

Children's Books

Early Reader through 5th Grade

Hello, Anger by Jessica Sinarski is the first book in the Magic Backpack series that encourages children to examine their big emotions by relating them to books that they carry in their backpacks. This book is a great start for kids to begin to develop their emotional intelligence.

Hello, Anxiety by Jessica Sinarski is her follow-up to the first book in the series, Hello, Anger. This book continues with the same group of students, still learning about all the things they carry with them that are sometimes hidden deep within their "backpacks". This time, it is Anxiety that shows its face and the children discover how to cope with this new big emotion.

The My Dragon Book Series by Steve Herman is a series of 68, yes 68!, illustrated books that are meant for children ages 2-8 that deal with everything from potty training, dealing with different emotions, being mindful, self-confidence and so much more.

The Invisible Boy by Trudy Ludwig is about Brian, a shy student who feels invisible to everyone. No one notices him, picks him for teams, invites him to birthday parties, or sits with him at lunch. A new student, Justin, starts and gets made fun of for his lunch. Brian gives him a nice note, and Justin notices what a good artist Brian is. He invites Justin to play and work with him. Brian finally doesn't feel invisible.

A Kid's Book About Self-Love by Brandon Farbstein looks at when kids often notice the things that make them feel different or they don't like. But self-love can help them see what makes them uniquely awesome! This book teaches kids how to choose their thoughts, manage their perspectives, and feel comfortable and happy with themselves, even when hard things happen.

Big Boys Cry by Jonty Howley, a debut book that paints the world we wish existed for our boys, and offers a path there! This story is the truest interpretation of the notion that we should "let boys be boys": let them express the full range of their emotions, vulnerable parts and all!

In The Overwhelm Monster: Helping Children Understand and Manage Big Emotions by Kathleen Yopp, children can join Max on an engaging journey to understand how the brain and body react to stress, anxiety, and feelings of being overwhelmed. Through relatable storytelling and vivid illustrations, children learn about the fight, flight, and freeze responses and discover simple, effective tools to manage those overwhelming moments and calm their mind and bodies.

Beyond the Hidden Door – Mastering Emotions by Marc Monteil is an interactive emotional intelligence adventure for kids with a vibrant story where learning comes alive through three unforgettable characters – Leo, Sofia, and their glowing robot guide, Lumio. They'll journey through enchanted forests, stormy mountains, and lakes of reflection, discovering five essential skills for self-awareness, calm, and connection – all while living an unforgettable emotional adventure.

Me and My Feelings by Vanessa Allen Med NBCT is here to teach kids that it's okay to have big feelings! They will learn how to calm down those strong emotions so they don't feel overwhelmed and can continue to take on the world. This book gives kids the skills to stay in control—by breathing deeply, saying positive things to themselves, talking about their feelings instead of keeping them inside, and more.

Riley the Brave Makes It To School by Jessica Sinarski understands that all children struggle to make it to school some days, and this can be even tougher for children who have had difficult life experiences and extra challenges at school. This book creates a safe space for conversations about big thoughts and feelings, and offers positive tips for families to try. It also features an educational afterword for grown-ups which explains how the book helps children, and how to get the most out of it.

The Grump Hump by Kren York is a heartwarming picture book that helps children understand and manage big emotions like anger, guilt, and remorse. Designed for shared reading, this engaging SEL story is perfect for parents, teachers, and therapists to read aloud and discuss together with children.