

CHILDREN'S BOOKS FOR SUPPORTING SELF REGULATION

"I can manage my strong emotions and am in control of my behavior"

Updated August 17, 2015

Titles on this list include those that support children in identifying and understanding feelings, understanding cause and effect, and modulating activity level, behavior, and responses.

A BABY SISTER FOR FRANCES, Hoban
BEAR FEELS SCARED, Wilson, K.
A BIRTHDAY FOR FRANCES, Hoban
BOO HOO BIRD, Tankard, J.
ANH'S ANGER, Silver, G.
A QUIET PLACE, Wood, D.
ALEXANDER AND THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY, Viorst, J
ANDREW'S ANGRY WORDS, Lachner, D
BABY FINGERS: I'M FEELING... (TEACH YOUR BABY TO SIGN), Heller, L.
BEDTIME FOR FRANCES, Hoban
C IS FOR CURIOUS, AN ABC OF FEELINGS/2 IS FOR DANCING, A 123 OF ACTIONS, Hubbard
CAN YOU MAKE A SCARY FACE? Thomas, J.
CAPS FOR SALE, Slobodkina, E.
CONTRARY BEAR, Root, P.
DINOSAUR VS. THE POTTY, B. Shea
FANCY NANCY: BONJOUR BUTTERFLY, O'Connor, J.
FEELINGS, Aiki
FEELINGS, Murphy, J.B.
FIDGETY FISH, Galloway, R.
FINN THROWS A FIT, Elliot, D.
FORTUNATELY, Charlip, Remy
GLAD MONSTER, SAD MONSTER, Emberley, E.
GO AWAY, BIG GREEN MONSTER, Emberley, E.
GO AWAY MONSTERS, LICKETY SPLIT!, Cooney
GRUMP, GROAN, GROWL, Hooks, B.
GRUMPY BUNNIES, Welch, W.
GRUMPY BIRD, Tankard, J.
GRUMPY GLORIA, Dewdney, A.
HANDS ARE NOT FOR HITTING, Agassi, M.
HANDS CAN, Willis-Hudson, C
HARRIET AND THE ROLLER COASTER, Carlson, N.
HARRIET YOU'LL DRIVE ME WILD, Fox, M.
HARRY AND THE TERRIBLE WHATZIT, Gackenback, D.
HILDA MUST BE DANCING, Wilson, K.
HOW DO DINOSAURS EAT THEIR FOOD? Yolen, J & Teague, M.
HOW DO DINOSAURS SAY I LOVE YOU? Yolen, J. & Teague, M.
HUGGAPOTAMUS, Metzger, S.
IF YOU GIVE A MOUSE A COOKIE, Joffe Numeroff, L.
IF YOU GIVE A MOOSE A MUFFIN, Joffe Numeroff, L.
IF YOU GIVE A PIG A PANCAKE, Joffe Numeroff, L.

Compiled by Pam Thompson Arbogast, M.S.

Sources: Center on the Social & Emotional Foundation of Early Learning, Seattle Public Library, Multnomah County Library, Pathways to Competence by Sarah Landy, Scholastic Books, The Children's Picture Book Database at Miami University, Talaris Institute, Barnes and Noble, Mind in the Making website

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IF YOU TAKE A MOUSE TO SCHOOL, Numeroff, L.
IF YOU'RE ANGRY AND YOU KNOW IT, Kaiser, C.
IF YOU'RE HAPPY AND YOU KNOW IT, Cabrera, J.
"I HAVE A LITTLE PROBLEM" SAID THE BEAR, Janisch, H.
IT'S HARD TO BE FIVE, Curtiss, J.L.
JAKE STAYS AWAKE, Wright, M.
JIM MEETS THE THING, Cohen
LLAMA LLAMA MAD AT MAMA, Dewdney, A.
LLAMA LLAMA RED PAJAMA, Dewdney, A.
MIRACLE MELTS DOWN, Wells, R.
MOUSE WAS MAD, Urban, L.
MUNCHA, MUNCHA, MUNCHA, Fleming, L.
MY MANY COLORED DAYS, Dr. Seuss
MY MOUTH IS A VOLCANO, Cook, J.
NEVER TICKLE A TIGER, Butchart, P.
NO BITING, Katz, K.
NO FITS NILSON, Ohora, Z.
NOISY NORA, Wells, R.
ON MONDAY WHEN IT RAINED, Kachenmeister, C.
PEACEFUL PIGGY MEDITATION
PEEKABOO MORNING, Isadora, R.
PERSONAL SPACE CAMP, Cook, J.
PETE THE CAT & HIS MAGIC SUNGLASSES, Litwin, E.
PETE THE CAT: I LOVE MY WHITE SHOES, Litwin, E.
PETE THE CAT: ROCKING IN MY SCHOOL SHOES, Litwin, E.
PIG KAHUNA, Sattler, J.
PIG PIG GROWS UP!, McPhail, D.
PLEASE PLAY SAFE, Cuyler, M.
PURPLE, GREEN, & YELLOW, Munsch, R.
QUIET, LOUD, Petricelli, L.
ROAR OF A SNORE, Arnold, M.
SILLY SALLY, Wood, Audrey
SLINKY MALINKI, Dodd, L.
SMUDGE'S GRUMPY DAY, Moss,
SNIP SNAP; WHAT'S THAT? Bergman, M.
SOME DAYS, OTHER DAYS Peterson, P.J.
SOMETIMES I FEEL LIKE A MOUSE, Modesitt, J.
SOMETIMES I FEEL LIKE A STORM CLOUD by Evans, L and Carrington, M.G.
SOMETIMES I'M BOMBALOO, Vail, R.
SOME THINGS ARE SCARY, Parry Heide, F.
SPENCE AND THE MEAN OLD BEAR, Chevalier, C.
SPINKY SULKS, Steig, W.
TAKING A BATH WITH THE DOG (AND OTHER THINGS THAT MAKE ME HAPPY), Menchin, S.
TEETH ARE NOT FOR BITING, Verdick, E.

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THE BABY BEEBEE BIRD, Massie, D
THE BEAR UNDER THE STAIRS, Cooper, H.
THE DAY LEO SAID I HATE YOU, Harris, R.
THE LITTLE GIRL WITH THE BIG BIG MOUTH, Balouch, K.
THE LOUD BOOK. Underwood
THE PIGEON HAS FEEINGS TOO, Willems, M.
THE POUT POUT FISH, Diesen, D.
THE POUT POUT FISH IN THE DEEP DEEP DARK, Diesen, D.
THE QUIET BOOK, Underwood
THE RAIN CAME DOWN, Shannon, D.
THE STORY ABOUT PING
THE SUPER HUNGRY DINOSAUR, Waddell, M.
THE TEMPER TANTRUM BOOK, Preston, E.M.
THE THREE GRUMPIES, Wight, T.
THE UNDERBED, Hoellworth, C.
THE VERY LONELY FIREFLY, Carle, E.
THE WAY I FEEL, Cain, J.
THERE'S AN ALLIGATOR UNDER MY BED, Mayer, M.
TODAY I FEEL SILLY AND OTHER MOODS THAT MAKE MY DAY, Curtis, J.
TOO LOUD LILY , Laguna,S.
WALTER WAS WORRIED, Vacarro, L.
WHAT ARE YOU SO GRUMPY ABOUT?, Lichtenheld, T
WHAT HAVE YOU DONE, DAVY?, Weninger, B.
WHAT WAS I SCARED OF?, Dr. Seuss
WHEN I AM (CUANDO ESTOY)
WHEN I FEEL JEALOUS, Spelman, C.
WHEN I FEEL SAD, Spelman, C.
WHEN I FEEL SCARED, Spelman, C.
WHEN I FEEL SAD, Spelman, C.
WHEN I 'M FEELING ANGRY, Moroney, T.
WHEN I'M FEELING HAPPY, Moroney, T.
WHEN I'M FEELING SAD, Moroney, T.
WHEN I'M FEELING SCARED, Moroney, T.
WHEN SOMEONE IS AFRAID, Gorbachev, V.
WHEN SOPHIE GETS ANGRY, REALLY, REALLY ANGRY, Bang, M.
WHERE THE WILD THINGS ARE, Sendak, M
WORDS ARE NOT FOR HURTING, Verdick, E.
YESTERDAY I HAD THE BLUES, Frame, J.A.

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