|  |  |  |  |
| --- | --- | --- | --- |
|  | **Title** | **Author** | **Age Range** |
| **Anger and Conflict Management** | When Sophie Gets Angry, Really, Really Angry | Molly Bang | 3 years and up |
| Belly Breathe | Leslie Kimmelman | 4 years and up |
| Mad, Mad Bear! | Kimberly Gee | 3 years and up |
| **Anxiety, Loss and Separation** | Wemberly Worried | Kevin Henkes | 3 years and up |
| Bear's Big Day | Salina Yoon | 4 years and up |
| Knuffle Bunny Too, A Case of Mistaken Identity | Mo Willems | 3 years and up |
| Llama Llama Misses Mama | Anna Dewdney | 2 years and up |
| Peep and Egg: I'm Not Hatching | Laura Gehl | 2 years and up |
| **Handling Disappointment** | When I’m Feeling Disappointed | Trace Moroney | 1 year and up |
| Go Fish | Tammi Sauer | 4 years and up |
| Not Norman | Kelly Bennett | 4 years and up |
| **Patience and Self Control** | Waiting | Kevin Henkes | 4 years and up |
| Bilal Cooks Daal | Aisha Saeed | 4 years and up |
| Honey | David Ezra Stein | 3 years and up |
| **Self-Esteem and Confidence** | I am Enough | Grace Byers | 3 years and up |
| The Dot | Peter H. Reynolds | 5 years and up |
| Spoon | Amy Krouse Rosenthal | 3 years and up |
| The Importance of Being 3 | Lindsay Ward | 2 years and up |
| **Understanding Your Feelings** | Grumpy Monkey | Suzanne Lang | 3 years and up |
| The Feelings Book | Todd Parr | 3 years and up |
| Can I Tell You a Secret? | Anna Kang | 3 years and up |
| Grumpy Pants | Claire Messer | 3 years and up |
| I'm Happy-Sad Today: Making Sense of Mixed-Together Feelings | Lory Britain | 3 years and up |
| My BIG Feelings, In Five Small Tales | Sidney Hall | 3 years and up |

**Books Promoting Young Children’s Mental Health**

All books can be purchased at <https://www.scholastic.com>