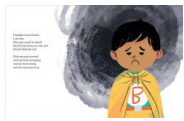




# HELPING CHILDREN COPE

## Picture Books

The world can feel like a scary place for children, overwhelming them with emotions or fears. The following books are a sample of the books in our collection recommended by our staff to help your children cope and manage their emotions. For more book recommendations, please ask a children's librarian.

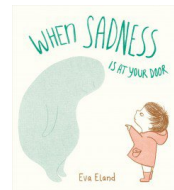


### Way Past Worried

by Hallee Adelman

Worried about what could go wrong at a friend's party, Brock finds companionship and support from another partygoer

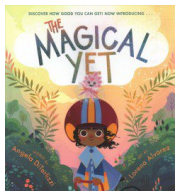
fighting her own jitters. This story about developing the skill of managing common worries is one in a series on feelings. E-book available on [Hoopla](#).



### When Sadness Is at Your Door

by Eva Eland

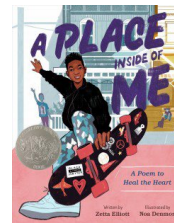
A picture book primer in emotional literacy and kindness depicts universal feelings of sadness as a visitor that can be better understood through quiet activities that distinguish it from the self.



### The Magical Yet

by Angela DiTerlizzi

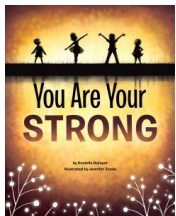
Everyday, when learning how to do new things, it is important to keep on trying and remember there is "Yet" something else that can be done



### A Place Inside of Me: a Poem to Heal the Heart

by Zetta Elliott

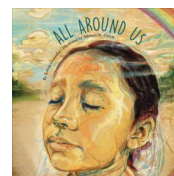
An evocative story in verse that follows a poignant year in the life of a brown child whose community rallies for justice and peace in the aftermath of a police shooting.



### You Are Your Strong

by Danielle Dufayet

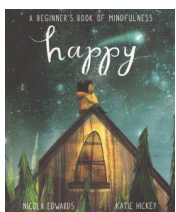
A child explains how to find your "Strong," conquering fear, anger, and other emotions or emotional reactions either alone or with help. Includes note to parents and caregivers



### All around Us

by Xelena Gonzalez

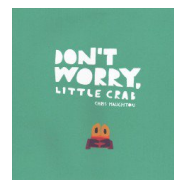
Finding circles everywhere, a grandfather and his granddaughter meditate on the cycles of life and nature. E-audiobook and e-book available on Hoopla.



### Happy

by Nicola Edwards

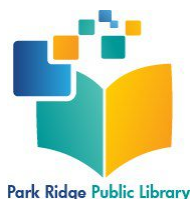
Perfect as a soothing read for quiet time, this picture book gently encourages young readers to explore their emotions and the beautiful world around them, empowering children to enjoy the practice of mindfulness.



### Don't Worry, Little Crab

by Chris Haughton

Looking forward to going for a first dip in the big ocean with Very Big Crab, Little Crab ventures sideways from his rock pool to the water's edge before the crashing waves challenge his bravery.

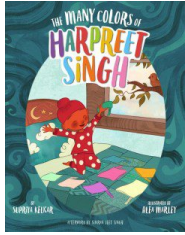


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## The Many Colors of Harpreet Singh

by Supriya Kelkar

Harpreet has a different color for every occasion, from pink for dancing to red for courage. But when his mom finds a new job in a town and the family has to move, he finds himself choosing white to

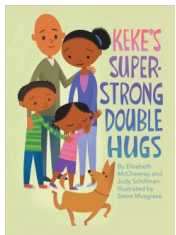
be invisible. Will he ever feel a happy sunny yellow again?"



## My Mindful Walk with Grandma

by Sheri Mabry  
When a girl walks through the woods with her Grandma, she is so excited about

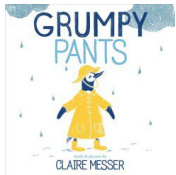
their destination that she misses out on what is around her. With Grandma's help, she learns how to breathe, be peaceful, and find herself in nature. E-book on [Hoopla](#).



## Keke's Super-Strong Double Hugs

by Elizabeth Mcchesney

Keke and her family deal with having to stay home during the COVID-19 pandemic and discover new ways of doing things together.

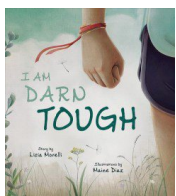


## Grumpy Pants

by Claire Messer

Have you ever had a grumpy day and not known why? Penguin is having a grumpy day like that. No matter what he does, he just can't shake it! Sometimes the only

thing left to do is wash the grumpy day away and start over. E-book on [Hoopla](#).

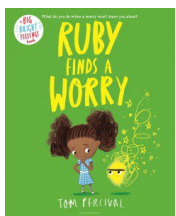


## I Am Darn Tough

by Licia Morelli

A story to show how to keep going even when something is difficult. Kids can become stronger and more resilient simply by realizing how strong and resilient they already are, and running

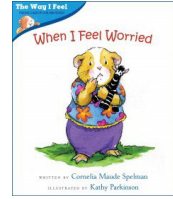
provides a pathway to that realization. E-book available on [Overdrive/Libby](#).



## Ruby Finds a Worry

by Tom Percival

A young girl's sense of adventure and exploration vanishes when she discovers a Worry that grows and grows until she learns how to get rid of it



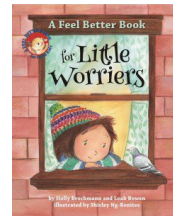
## When I feel worried

by Cornelia Spelman

A young guinea pig describes situations that make her worry, what being worried feels like, and how she can stop worrying. Includes note to parents and teachers. E-book on [Hoopla](#).

## Non-Fiction

The books below are a sample of the books available in our Parenting Collection in the Children's Department to help parents support their children..

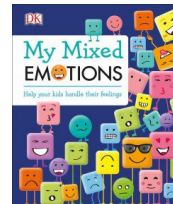


## A Feel Better Book for Little Worriers

by Holly Brochmann

Illustrations and rhyming text provide young children with tools for dealing with feelings of anxiety, such as breathing deeply or replacing worry with happy thoughts. One in a series to help kids

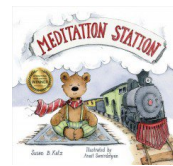
deal with emotions.



## My Mixed Emotions : Help Your Kids Handle Their Feelings

by Elinor Greenwood

The award-winning author of Growing Happy Kids shares helpful scientific insights, hints, tips and techniques for showing children how to recognize and express four main emotions.

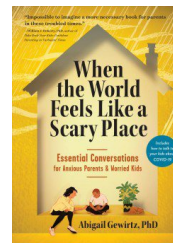


## Meditation Station

by Susan B. Katz

The award-winning author of All Year Round explains to young readers how to learn and begin the practice of meditation, comparing the mind to a

racing train of thoughts that children can avoid boarding to find inner calm instead.



## When the World Feels Like a Scary Place

by Abigail H. Gewirtz

Written by a child psychologist, this resource brings solutions to raising engaged and confident kids in spite of the turmoil happening in our world today. Includes a chapter on COVID-19. E-book

available on [Overdrive/Libby](#) and e-audiobook and e-book on [Hoopla](#).