



Reading fiction books provides a child an opportunity to understand how others may feel. Below is a list of books that may promote discussion about how the character may be feeling or why they reacted in a certain way.

As you read these books with your child, take the time to ask questions like:
How would that make you feel? What would you do?

What do you think would happen if...? Why do you think they did this/acted that way?

As children encounter characters experiencing different emotions and feelings, they learn to identify and process their own feelings. Books guide them in understanding and managing emotions, building social skills, developing empathy and resilience.

*Books with a blue heart ♥ are in Davis County (DC) libraries.

Books about Empathy and Kindness:

- All Kinds of Kindness by Nevin, Judy Carey
- Can I Sit With You? by Jacoby, Sarah
- Adrian Simcox Does Not Have a Horse by Campbell, Marcy
- I Like it When / Me Gusta Cuando by Murphy, Mary
- Imagine a Wolf by Platt, Lucky
- It Will Be Okay by Katzenberger, Lisa
- Kindness Make us Strong by Beer, Sophie
- Put Yourself in My Shoes by Isern, Susanna
- Superluminous by de Haes, Ian
- This Way Charlie by Levis, Caren
- We're Different, We're the Same by Kates, Bobbi

DC Library:

- ♥ Feel Better Daddy by Loewen, Nancy
- ♥ A Hat for Mrs. Goldman by Edwards, Michelle
- ♥ I Walk With Vanessa by Keracoët
- ♥ I'll Walk With You by Pearson, Carol Lynn
- ♥ If You Plant a Seed by Nelson, Kadir
- ♥ Milo Imagines the World by Peña, Matt de la
- ♥ My Friend is Sad by Willems, Mo
- ♥ A Small Kindness by McAnulty, Stacy



Books about Being Yourself:

- **Amazing Me! Soy Sorprendente!** by Thompson, Carol
- **Be You!** by Reynolds, Peter
- **Bird Hugs** by Adamson, Ged
- **Birds Of A Feather** by Singh, Sita
- **Extraordinary Albert** by Grubmam, Bonnie
- **Just Like Me** by Brantley-Newton, Venessa
- **Laxmi's Mooch** by Anand, Shelly
- **Me Gusta Como Soy / I Like Myself** by Beaumont, Karen
- **Not Yet A Yeti** by Treleaven, Lou
- **Solo Hay Uno Como Tu! Only You Can Be You!** by Clarkson, Nathan
- **Spoon** by Rosenthal, Amy Krouse
- **Stand Tall Milly Lou Mellon** by Lovell, Patty
- **Sugar And Snails** by Tsiang, Sarah
- **Un Gran Corazon** by Davis, Linsey
- **What if?** by Magsamen, Sarah
- **We Are All Wonders** by Palacio, R.J.

DC Library:

- ♥ **Be Who You Are** by Parr, Todd
- ♥ **A House For Every Bird** by Maynor, Megan
- ♥ **Perfectly Norman** by Percival, Tom
- ♥ **Rissy No Kissies** by Howes, Katey
- ♥ **You Are Awesome!** by Hoffman, Susann
- ♥ **When Charley Met Emma** by Webb, Amy

Books about Feelings:

- **¿Estás Muy Enfadado?** by Piroddi, Dr. Chiara
- **Even Superheroes Have Bad Days** by Becker, Shelly
- **How Are You? / ¿Cómo Estás?** by Dominguez, Angela
- **How Do You Feel?** by Rockwell, Lizzy
- **Hugga Loula** by Dearborn, Nancy
- **I Feel Proud: First Emotions** by DK
- **I Feel / Yo Siento** by Meiners, Cheri J.
- **Peek-A-Mood** by Ferri, Giuliano
- **Sad, Sad Bear** by Gee, Kimberly
- **Way Past Jealous** by Adelman, Hallee

DC Library:

- ♥ **Baby Happy Baby Sad / Bebé Feliz Bebé Triste** by Patricelli, Leslie (English Copy)
- ♥ **The Boy with Big, Big Feelings** by Winn Lee, Britney
- ♥ **The Color Monster** by Llenas, Anna
- ♥ **The Lion Inside** by Bright, Rachel

- ♥ Penguin Misses Mom by Dahl, Michael
- ♥ Ravi's Roar by Percival, Tom
- ♥ Soaked! by Cushman, Abi
- ♥ Way Past Mad by Adelman, Hallee
- ♥ Way Past Sad by Adelman, Hallee
- ♥ Where Happiness Begins by Eland, Eva

Books about Cooperation and Teamwork:

- Big Big Rescue by Gall, Chris
- Daniela Y Las Chicas Pirata by Isern, Susanna
- Fly, Fly Again by Jaffe, Katie
- The Fort by Perdew, Laura
- Hoy Volare by Willems, Mo
- Ninja Camp by Fliess, Sue
- Red Yellow Blue by Mullady, Lysa
- Scout the Mighty Tugboat by Beyl, Charles

DC Library:

- ♥ The Bear Must Go On by Petty, Dev
- ♥ Every Little Letter by Underwood, Deborah
- ♥ The Golden Acorn by Hudson, Katy
- ♥ Grumpy Bird by Tankard, Jeremy
- ♥ The Little Guys by Brosgol, Vera
- ♥ Rex Wrecks It! by Clanton, Ben
- ♥ Stick and Stone by Ferry, Beth
- ♥ Thomas and Friends 5 Minute Stories
- ♥ Tow Truck Joe by Sobel, June
- ♥ Tractor Mac: New Friend by Steers, Billy
- ♥ The Way Back Home by Jeffers, Oliver
- ♥ Today I Will Fly by Willems, Mo

Books about Being Brave:

- El Bosque de la Serenidad by Isern, Susanna
- Breathe Deep, Little Sheep by Lee, Jessica
- Courageous Lucy by Russell, Paul & King, Cara
- Kaia y las Abejas by Boelts, Maribeth
- The Little Book of Big What-Ifs by Liwska, Renata
- Lottie & Walter by Walker, Anna
- Me and My Fear by Sanna, Francesca
- My Monster and Me by Hussain, Nadiya
- Orion and the Dark by Yarlett, Emma
- ¿Qué te Preocupa? by Potter, Molly

- **Way Past Worried** by Adelman, Hallee
- **The Whatifs** by Kilgore, Emily
- **The Worry Box** by Chiew, Suzanne

DC Library:

- ♥ **Doggie Gets Scared** by Leslie Patricelli
- ♥ **The Koala Who Could** by Rachel Bright
- ♥ **A Little Bit Brave** by Nicola Kinnear
- ♥ **Little Monkey Calms Down** by Michael Dahl
- ♥ **Ruby Finds a Worry** by Tom Percival
- ♥ **Sloth Wasn't Sleepy** by Kate Messner
- ♥ **The Worrysaurus** by Rachel Bright
- ♥ **Call it courage** by Sperry, Armstrong
- ♥ **The worry (less) book : feel strong, find calm, and tame your anxiety!** by Brian, Rachel
- ♥ **Princess Posey and the First Grade Parade** by Greene, Stephanie
- ♥ **Go away, big green monster!** by Emberley, Ed
- ♥ **Stink and the Hairy Scary Spider** by McDonald, Megan
- ♥ **Francine Poulet Meets the Ghost Raccoon** by DiCamillo, Kate
- ♥ **I Need My Monster** by Noll, Amanda
- ♥ **What about worms!?** by Willems, Mo
- ♥ **Tiny T. Rex and the Very Dark Dark** by Stutzman, Jonathan
- ♥ **Feeling scared!** by Barnham, Kay
- ♥ **Owly. Volume 3, Flying lessons** by Runton, Andy
- ♥ **The Ickabog** by Rowling, J. K
- ♥ **The Berenstain Bears in the dark** by Berenstain, Stan
- ♥ **A whale of a tale** by Dadey, Debbie
- ♥ **Oh, the places you'll go!** by Seuss, Dr.
- ♥ **Guts** by Telgemeier, Raina
- ♥ **Scat** by Hiaasen, Carl
- ♥ **Can't you sleep, Little Bear?** by Waddell, Martin
- ♥ **Oliver and his alligator** by Schmid, Paul
- ♥ **Goodnight, you** by Côté, Geneviève
- ♥ **Fish in a tree Hunt** by Lynda Mullaly
- ♥ **Pinkalicious and the amazing sled run** by Kann, Victoria
- ♥ **The class from the Black Lagoon** by Thaler, Mike
- ♥ **Scaredy squirrel** by Watt, Mélanie,
- ♥ **Megabat is a fraidybat** by Humphrey, Anna
- ♥ **Where the woods end** by Salter, Charlotte
- ♥ **Anastasia Krupnik** by Lowry, Lois
- ♥ **Be a Star, Wonder Woman!** by Dahl, Michael
- ♥ **Alan's big, scary teeth** by Jarvis
- ♥ **What to do when you worry too much : a kid's guide to overcoming anxiety**
by Huebner, Dawn

- ♥ **Bedtime for Yeti** by Vogel, Vin
- ♥ **Brave mouse** by Morgan, Michaela
- ♥ **I am (not) scared** by Kang, Anna
- ♥ **Seven Rules You Absolutely Must Not Break If You Want to Survive the Cafeteria**
by Grandits, John

Books about Growth Mindset:

- **Abracadabra! The Magic of Trying** by Loretta Giraldo, Maria
- **Amelia Sabe Volar** by Dal Corso, Mara
- **Benji and the Giant Kite** by Fox, Alan C. and Kuijl, Eefje
- **Catkwondo** by Detlefsen, Lisl H.
- ♥ **The Dog Who Wanted To Fly** by Stinson, Kathy
- ♥ **Flight School** by Judge, Lita
- ♥ **Girl Versus Squirrel** by Barrett, Hayley
- ♥ **Gritty Kitty** by Hutton, Dr. John
 - **Isa Trastos** by Jones, Pip and Ogilvie, Sara
- ♥ **Ish** by Reynold, Peter H.
- ♥ **The Little Butterfly That Could** by Burach, Ross
- ♥ **The Little Engine the Could** by Piper, Watty
- ♥ **The Little Snowplow** by Koehler, Lora
 - **My Day with the Panye** by Charles, Tami
- ♥ **The Power of Yet** by Cocca-Leffler, Maryann
 - **The Problem with Problems** by Rooney, Rachel
 - **Sunday Rain** by Pova, Rosie J. and Rauscher, Amariah
- ♥ **Trying** by Yamada, Kobi
- ♥ **You Can Do It!** by Lewin, Betsy

Books about Self-Regulation:

- **A World of Mindfulness** by Alladin, Erin
- **Bee Still** by Sileo, Frank J.
- **Berta's Boxes** by Alvisi, Dario
- ♥ **Big Feelings** by Penfold, Alexandra
 - **Bunny Breaths** by Willey, Kira
- ♥ **David Gets in Trouble** by Shannon, David
 - **Elmo is Mindful** by Mathieu, Joe
 - **¡Estoy Muy Enfadado!** by Ibarrola, Begoña
 - **Fergal and the Bad Temper** by Starling, Robert
 - **I Really Want the Cake** by Philip, Simon
 - **It's Great to Keep Calm** by Collins, Jordan
 - **It's Not My Fault** by John, Jory
 - **Peaceful Like a Panda** by Willey, Kira

- **Sit With Me** by Kanjuro, Carolyn
- **Step Back from Frustration** by Hasson, Gill
- **Thank You Mind** by Cohen Harper, Jennifer
- ♥ **Waiting Is Not Forever** by Verdick, Elizabeth
- **We Listen To Our Bodies** by Bowers, Lydia
- **When Miles Got Mad** by Schiller, Abbie & Kurtzman-Counter, Samantha

Books about Sharing:

- **Bears on Chairs** by Parenteau, Shirley
- ♥ **The Berenstain Bears Learn to Share** by Berenstain, Stan & Jan
- ♥ **¿Debo Compartir Mi Helado?** by Willems, Mo
- ¡**Gracias, Omu!** by Mora, Oge
- ♥ **Hot Pot Night!** by Chen, Vincent
- **It's Great to Share** by Collins, Jordan
- **Lia & Luís: Who Has More?** by Crespo, Ana
- ♥ **Love Monster and the Last Chocolate** by Bright, Rachel
- **Mine Mine Mine Yours** by Gee, Kimberly
- **My Friend Ben Won't Share** by Beyl, Charles
- ♥ **Playdate for Panda** by Dahl, Michael
- ♥ **Rulers of the Playground** by Kuefler, Joseph
- **The Sharey Godmother** by Berger, Samantha
- ♥ **That's (Not) Mine** by Kang, Anna
- **This Poop is Mine!** by Gusti
- ♥ **Thomas & Friends: Time to Share!**
- **The Trouble with Penguins** by Jordan-Glum, Rebecca
- ♥ **Warm Clothes for Bear** by Loman, Sam
- ♥ **What is Given from the Heart** by McKissack, Patricia C.
- ♥ **Will Bear Share?** by Leung, Hilary
- ♥ **Mary the sharing fairy** by Meadows, Daisy
- ♥ **Pie is for sharing** by Ledyard, Stephanie Parsley
- ♥ **Let's care about sharing!** by Hallinan, P. K.
- ♥ **Share, big bear, share!** by Wright, Maureen
- ♥ **This is MY fort!** by Daywalt, Drew
- ♥ **Pig the monster** by Blabey, Aaron
- ♥ **When You Reach Me** by Stead, Rebecca
- ♥ **Miracles on Maple Hill** by Sorensen, Virginia
- ♥ **James and the Giant Peach** by Dahl, Ronald
- ♥ **Christmas oranges** by Bethers, Linda

- ♥ Duck & Goose by Hills, Tad
- ♥ When a Dragon Moves In by Moore, Jodi
- ♥ Have You Seen Elephant? by Barrow, David
- ♥ The Peculiar Possum by Hecht, Tracey
- ♥ That's (not) mine by Kang, Anna
- ♥ The big birthday surprise : Junior discovers giving by Ramsey, Dave
- ♥ Dozens of doughnuts by Finison, Carrie
- ♥ All you ever need by Lucado, Max
- ♥ We are the gardeners by Gaines, Joanna
- ♥ Tap Tap Boom Boom by Bluemle, Elizabeth
- ♥ Frank and Bean by Michalak, Jamie

Books about Communication:

- Baby's First Kind Words by Pan, Hsinping
- Baby's First Words/Mis Primas Palabras by Engle, Christiane
- Duck! by McKinlay, Meg
- Gnome by Blunt, Fred
- Lacy Walker, Nonstop Talker by Jones, Christianne
- ♥ Listen Buddy by Lester, Helen
- Listen Like an Elephant by Willey, Kira
- ♥ Little Elephant Listens by Dahl, Michael
- Magic Little Words by Delaunoy, Angéle
- Margot and the Moon Landing by Fitzpartick , A.C.
- Nita's Day: More Signs for Babies and Parents by MacMillan, Kathy
- No Quiero Estar in Silencio! by Anderson, Laura Ellen
- ♥ Please, Mr. Panda by Antony, Steve
- ♥ Quiet Please, Owen McPhee by Ludwig, Trudy
- ♥ Rude Cakes by Watkins, Rowboat
- ♥ We Disagree by Murguia, Bethanie Deeney
- ♥ The Word Collector by Reynolds, Peter H.
- ♥ Words Are Not for Hurting/ Las Palabras No Son para Listimar by Verdick, Elizabeth
- Yes, I Can Listen! by Metzger, Steve

Books about Resilience:

- Beautiful Oops by Saltzbery, Barney
- Beginners Are Brave by Robertson, Rachel
- Bike On, Bear by Liu, Cynthea
- Come With Me by McGhee, Holly M.
- ♥ Construction Site Mission: Demolition! by Rinker, Sherri Duskey
- Even Superheroes Make Mistakes by Becker, Shelly

- ♥ **Gossie** by Dunrea, Olivier
 - **Hugo and the Impossible Thing** by Smith, Renee Felice & Gabriel, Chris
 - **I Am! Affirmations for Resilience** by Rodriguez, Edel
 - **I Am Darn Tough** by Morelli, Licia
 - **The Journey** by Sann, Francesca
- ♥ **The Library Bus** by Rahman, Bahram
- ♥ **The Paper Bag Princess** by Munsch, Robert
- ♥ **Pete the Cat and the Itsy Bitsy Spider** by Dean, James
- ♥ **Pigs in a Pickle** by Wilhelm, Hans
- ♥ **Sunny-Side Up** by Davsi, Jacky
 - **Tani's New Home** by Adewumi, Tanitoluwa
- ♥ **Ten Beautiful Things** by Griffin, Molly Beth
- ♥ **Ty's Travels: Zip, Zoom** by Lyons, Kelly Starling
- ♥ **What the Road Said** by Wade, Cleo

Books about Supporting Others:

- ♥ **Bear Feels Sick** by Wilson, Karma
 - **The Boy in the Orange Cape** by Ciccio, Adam
- ♥ **The Bug Girl (a true story)** by Spencer, Sophia
 - **Clem and Crab** by Lumbers, Fiona
 - **The Farmer** by Abadia, Ximo
 - **Geraldine and the Anti-Bullying Shield** by Regwan, Sol
 - **Get Up, Stand Up** by Marley, Cedella
 - **I Am A Kindness Hero** by Adams, Jennifer
 - **I'll Always Hold Your Hand** by Van Genechten, Guido
 - **La Casa De Algún Día** by Durango, Julia
- ♥ **Lunch Box Bully** by Wilhelm, Hans
- ♥ **Nook** by Garland, Sally Anne
- ♥ **One** by Otonari, Kathryn
- ♥ **Oona** by Dipucchio, Kelly
- ♥ **Palo Y Piedra/ Stick and Stone** by Ferry, Beth
 - **Quill Soup** by Durant, Alan
 - **Shady Baby** by Wade, Gabrielle Union-Wade and Dwyane
- ♥ **Super Manny Stands Up!** by DiPucchio, Kelly
 - **Una Gran Ayuda** by Fehr, Daniel
- ♥ **When You Need a Friend** by Chiew, Suzanne

Books about Bullying:

- ♥ **Llama Llama and the bully goat** by Dewdney, Anna
- ♥ **Wishes, dares, & how to stand up to a bully** by Jacobson, Darlene Beck

- ♥ Hello, Universe by Kelly, Erin Entrada
- ♥ Save me a seat by Weeks, Sarah
- ♥ The pout-pout fish and the bully-bully shark by Diesen, Deborah
- ♥ Trucker and Train by Stark, Hannah
- ♥ Bully by Caseley, Judith
- ♥ Speak up, Molly Lou Melon by Lovell, Patty
- ♥ Not little by Myers, Maya
- ♥ Super Manny stands up! by DiPucchio, Kelly
- ♥ Felix stands tall by Wells, Rosemary
- ♥ The little blue bridge by Maier, Brenda (Brenda J.)
- ♥ Wolf Hollow by Wolk, Lauren
- ♥ Ed Emberley's bye-bye, big bad bullybug! by Emberley, Ed
- ♥ This is what I did by Ellis, Ann Dee
- ♥ You Go First by Kelly, Erin Entrada
- ♥ Nobody knew what to do : a story about bullying by McCain, Becky Ray
- ♥ Sticks and stones by Polacco, Patricia

