

Title	Author	Details
Books about feelings		
How do I feel?	<i>Anthony Browne</i>	A great picture book about introducing children to basic feelings.
The Great Big Book of Feelings	<i>Mary Hoffman and Ros Acquith</i>	A wonderful book featuring a different feeling on each page- great for developing conversation.
The Feelings Book	<i>Todd Parr</i>	Super pictures with a quirky take on feelings.
A Book of Feelings	<i>Amanda McCardie and Salvatore Rubbino</i>	Lots of emotions sensitively explored through two children's experiences including jealousy, shyness and hurt.
In my Heart: a Book about Feelings	<i>Jo Witek</i>	A lovely book with a heart shaped cut out within each page detailing how each feeling feels.
Books about Worry and Anxiety		
The Huge Bag of Worries	<i>Virginia Ironside</i>	A story about a young girl who becomes overcome by worries and with a little help learns how to cope with them.
Silly Billy	<i>Anthony Browne</i>	A story about a young boy Billy who worries about everything but then finds using worry people helps him to overcome his fears.
Little Mouse's Big Book of Fears	<i>Emily Gravett</i>	A superbly creative book about all the things mouse is afraid of. Great to use to acknowledge a child's feelings of anxiety and fear.
The Panicosaurus	<i>K.I. Al-Ghani</i>	Intended for children with Asperger syndrome but with wider appeal for children affected by anxiety with guidance on how to learn to manage it. Great to introduce the idea of the brain and how it can produce and manage worry.
Worries Away	<i>Kes Gray</i>	A super book about not locking yourself away in your worries but letting those who love you help.
What if?	<i>Anthony Browne</i>	A story to address the 'What if?' questions of a child who is anxious about going to a party. Can be used as an approach to enable a child to explore their own anxieties.
The Invisible String	<i>Patrice Karst</i>	A powerful idea about the invisible string of love that joins people that love each other wherever they are.
The Kissing Hand	<i>Audrey Penn</i>	A story to gently explore separation anxiety offering the idea of the Kissing Hand so that the someone's love can stay with you always even when you are apart from them.
Black Dog	<i>Levi Penfold</i>	A thought provoking message about facing your fears in this clever story.
The Wolf and the Shadow Monster	<i>Avril McDonald</i>	Wolfgang is very afraid of the dark and his friends find it funny until they too are scared. Then they all want some tricks to make scary things not so

		scary.
The Koala who Could	<i>Rachel Bright Jim Field</i>	An encouraging story about a koala who struggles to cope with change but then discovers that <i>new</i> can be exciting.
What to do When you Worry too Much	<i>Dawn Huebner</i>	A workbook with a useful approach to enable children with adult to support to learn to manage their worries.
Books about anger		
Angry Arthur	<i>Hiawyn Oram and Satoshi Kitamura</i>	An original and engaging story about Arthur who doesn't manage his anger very well!
The Red Beast	<i>K.I. Al-Ghani</i>	Intended for children with Asperger Syndrome but a highly inventive analogy about anger being like a red beast. The story details how a child learns to tame his red beast.
Mouse was Mad	<i>Linda Urban and Henry Cole</i>	Plenty of humour in this simple story about Mouse is trying to find the best way to be mad.
A Volcano in my Tummy	<i>Elaine Whitehouse and Warwick Pudney</i>	A programme for supporting children to learn to handle their anger.
Stories about sadness / depression		
The Cloud	<i>Hannah Cumming</i>	A moving story about having a cloud over your head and feeling that you don't fit in. A warming tale of the power of kindness and understanding when a classmate is eager to help.
Meh: A story about depression	<i>Deborah Malcolm</i>	A wordless picture book exploring the dark sadness that makes finding happiness so very hard.
The Colour Thief: A family's Story of Depression	<i>Andrew Fusek Peters, Polly Peters and Karin Littlewood</i>	A story about a young boy trying to understand the changes as his Dad struggles with depression.
The Sad Book	<i>Michael Rosen Quentin Blake</i>	A moving autobiographical story about sadness, loss and grief.
The Boy who Built a Wall around Himself	<i>Ali Redford Kara Simpson</i>	A moving metaphor exploring how children can build barriers to protect themselves from painful experiences and how they might be encouraged to let others support them.
Stories about self esteem		
You be You	<i>Linda Kranz</i>	"We all have something special that only us can share" A beautiful fishy board book about being different, unique and special.
Giraffe's Can't Dance	<i>Giles Andreae and Guy Parker Rees</i>	"Sometimes when you're different you just need a different song." A powerful story about finding our own way when the world says you are different!
The Dot	<i>Peter Reynolds</i>	An inspiring story about self belief when a girl who thinks she can't draw is challenged to make her

		mark.
Stories about getting on		
Have you Filled your Bucket Today?	<i>Carol McCloud</i>	A Guide to Daily Happiness for Kids- an imaginative story about how to fill your life (and that of others) with happiness.
One	<i>Kathryn Otoshi</i>	'Sometimes it just takes One,' An award winning book about standing up to the hot headed bully.
The Wolf's Colourful Coat	<i>Avril McDonald</i>	Wolf is upset by the creatures that make fun of him but he learns to be brave and trust others.
I'm the Best	<i>Lucy Cousins</i>	A bright and simple story with a great tale about a super-competitive dog learning that maybe he isn't always the best.
Something Else	<i>Kathryn Cave and Chris Riddell</i>	A moving story about being different and belonging.
Angus rides the Goods Train	<i>Alan Durant and Chris Riddell</i>	Surely a book to change the world? Angus learns a fundamental idea about sharing and compassion.