

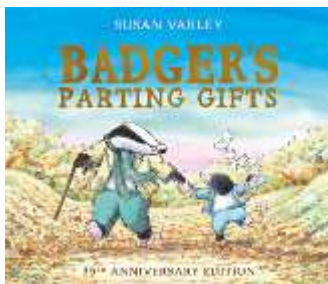
Age 3 to 5



The Huge Bag of Worries

By Virginia Ironside

Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is on the loo! Jenny decides they will have to go. But who can help her?



Badger's Parting Gift

By Susan Varley

Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally passes away, they are grief-stricken, but one by one they remember the special things he taught them during his life. By sharing their memories, they realise that although Badger is no longer with them physically, he lives on through his friends. This title is endorsed by Child Bereavement UK.



Kaya's Heart Song

By Diwa Tharan Sanders and illustrated by Nerina Canzi

Kaya is looking for her heart song – the song that happy hearts sing. Her search takes her on a journey deep into the jungle where a broken down carousel waits for a very special song to make it turn again. This joyful story set in the vibrant jungles of Malaysia is grounded in the principles of mindfulness, with a helpful information section at the back of the book.

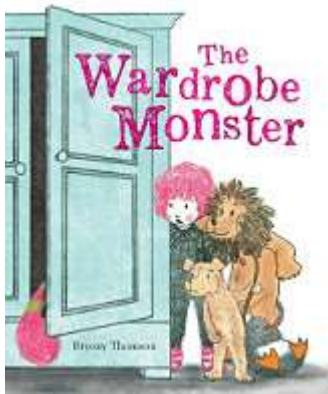


Pass It On

By Sophy Henn

A joyful and uplifting picture book about finding happiness in the smallest of things. Here's a fun idea: when you laugh or smile – pass it on!

Books for discussing Feelings and Wellbeing



The Wardrobe Monster

By Bryony Thomson

A wonderful reassuring story for children who might imagine monsters in their bedroom at night time. What's that knocking sound coming from the wardrobe? Every night, it makes Dora and her toy friends afraid to go to bed and every morning they are grumpy through lack of sleep. Eventually, they summon up the courage to face their fear together and open the wardrobe door to find it's not as bad as they thought.

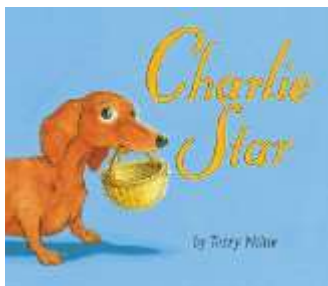


The Red Dread

By Tom Morgan-Jones

A picture book about worries and fears told through woodland creatures. The Red Dread is on the loose and Shrew and the other animals are afraid. From stolen nuts to missing rabbits, they whisper of the terrible actions of the Red Dread. As panic increases, logic and team spirit evaporate and soon it's every creature for itself.

Age 5 to 7



Charlie Star

By Terry Milne

This book addresses the issue of anxiety in a light-hearted and reassuring way. Charlie is an anxious dachshund who worries that something terrible might happen if he doesn't keep to his daily rituals. After he is called upon to help rescue a friend and in the rush forgets his rituals, Charlie discovers that he doesn't have to be ruled by them and that change can have really positive outcomes.



Happy, Sad, Feeling Glad

By Yasmin Ismail

An endearing and engaging look at emotions and how different situations cause different feelings. What has made Dog happy? Do you know what Cat is scared of? And why is Donkey so excited? A range of fun art activities encourages young readers to explore their feelings and express themselves with drawings, doodles and decorations.

Books for discussing Feelings and Wellbeing



Mariella Queen of the Skies

By Eoin Colfer and Katy Halford

Mariella loves nothing more than inventing, but bedtime keeps getting in the way of all her brilliant ideas! But everyone needs sleep, and without it all of Mariella's brilliant ideas might just disappear...



Me and My Fear

By Francesca Sanna

A beautifully illustrated book about new beginnings and the anxieties that come along with them. When a young girl has to travel to a new country and start at a new school, her Fear tells her to be alone and afraid. How can she hope to make friends if she doesn't understand their language?