

Books About Feelings:

- [The Color Monster](#)
- [In My Heart](#)
- [My Many Colored Days](#)

Questions to ask after:

1. Did you know that there are no bad feelings?
2. When you feel sad/mad/angry/frustrated, what can you do to help your body feel better?
3. How are you feeling now?
4. What makes you feel sad/mad/happy/frustrated/excited/proud/angry/worried/brave/joyful/etc.?

Books About Kindness:

- [Be Kind](#)
- [We are all Wonders](#)
- [Have You Filled A Bucket Today?](#)

Questions to ask after:

1. What is a bucket filler? What is a bucket dipper?
2. What can you do to fill someone's bucket at school? At home? At the grocery store? At the park? Right now?
3. How do you feel when you fill someone's bucket?
4. How do you feel when someone fills your bucket?
5. What does kindness look like? Sound like? Feel like?
6. Why is kindness important?
7. Can you think of someone who is really kind? What stands out about their kindness?

Books about Anxiety:

- [Anxious Ninja](#)
- [When I Am Worried](#)
- [Jack's Worry](#)

Questions to ask after:

1. What worries you the most?
2. How does your body react when you are worried?
3. What have the books taught you about anxiety?

Books in Spanish:

- [Chrysanthemum \(Español\)](#)
- [El Pez Pucheros](#)
- [Ish](#)
- [El Punto](#)

