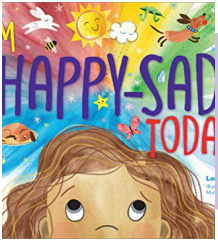


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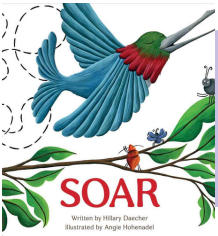
Recommended Reading

CHILDREN WITH BIG FEELINGS



I'M HAPPY-SAD TODAY BY LORY BRITTAIN

This friendly picture book helps young children make sense of mixed-up emotions. Happy, and also sad. Excited, but nervous too. Feeling friendly, with a little shyness mixed in. Mixed feelings are natural, but they can be confusing.



SOAR BY HILLARY DAECHEER

Ramone, a shy hummingbird, is about to leave the nest for the first time. But his anxiety and fear keep him from taking off. Full of kind words and encouragement, Ramone's mother gives him room to work through his emotions, building his confidence and letting him set his own pace.



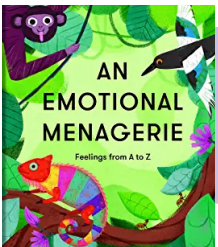
MONSTER EMOTIONS BY KAREN KILPATRICK

When Monster accidentally steps in a mess, he sparks a series of events that cause him to feel a lot of different emotions. But Monster keeps swallowing these emotions, making him sick. Will Monster learn to express his feelings?



THE BOY WITH BIG, BIG FEELINGS BY BRITNEY WINN LEE

Meet a boy with a heart so big, his feelings glow from his cheeks, spill out of his eyes, and jump up and down on his chest.



AN EMOTIONAL MENAGERIE: FEELINGS FROM A-Z BY THE SCHOOL OF LIFE

Children experience all sorts of emotions: sometimes going through several very different ones before breakfast. Yet they can struggle to put these feelings into words. An Emotional Menagerie is an emotional glossary for children



THE BIG FEELINGS BOOK FOR CHILDREN BY SHARON SELBY

It's normal for kids to experience feelings so big that they're hard to manage! This book is filled with engaging exercises that show kids how to use mindfulness to work through tough emotions and feel happier fast.