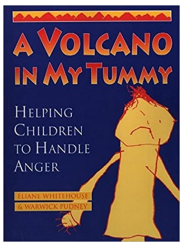
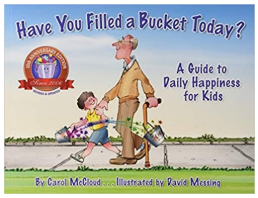
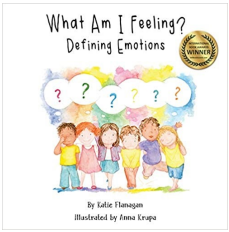
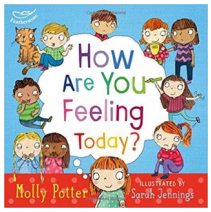
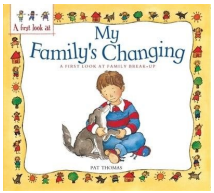
Useful Books and Resources

A Volcano in my Tummy (Elaine Whitehouse, Warwick Pudney) A clear and effective approach to helping children and adults alike understand and deal constructively with children's anger.	
Have You Filled a Bucket Today? (Carol McCloud) Encourages positive behaviour by using the concrete concept of an 'invisible bucket' that holds your good thoughts and feelings. This book focuses on how our social interactions positively or negatively affect others and encourages all to be kind.	
What Am I Feeling? (Katie Flanagan) Aimed at helping children to learn the language associated with common everyday feelings, helping children to increase their emotional literacy skills and vocabulary and for adults to understand what they are feeling and how to communicate it positively.	
How Are You Feeling Today? (Molly Potter) A great book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. Helpful parent notes at the back of the book provide more ideas and other strategies to try out together.	
Huge Bag of Worries (Virginia Ironside) A funny and reassuring perspective at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.	
The Invisible String (Patrice Karst) This book offers a simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children easily understand and embrace, and delivers a particularly compelling	
The Boy with Big, Big Feelings (Britney Winn Lee) This book is relatable for any child, but especially for children experiencing anxiety and extreme emotions, or who have been diagnosed with autism or as a Highly Sensitive Person.	
My Family's Changing (Pat Thomas) A beautifully illustrated picture book to support children through divorce or separation. The fears, worries and questions surrounding this difficult experience are made accessible and approachable	

A series of books by Dr. Sharie Coombes, Stephanie Clarkson and illustrated by Katie Abey.

The quirky illustrations will keep children entertained and focused as they work through the book, or simply dip into the pages for ten minutes of calm colouring.

Topics covered:

Anxiety and stress, self-esteem and confidence, grief and loss, feeling sad and angry, bullying, managing emotions and fears.

