BiG FEELiNGS, LiTTLE READERS

READING STORIES TOGETHER HELPS YOUNG CHILDREN EXPLORE BIG EMOTIONS IN A SAFE, PLAYFUL WAY. BOOKS OPEN DOORS TO CONVERSATIONS ABOUT FEELINGS, FRIENDSHIPS, AND THE COURAGE TO TRY AGAIN.

Book Recommendations Ages 3-10 years

The Invisible String - Patrice Karst: Connection & comfort during separation

Ruby Finds a Worry - Tom Percival: Recognizing and naming anxiety

The Color Monster - Anna Llenas: Understanding emotions through colors

After the Fall - Dan Santat: Resilience and trying again

I Am Human - Susan Verde: Embracing feelings and mindfulness

What Do You Do with a Problem? - Kobi Yamada: Facing challenges

Listening with My Heart - Gabi Garcia: Self-compassion and kindness

A Little Spot of Emotion series - Diane Alber: Visual guides for emotions

You Matter - Christian Robinson: Affirming everyone's importance

I Can Handle It - Laurie Wright: Building confidence and coping skills

REAL STORIES, REAL STRENGTH

BOOKS GIVE TEENS LANGUAGE FOR WHAT THEY'RE FEELING AND LET THEM SEE THEY'RE NOT ALONE. READING CAN BUILD CONFIDENCE, RESILIENCE, AND A DEEPER UNDERSTANDING OF SELF AND OTHERS.

Book Recommendations: Teens

Out of My Heart – Sharon M. Draper – Courage, disability, inner voice

Huda F Are You? – Huda Fahmy – Identity, humor, Muslim teen

Finally Seen – Kelly Yang – Family, belonging, brave voice

Fish in a Tree – Lynda Mullaly Hunt – Dyslexia, friendship, resilience

Big Tree – Brian Selznick – Adventure, nature, survival tale

Finding Perfect – Elly Swartz – Perfectionism, anxiety, self-discovery

Omar Rising – Aisha Saeed – Opportunity, perseverance, class divide

Letters to a Young Athlete – Chris Bosh – Inspiration, mindset, sports wisdom

Simon vs. the Homosapien Agenda – Becky Albertalli – Coming out, romance, identity

Waiting for Normal – Leslie Connor – Family, hardship, quiet strength

A Very Large Expanse of Sea – Tahereh Mafi – Post-9/11, prejudice, dance

Dumplin' – Julie Murphy – Confidence, beauty, self-love

Challenger Deep – Neal Shusterman – Mental health, surreal journey

REFLECT, HEAL, GROW

WHETHER YOU'RE NAVIGATING YOUR OWN JOURNEY OR SUPPORTING OTHERS, BOOKS CAN OFFER INSIGHT, COMFORT, AND POWERFUL TOOLS FOR HEALING AND GROWTH.

Book Recommendations: Professionals & Caregivers

Permission to Feel – Marc Brackett: Emotional intelligence in schools

The Anxious Generation – Jonathan Haidt – Technology, youth, mental health

Beautiful Boy – David Sheff – Addiction, family, unwavering love

Educated – Tara Westover – Survival, transformation, self-education

Adult- Fiction

A Psalm for the Wild-Built – Becky Chambers – Hopeful, philosophical, cozy sci-fi

Carrie Soto is Back – Taylor Jenkins Reid – Comeback, ambition, resilience

The People We Keep – Allison Larkin – Self-discovery, music, belonging

The Four Winds – Kristin Hannah – Grit, historical, mother's love

Lessons in Chemistry – Bonnie Garmus – Feminism, wit, science rebellion

Good Dirt – Charmaine Wilkerson – Roots, secrets, generational healing