

Below are some recommended books and links to websites which you may like to explore if you feel your child is experiencing some difficulties with their emotional literacy.

Anxiety	https://copingskillsforkids.com/calming-anxiety
	https://blogs.psychcentral.com/stress-better/2016/03/49-phrases-to-calm-an-anxious-child/
	<p>The Huge Bag of Worries by Virginia Ironside <i>A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings. The perfect book to soothe worries during stressful times.</i></p>
	<p>Ruby's Worry by Tom Percival <i>Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?</i></p>
Self-esteem	https://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/
	<p>Shine by Sarah Asuquo <i>Kai is excited to go back to school after the summer holiday, but soon finds himself being mocked by his peers for being different. Kai's confidence is lowered and he begins to wish that he is normal like everyone else.</i></p>
	<p>Only One You – Board Book by Linda Kranz <i>There's only one you in this great big world. Make it a better place. Adri's mama and papa share some of the wisdom they have gained through the years with their eager son. Their words, simple and powerful, are meant to comfort and guide him as he goes about exploring the world.</i></p>
	<p>It's OK to be Different: A Children's Picture Book About Diversity and Kindness by Sharon Purtill <i>Every Child is Unique! Whether they are big or small, short or tall, like to swim, dance, sing or bike. Perhaps they have a special need or are from a different ethnic background. Maybe they wear glasses or talk differently. The truth is that all children are different and their individuality should be celebrated, not shunned. And this inspiring and brightly illustrated rhyming picture book does just that.</i></p>
Anger Management	https://www.scholastic.com/parents/family-life/social-emotional-learning/praise-and-discipline/anger-management-children.html
	<p>Angry Octopus by Lori Lite <i>Angry Octopus is a story that teaches children how to use progressive muscle relaxation and breathing techniques to calm down, lower stress, and control anger. Children relate to the angry octopus in this story as the sea child shows the octopus how to take a deep breath, calm down, and manage anger.</i></p>
	<p>Rory Red by Luke Baker <i>Rory Red - for children with angry feelings "Rory Red was a colour who always feels angry. That was until a friendly face showed him how to cope with his feelings.</i></p>

<p>Shyness</p>	<p>Too Shy for Show and Tell by Beth Bracken <i>Sam is a quiet little boy who hates show-and-tell. Just thinking about it makes his stomach hurt. Sam must find a way to conquer his fear of show-and-tell.</i></p>
<p>Difficulty Sharing</p>	<p>Eleanore Won't Share by Julie Gassman <i>Eleanore does not like to share and soon learns a valuable life lesson about sharing and friendships.</i></p>
<p>Scared</p>	<p>Everybody Feels Scared by Moira Butterfield <i>Learn how to cope with being scared from reading Aarav's story. Each book focusses on a different emotion, looking at why children may feel a certain way and how they can deal with their feelings. Every title features two stories, each told from a child's point of view, which involve common scenarios or situations.</i></p>
<p>Friendship</p>	<p>I Want a Friend by Tony Ross <i>The Little Princess is tired of playing with her younger brother and is thrilled to be starting school the next day. However, when her first attempts to make friends with other children fail, she is left all alone.</i></p>
	<p>How to be a Friend by Laurie Krasny Brown <i>Dinosaur characters illustrate the value of friends, how to make friends, and how to be and not to be a good friend.</i></p>
<p>Sadness</p>	<p>Everybody Feels Sad by Moira Butterfield <i>Have you ever been really excited about a holiday? Have you ever made someone else happy? How did you feel? Was your smile really wide? Read about Ethan and Sophie, and what they did when they felt happy.</i></p>
<p>Bereavement or loss</p>	<p>Love Will Never Die by Clare Shaw <i>Following the death of a loved one, it is vital that children have the opportunity to grieve. Using direct but child-friendly language, this book addresses the mixed emotions felt by a child during that process. It offers support and understanding alongside areas where the child can express themselves through writing and drawing.</i></p>
	<p>The Invisible String by Patrice Karst <i>"That's impossible," said twins Jeremy & Liza after their Mom told them they're all connected by this thing called an Invisible String. "What kind of string?" They asked with a puzzled look to which Mom replied, "An Invisible String made of love." That's where the story begins.</i></p>
	<p>The Goodbye Book by Todd Parr <i>A poignant and reassuring story about loss. Through the lens of a pet fish who has lost his companion, Todd Parr tells a moving and wholly accessible story about saying goodbye.</i></p>