

Great books about emotions and mental health

These books are listed by author or call number and can be found under that author's last name or the call number in the Parent Teacher section.

Emotions:

- Agell, Charlotte: Maybe Tomorrow?
- Bang, Molly: When Sophie books
- Barnham, Kay: Feelings... Series
- Bell, Davina: Captain Starfish (anxiety)
- Berry, Julie: Happy Right Now
- Black, Michael Ian: I'm Worried
- Bringsvaerd, Tor Age: When Two Are Angry At Each Other
- Britain, Lory: I'm Happy-Sad Today: Making Sense of Mixed...
- Brochmann, Holly: A Feel Better Book For Little Worriers
- Carbone, Courtney: Dealing With Feelings series
- Chiew, Suzanne: The Worry Box
- Clark, M. H.: Tiger Days: A Book of Feelings
- Devine, Adele: It's Raining and I'm Okay
- Dufayet, Danielle: You are Your Stong
- Eland, Eva: When Sadness is at Your Door
- Elliot, Rachel: Emotions Series
- Graves, Sue: Emotions Series
- Harris, Robie H.: When Lions Roar
- Hrab, Naseem: Ira Crumb Feels the Feelings
- Johnson, Kristin: In Your Shoes; A Story of Empathy
- Kurtzman-Counter, Samantha: When Miles Got Mad
- Law, Felicia: Feelings
- Lee, Britney: The Boy with the Big Big Feelings
- Llenas, Anna: The Color Monster
- Millar, Golden Melanie: F is For Feelings
- Millar, Golden Melanie: 1-2-3 My Feelings and Me
- Miller, Pat: When You Are Brave
- Neal, Christopher: Everyone...
- Nelson-Schmidt, M.: Jonathan James and the What-If Monster
- Nemiroff, Marc: Shy Spaghetti and Excited Eggs
- Parr, Todd: The Feelings Book and emotions books
- Patterson, Colleen A: 1-2-3 A Calmer Me
- Percival, Tom: Ruby Finds A Worry
- Pieper, Martha: Jilly's Terrible Temper Tantrums
- Poulin, Andree: When You're Scared
- Ragsdale, Linda: The Brain Storm
- Redford, Ali: The Boy Who Built a Wall Around Himself
- Reul, Sarah Lynne: Allie All Along
- Robertson, Rachel: When You Just Have to Roar
- Rockwell, Lizzy: How Do You Feel?
- Rooks, Jo: A Box of Butterflies
- Rooks, Jo: Hector's Favorite Place
- Roth, Ruby: Bad Day
- Sanchez, Victoria: Pilar's Worries
- Sanna, Francesca: Me and My Fear

- Starling, Robert: Fergal and the Bad Temper
- Sweet, Susan: Jacqueline and the Beanstalk (fear)
- Thorn, Theresa: It Feels Good to Be Yourself
- Verde, Susan: I Am Human: A Book of Empathy
- Walden, Libby: Feelings
- Who Is Happy? See and Say Your First Feelings
- Zuppardi, Sam: Jack's Worry
- 152-155 in Non-fiction

Mental Health:

- Berger, Samantha: Rock What Ya Got
- Foster-Lasser, Sage: Grow Grateful
- Gordon, Jon: The Energy Bus For Kids
- Graves, Sue: Take a Deep Breath
- Jones, Lloyd: The Princess and the Fog: ... Depression
- Lasser, Jon: Grow Happy
- Moses, Melissa: Alex and the Scary Things
- Peters, Andrew: The Color Thief
- Sileo, Frank: Bee Still: An Invitation to Meditation
- Sosin, Deborah: Charlotte and the Quiet Place
- Sterling, Cheryl: Some Bunny To Talk To
- Tregonning, Mel: Small Things (anxiety, depression)
- Verde, Susan: I Am Peace: A Book of Mindfulness
- Willard, Christopher: Breathing Makes It Better
- 158 Books about Mindfulness and Meditation
- 362.82 Ev9271h How Are You Feeling Today, Baby Bear?
- 613.192 G2594b Breathe With Me: Using Breath to Feel Strong
- 618.92 C7611s Someone To Talk To by Paola Conte