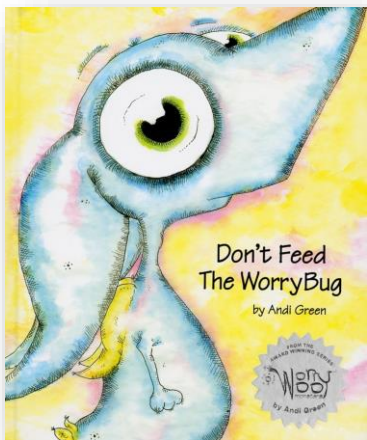


Books to Help Kids Understand Their Emotional and Mental Health

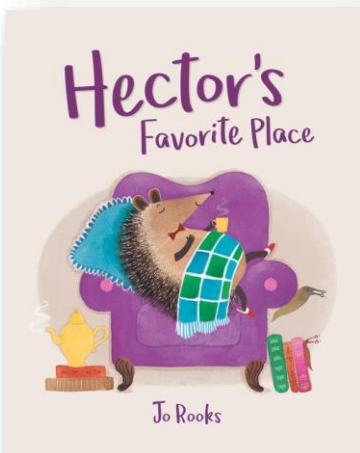


Anxiety

Don't Feed the WorryBug

Written and illustrated by Andi Green

In this whimsical rhyming book, Wince, the monster of worries, learns that the more he worries, the more the pesky WorryBug grows. Eventually the WorryBug grows so big that it can't be ignored, and Wince knows he needs to do something. The book does a good job of illustrating how anxiety can become overwhelming and teaches kids how they can take charge of their anxiety. Ages 3-8. Published by [Monsters in My Head](#).



Hector's Favorite Place

Written and illustrated by Jo Rooks

A cute hedgehog turns down ice-skating and playing in the snow with his animal friends because of his worries. "What if he had forgotten how to skate? He could fall and hurt himself." When Hector receives a fun invitation to the Winter Forest Party, he hesitates for a while, and then realizes that he has to be brave. "It's an adorable story," says an expert at the Child Mind Institute. "I like that Hector does a little more, and then a little more, and so on." Ages 4-8. Published by [Magination Press](#).

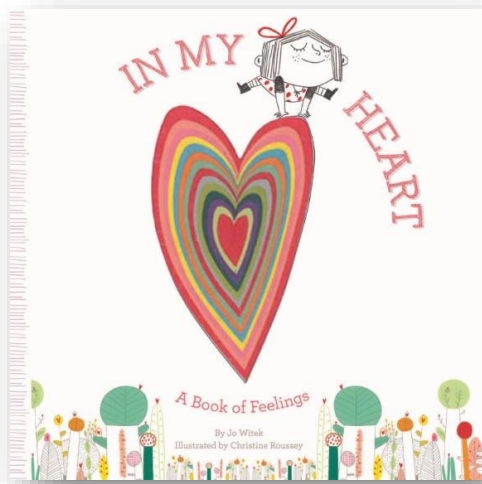
EarlyON Child and Family Centres CHILDREN'S MENTAL HEALTH



Feelings

In My Heart: A Book of Feelings

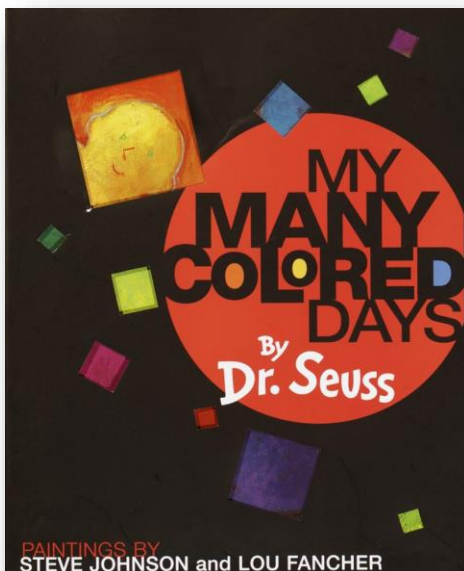
Written by Jo Witek, illustrated by Christine Roussey



In this sturdy book with beautiful heart-shaped cutouts, a girl explains that her heart is full of feelings. Each spread focuses on a different emotion, such as happiness, bravery, and fear. The descriptions of the feelings are particularly engaging: "Some days my heart feels as heavy as an elephant. There's a dark cloud over my head and tears fall like rain. This is when my heart is sad." Ages 3-6. Published by Harry N. Abrams.

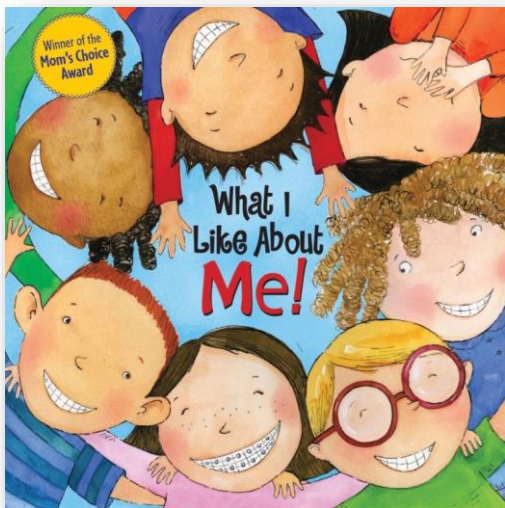
My Many Colored Days

Written by Dr. Seuss, illustrated by Steve Johnson and Lou Fancher



This little-known Dr. Seuss story gives young kids a groundwork for describing their feelings, normalizing the experience of having multiple emotions. Bonus: It will also help toddlers and preschoolers learn colors. Ages 3-5. Published by Knopf Books for Young Readers.

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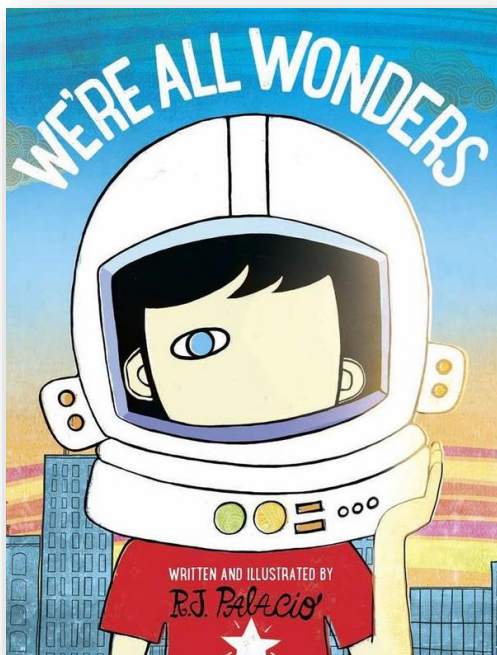


Self-Esteem

What I Like About Me!

Written by Allia Zobel Nolan, illustrated by Miki Sakamoto

In this simple book for young children, students at school celebrate their diversity — from braces to glasses, curly hair to big feet. It provides a very positive message about the benefit of those differences. Ages 3-7. Published by Studio Fun International.



We're All Wonders!

Written and illustrated by RJ Palacio

We're All Wonders may be Auggie's story, but it taps into every child's longing to belong, and to be seen for who they truly are. It's the perfect way for families and educators to talk about empathy and kindness with young children. Ages 3-6. Published by Puffin.