

Useful books to start the talking for children with anxiety or to explore difficult feelings...

| <b>Theme</b> | <b>Book</b>  | <b>Age range &amp; description</b>  |
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| WORRY        | <i>Ruby's Worry</i><br>Tom Percival  | Ruby loves being Ruby. And then one day she discovers a small worry. Just a small worry, but when the worry starts to grow it won't leave her alone. A lesson in talking about our worries.<br>EYFS & KS1   |
| WORRY        | <i>When I'm Feeling Nervous</i><br>Trace Moroney                                   | Feeling nervous is uncomfortable but it can also mean you're about to do something really brave. What do you do when you feel nervous? A useful tool for helping young children develop increased confidence, optimism & hopefulness.<br>EYFS & KS1 |
| WORRY        | <i>What's worrying you?</i><br>Molly Potter  | Exploring different scenarios that might make a child worry, includes helpful guidance about how worrying might make them feel, what they might be thinking & what could help them feel better.<br>KS2  |
| WORRY        | <i>How Big are your Worries?</i><br>Jayneen Sanders                                | Little Bear is a worrier. He worries about simply everything. But with Mama Bear's help, he learns some helpful coping skills and soon realises that his worries are not so big after all.<br>EYFS & KS1  |
| WORRY        | <i>Put Your Worries Away</i><br>Gill Hasson  | A helpful book for school children feeling anxious, nervous, or fearful. Includes explanations of how our bodies respond to worries and clearly explains a range of calm down strategies.   |
| WORRY        | <i>A Little Spot of Anxiety: a story about calming your worries</i><br>Diane Alber | Explains anxiety in child friendly way, providing real ways to manage worries.<br>KS1&2   |
| WORRY        | <i>Hey Warrior</i><br>Karen Young  | An insightful book that helps children understand how and why our brains & bodies respond to anxiety, thus empowering them with knowledge of what is happening and how they can manage anxious thoughts.<br>KS2                                     |
| FEAR/WORRY   | <i>Me &amp; My Fear</i><br>Francesca Sanna   | A story exploring how overwhelming fear can become, especially as we face new situations our lives – in the case of the girl in the story, moving to a new country & starting school there. Includes special reminders that fear can be             |

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|  |   | helpful, that we can learn to manage our fears, and that we all carry fears with us.  |
| WORRY  | <i>I am Peace: a book of mindfulness</i><br>Susan Verde   | A book that offers children a series of strategies for managing worry.  |
| WORRY  | <i>The Huge Bag of Worries</i><br>Virginia Ironside       | Jenny tries to find different strategies in an attempt to rid herself of the big bag of worries she carries around each day.<br>KS1   |
| WORRY  | <i>What To Do When You Worry Too Much</i><br>Dawn Huebner | A great resource for children talking clearly about what worries are, how they make you feel, and clearly explains a range of options for managing worries (self-talk, physical activity & relaxation).<br>KS2  |
| WORRY/SADNESS  | <i>No Worries! Mindful Kids</i>                           | Activity book including simple exercises to help children tackle anxiety, sadness and stress, as they use creativity to combat negative feelings, work out why they feel worried, and how to put stress back in its [place through writing, doodling, colouring and drawing.<br>KS2 |
| ANGER  | <i>When Sophie gets Angry – Really, Really Angry...</i>   | Ideal for discussing how we all feel anger but it is about learning how to manage it appropriately.   |
| ANGER  | <i>The Red Beast</i><br>K.I.Al-Ghani                      | Ideal for discussing how we all feel anger but it is about learning how to manage it appropriately.<br>Good for pupils with ASC.  |
| ANGER<br>JEALOUSY<br>FEAR<br>LONELY<br>KIND<br>LOVED | <i>When I'm Feeling Angry...</i><br>Trace Moroney         | The 'When I'm Feeling...' series includes books on a range of emotions, introducing them to children and exploring strategies for expressing our feelings in ways that are appropriate and acceptable to ourselves and others.<br>KS1   |
| BIG FEELINGS   | <i>The Boy with Big, Big Feelings</i><br>Britney Winn Lee | Great for children who experience 'big' feelings. Though he tries to cope by stuffing down his feelings, with a little help and artistic inspiration, this boy realises that feelings are something to be celebrated.   |
| FEELINGS   | <i>1-2-3 My Feelings &amp; Me</i><br>Goldie Millar        | Exploring feelings with younger children, how feelings affect our bodies and minds, alongside strategies for learning to manage overwhelming emotions.<br>EYFS & Year 1   |
| FEELINGS   | <i>How Are You Feeling Today?</i><br>Molly Potter         | Fun & imaginative ways to help children understand and cope with a range of different emotions.<br>KS1 & Early KS2  |

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| FEELINGS                                     | <i>How Are You Peeling?</i><br><i>Foods with Moods</i> | Fun images of fruit and veg with expressions. Good for discussing emotions in a non-personal way.<br>EYFE, KS1&2   |
| FEELINGS                                     | <i>My Many Coloured Days</i><br>Dr Seuss               | Illustrations & simple rhyming couplets to discuss emotions with young children.<br>EYFS & KS1   |
| FEELINGS                                     | <i>The Colour Monster</i><br>Anna Llenas               | Engage children in discussion about emotions through association with colour. A little girl helps a friendly monster to identify & sort his mixed-up emotions.       |
| BEING TRUE TO YOURSELF                       | <i>The Mixed-Up Chameleon</i><br>Eric Carle            | Discussion about how trying to be something you are not will not make you happy.<br>EYFS & KS1   |
| QUIET  | <i>The Quiet Book</i><br>Deborah Underwood             | Exploring different types of quiet (nervous excitement, concern, awe) inviting discussion about the emotions behind different types of quiet.<br>EYFS KS1            |
| FEAR OF MAKING MISTAKES<br>GROWTH<br>MINDSET | <i>The Dot</i><br>Peter Reynolds                       | A little girl believes she can't draw. But her teacher's response to her dot drawing makes her rethink.<br>EYFS, KS1&2   |
| FEAR OF MAKING MISTAKES<br>GROWTH<br>MINDSET | <i>It's Okay to Make Mistakes</i><br>Todd Parr         | Todd Parr reinforces the importance of taking chances, trying new things, and embracing life, mistakes and all.  |
| FEAR OF MAKING MISTAKES<br>GROWTH<br>MINDSET | <i>Your Fantastic Elastic Brain</i><br>Jo Ann Deck     | Did you know you can stretch and grow your brain? Or that making mistakes is the best way your brain learns? An introduction to the anatomy & functions of the brain |

**Useful music to start the talking**

**Please double check all lyrics first.**

| <b>Theme</b>       | <b>Artist/Film</b> | <b>Song</b>                        |
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| Acceptance         | Greatest Showman   | This is me                         |
| Friendship         | Toy Story 1        | You Got a Friend in Me             |
| Resilience         | Trolls             | Get Back Up Again                  |
| Accepting Yourself | Frozen             | Let It Go                          |
| Connection         | Louis Armstrong    | Wonderful World                    |
| Feeling Proud      | M People           | Proud                              |
| Friendship         | Ben E. King        | Stand by Me                        |
| Friendship         | Beatles            | With a Little Help from my Friends |
| Belief in yourself | Robbie Williams    | Love my Life                       |
| Support            | Westlife           | You Raise Me Up                    |