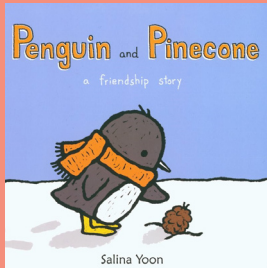


# LET'S TALK, READ AND SING ABOUT FEELINGS!

BOOK AND VIDEO RECOMMENDATIONS FOR YOUNG CHILDREN



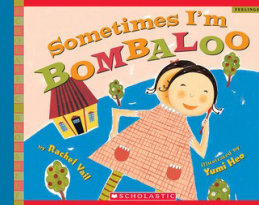
## BOOKS



### Penguin and Pinecone

By: Salina Yoon

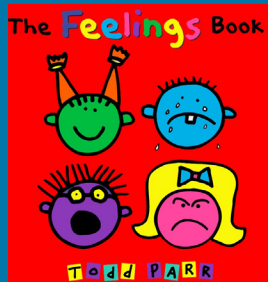
When Penguin finds a lost pinecone one day, he doesn't know what it is, but an unlikely friendship blooms. This endearing story celebrates friendships lost and found and overcoming the odds to be with the one you love.



### Sometimes I'm Bombaloo

By: Rachel Vail

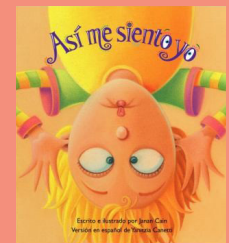
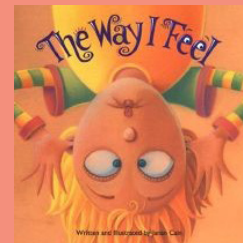
Katie is a young girl who describes what happens to her when she gets angry. It's a story of understanding one's own emotions and learning to express them in a more socially acceptable ways. Children will be able to associate with the character regarding things that make them upset and angry.



### The Feelings Book

By: Todd Parr

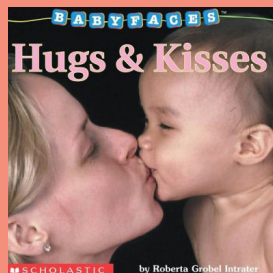
The Feelings Book vibrantly illustrates the wide range of moods we all experience. This book will inspire kids to discuss their multitude of feelings in a kid-friendly, accessible format, told through Parr's trademark bold, bright colors and silly scenes.



### The Way I Feel / Así me siento yo

By: Janan Cain

The Way I Feel, is a delightful book that helps kids describe their emotions and understand that feelings are a normal part of life. It provides a means of introducing both the concept of feelings and the vocabulary that helps children express their emotions with words.



### Hugs & Kisses (Babyfaces)

By: Roberta Grobel Intrater

Babies are mesmerized by other babies. The photographs in this book capture endearing moments with babies and toddlers as they get hugs and kisses from parents and siblings. Coupled with the simple, rhyming text, this is a perfect snuggling book.

## VIDEO



### Small Children Have Big Feelings

Watch the "Big Feelings" video or download our handout with tips for understanding and managing your child's behavior. Learn more about limit setting with love and taking care of yourself during the challenging moments. Check out the resources here: [\[English|Spanish\]](#)

For more tips and information, please visit: [www.talkingisteaching.org](http://www.talkingisteaching.org)

