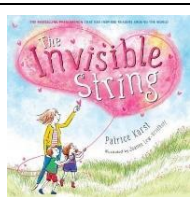


Children's Wellbeing booklist

This booklist can be used to support children's mental wellbeing, help them talk about their feelings and help them feel positive about starting school or nursery.

Books about separation and trying something new:

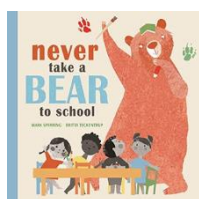


The Invisible String

by Patrice Karst, illustrated by Joanne Lew-Vriethoff (Little, Brown Young Readers, US)

ISBN: 031648623X

This book offers a very simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children can easily understand and embrace.

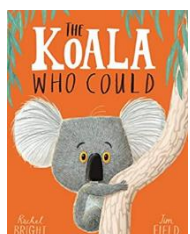


Never Take a Bear to School

by Mark Sperring, illustrated by Britta Teckentrup (Orchard Books)

ISBN: 1408339722

A delightfully funny story that will reassure every child anxious about starting a new school or nursery. Yes, taking a bear to school is a BAD idea. But will this little boy find the courage to face the first day of school alone? And Bear? He'll always be waiting at the end of the day, with a great big hug!



The Koala Who Could

by Rachel Bright, illustrated by Jim Field (Orchard Books)

ISBN: 1408331640

A funny rhyming story about dealing with change and overcoming worries. Meet Kevin. A koala who likes to keep things the same. Exactly the same. But sometimes change comes along whether we like it or not... And, as Kevin discovers, if you step outside your comfort zone and try new things, you might just surprise yourself!

Books about worries or anxiety:


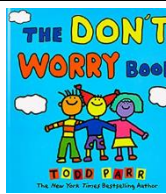
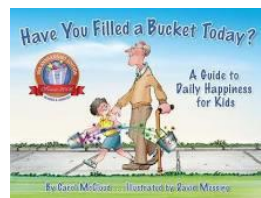


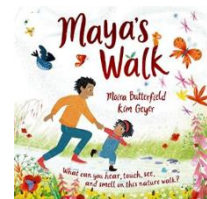


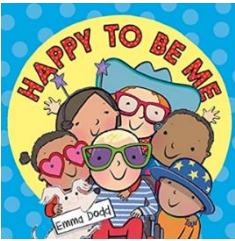
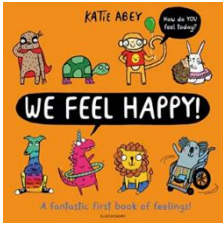



The Huge Bag of Worries

by Virginia Ironside, illustrated by Frank Rodgers (Hodder Children's Books)

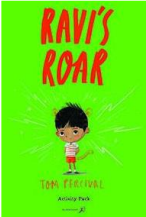
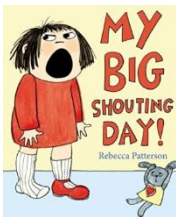
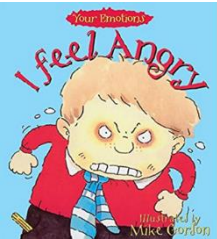

ISBN: 0340903171

This is a reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings.

	<p><i>Ruby's Worry</i></p> <p>by Tom Percival (Bloomsbury Children's Books)</p>	<p>Ruby loves being Ruby, until, one day, she finds a worry. This story helps children understand how to talk about their worries.</p>
	<p><i>The Don't Worry Book</i></p> <p>by Todd Parr (Little, Brown Young Readers US)</p>	<p>This book speaks out to kids who are feeling the weight of their world, offering solutions and comfort, as well as giggles.</p>
<p>ISBN: 1408892154</p>		
<p>ISBN: 0316506680</p>		
<h2>Books about being positive:</h2>		
	<p><i>Have You Filled a Bucket Today?</i></p> <p>by Carol McCloud, illustrated by David Messing (Bucket Fillers)</p>	<p>This book encourages positive behaviour as children see how rewarding it is to express daily kindness, appreciation, and love. Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words on the well-being of others and ourselves.</p>
<p>ISBN: 099609993X</p>		
	<p><i>The Smile</i></p> <p>by Marie Voigt (OUP Oxford)</p>	<p>A lyrical story inspired by the concept of 'paying it forward', where beneficiaries of a good deed repay it to another person. It all starts with a baby's smile that brings so much joy that it sets in motion a chain of kindness that spreads around the world, connecting families and strangers alike.</p>
<p>ISBN: 0192783009</p>		
	<p><i>The Jar of Happiness</i></p> <p>by Ailsa Burrows (Child's play (international) Ltd)</p>	<p>A recipe for happiness? Meg collects all the necessary ingredients in a jar, which she uses to cheer up her friends and family when they're feeling low. But what happens when her special jar disappears? Will Meg feel sad forever, or will she find other ways to be happy?</p>
<p>ISBN: 1846437288</p>		
	<p><i>Maya's Walk</i></p> <p>by Moira Butterfield, illustrated by Kim Geyer (OUP Press)</p>	<p>Maya and her dad love walking – whether it's a walk through woods, in the bustling streets, or at the local park, there is always lots to see, hear, touch, and smell. This story shows all the fun ways to experience a walk. It highlights the joy connecting with nature can bring and its benefits to mental wellbeing.</p>
<p>ISBN: 0192778536</p>		

 <p>Happy To Be Me by Emma Dodd (Orchard Books)</p> <p>ISBN: 1408355701</p>	<p>A fun-filled, rhyming book celebrating bodies of all kinds. This story offers children and their parents a way of talking easily, and with gratitude, about their bodies and the wonderful things they can do. This is the perfect way to build body confidence and self-esteem in even the youngest children!</p>
 <p>We Feel Happy: A fantastic first book of feelings by Katie Abey (Bloomsbury Children's Books)</p> <p>ISBN: 1526619903</p>	<p>A fantastic first book of feelings that introduces little ones to a wide range of emotions. We feel happy when reading our favourite book. We feel calm when we have a bath. We feel excited when we go to a party! <i>We Feel Happy</i> is the perfect book for starting a conversation about feelings with children.</p>
<h2>Books about persevering:</h2>	
 <p>Tilda Tries Again By Tom Percival (Bloomsbury Children's Books)</p> <p>ISBN: 1526612992</p>	<p>Tilda's world is just as she likes it... until one day, it turns completely UPSIDE DOWN. Things that were once easy now seem incredibly challenging. This is an inspiring story about coping with difficult situations. It's the ideal book for helping children to build resilience and embrace a 'can do' approach to life.</p>
 <p>The Most Magnificent Thing By Ashley Spires (Kids Can Press)</p> <p>ISBN: 1554537045</p>	<p>The girl is going to make the most MAGNIFICENT thing! She knows just how it will look and how it will work. All she has to do is make it. But making her magnificent thing is not easy. The girl gets really, really mad, so mad, in fact, that she quits. But when she returns to her project after a walk, she manages to get it just right.</p>
 <p>The Dot by Peter H Reynolds (Walker Books)</p> <p>ISBN: 1529512328</p>	<p>Art class is over, but Vashti is sitting glued to her chair in front of a blank piece of paper. The words of her teacher are a gentle invitation to express herself. One little dot marks the beginning of Vashti's journey of surprise and self-discovery.</p>

Books about anger and managing unwanted emotions:

 <p><i>Ravi's Roar</i> by Tom Percival (Bloomsbury Children's Books)</p> <p>ISBN: 1408892189</p>	<p>A clever and engaging book about temper tantrums, dealing with emotions and learning to express and understand your feelings.</p>
 <p><i>My Big Shouting Day</i> By Rebecca Patterson (Jonathon Cape PB)</p>	<p>Bella is having one of those days - her biscuit is broken, she has a hurting foot and ballet is TOOOO itchy for words. All she can do is shout! But by the end of the day, when she's all tired out from being shouty, Bella knows there's one magic word and one magic mummy to make things better again...</p>
 <p><i>I Feel Angry</i> by Brian Moses, illustrated by Mike Gordon (Wayland)</p> <p>ISBN: 0750214031</p>	<p>A book that describes what it is like to feel angry, as it is experienced by young children. Readers will identify with the humorous and inventive depictions of this feeling and be inspired by the various solutions on offer.</p>
 <p><i>The Angry Monster Within</i> by Patricia Wong (Velveteen Art)</p> <p>ISBN: 1738657124</p>	<p>There is a little angry monster within us that is waiting to jump out each time it is frustrated! It wants to yell, kick and scream! This is a story about a little girl who finds a way to help the little monster! This book gently comforts children by helping them understand that anger is an emotion that can be calmed and that no matter what, they are always loved.</p>