

UNDERSTANDING EMOTIONAL REGULATION BOOK SUGGESTIONS



1. *The Way I Feel* by Janin Cain
2. *Pete the Cat and his Magic Sunglasses* by Kimberly and James Dean
3. *In My Heart: A Book of Feelings* by Jo Witek
4. *When Sophie Gets Angry – Really, Really Angry* by Molly Bang
5. *Listening to My Body* by Gabi Garcia
6. *The Color Monster* by Anna Llenas
7. *A Little Spot of Sadness* by Diane Alber
8. *Train your Angry Dragon* by Steve Herman
9. *Ravi's Roar* by Tom Percival
10. *Betty Goes Bananas* by Steve Anthony

