Suggested Support Readings- Children

Books to assist children in identifying their emotions

Sometimes I feel Like a Mouse: a book about Feelings by Jeanne Modesitt

When Sophie Gets Angry- Really, Really Angry by Molly Bang

<u>Today I feel Silly: And Other Moods that Make my Day</u> by Jamie Lee Curtis and Laura Cornell (illustrator)

<u>Where do Balloons go? An Uplifting Mystery</u> by Jamie Lee Curtis and Laura Cornell (illustrator)

The Kissing Hand by Ruth E. Harper

You Are My I Love You by Maryann K Cusimano and Satomi Ichikawa

<u>Tell Me Something Happy Before I go to Sleep</u> by Joyce Dunbar and Debi Gliori

Now Matter What by Debi Gilori

Love You the Purplest by Barbara M. Joosse, Barbara Lavallee and Mary Whyte (illustrators)

Preschool – 8 years old

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst

What a Bad Dream by Mercer Mayer

What do you Do when a Monster says Boo? by Hope Vestergaard

<u>Someone Special is Very Sick</u> by Jim Boulden, Joan Boulden and Joann Farness Henry and the White Wolf by Tim Karu

Age 8-12

The Feelings book: the Care and Keeping of your Emotions by Lynda Madison, Boonie Timmons and Norm Bendall

<u>Feelings: Inside You and Outloud Too</u> by Barbara Polland

<u>Skellig</u> by David Almond

<u>I will Sing Life: Voices from the Hole in the Wall Gang Camp</u> by Larry Berger, Dahlia Lithwick and Seven campers

What About Me? When Brothers and Sisters Get Sick by Allen Peterkin, MD

Teens

<u>Healing your grieving heart</u> by Allen Wolfet, PhD

<u>Helping Teens Cope with Death</u> by The Dougy Center for Grieving Children

<u>Recovering from the Loss of a Sibling</u> by Katherene Fair Donnell

<u>Sibling Grief: Healing after the Death of a Brother or Sister</u> by P. Gill White