

# Books about worries and emotions for children aged 2-6



## About the Author

Hi! I'm Alexandra, a member of the Class of 2024 at the University of British Columbia's Island Medical Program. As a child, I had a whole zoo of stuffed animals, and I loved to read. Some of my favourite stories were Holly Hobbie's *Toot & Puddle* series and the *Franklin the Turtle* books by Brenda Clark and Paulette Bourgeois.

I'm passionate about children's health and literacy and have written a report on emotional regulation and anxiety in children. My research helped me to choose the books below.



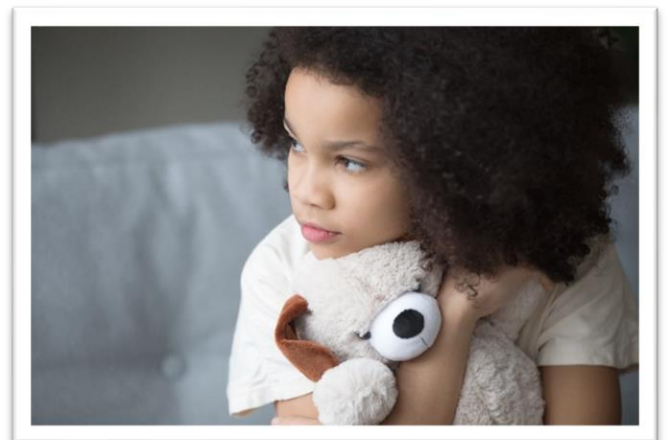
## Books on Emotions and Anxiety

Reading can be a way to learn about anxiety and emotions from a safe distance. Below is a selection of stories about feelings, worries, and fears to share with your child. Have fun reading and let us know which books you like best. You can reach us at [info@thereadingbear.ca](mailto:info@thereadingbear.ca) with comments and suggestions!

Many thanks to the Greater Victoria Public Library (<https://gvpl.ca/>), from which I borrowed these and dozens of other children's books on feelings and fears. I have chosen my favourite books to share here. Some books were sent to me using the province's interlibrary loan service, which allows library users to have books from all over the province delivered to their local library for free. If you can't find a book you'd like, ask your local librarian about interlibrary loans!

## Books About Recognizing, Naming, and Understanding Feelings

- *The Feelings Book* by Todd Parr
- *The Color Monster: a story about emotions* by Anna Llenas
- *In My Heart* by Jo Witek and Christine Roussey (illustrations)
- *Some Days* by Karen Kaufman Orloff and Ziyue Chen (illustrations)
- *I'm Happy-Sad Today* by Lory Britain and Matthew Rivera (illustrations)
- *Where Happiness Begins* by Eva Eland



# Books about worries and emotions for children aged 2-6



## Books About Managing Difficult Feelings

- *When Sadness Is at Your Door* by Eva Eland
- *I Am a Peaceful Goldfish* by Shoshana Chaim and Lori Joy Smith (illustrations)
- *Puppy in My Head: A Book About Mindfulness* by Elise Gravel
- *Grumpy Bird* by Jeremy Tankard
- *Mouse Was Mad* by Linda Urban and Henry Cole (illustrations)
- *Red, Red, Red* by Polly Dunbar
- *Sometimes I Am Furious* by Timothy Knapman and Joe Berger (illustrations)



## Books About Worries and Fears

- *Wemberly Worried* by Kevin Henkes
- *A Feel Better Book for Little Worriers* by Holly Brochmann, Leah Bowen, and Shirley Ng-Benitez (illustrations)
- *Me and My Fear* by Francesca Sanna
- *Bear Feels Scared* by Karma Wilson and Jane Chapman (illustrations)
- *Ruby Finds a Worry* by Tom Percival
- *The Don't Worry Book* by Todd Parr
- *The Invisible String* by Patrice Karst and Geoff Stevenson (illustrations)



## And a Final Recommendation...

- *Reading Makes You Feel Good* by Todd Parr
- A perfect book to help get children excited about storytime!



RBS FLEX Project, Spring 2022. Developed by Alexandra Jamieson (UBC MD 2024).



Although the RBS strives to provide complete and accurate information, we make no warranties, expressed or implied, as to the accuracy of the information in our materials and assume no liability or responsibility for any errors or omissions in our materials.