



Resources for Supporting Emotional Intelligence in Children

Five Steps of Emotion Coaching

Dr. John Gottman

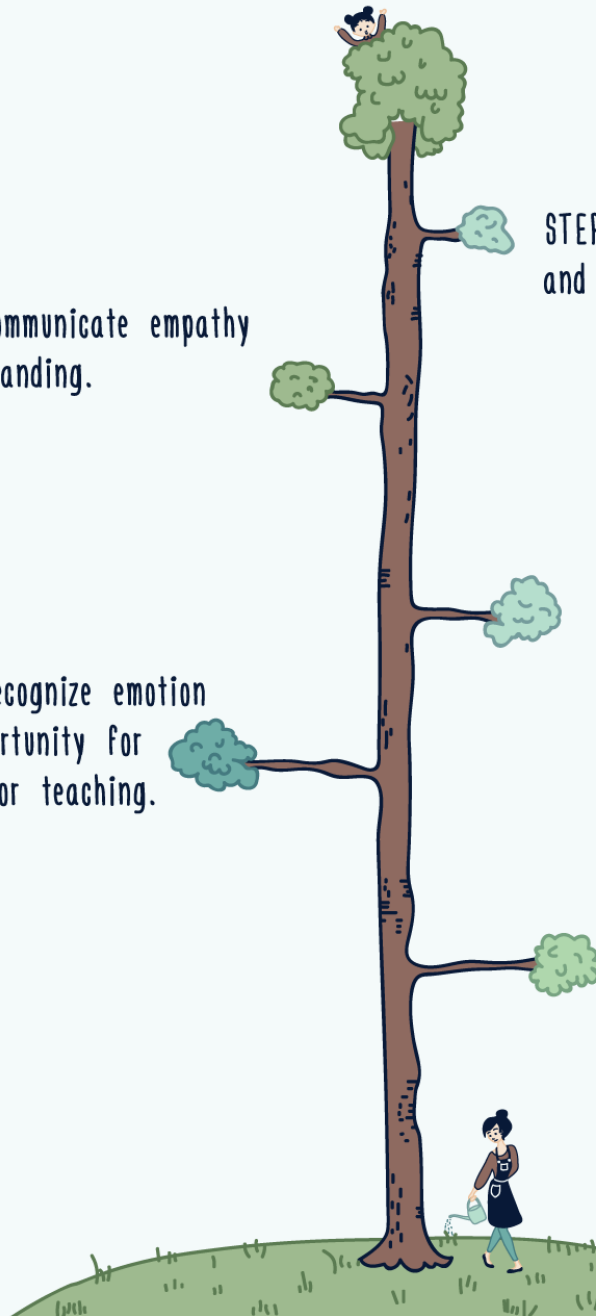
STEP 4: Communicate empathy and understanding.

STEP 2: Recognize emotion as an opportunity for connection or teaching.

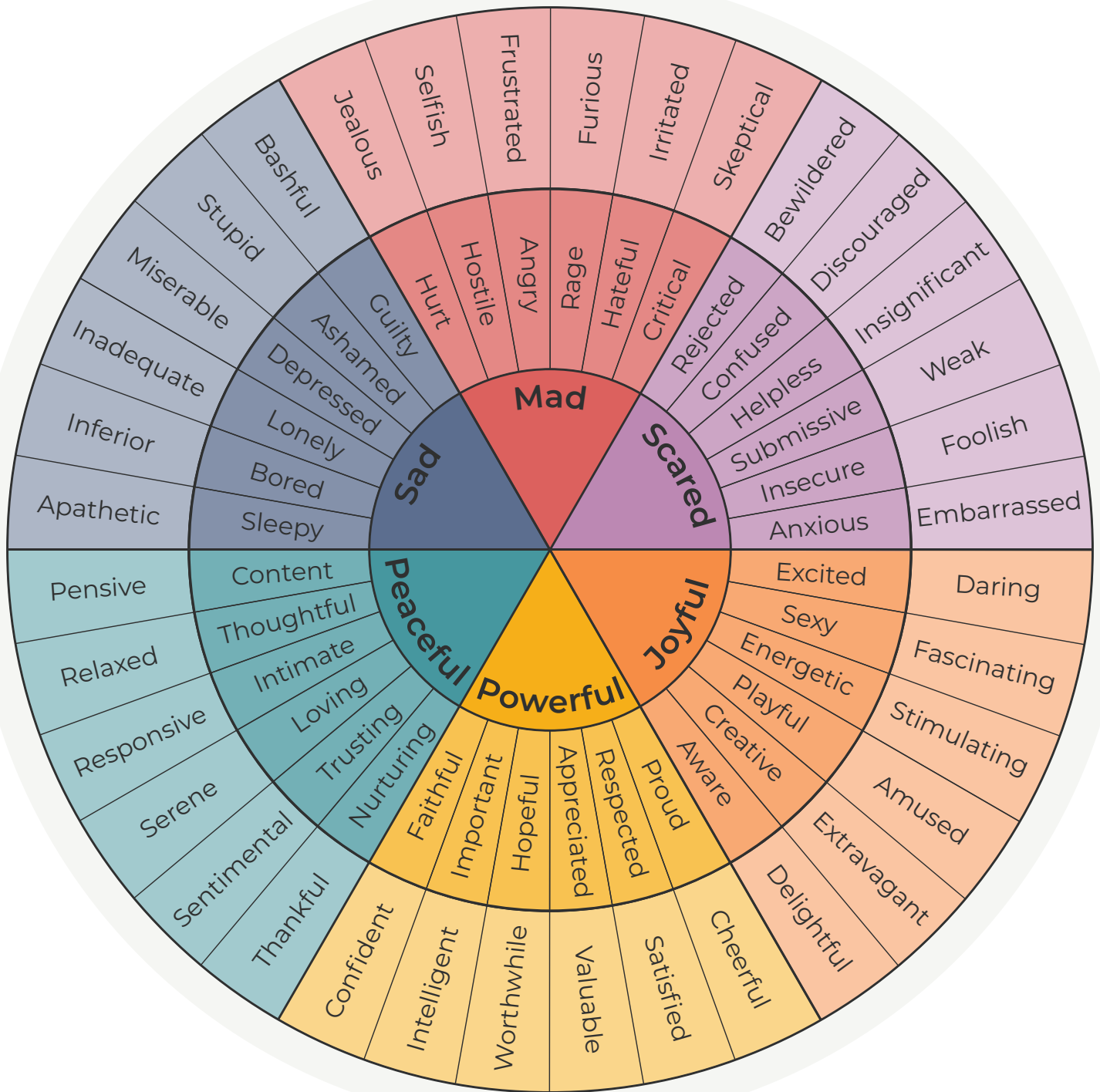
STEP 5: Set limits and problem solve.

STEP 3: Help your child verbally label emotions.

STEP 1: Be aware of your child's emotions.



The Feeling Wheel



The Gottman Institute
Developed by Dr. Gloria Willcox

Feelings



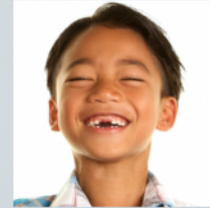
HAPPY



SAD



ANGRY



EXCITED



AFRAID



SHY



GUILTY



TIRED



JEALOUS



LOVED



HOPEFUL



BORED



PROUD



SORRY

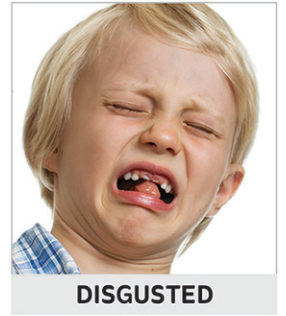
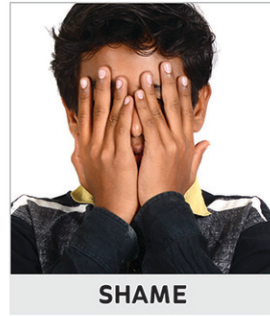
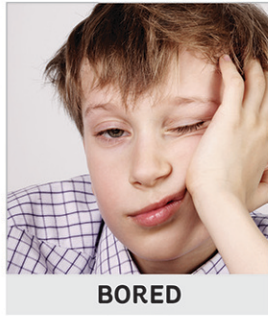
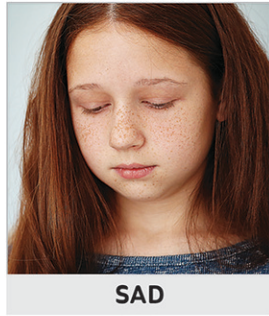
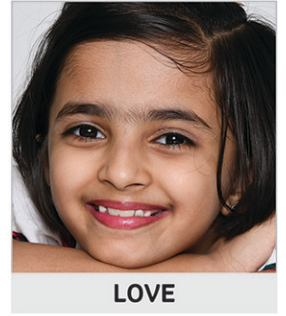
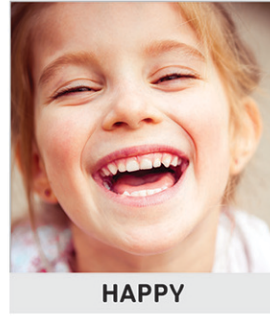
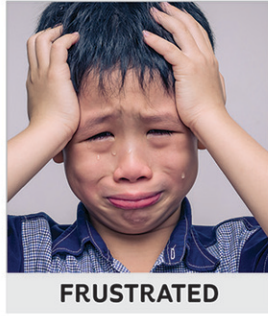
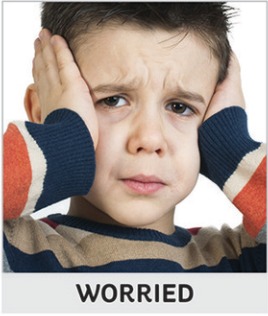
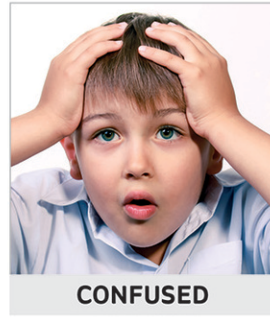
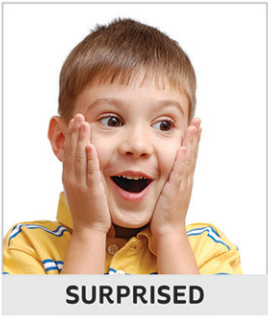


EMBARRASSED

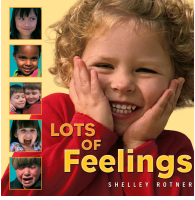


SURPRISED





Books for Young Children about Feelings

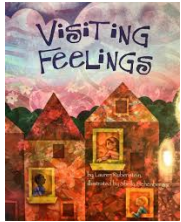
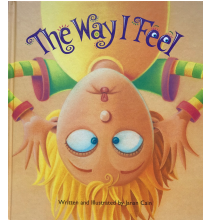


Lots of Feelings by Shelley Rotner

You can read a book, but did you know that you can also read a face? A face can tell you what someone is feeling. In this expressive photo-essay, simple text and photographs introduce basic emotions – happy, grumpy, thoughtful, and more – and how people show them.

The Way I Feel by Janan Cain

Feelings are neither good nor bad, they simply are. Kids need words to name their feelings, just as they need words to name all things in their world. The Way I Feel uses strong, colorful, and expressive images which go along with simple verses to help children connect the word and the emotion.

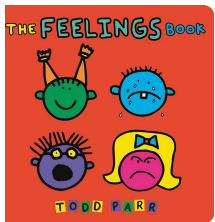
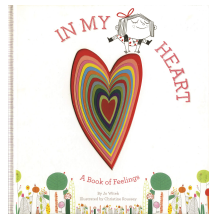


Visiting Feelings by Lauren Rubenstein

Visiting Feelings encourages children to treat their feelings like guests — welcome them in, get to know them, and perhaps learn why they are visiting. Through this purposeful and mindful exploration, Visiting Feelings harnesses a young child's innate capacity to fully experience the present moment and invites children to sense, explore, and befriend all of their feelings with acceptance and equanimity.

In My Heart: A book of Feelings by Jo Witek

In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions. With whimsical illustrations and an irresistible die-cut heart that extends through each spread, this unique feelings book is gorgeously packaged.

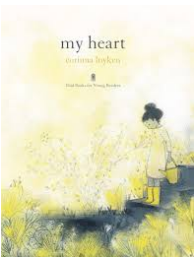


The Feelings Book by Todd Parr

The Feelings Book vibrantly illustrates the wide range of moods we all experience. Kids and adults will appreciate Todd Parr's quirky intelligence as he pays special attention to the ever-changing, sometimes nonsensical emotions that we all feel. Targeted to young children first beginning to read, 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 Boy with Big, Big Feelings by Britney Winn Lee

Meet a boy with feelings so big that they glow from his cheeks, spill out of his eyes, and jump up and down on his chest. When a loud truck drives by, he cries. When he hears a joke, he bursts with joy. When his loved ones are having a hard day, he feels their emotions as if they were his own. The boy tries to cope by stuffing down his feelings, but with a little help and artistic inspiration, the boy realizes his feelings are something to be celebrated.

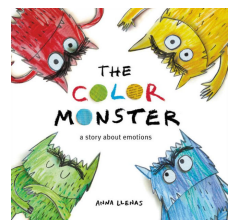


My Heart by Corinna Luyken

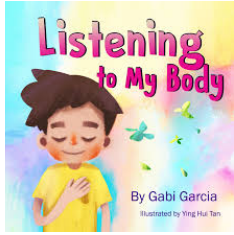
Some days your heart is a puddle or a fence to keep the world out. But some days it is wide open to the love that surrounds you. With lyrical text and breathtaking art, My Heart empowers all readers to listen to the guide within in this ode to love and self-acceptance.

The Color Monster by Anna Llenas

One day, Color Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through color. As this adorable monster learns to sort and define his mixed up emotions, he gains self-awareness and peace as a result.



Books for Young Children about Feelings

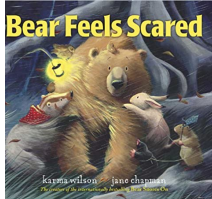
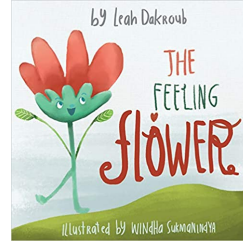


Listening to My Body by Gabi Garcia

This engaging and interactive book guides children through the practice of naming their feelings and the physical sensations that accompany them. From wiggly and squirmy to rested and still, Listening to My Body helps children develop a sensations vocabulary so that they can express what they are experiencing. Easy, kid-friendly mindfulness activities are woven throughout to reinforce the teachings.

The Feeling Flower by Lean Dakroub

The Feeling Flower chronicles an adventurous day with a flower named Zippy, as it attempts to cope with the changes in the weather and its feelings connected to it. Written to be read with a parent or teacher, Zippy's story aims to encourage children to explore how everyday weather affects their feelings and mood.

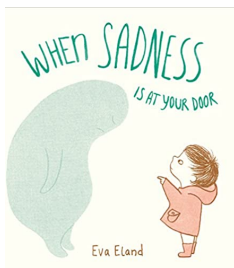


Bear Feels Scared by Karma Wilson

Bad weather frightens Bear, but his woodland friends are there to help him in this sweet, reassuring Bear story from bestselling duo Karma Wilson and Jane Chapman!

Me and My Fear by Francesca Sanna

When a young immigrant girl has to travel to a new country and start at a new school, she is accompanied by her Fear who tells her to be alone and afraid, growing bigger and bigger every day with questions like "how can you hope to make new friends if you don't understand their language?" But this little girl is stronger than her Fear. A heart-warming and timely tale from the bestselling author and illustrator of The Journey, this book shows us the importance of sharing your Fear with others--after all, everyone carries a Fear with them, even if it's small enough to fit into their pocket!

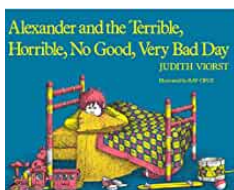
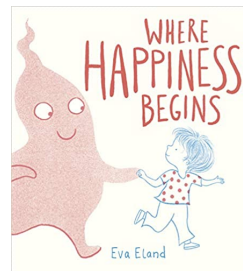


When Sadness is at Your Door by Eva Eland

In When Sadness Is at Your Door, Eva Eland brilliantly approaches this feeling as if it is a visitor. She gives it a shape and a face, and encourages the reader to give it a name, all of which helps to demystify it and distinguish it from ourselves. She suggests activities to do with it, like sitting quietly, drawing, and going outside for a walk. The beauty of this approach is in the respect the book has for the feeling, and the absence of a narrative that encourages the reader to "get over" it or indicates that it's "bad," both of which are anxiety-producing notions.

Where Happiness Begins by Eva Eland

Are you looking for happiness? Sometimes it can feel really far away, and sometimes you might have so much you can't help but share. You can try to chase it, control it or capture it, but even if it seems like it's gone for a while, you'll know it's never far away... This is the second of Eva Eland's picture books that helps little ones deal with big emotions. Start on your journey with happiness... who knows where it could take you?



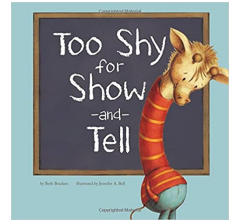
Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst

The perennially popular tale of Alexander's worst day is a storybook that belongs on every child's bookshelf. Alexander knew it was going to be a terrible day when he woke up with gum in his hair. And it got worse...His best friend deserted him. There was no dessert in his lunch bag. And, on top of all that, there were lima beans for dinner and kissing on TV!

Books for Young Children about Feelings

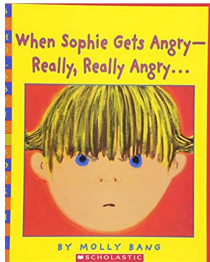
Too Shy for Show-and-Tell by Beth Bracken

Sam is a quiet little boy who hates show-and-tell. Just thinking about it makes his stomach hurt. Sam must find a way to conquer his fear and make the most of his turn at show-and-tell. This picture book is great for teaching children about emotions and challenges.



When Sophie Gets Angry – Really, Really Angry... by Molly Bang

Everybody gets angry sometimes. For children, anger can be very upsetting. Parents, teachers, and children can talk about it. People do lots of different things when they get angry. In this Caldecott Honor book, kids will see what Sophie does when she gets angry. What do you do?



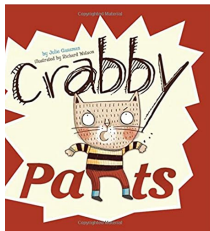
Millie Fierce by Jane Manning

Millie is quiet. Millie is sweet. Millie is mild. But the kids at school don't listen to her. And she never gets a piece of birthday cake with a flower on it. And some girls from her class walk right on top of her chalk drawing and smudge it. And they don't even say they're sorry! So that's when Millie decides she wants to be fierce! She frizzes out her hair, sharpens her nails and runs around like a wild thing. But she soon realizes that being fierce isn't the best way to get noticed either, especially when it makes you turn mean. So Millie decides to be nice--but to keep a little of that fierce backbone hidden inside her. In case she ever needs it again.



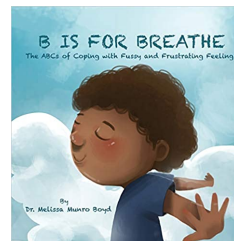
Crabby Pants by Julie Gassman

Roger gets CRABBY. A LOT. He is crabby about running out of his favorite food, not being able to go to the zoo, and missing his favorite TV shows. Sometimes he ends up in the naughty chair. Can Roger figure out how to stop being such a crabby pants? This humorous and lighthearted picture book delivers an important message about growing up and managing feelings.



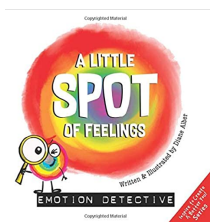
B is for Breathe: The ABCs of Coping with Fussy & Frustrating Feelings by Melissa Munro Boyd

From the letter A to the letter Z, B is for Breathe celebrates the many ways children can express their feelings and develop coping skills at an early age. Fun, cute, and exciting illustrations, this colorful book teaches kids simple ways to cope with fussy and frustrating emotions. This book will inspire kids to discuss their feelings, show positive behaviors, and practice calm down strategies.



A Little SPOT of Feelings: Emotion Detective by Diane Alber

Do you have a little one that has a tough time expressing their feelings? This book helps children not only recognize feelings in themselves, but in others too! A Little SPOT of Feelings is a story about a little Scribble SPOT that is an Emotion Detective. He teaches you all about different emotions and facial expressions so you know how to NAME your FEELINGS. He also shows specific examples of children describing how they are feeling. Targeted to young children, this book will inspire kids to discuss and NAME their multitude of feelings in a kid-friendly way.



Joy by Corrine Averiss

Fern's Nanna has not been herself of late. And when Mum remarks that all the joy seems to have gone out of her life, Fern decides to fetch the joy back. Emotional, funny and uplifting, this beautiful picture book has a strong message about empathy and maintaining loving relationships with our grandparents.

