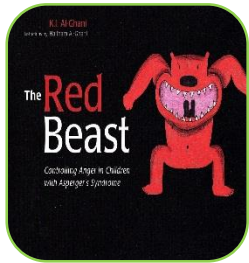
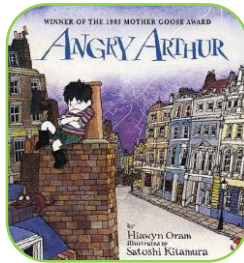


## Suggested children's books to support discussing emotions

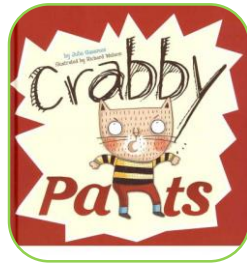
### Books to support feelings of anger



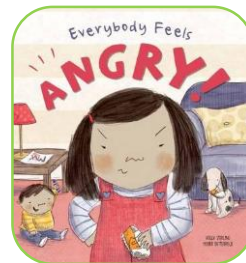
Red Beast  
K.I. Al Ghani



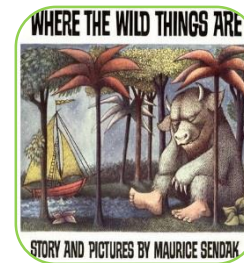
Angry Arthur  
Hiawyn Oram



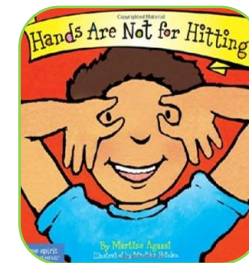
Crabby Pants  
Julie Grassman



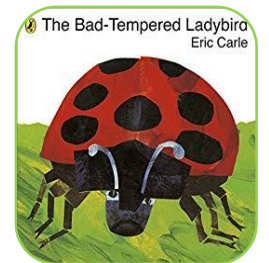
Everybody Feels Angry  
Moira Butterfield



Where the Wild Things Are  
Maurice Sendak

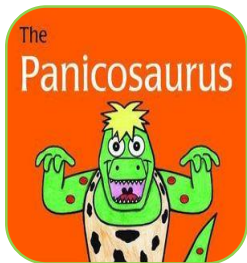


Hands are not for hitting  
Martine Agassi

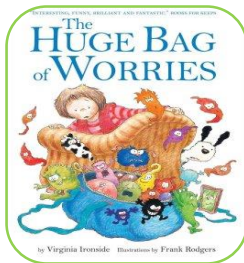


The Bad Tempered Ladybird  
Eric Carle

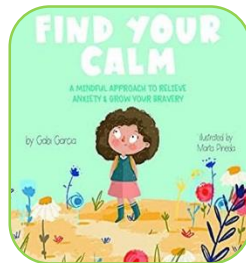
### Books to support feelings of anxiety



Panicosaurus  
K.I. Al Ghani

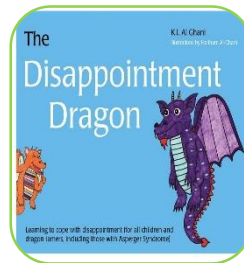


The Huge Bag of Worries  
Virginia Ironside

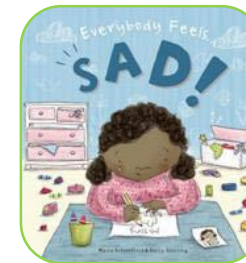


Find your calm. A mindful approach to relieve anxiety  
Gabi Garcia

### Books to support feelings of sadness and disappointment



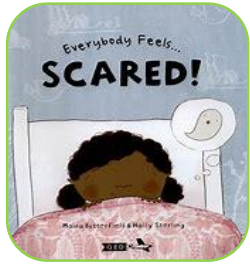
Disappointment Dragon  
K.I. Al Ghani



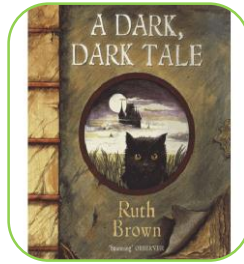
Everybody Feels Sad  
Moira Butterfield

## Suggested children's books to support discussing emotions

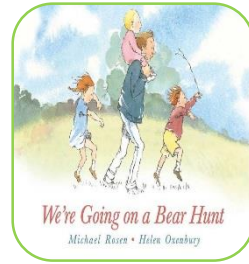
### Books to support feeling scared



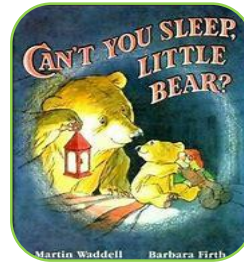
Everybody Feels Scared  
Moira Butterfield



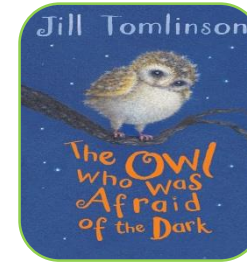
A Dark, Dark Tale  
Ruth Brown



Going on a Bear Hunt  
Michael Rosen

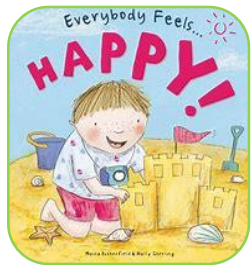


Can't You Sleep Little Bear  
Martin Wadell

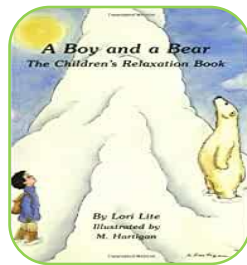


The Owl Who Was  
Afraid of the Dark  
Jill Tomlinson

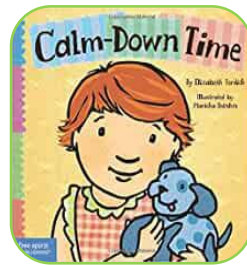
### Books to support feelings of happiness, mindfulness and calm



Everybody Feels Happy  
Moira Butterfield



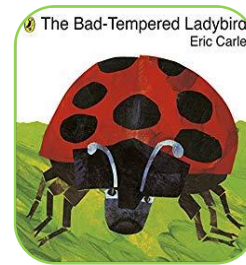
A Boy and a Bear  
Lori Lite



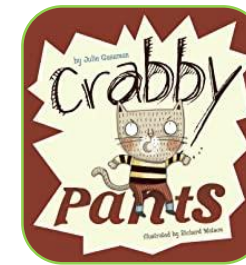
Calm down time  
Elizabeth Verdik



Mindfulness for little ones  
Heidi France



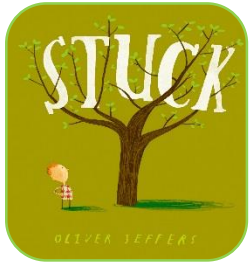
The Bad Tempered  
Ladybird  
Eric Carle



Crabby Pants  
Julie Grassma

## Suggested children's books to support discussing emotions

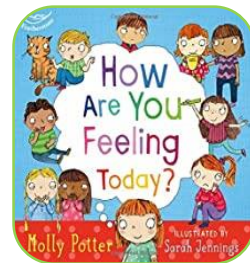
### Books to support problem solving and understanding feelings (executive functioning)



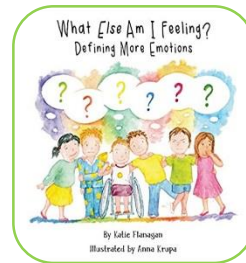
Stuck  
Oliver Jeffers



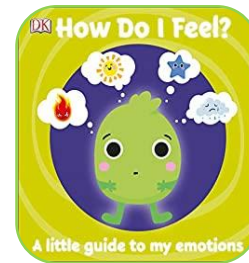
The Colour Monster  
Anna Llenas



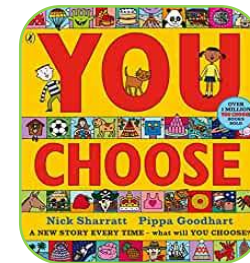
How Are You feeling Today  
Molly Potter



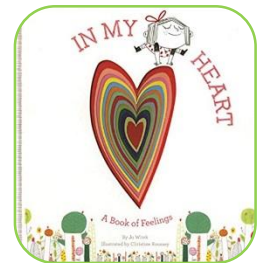
What else am I feeling?  
Katie Flanagan



How do I feel ?  
:A little Guide to my  
emotions  
By DK

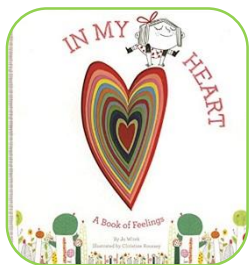


You Choose  
Nick Sharratt & Pippa  
Goodhart

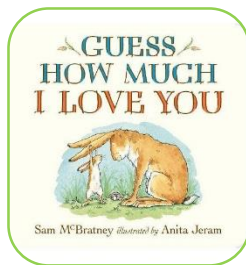


In My Heart  
Jo witek

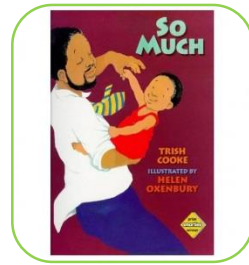
### Books to support feelings of love, sharing and caring



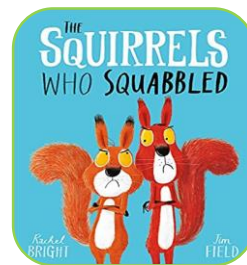
In My Heart  
Jo witek



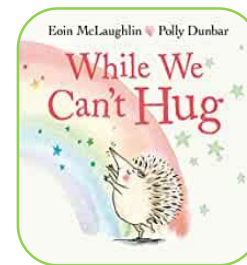
Guess How Much I  
Love You  
Sam McBratney



So Much  
Trish Cooke



The Squirrels Who Squabbled  
Rachel Bright & Jim Field



While we Can't Hug  
Eoin McLaughlin &  
Polly Dunbar

## Suggested children's books to support discussing emotions

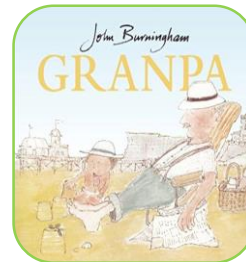
### Books to support loneliness and loss



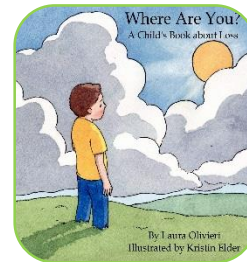
The Invisible String  
Patrice Karst



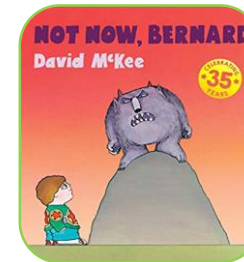
A bit lost  
Chris Haughton



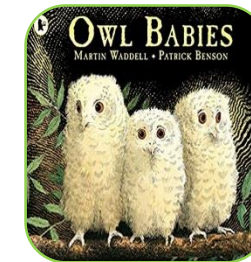
Granpa  
John Burningham



Where are You  
Laura Oliviveri



Not Now Bernard  
David McKee

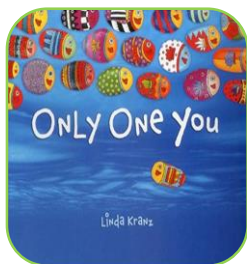


Owl Babies  
Martin Waddell

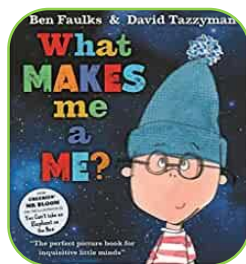


The Blue Chameleon  
Emily Gravett

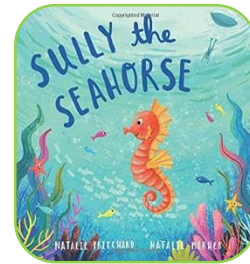
### Books to support positive self image



Only One You  
Linda Kranz



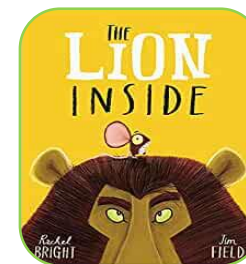
What Makes Me A Me ?  
Ben Faulks & David  
Tazzyman



Sully The Seahorse  
Natalie Pritchard



Be who you are!  
Todd Parr



The Lion Inside  
Rachel Bright