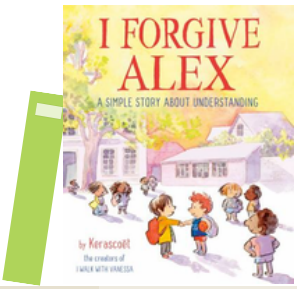
Feelings and Emotions

October 2026

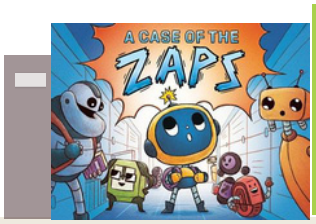
All books are available at local libraries. Click on each book cover for read-aloud links!

Baby Faces
Funfax



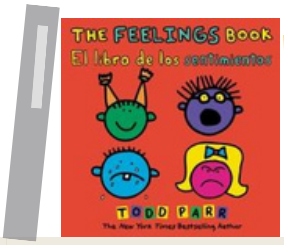
I Forgive Alex
Karescoet

Thunder and the Noise Storms
Jeffrey Paul Ansloos



A Case of the Zaps
Andy T. Jones

My Guardian
Azahara Castillo



The Feelings Book
Todd Parr

Family Activity: My Weekly Feelings

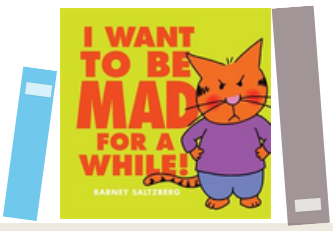
This activity helps children learn to recognize, express, and talk about their emotions. By drawing how they feel each day and having a short conversation about it, kids build emotional awareness and communication skills.

- **1:** Make Your Chart: Together with your child, draw a simple 7-day chart on a piece of paper or poster board. Label each column or row with the days of the week (Monday through Sunday).
- **2:** Daily Mood Drawing: Each day, ask your child: "How are you feeling today?" Have them draw a face or simple picture in the chart box for that day: happy, sad, angry, scared, tired, proud, any emotion they're feeling!
- **3:** Talk About the Feeling: Have a conversation about what led to that emotion. You can ask: "What happened today that made you feel this way?" "What did you need when you felt like that?"
- **4:** Reflect and Support: Offer comfort, praise, or suggestions based on how they felt. If they had a good day: "That's great! What made it so nice?" If it was a tough day: "I'm here for you. Next time you feel that way, what could help?"

Inspired by Splash Learn "Emotional Regulation in Kids"

Family Reading Tip: Pause and Reflect

Choose stories that talk about feelings like happiness, anger, worry, or kindness. As you read, pause to ask how the characters might be feeling and why. Invite your child to share times they've felt the same way. Reading about emotions helps children build empathy, understand themselves, and feel more confident expressing their feelings.



I Want to be Mad for a While
Barney Saltzberg

Ruby Finds a Worry
Tom Percival

An early learning collaboration by:

Scan the QR code!