

11 CHILDREN'S PICTURE BOOKS ABOUT EMOTIONS AND FEARS

When it comes to emotion and fear children face them in their life just as adults do. And it is important to give emotional support and guidance which can be done through stories. Stories are essential educators in a child's life, which can influence them in many ways.

Here are some picture books that will help cope with emotion and fear-

- 1.Lal, A.(2020) *Under my bed: Overcoming fears.* (S. Mistry, Illus.). Pratham Books.
- 2.Martins, S. (2020) *Teju's shadow: Dealing with fear.* (N. Nyoni & A. O' Reilly, Illus.). Pratham Books.
- 3.Menaka. (2017) *How do you feel: A feeling book to inspire discussion.* (Angie & Upesh, A. Sreenivasan, Greystroke, N. Jacob, M. Purandare, P. Kuriyan, R. Rahalkar, Illus.). Pratham Books.
- 4.Sanada, G.C. (2000) *The Frogs and Their Monster.* (C. Martinot, Illus.). SYDA Foundation.
- 5.Wangmo, C. (2014) *Monster in My Room.* (C. S. Subba, Illus.). DSB Books Enterprises.
- 6.Cho, T. (2018) *Rice from heaven: The Secret Mission to Feed North Koreans.* (k. Jin song, Illus.). Little Bee Books.
- 7.Kapur, S. (2019) *Who Stole Bhaiya's Smile.* (S. Coelho, Illus.). Pratham Books.
- 8.Varma, V. (2017) *Angry Akku: Children Story on Handling Emotions.* (V. Varma, Illus.). Pratham Books.
- 9.Kamat, M.(2018) *Flying with Grandpa.* (N. Wadia, Illus.). Duckbill Books and Publications Pvt. Ltd.
- 10.Chopra, M. (2018) *Just Breathe: Mindfulness, Movement, and more.* (B. Vaughan,Illus.). Running Press Kids.
- 11.Chopra, M. (2019) *Just feel: How to be Stronger, Happier, Healthier and More.* (B. Vaughan, Illus.). Running Press Kids.

