

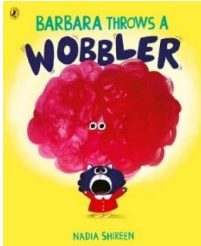
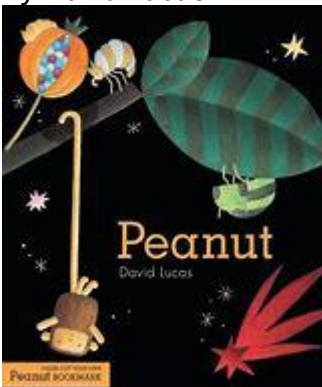
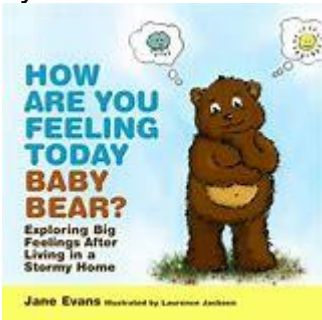
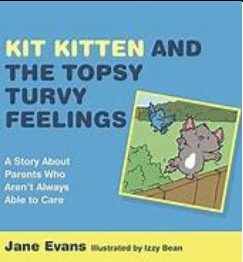
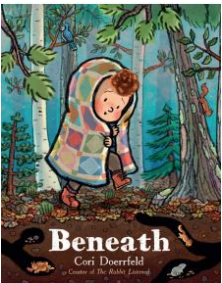
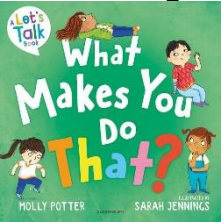



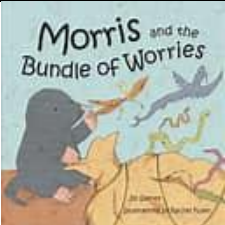
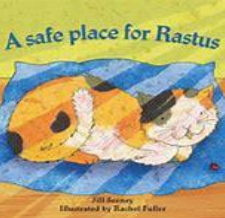
Emotions and Feelings



Title Author and Themes	Carers and Parents	Children	Age	Description
The Huge Bag of Worries By Virginia Ironside 	✓	✓	2-5	<p>A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings. The perfect book to soothe worries during stressful times. Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them? A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.</p>
I AM HAPPY Michael Rosen 	✓	✓	2-5	<p>This puppy is happy – so happy, it feels like dancing the waltz, doing somersaults, laughing out loud – and even climbing on a cloud! This fantastical flight of fancy captures the most joyful of toddler moods, encouraging children to explore their own imagination and celebrate their feelings. A terrifically uplifting read-aloud from the master of rhyme.</p>
Barbara Throws A Wobbler by Nadia Shireen 	✓	✓	3-5	<p>Barbara is having one of those days. She has a sock problem <i>and</i> there's a strange pea. Then, all of a sudden, Barbara's Wobbler is out of control!</p> <p>But what happens when a bad mood like this comes along? Barbara has a lot to learn about the ways of wobblers in this laugh-out-loud story from Nadia Shireen.</p> <p>A brilliantly funny and sensitive way to understand and deal with tantrums.</p>

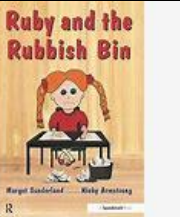
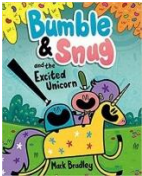
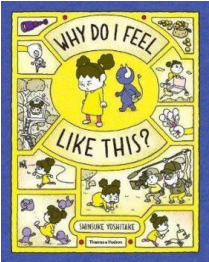
Peanut <i>By David Lucas</i>  Anxiety	✓	✓	3-6	Peanut is a very tiny monkey who's afraid of everything. When the wind blows, he thinks his tree is falling down; when the sun sets, he thinks the whole sky is on fire; and when everything goes dark, all Peanut can do is close his eyes and wait for The End. He's so busy waiting that when Beetle tries to squeeze past him, the pair of them fall from their branch. Luckily, Peanut's tail comes to the rescue and as they sit together to recover from their fright, a new day dawns. Watching the sunrise, Peanut realizes his new world isn't really frightening at all, and he and his new friend set out to explore their tree together.
How Are You Feeling today, Baby Bear? <i>By Jane Evans</i>  Feelings	✓	✓	3-5	Baby Bear lives in a home with the Big Bears and loves to chase butterflies and make mud pies - they make Baby Bear's tummy fill with sunshine. Then, one night, Baby Bear hears a big storm downstairs in the house and in the morning, Baby Bear's tummy starts to feel grey and rainy. How will such a small bear cope with these big new feelings? This sensitive, charming storybook is written to help children who have lived with violence at home to begin to explore and name their feelings. Accompanied by notes for adults on how to use each page of the story to start conversations, it also features fun games and activities to help to understand and express difficult emotions. It will be a useful book for social workers, counsellors, domestic violence workers and all grown-ups working with children.
Kit Kitten and the Topsy-Turvy Feelings <i>By Jane Evans</i>	✓	✓	2-6	Once upon a time there was a little kitten called Kit who lived with a grown-up cat called Kizz Cat. Kit Kitten couldn't understand why sometimes Kizz Cat seemed sad and faraway and other times was busy and rushing about. Kit Kitten was sometimes cold and confused in this topsy turvy world and needed help to find ways to tell others about the big, medium and small feelings which were stuck inside.

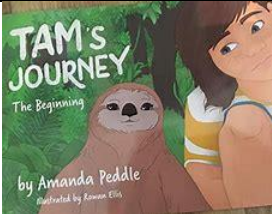
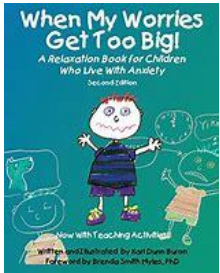
				<p>Luckily for Kit, Kindly Cat came along. Many children live in homes where things are chaotic, and parents or carers are distracted and emotionally unavailable to them. This storybook, designed for children aged 2 to 6, includes feelings-based activities to build a child's emotional awareness and vocabulary. A helpful tool for use by parents, carers, social workers and other professionals to enable young children to begin to name and talk about their feelings</p>
<p>Beneath Cori Doerrfeld</p> 	✓	✓	4-6	<p>Finn is in a horrible mood and doesn't want to talk about it – he'd rather hide under the bedcovers. But Grandpa persuades Finn to come for a walk outside – Finn can even stay under the blanket and use it like a comforting, protective cloak.</p> <p>Grandpa takes Finn on a journey of discovery of all the “beneath” places he can find in nature: a hollow tree containing nesting owls, the ground under rotting leaves which is feeding new life – demonstrating to Finn that it's okay to have difficult feelings beneath our surfaces, too. And, sometimes, those feelings need to happen as part of the process towards something new and full of life.</p>
<p>What makes you do that? Molly Potter and Sarah Jennings</p> 	✓	✓	4-8	<p>This thoughtful picture book teaches children how to find new ways of expressing themselves. A picture book for talking about behaviour and emotions with children.</p> <p>'Why am I losing my temper?' 'Why am I being grumpy?' This important book prompts children to think about certain behaviours and why they happen. Addressing common situations in a sympathetic and informative way, <i>What Makes Me Do The Things I Do?</i> answers key behavioural concerns and encourages children to self-reflect, consider how their actions affect others and manage their emotions.</p> <p>This book is ideal to share with young children, or to give to older children to read independently. Written in a child-friendly tone, this picture book explores 12 typical behaviours that children engage in - including not doing what they're told, telling lies and giving up - and explores where they come from</p>


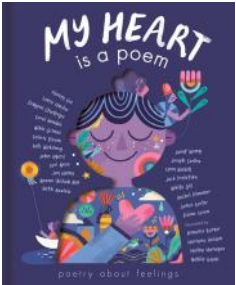
				and how to manage them.
Charley Chatty and the Wiggly Worry Worm <i>By Sarah Naish & Rosie Jefferies</i> 	✓	✓	3-10	<p>A story about insecurity and attention seeking. Charley Chatty likes to talk. Charley talks so much that her mouth gets dry but there's just so much to say! "Why is the pavement brown?" "I have got two shoes. Everyone has two shoes." "I can hear the radio. Who is on the radio? Why is there a button on the radio?" Sometimes, Charley's imagination takes over and she tells stories about things that didn't really happen. She doesn't mean to, but she likes how it makes her feel important and the wiggly worry worm inside her belly goes away. Written by a mum who understands, and her daughter (who also liked to tell tales), this is a story for children functioning at age 3-10.</p>
Penguin <i>By Polly Dunbar</i>	✓	✓	2-8	<p>8 This is the story of Ben, who couldn't be more delighted to find a penguin friend inside his present. "Hello, Penguin!" he says. Penguin says nothing. Ben tickles Penguin, pulls his funniest face, puts on a happy hat, sings a silly song and does a dizzy dance ... but still Penguin says nothing. It isn't until a passing lion intervenes that Penguin finally speaks – and, when he does, Ben discovers that some things are worth the wait.</p>
Morris and the Bundle of Worries <i>By Jill Seeney</i>	✓	✓	3-8	<p>A charming picture book for young children in a range of situations, Morris and the Bundle of Worries shows that talking about problems,</p>

				<p>and facing worries with the help of others is more helpful than hiding your fears. Morris the mole has a secret. He has lots of worries - in fact, a big bundle of them. The worries fill up his bedroom which means he can't sleep. Morris doesn't know what to do. There are squiggly, wriggly worries, thorny, spiky ones, and even some TERRORS, which Morris is too scared to touch. The worries float around his head, and prick his paws, and make him shiver. He's scared to tell the other woodland animals about them. But one day, Morris finds a friend who can help him, and realises that problems are easier to deal with when you've got someone to talk to. Suddenly, the worries don't seem so frightening any more.</p>
<p>A Safe Place for Rufus By Jill Seeney</p> 	✓	✓	4-10	<p>This colourful picture book for young children, aged 4-8 years old, explores the importance of feeling safe and banishing fears, particularly for adopted and fostered children. Rufus the cat lives with a family who looks after him, feeds him his favourite foods and gives him lots of cuddles. He feels happy and safe, especially when he is lying on his favourite blue cushion. But he didn't always feel this way. The family that Rufus used to live with were not kind to him at all. Thinking about his past makes him angry and sad and Rufus struggles to escape from his memories and find a safe place where he can just relax and be himself.</p> <p>Change and transition, such as moving house, starting a new school or perhaps even leaving home, can cause confusion and uncertainty for very young children. If they have to move from one family to another, the change is often too big for them to full comprehend in advance; no matter how thorough the preparation, the child still has to take a very big leap into the dark. It takes time for children to trust enough to feel safe. Like Rufus, they have to discover a way to banish their fears, and like Rufus, they can be helped by finding a "safe place" of their own. Accompanied by comprehensive guidelines containing useful suggestions for questions and activities to encourage children to think about their own behaviour; talk about their own fears and bad memories; and identify their own safe places.</p>
<p>The Boy who Built a Wall Around Himself By Ali Redford</p>	✓	✓	5+	<p>Boy built a wall to keep himself safe. Behind it he felt strong and more protected. Then Someone Kind came along. She bounced a ball, sang and painted on the other side of the wall, and Boy began to wonder if</p>

				<p>life on the other side might be better after all. Written for children aged 4 to 9, this gentle full -colour picture book uses a simple metaphor to explain how children who have had painful or traumatic experiences can build barriers between themselves and other people. It will help children explore their feelings and encourage communication.</p>
<p>Riley the Brave – The Little Cub with Big Feelings <i>By Jessica Sinarski</i></p> 	✓	✓	3+	<p>Riley the Brave is the story of a little bear with big feelings! Join this super-cool, cape-wearing cub as he embarks on a journey to face his fears. Riley is joined by all of his animal friends who care for him as he faces his difficult feelings. Along the way, Riley learns how sometimes, being tough or loud isn't the bravest thing to be – sometimes it's asking for help or being brave enough to let someone into your heart.</p> <p>Written for any child who is looking to unlock their inner courage, and particularly those healing from difficult life experiences or trauma, this book creates a safe space for conversations about complex thoughts and feelings. It also features an educational afterword for grown-ups which explains how the book helps children, and how to get the most out of it.</p>
<p>Ruby and the Rubbish Bin <i>By Margot Sunderland</i></p>	✓	✓	4+	<p>Ruby hates herself so much she feels like a piece of rubbish. One day, she meets Dot and over time, Dot helps Ruby to move from self-hate to self-respect. She makes new friends and knows what it's like to feel happy for the first time in her life.</p>

				
Bumble & Snug and the Excited Unicorn by Mark Bradley 	✓	✓	5+	<p>Bumble and Snug are bestest friends. Bumble is 50% enthusiasm, 50% energy, and Snug is 33% kindness, 33% caring, 33% brains. Today they're off to the unicorn forest, which is made of sweets and chocolate. Snug wants to meet a unicorn, while Bumble is planning to eat everything. Off they bounce, and it's an amazing place. But when they accidentally bash a jelly bee nest, they have to be rescued – by a unicorn!</p> <p>This is a story that will have readers laughing out loud. The main themes of impulse control and considering other people's feelings are dealt with in a very funny, engaging way. At its heart, it's about friends helping each other.</p>
Why Do I Feel Like This? Shinsuke Yoshitake 	✓	✓	6-10	<p>The little girl in this book sometimes gets in a bad mood – sometimes, people say mean things to make her upset. Some people make her annoyed. Sometimes she imagines having a pet wasp to chase them away, or a remote control robot that will give someone a tummy ache. The girl character has some great solutions for changing her mood – she can set herself little tasks to do that take her mind off being cross, sing a song into a pillow or take a nap. Sometimes these things work, but sometimes, she is SO angry that nothing can help. Maybe, when she's really sad or mad or scared, it's because there's a bad monster controlling her who profits from her bad feelings. Who knows? But whatever the reason, she is determined to become a person who faces their bad feelings and deals with them.</p>
Tam's Journey By Amanda Peddle	✓	✓	7+	<p>Tam is a young boy who goes on the adventure of a lifetime, learning about his brain and emotions at the same time as discovering a new</p>

				<p>friend called Hetty. This story will reassure and calm children the world over while educating them about how 'normal' our feelings are and the part they play in our lives.</p>
<p>When My Worries Get Too Big! Second Edition: A Relaxation Book for Children Who Live with Anxiety</p>  <p>Kari Dunn Buron</p>	✓	✓	5-9	<p>Filled with wonderfully goofy illustrations, this is one book that puts the power in the hands of kids. Intended for children with anxiety conditions, it teaches calming strategies and smart ways to recognize moods before they spin out of control. The book includes a foreword for parents and teachers and explains how to put some of the methods the author describes into practice.</p>
<p>The Princess and the Fog By Lloyd Jones</p>	✓	✓	5-7	<p><i>The Princess and the Fog</i> is picture book to help sufferers of depression aged 5-7 cope with their difficult feelings. It uses vibrant illustrations, a sense of humour and metaphor to create a relatable, enjoyable story that describes the symptoms of childhood depression while also providing hope that things can get better with a little help and support. The story is also a great starting point for explaining</p>

				<p>depression to all children, especially those who may have a parent or close family member with depression.</p> <p>With an essential guide for parents and carers by clinical paediatric psychologists, Dr Melinda Edwards MBE and Linda Bayliss, this book will be of immeasurable value to anyone supporting a child with, or affected by, depression, including social workers, psychologists, psychiatrists, counsellors, arts therapists, pastoral care workers and school staff, as well as parents and carers.</p>
<p>My Heart is a Poem by Various A collection of illustrated poems about emotions</p> 	✓	✓	9-11	<p>This stunning collection of poems explores and celebrates feelings of all kinds, from uncontrollable excitement to sadness, from embarrassment to love. Children will easily recognise these emotions and the situations in which they arise – such as riding a bicycle or feeling frustrated over homework. There are 20 poems in this book and each poem captures a different feeling in a unique, accessible way. Some rhyme, many don't. All will speak to the child reader and show them that they are not alone when they feel a certain way.</p> <p>There are 20 different poets in this anthology, and four different illustrators, all with a biography at the back. The book is large format like a picture book, and illustrated beautifully in full colour. The vivid colours and expressive images perfectly reflect the mood of each poem, combining to create a powerful impact on the reader. This is a collection to read aloud, and to dip into alone when in a thoughtful mood.</p>