

Perfect for  
children  
under  
five!

# The Little Library of Big Feelings

## Why is it important for little ones to learn and talk about feelings?

We all have feelings – big and small. **Young children in particular often have big feelings**, and we know how quickly these feelings can become overwhelming. Making sense of these feelings and working out what to do in order to feel better, helps little ones to grow into happy and emotionally healthy children (and adults, of course!).

## How does reading help children learn about emotions?

**Reading about feelings** with your child is a great way to help them manage big emotions. Books can help children to **identify** what they are feeling, to give them the words to **name** these feelings, and then show them what to do to **manage** these feelings. Learning what to do when you feel sad, angry or worried is a great way to give your child the best start in life.

## What is The Little Library of Big Feelings?

The Little Library of Big Feelings is a small collection of books about feelings, specifically **aimed at children under the age of five**. Brought together by specialists in The Healthy Child Programme across Cambridgeshire and Peterborough, this book collection aims to help parents and carers to help their young children learn, name, identify, and manage their feelings as well as helping them to identify other people's feelings.

## Where can I find the books?

The Little Library of Big Feelings can be found in many **Child and Family Centres** and GP surgeries across Cambridgeshire and Peterborough. They are available for families to read with their little one whilst they wait for their health appointment.

You can also find most of these books in your local library:

[www.peterboroughlibraries.org.uk](http://www.peterboroughlibraries.org.uk)

[www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries](http://www.cambridgeshire.gov.uk/residents/libraries-leisure-culture/libraries)

Click on the links below to find books about...

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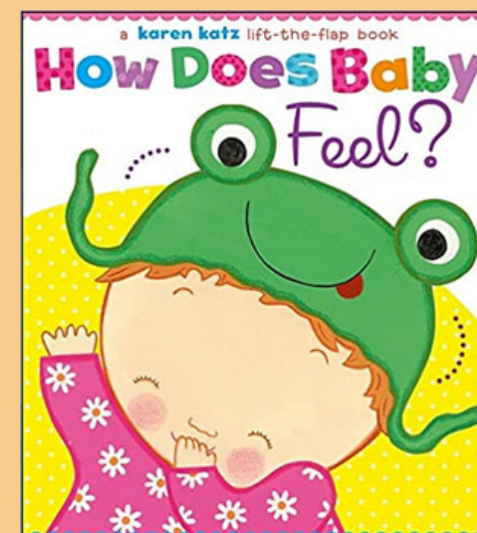
# My first feelings



## Feelings

by Baby Touch

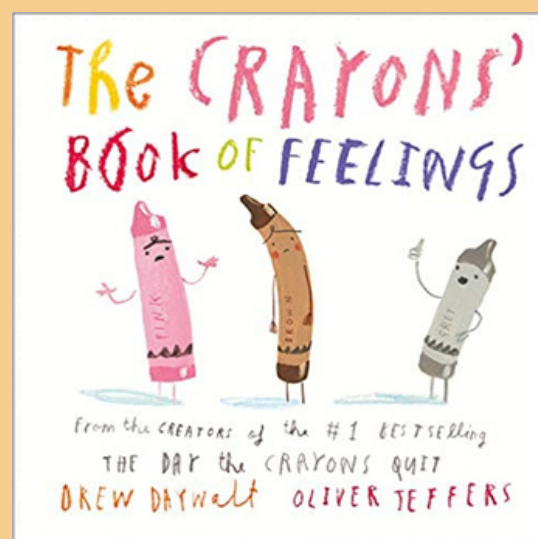
Read along with your little one and explore all kinds of emotions – and look out for a mirror surprise at the end!



## How Does Baby Feel?

by Karen Katz

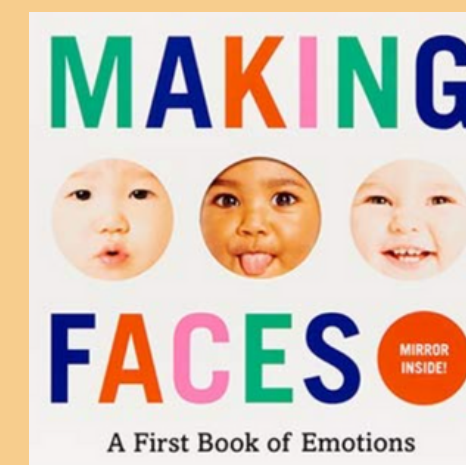
There are so many feelings that Baby can have! Little ones can lift the flaps to find Baby experiencing a range of emotions.



## The Crayons' Book of Feelings

by Drew Daywalt

Everyone knows the crayons love to colour, but did you know that crayons have feelings too? Sometimes they are happy and sometimes they feel downright blue.



## Making Faces: A First Book of Emotions

by Abrams Appleseed

This bold, beautiful board book introduces five essential expressions: happy, sad, angry, surprised, and silly.

Great  
for  
babies



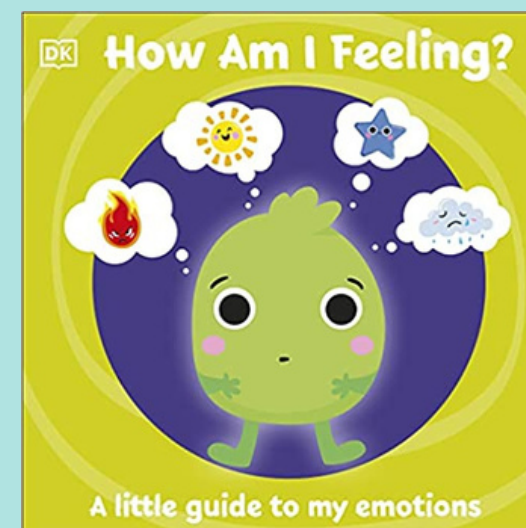
# What are feelings?



## The Colours' Book of Feelings

by Drew Daywalt

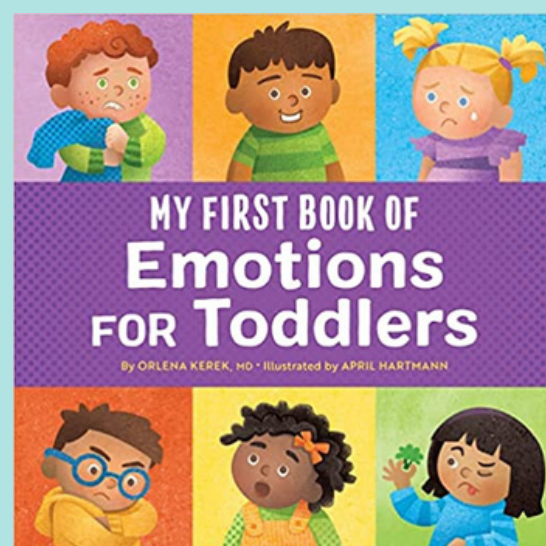
Everyone knows the crayons love to colour, but did you know that crayons have feelings too? Sometimes they are happy and sometimes they feel downright blue.



## How am I Feeling?

by DK

The characters Happiness, Anger, Sadness, and Pride are here to teach your little ones how to recognise emotions and name their feelings.



## My First Book of Emotions for Toddlers

by Orlena Kerek

Toddlers can have big emotions that change quickly. Teaching them about their feelings can help them develop self-awareness and emotional intelligence as they grow. This engaging picture book introduces tiny tots to common emotions by explaining what they are, how they feel in the body, and how to manage them in positive ways.



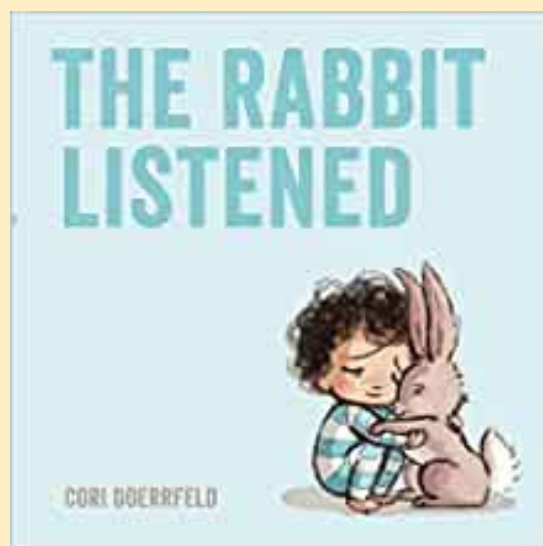
## Big Feelings

by Alexandra Penfold

Follow a group of children through a day in their neighbourhood, as they play together and navigate the BIG feelings that we all experience. What should we do when things don't go to plan? We may feel angry, frustrated or overwhelmed; we may feel hopeful, tired or even inspired. No matter how we're feeling or how different we are, it's never too late to talk things through and learn to see the world from another point of view.



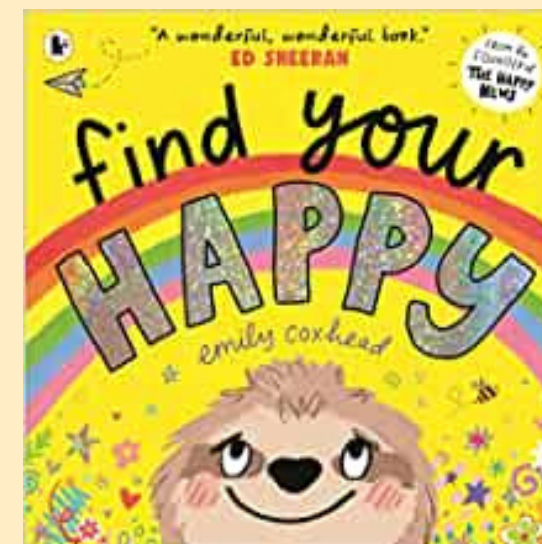
## Managing big feelings



### **The Rabbit Listened**

by Cori Doerrfeld

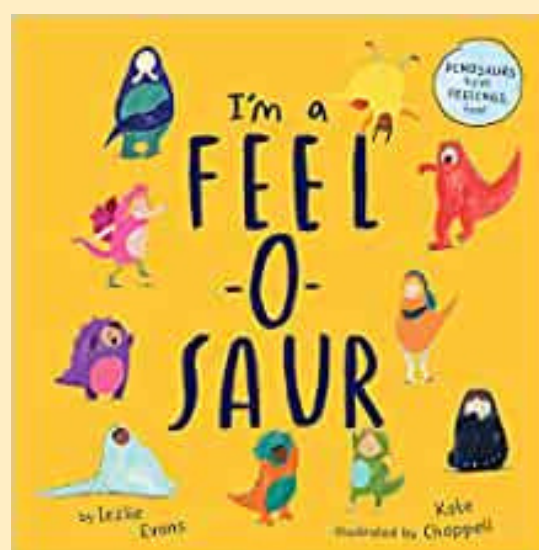
When something terrible happens, Taylor doesn't know where to turn. All the animals are sure they have the answer. The chicken wants to talk it out, but Taylor doesn't feel like chatting. The bear thinks Taylor should get angry, but that's not quite right either. One by one, the animals try to tell Taylor how to process this loss, and one by one they fail. Then the rabbit arrives. All the rabbit does is listen, which is just what Taylor needs.



### **Find Your Happy**

by Emily Coxhead

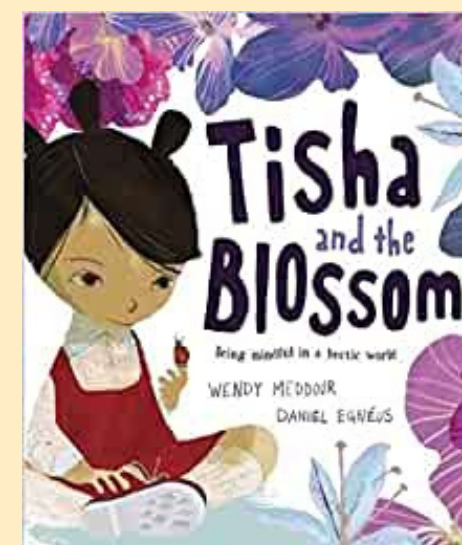
Feeling happy is a wonderful thing! But do you ever feel sad or angry, frightened or shy? Everyone does sometimes, but with a little help from Sloth and the people you love, there is always a way to FIND YOUR HAPPY!



### **I'm a Feel-o-saur**

by Lezlie Evans

Emotions are inside us all. Some are big and some are small. So many moods we all go through. What kind of FEEL-O-SAUR are you? Whatever mood you're in today, it's all OK!

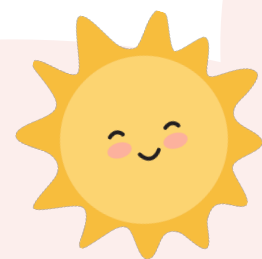


### **Tisha and the Blossom**

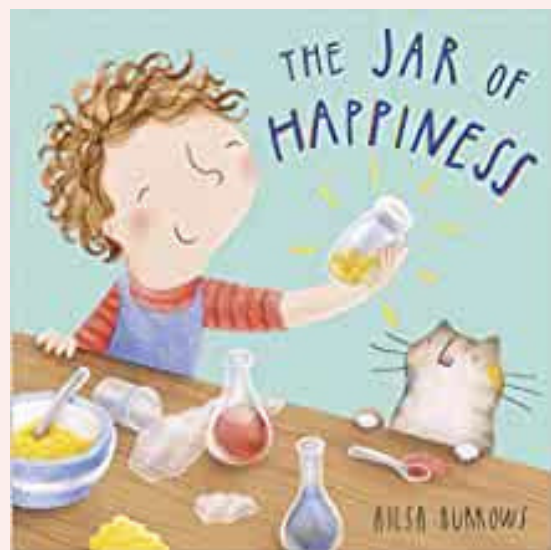
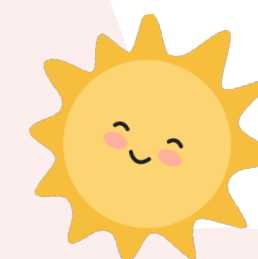
by Wendy Meddour

We all have busy lives and little Tisha and her family are no exception. With life always moving at such a pace, Tisha must 'hurry up' to get ready for school on time, 'hurry up' to finish her drawings before break time, and 'hurry up' to tidy up before she goes home. But hurrying up all the time can be exhausting. Thankfully, Tisha's Mummy knows a special game to help them all slow down when everything becomes too much.





## Happiness and Love



### **The Jar of Happiness**

by Ailsa Burrows

Is there a recipe for happiness? Meg certainly thinks so. She collects all the necessary ingredients in a jar, which she uses to cheer up her friends and family when they're feeling low. But what happens when her special jar mysteriously disappears? Will Meg feel sad forever more, or will she find other ways to be happy?



### **Love Makes a Family**

by Sophie Beer

Whether you have two mums, two dads, one parent, or one of each, there's one thing that makes a family a family and that's LOVE.



### **I Feel Happy**

by DK

Happy teaches small children that the feeling is sometimes loud, and other times it is calm, like having a quiet cuddle. This brightly illustrated board book is a gentle and simple introduction to sometimes overwhelming emotions.



### **Robbie Feels Love**

by Romy Fursland and Jacqueline East

Robbie the rabbit wants to know what Love looks like. Who will help him see it? This engaging story is designed to be read by parents to their children. It shows how love looks and feels in terms of Robbie's facial expression, his physical sensations, and what he does.



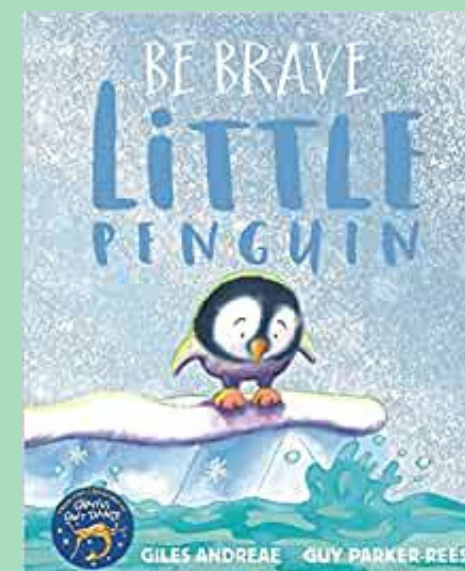
## Worry and Fear



### **Ruby's Worry**

by Tom Percival

Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?



### **Be Brave Little Penguin**

by Giles Andreae

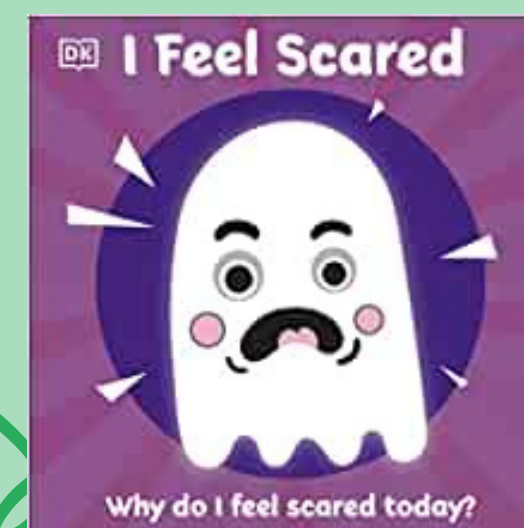
Little Penguin Pip-Pip would love to join in with all his friends swimming in the sea, but there's just one problem he's scared of water. Can Pip-Pip overcome his fears and finally take the plunge? This irresistible story shows that sometimes all it takes is a little bit of encouragement – and a whole lot of heart – to finally make that leap!



### **Sometimes I am Worried**

by Campbell Books

Sometimes I am Worried helps young children to start managing their emotions. They can lift the flaps, slide the tabs and turn the wheel to explore what a worry is, why they might worry and how they can stop their worries from becoming too big.



### **I Feel Scared**

by DK

Follow the story of the scared little ghost who tries to understand its fears and find ways to make them go away. The vibrant picture book teaches children what fear is, how it feels, and how to manage this unpleasant emotion.



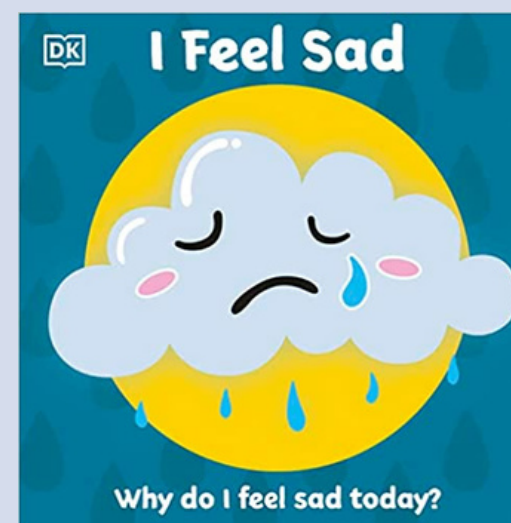
# Sadness



## When I am Sad

by Campbell Books

When I am Sad helps young children to start managing their emotions. They can lift the flaps, slide the tabs and turn the wheel to explore why they feel sad and how to move on from these emotions.



## I Feel Sad

by DK

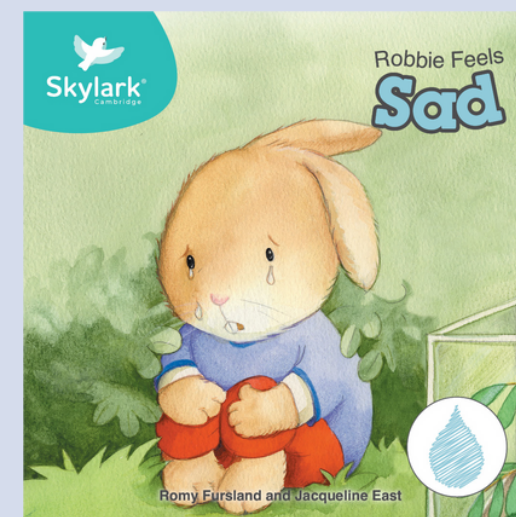
This adorable book explains why children might get sad, such as a friend going away or a broken toy. It tells us how sadness affects the body, like when we cry. The book also includes ways to cheer yourself up again, so kids can practise whenever something upsets them.



## When Sadness Comes to Call

by Eva Eland

When Sadness arrives, try not to be afraid: give it a name, listen to it and spend some time together. Maybe all it wants is to know that it's welcome.



## Robbie Feels Sad

by Romy Fursland and Jacqueline East

Something happens to make Robbie the rabbit feel sad. What will he do? This engaging story is designed to be read by parents to their children. It shows how sadness looks and feels in terms of Robbie's facial expression, his physical sensations, and what he does. It also shows what makes him feel better.



# Anger



## Sometimes I am Angry

by Campbell Books

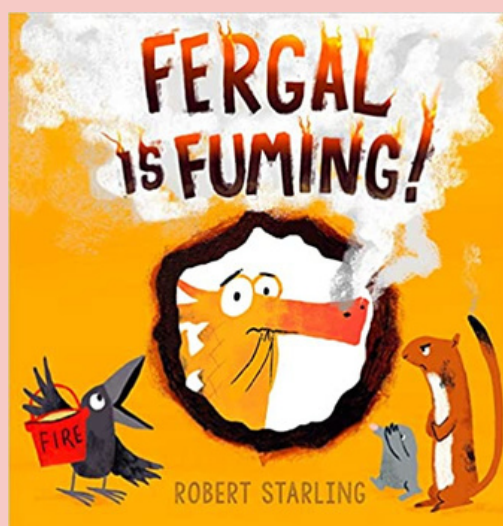
Sometimes I am Angry helps young children to start managing their emotions. They can lift the flaps, slide the tabs and turn the wheel to explore what anger is, why they might get angry and how they can calm their anger.



## Tiny Tantrum

by Caroline Crowe

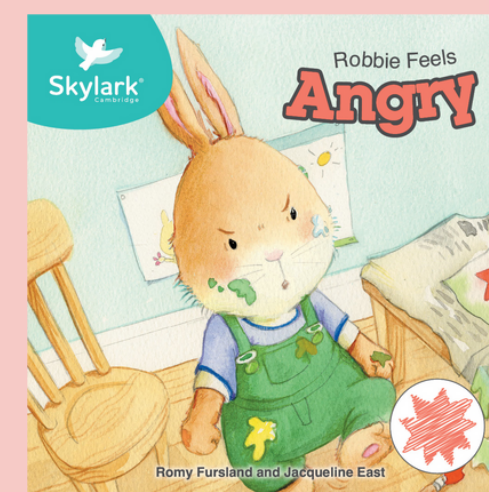
When Tiny has a TANTRUM you can hear it for miles! Windows rattle, jelly quakes and birds fall out of trees. Can anyone persuade Tiny to eat her vegetables, share her toys and brush her teeth? How about a band of hairy monsters?



## Fergal is Fuming!

by Robert Sterling

A dragon with a short temper is not a good combination, as Fergal's family and friends soon find out. He burns the dinner (literally), reduces the football goal to ashes and absolutely cannot play a nice, quiet board game. It is only when he starts to notice other animals have clever tricks to calm down that Fergal begins to win back his friends, especially when he discovers dragons can cool off in a very handy way.



## Robbie Feels Angry

by Romy Fursland and Jacqueline East

Something happens to make Robbie the rabbit feel angry. What will he do? This engaging story is designed to be read by parents to their children. It shows how anger looks and feels in terms of Robbie's facial expression, his physical sensations, and what he does. It also shows what makes him feel better.

