

Book List

Early years physical activity and emotional regulation



The books listed below can be used to spark conversations about feelings, movement and self-regulation. Choose books that reflect the interests and experiences of the children in your group.

Emotional Regulation



The Colour Monster
Anna Llenas



Ruby's Worry
Tom Percival



In My Heart: A Book of Feelings
Jo Witek



How to Tantrum Like a Champion
Allan Wolf



When I Feel Angry
Cornelia Maude Spelman



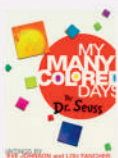
Don't blow your top
Ame Dyckman



Breathe Like a Bear
Kira Willey



Bear's Book of Calm
Seb Davey



My Many Coloured Days
Dr. Seuss



Why do I feel like this?
Shinsuke Yoshitake



The Crayons' Book of Feelings
Drew Daywalt and Oliver Jeffers



My Monster and Me
Nadiya Hussain

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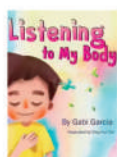
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Emotional Regulation



The Feelings Book

Todd Parr



Listening to My Body

Gabi Garcia



Grumpy Monkey

Suzanne Lang



Calm Down Time

Elizabeth Verdick



Breathing Makes it Better

Christopher Willard and Wendy O'Leary



Fergal is Fuming

Robert Starling



Respect

Fay Stewart-Muir and Sue Lawson

Physical Activity



Move!

Steve Jenkins



We're Going on a Bear Hunt

Michael Rosen



Giraffes Can't Dance

Giles Andreae



The Busy Body Book

Lizzy Rockwell



Shake My Sillies Out

Raffi



From Head to Toe

Eric Carle



Dancing Feet

Lindsey Craig