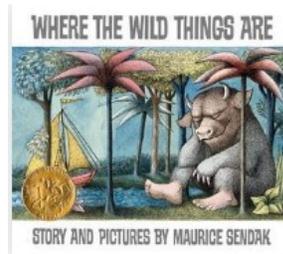


E Llenas

Llenas, Anna. [The Color Monster: A Story About Emotions](#)

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.



E Sendak

Sendak, Maurice.

[Where the Wild Things Are](#)

Max, a wild and naughty boy, is sent to bed without his supper by his exhausted mother. In his room, he imagines sailing far

away to a land of Wild Things. Instead of eating him, the Wild Things make Max their king. This classic picture book captures what it's like to be angry and use your imagination to cope.

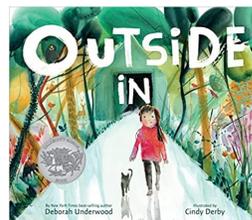


E Snyder

Snyder, Gabi. [Listen](#)

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.



E Underwood

Underwood, Deborah. [Outside In](#)

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.

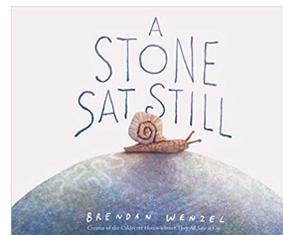
Also available as an [eBook](#).



E Percival

Percival, Tom. [Big Bright Feelings series](#)

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



E Wenzel

Wenzel, Brendan.

[A Stone Sat Still](#)

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.