



Children's Books on Emotions and Self-Regulation

A supportive, research-aligned collection for teaching feelings, calming strategies, and emotional awareness.

Ages 0–2: Early Emotional Awareness

Books in this stage focus on simple language, facial expressions, and naming feelings.

Board Books & Simple Stories

- Baby Faces — DK Publishing
- Making Faces — Abrams Appleseed
- The Feelings Book — Todd Parr
- How Do You Feel? — Lizzy Rockwell
- Calm-Down Time — Elizabeth Verdick
- Hands Are Not for Hitting — Martine Agassi
- I Love You Through and Through — Bernadette Rossetti-Shustak
- Global Babies — The Global Fund for Children

Ages 2–4: Naming Feelings & Early Self-Regulation

This age group benefits from simple stories, clear emotional language, and relatable scenarios.

Emotion-Focused Stories

- The Color Monster — Anna Llenas
- Grumpy Monkey — Suzanne Lang
- In My Heart — Jo Witek
- When Sophie Gets Angry—Really, Really Angry — Molly Bang
- The Way I Feel — Janan Cain
- A Little Spot of Emotion series — Diane Alber
- Llama Llama Mad at Mama — Anna Dewdney
- Sometimes I'm Bombaloo — Rachel Vail

Calming & Regulation Books

- Breathe Like a Bear — Kira Willey
- I Am Yoga — Susan Verde
- I Am Peace — Susan Verde
- Calm Down, Time — Elizabeth Verdick

Ages 4–6: Emotional Problem-Solving & Social Skills

This stage is perfect for teaching empathy, conflict resolution, and more advanced regulation strategies.

Emotion & Empathy Books

- The Rabbit Listened — Cori Doerrfeld
- My Many Colored Days — Dr. Seuss
- The Invisible String — Patrice Karst
- The Koala Who Could — Rachel Bright
- The Pout-Pout Fish — Deborah Diesen

Self-Regulation & Mindfulness

- A Little Calm Spot — Diane Alber
- Listening to My Body — Gabi Garcia
- I Can Handle It — Laurie Wright
- Sitting Still Like a Frog — Eline Snel
- Anh's Anger — Gail Silver

Ages 6–8: Emotional Insight, Coping Skills & Independence

Kids in this age range can reflect on their feelings and learn more structured strategies.

Emotional Intelligence & Coping

- What to Do When You Worry Too Much — Dawn Huebner
- What to Do When Your Temper Flares — Dawn Huebner
- The Red Beast — K.I. Al-Ghani
- The Huge Bag of Worries — Virginia Ironside
- The Boy with Big, Big Feelings — Britney Winn Lee

Mindfulness & Self-Awareness

- Mindful Kids (activity cards) — Whitney Stewart
- Breathing Makes It Better — Christopher Willard
- The Mindful Dragon — Steve Herman

Ages 8–10: Emotional Literacy, Resilience & Self-Reflection

Older children benefit from books that validate big feelings and teach real-world regulation skills.

Emotional Growth & Resilience

- The Girl Who Never Made Mistakes — Mark Pett
- The Invisible Boy — Trudy Ludwig
- The Bad Seed / The Good Egg / The Cool Bean — Jory John
- The Smart Cookie — Jory John
- The Boy, the Mole, the Fox and the Horse — Charlie Mackesy
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Mindfulness & Emotional Skills

- Mindfulness for Kids — Carole P. Roman
- You Are a Lion! And Other Fun Yoga Poses — Taeun Yoo
- Big Life Journal (growth mindset activities)