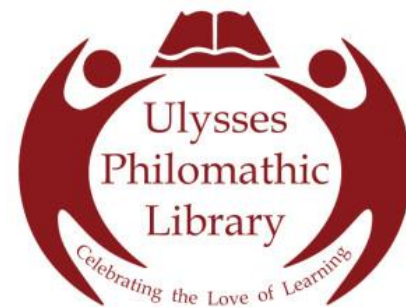


Look for the Helpers: a library guide



What's the Matter, Marlo?

E Arnold

A picture book about best friends that highlights empathy, as well as anger and sadness, and reminds us that these aren't feelings to run away from, but instead to help each other through.

I'm Happy-Sad Today: making sense of mixed-together feelings

E Britain

This friendly picture book helps young children make sense of mixed-up emotions. Happy, and also sad. Excited, but nervous too. Mixed feelings are natural, but they can be confusing.

The Rabbit Listened

E Doerrfeld, also available as an eBook

A picture book about kindness, the different ways in which people approach their emotions, and the importance of nonjudgmental listening.

Big Boys Cry

E Howley

A child and his father discover the importance of expressing emotions, even the difficult ones.

My Monster and Me

E Hussain

A touching story about a little boy whose worry monster follows him everywhere he goes.

Anxious Charlie to the Rescue

E Milne

When an emergency disrupts his routine, Charlie discovers that sometimes change can lead to something wonderful.

Ruby Finds a Worry

E Percival, also available as an eBook

One day Ruby finds a worry. At first it's not so big, but then it starts to grow. How can Ruby get rid of it and feel like herself again?

The Breaking News

E Reul

When devastating news rattles a community, a teacher tells the class to look for the helpers and to remember that every act of kindness matters.

The Day You Begin

E Woodson, also available as an eBook

A heartwarming book about finding the courage to connect, even when you feel scared or alone.

The Worry(less) Book: feel strong, stay calm, and tame your anxiety

J 158 Brian

We all have a mixture of fun and not-so fun feelings but too much anxiety hurts! This book will help you identify your anxiety, understand it, and offer the tools you need to find calm again.

Heads Up: changing minds on mental health

YA 362 Siebert

Featuring real-life stories of teens who have found hope and meaning in the midst of life's struggles, this book explores mental health, mental illness, trauma, and recovery.

When the World Feels Like a Scary Place: essential conversations for anxious parents and worried kids

649 Gewirtz, also available as an eBook and eAudioBook

Using real-world examples and offering clear and practical advice, you'll learn how to frame difficult issues in age-appropriate ways, so your children can process big emotions in conversation with you.

Other books are available in the collection and by request. Please ask at the desk for assistance!