

Storytime: Books That Unmask Feelings

Reading is a powerful way to help kids understand and express their emotions. As part of **Children's Mental Health Awareness Week**, we're encouraging families to choose a book from our recommended reading list that explores feelings, resilience, and mental health. Parents can read aloud to younger children, while older kids can dive in independently. Books about emotions help kids build self-awareness, empathy, and coping skills—essential tools for lifelong mental wellness.

Recommended Reads:

For Ages 2-6:

- The Color Monster by Anna Llenas – A fun way to explore emotions through colors.
- Ruby Finds a Worry by Tom Percival – Helps kids understand anxiety and how to manage it.

For Ages 7-12:

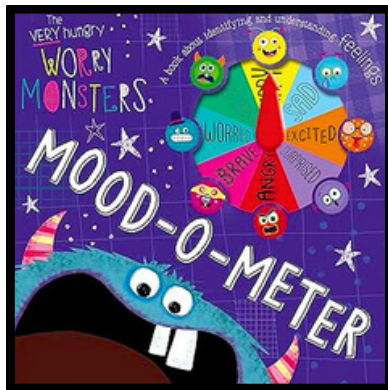
- The Invisible String by Patrice Karst – A beautiful book about connection and love, even when apart.
- Inside Out and Back Again by Thanhà Lại – A novel in verse about resilience and adapting to change.



♥ Explore Feelings with the Very Hungry Worry Monster Mood-O-Meter! ♥

The friendly Worry Monsters gobble worries up, it's true. But did you know these monsters have a lot of feelings too? The Very Hungry Worry Monster Mood-O-Meter is an interactive board book that helps kids recognize emotions in themselves and others. With playful rhymes, funny illustrations, and a twistable mood-o-meter dial, children can match the Worry Monsters' moods and explore how they'd feel in different situations. It's a fun and engaging way to encourage emotional awareness!

🎉 100% of proceeds support Pathstone Mental Health. Get yours here:
shop.pathstonefoundation.ca



Pathstone Mental Health is here to support you!

🌐 Visit us at www.pathstonefoundation.ca for more mental wellness resources.

📷 Share your mask with us!

#Pathstone #ExpressYourEmotions #UnMaskingMentalHealth

For more downloadable activity sheets,
please visit <https://pathstonementalhealth.ca/cmhaw>