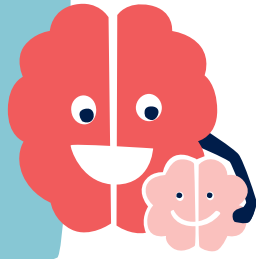


Emotional Explorers Book List



Understanding and managing strong emotions is one of the toughest parts of growing up. Reading stories featuring characters navigating emotions can help children better identify and comprehend their own feelings. Parents and caregivers can use a range of texts to guide conversations with children about various feelings and emotions in a way that is both relatable and engaging. These discussions are crucial for children to learn how to build their emotional muscles by articulating their emotions and also showing empathy towards others.

Below, we've assembled a selection of picture books that beautifully explore emotions in diverse and engaging ways.

Boys Do Cry

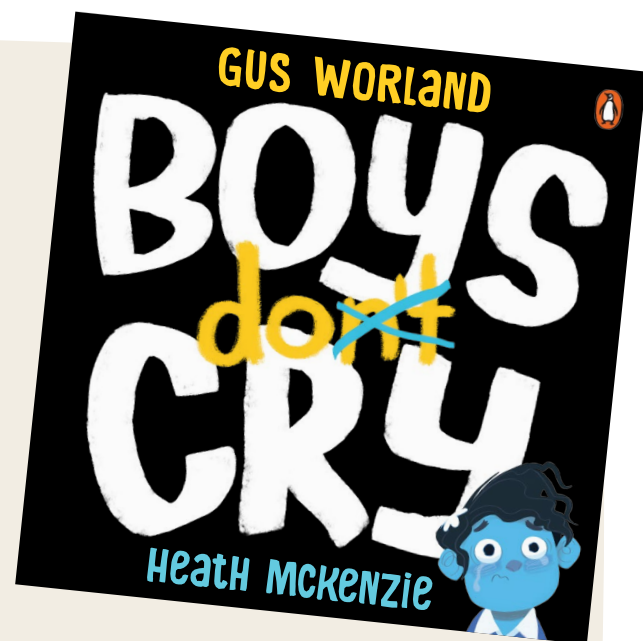
Gus Worland and Heath McKenzie

'Boys Do Cry' is a humorous and heartfelt story about a young boy facing a day of frustrations and challenges. As each difficulty arises, he struggles to manage his emotions. It's only when he receives a comforting hug from his Dad at home that he finally lets go, realising how much better he feels after a good cry. Written by TV and radio personality Gus Worland, this picture book highlights the importance of embracing big feelings and finding strength in vulnerability.

Conversation Starters

- Looking at the front cover, how might the boy be feeling?
- Do you agree with the title? Why/why not?
- What were some of the things that went wrong for the boy in the book?
- Explain a time you felt like the main character?
- Who do you go to for help when you are having a bad day?
- What is one message you would share with others after reading this book?

Additional resources to support this text can be accessed [here](#).



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Oh, the Places You'll Go!

Dr. Seuss

This text explores the journey of navigating life's ups and downs. Dr. Seuss encourages readers to embrace these emotional challenges, highlighting that with determination and adaptability, they can overcome obstacles and achieve their dreams.

Conversation Starters

- How did the book make you feel about the future?
- What kind of adventures did the book talk about?
- What does the book say about trying new things?
- How does the book say to handle problems or challenges?
- What would you do if you got stuck in a "Slump" like the book says?
- What are some places you want to go or things you want to do when you grow up?

I Can Do That

Kayla J. W. Marnach

This book presents various strategies for calming different emotions and addresses energy dysregulation. The language is empowering and includes a section for parents and caregivers at the back. "I Can Do That" serves as an excellent introduction to emotional and self-regulation techniques.

Conversation Starters

- What is something new that the character learned to do?
- How did the character feel when they tried something new?
- What is something you can do that you are proud of?
- How do you feel when you learn to do something new?
- What is something you want to learn to do?
- Who helps you when you are learning something new?
- Why is it important to keep trying even if something is hard?
- What did the story teach you about believing in yourself?

Piggy Book

Anthony Browne

This thought-provoking tale addresses gender roles, family relationships, and appreciation. In the Piggott family, Mr. Piggott and his sons take Mrs. Piggott's efforts for granted until she leaves, prompting them to recognise her contributions and change their attitudes. Through clever visual metaphors and engaging illustrations, the book highlights the importance of sharing household responsibilities and valuing each family member's work.

Conversation Starters

- How did the family treat Mrs. Piggott at the beginning of the book?
- What happened when Mrs. Piggott left?
- How did the house change when Mrs. Piggott was gone?
- Why do you think the men in the family turned into pigs?
- What did the family learn while Mrs. Piggott was away?
- How did the family change when Mrs. Piggott came back?
- What does the book teach us about helping others?
- How did the pictures in the book help tell the story?



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Have You Filled a Bucket Today?

Carol McCloud

This heartwarming book, with vivid illustrations, shows children the rewards of daily kindness, appreciation, and love. Using metaphors of bucket filling and dipping, it effectively teaches the impact of our actions and words on others and ourselves.

Conversation Starters

- What is a bucket filler?
- How can you fill someone's bucket?
- What does it mean to dip into someone's bucket?
- How do you feel when someone fills your bucket?
- Can you give an example of how you filled someone's bucket today?
- How does it feel when someone dips into your bucket?
- Why is it important to be a bucket filler?
- What are some kind things you can do to fill a friend's bucket?
- How can you fill your own bucket?

Mad Magpie

Gregg Dreise

This vibrant children's picture book tells the story of Guluu, a magpie taunted by other birds, leading to anger and outbursts. Guided by his Elders and the wisdom of the Rainbow Serpent, Guluu learns self-control, resilience, and inner strength. The Elders teach him to stay calm and rise above negativity, encouraging kindness instead of anger. The book illustrates the importance of responding with patience and understanding, enriched with traditional Indigenous Australian cultural elements and colourful illustrations.

Conversation Starters

- How did Guluu feel when the other birds were teasing him? Why do you think he felt that way?
- What advice did the Elders give to Guluu? How did it help him?
- Why is it important to stay calm and not let others' words affect us?
- Can you think of a time when someone was mean to you? How did you react, and how did it make you feel?
- What are some ways we can show kindness to others, even when they are not kind to us?
- What lessons can we learn from the Rainbow Serpent in the story?
- How do you think Guluu's story would have ended if he didn't listen to the Elders' advice?
- What can we do if we see someone else being teased or bullied? How can we help?

Wilfrid Gordon McDonald Partridge

Mem Fox

This text explores the friendship of two unlikely characters. A young boy and the resident of a nursing home, Miss Nancy. When he learns she has lost her memory, Wilfrid collects objects to help her remember. The book explores intergenerational friendship, the importance of memories, and the power of empathy and kindness, illustrating how meaningful connections and simple acts of kindness can bridge age gaps.

Conversation Starters

- Why did Wilfrid want to help Miss Nancy?
- What are some of the things Wilfrid brought to Miss Nancy to help her remember?
- How did Miss Nancy feel when she saw the things Wilfrid brought her?
- What does it mean to have a memory?
- Why are memories important?
- How did Wilfrid feel when he helped Miss Nancy?
- Can you think of a special memory you have?
- How can we help others remember happy times?

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Amy & Louis

Libby Gleeson

This text explores the friendship of two children. Amy and Louis, best friends and next-door neighbours, play imaginative games and call each other with a special word, “Coo-ee.” When Amy’s family moves to a distant city, they miss their shared games. Louis tries calling her, believing she’ll hear, despite his parents’ doubts. Encouraged by his grandmother, Louis successfully re-establishes their special connection.

Conversation Starters

- What did Amy and Louis like to do together?
- How did Amy feel when she moved away from Louis?
- How did Amy and Louis stay friends even though they were far apart?
- Have you ever had a friend who moved away? How did you stay in touch?
- Why do you think it’s important to keep in touch with friends?
- What did you learn from Amy and Louis about friendship?



The Giving Tree

Shel Silverstein

This text explores the concept of generosity. “The Giving Tree” tells the story of a boy who learns a profound lesson about the gift of giving, but only after it’s too late. Throughout his life, the boy takes from the tree without giving anything in return, realising too late the importance of appreciating and reciprocating generosity.

Conversation Starters

- How did the tree help the boy?
- How did the boy make the tree feel happy?
- Why do you think the tree kept giving things to the boy?
- How did the tree feel when the boy took her branches?
- What happened when the boy grew older?
- Why do you think the boy kept coming back to the tree?
- How did the story make you feel?
- What do you think the message of the story is?

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