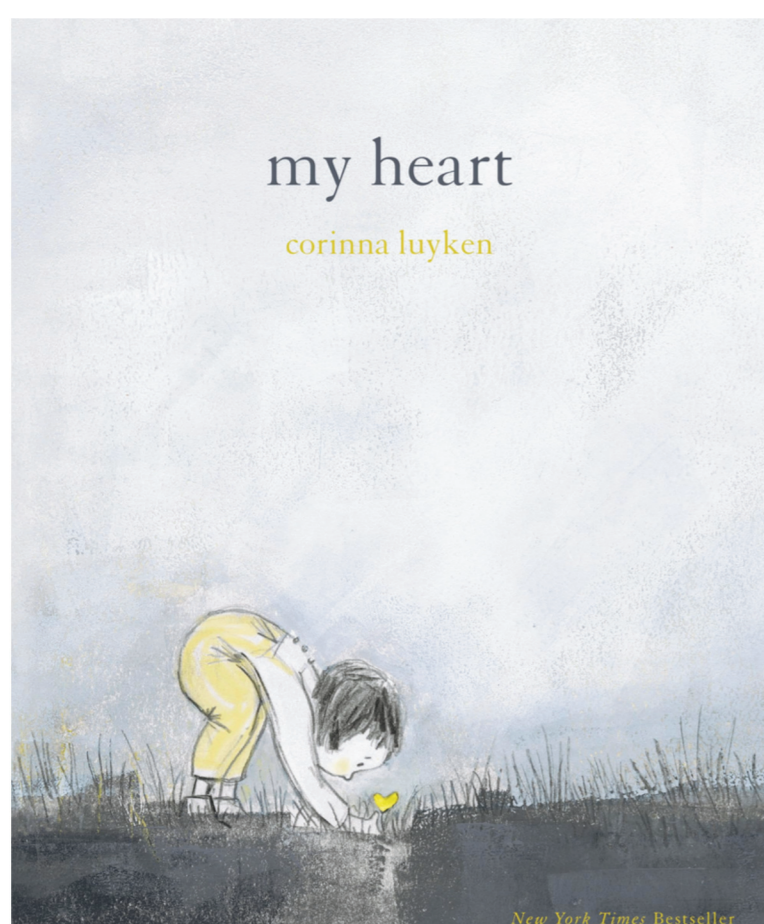




# Emotion Explorers



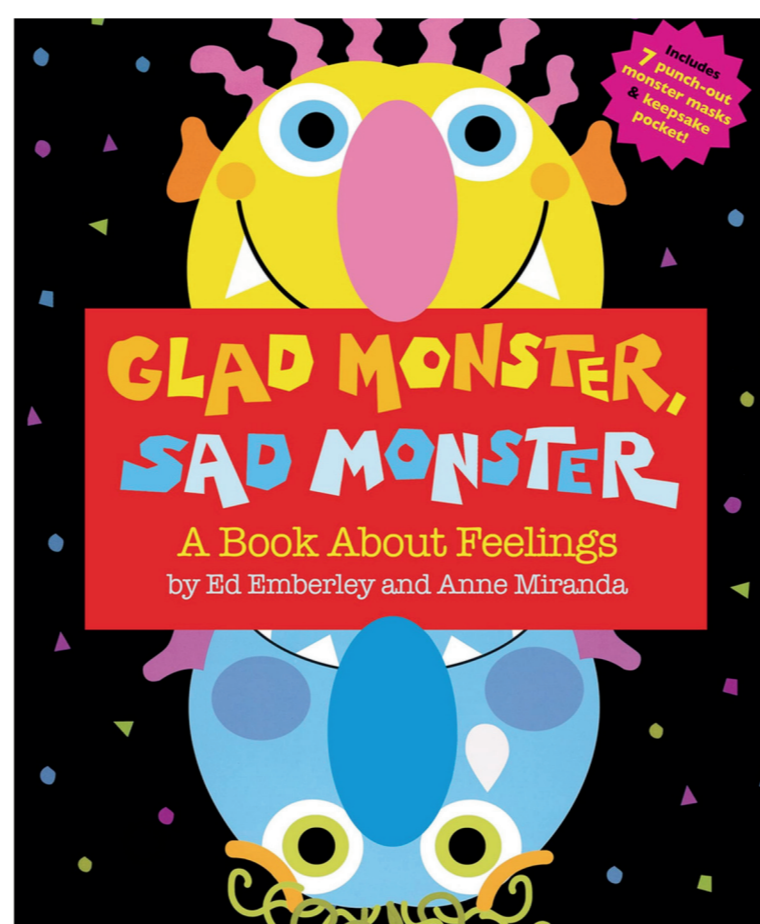
## Notice Feelings



### My Heart

This gentle picture book invites children to listen to their hearts. Through simple images, it shows that a heart can feel open, quiet, protected, loving, and many things in between.

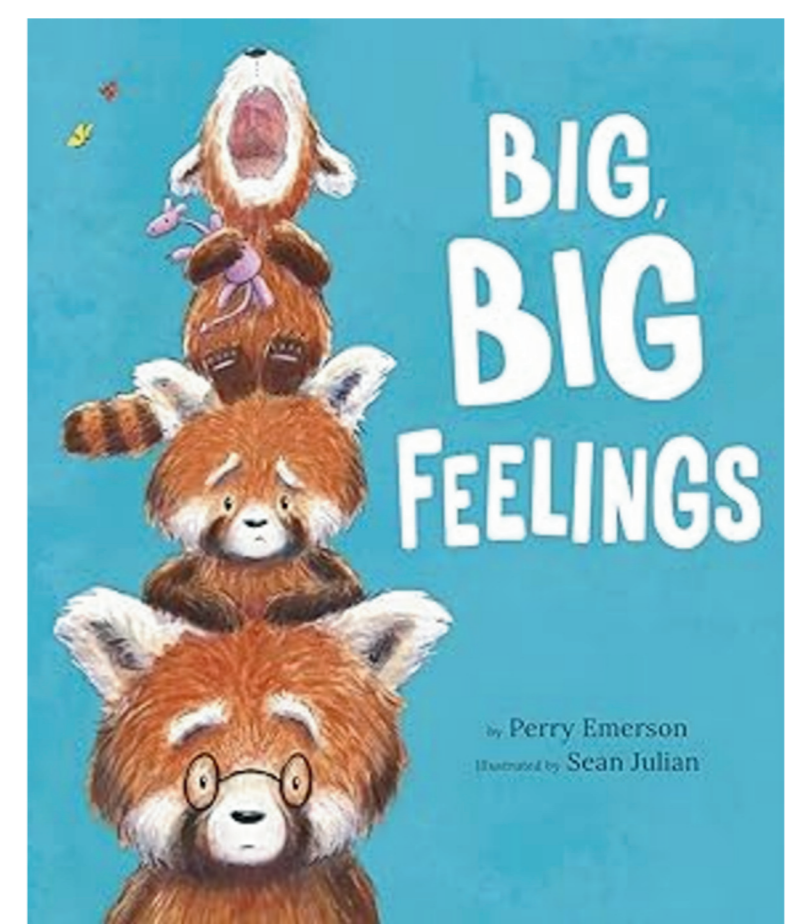
EB



### Glad Monster, Sad Monster

Bright monster masks introduce children to many feelings, including glad, sad, silly, and mad. The playful format helps young readers name emotions and see that everyone has different moods.

EB

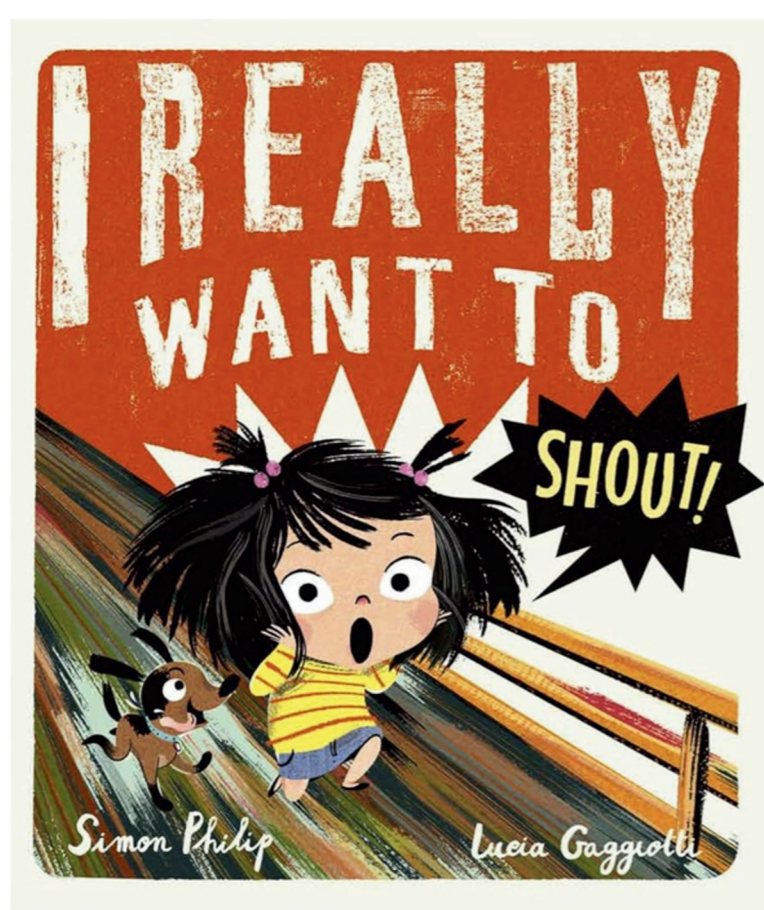


### Big, Big Feelings

Willow's feelings sometimes become too big, and tantrums follow. With her brother's love and patience, she learns to use words as her superpower.

176.5

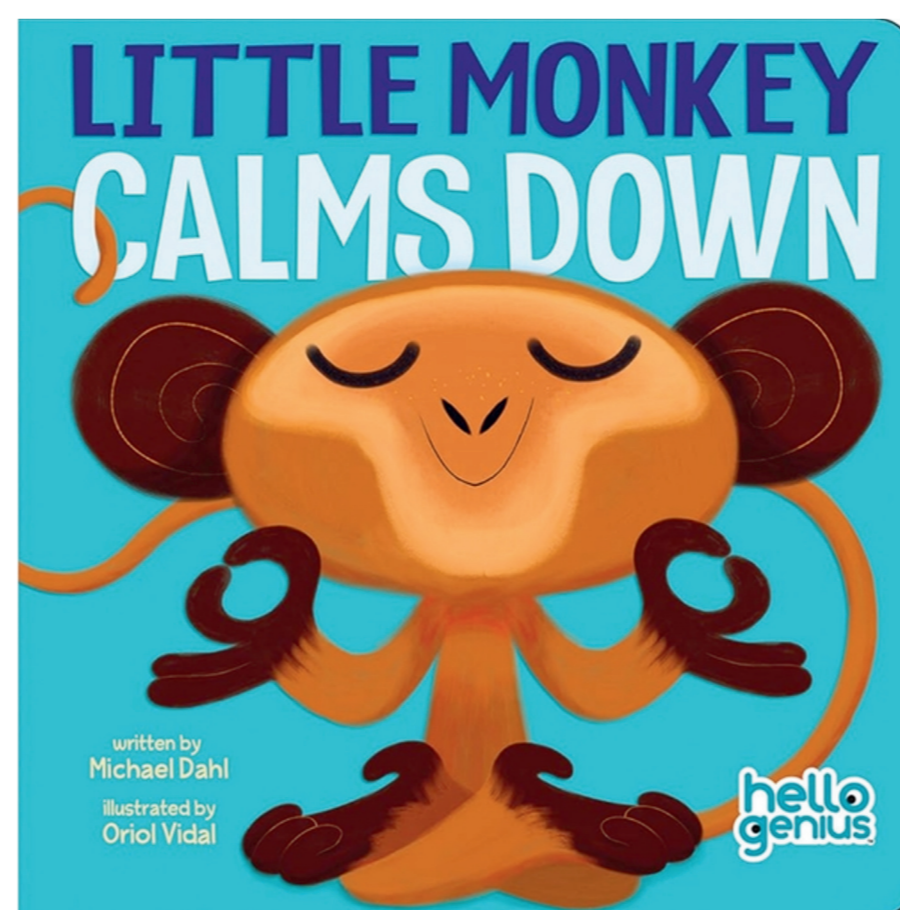
## Express Feelings



### I Really Want to Shout

A child feels angry and really wants to shout. This story helps young readers understand that everyone feels this way sometimes, then think about what to do when big feelings rise.

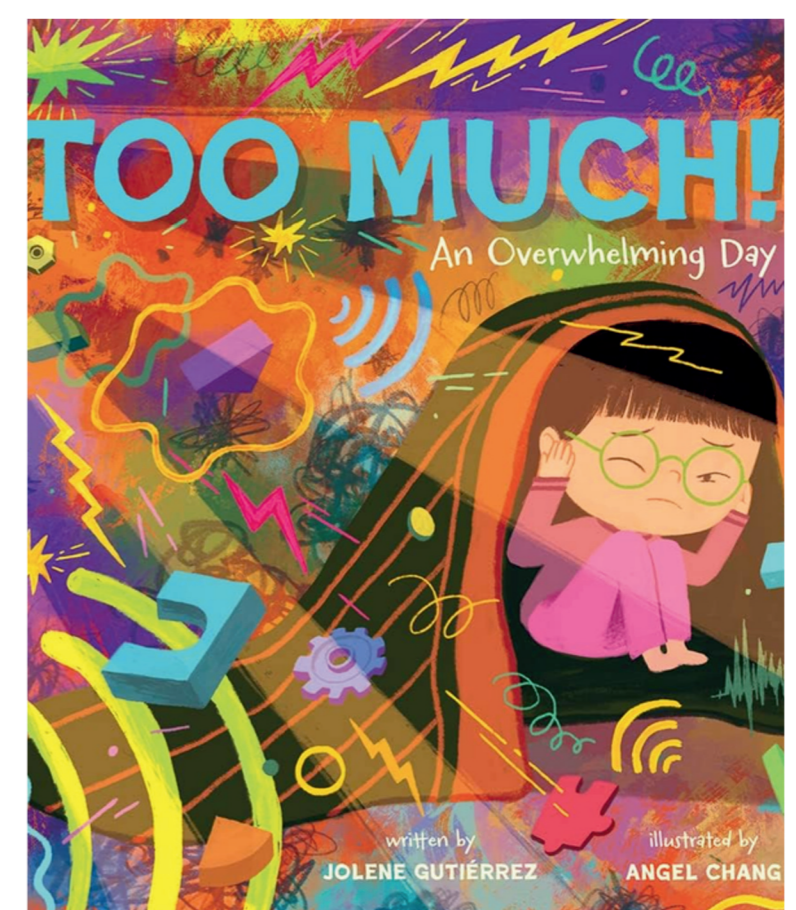
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### Little Monkey Calms Down

Little Monkey has a very bad day and melts down. In his room, he tries simple calming strategies, including cuddling his blanket, breathing deeply, and singing quietly.

EHEL



### Too Much!: An Overwhelming Day

This rhyming picture book follows a child whose world feels too loud, bright, and overwhelming. It gently shows that some days are too much, and that pausing and breathing can help.

ET