

Recommended Books for Parents

On Children's Emotions and Feelings and Resilience

The kids guide to staying awesome and in control by Lauren Brukner

Packed with simple ideas to regulate the emotions and senses, this book will help children tackle difficult feelings head-on and feel awesome and in control! From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, the book is brimming with fun stuff to help kids feel cool, calm, and collected.

All you need is love : celebrating families of all shapes and sizes by Shanni Collins

Through colourful images and rhyming stories, the author depicts a range of families and lifestyles all grounded in love and acceptance. With light-hearted humour and positive discussion around diversity, this work promotes a healthy understanding of differences.

Cyril Squirrel finds out about love by Jane Evans and illustrated by Izzy Bean.

Cyril Squirrel has lots of questions - about the sky, about birds, and especially about love. On a quest to find out what it's all about, Cyril discovers the many different shapes and sizes love can take.

Kit Kitten and the topsy-turvy feelings : a story about parents who aren't always able to care by Jane Evans and illustrated by Izzy Bean.

This is a therapeutic storybook for children aged 2 to 6 about a kitten whose parent who isn't always able to care for them. To help support Kit Kitten, Kindly Cat comes to their house and helps Kit to identify the feelings that were mixed up inside.

Ollie and his superpowers by Alison Knowles and illustrated by Sophie Wiltshire.

When Ollie confides in his friend Mr Wilcox about the bullies at school, Mr Wilcox decides to tell Ollie a secret of his own. He has super powers! With the help of Mr Wilcox, Ollie learns about his own super powers, such as Courage, Bravery and Calm, and how he can use them to deal with the bullies.

Calm kids : help children relax with mindful activities by Lorraine E. Murray

Practical guidance for parents and teachers on how to help children with behavioural and attention difficulties.

How are you feeling today? By Molly Potter and illustrated by Sarah Jennings.

We all experience emotions and emotions are absolutely fine as long as we know what to do with them. Feelings arrive effortlessly enough but deciding what to do with them when they turn isn't so easy - especially when you are a child. Cue: this book! It provides children with several straightforward, entertaining and appropriate interactive ideas to help them deal with a selection of significant emotions. This is a great dip-in 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.

A volcano in my tummy : helping children to handle anger : a resource book for parents, caregivers and teachers Warwick Pudney and Eliane Whitehouse.

A Volcano in My Tummy: Helping Children to Handle Anger presents a clear approach to helping children and adults alike understand and deal with children's anger. Using easy to understand skills for anger management, this book offers engaging, well-organized activities which help to overcome the fear of children's anger which many adult caregivers experience. By carefully distinguishing between anger the feeling, and violence the behavior, this accessible little book, primarily created for ages 6 to thirteen, helps to create an awareness of anger, enabling children to relate creatively and harmoniously at critical stages in their development.

Little book of stars by Marneta Viegas.

Research supports that mindful meditation calms the brain, inspires creativity and enhances cognitive and social-emotional skills. The reflections in 'Little Book of Stars' incorporate simple relaxation exercises and visualizations designed to improve children's self-esteem and confidence and reduce stress and anxiety. Practiced regularly, these exercises can have a profound effect on children's mental, emotional and physical wellbeing.

All of the recommended titles can be borrowed from Wokingham Borough Libraries

<https://wokingham.spydus.co.uk> or visit www.wokingham.gov.uk/libraries

Recommended Books for Parents On Children's Emotions and Feelings and Resilience

The dot by Peter H. Reynolds

One little dot marks the beginning of Vashti's journey of surprise and self-discovery. In this inspiring, award-winning story of self-expression and creativity, Vashti thinks she can't draw. But her teacher is sure that she can. She knows that there's creative spirit in everyone, and encourages Vashti to sign the angry dot she makes in frustration on a piece of paper. This act makes Vashti look at herself a little differently, and helps her discover that where there's a dot there's a way... With wit, charm and free-spirited illustrations.

Relax Kids - How to be Happy : 52 Positive Activities for Children by Marneta Viegas

How to be Happy is a scrap book bursting with positive ideas, simple and economical activities and fun games. Each page includes colourful pictures and diagrams to explain the activity in simple child-like language. This book is full of interesting ways to relax, have fun and be happy. It aims to help children manage their worries, anxiety and emotions whilst helping them grow up to be confident and happy

Feelings by Libby Walden and Richard Jones

Explore a world of emotions with this peep-through picture book. Richard Jones' enchanting illustrations and the lyrical text make each and every feeling come to life to help children understand the emotions they experience.

How Sprinkle the pig escaped the river of tears: a story about being apart from loved ones by Anne Westcott, C.C. Alicia Hu and illustrated by Ching-Pang Kuo

Starring a loveable piglet named Sprinkle, this is a comforting picture book to read with children aged 4-10 who are coming to terms with a loss. Sprinkle's sadness gets so big that it turns into a river, but happy memories give him the strength to pull through and feel better. The book includes a guide for adults and a therapeutic activity.

My princess boy by Cheryl Kilodavis and illustrated by Suzanne DeSimone

A heart-warming true story of love and acceptance

All kinds of feelings by Emma Brownjohn

Everyone has feelings of love and hate, happiness, sadness, excitement, boredom, fright, bravery and many more. This title explains that we should accept and trust our feelings and express them to others.

Love always everywhere by Sarah Massini

A joyful, inspirational book that celebrates love in its many forms. Whether quiet, loud, shy or proud, the lyrical yet simple text champions love for a faithful pet, a best friend or simply your most favourite person in the whole world.

My mixed emotions : learn to love your feelings by Elinor Greenwood

This super-useful book is packed with helpful hints, tips, and techniques showing children how to recognise and express their emotions. Feelings can be tricky, so 'My Mixed Emotions' is here to coach children through a variety of situations including dealing with bullying, grief, and how to cope if your family splits up. Divided into happiness, fear, anger, and sadness, this volume explores the four main emotions, the reasons why we feel them, and the science behind each one.

Under the love umbrella by Davina Bell and illustrations by Allison Colpoys

Whatever you fear, come close my dear, you're tucked in safe for always here, and I will never not be near. Because of our love umbrella. A celebration of the joy and comfort that is always with us, wherever we roam in the big, wild world.

All of the recommended titles can be borrowed from Wokingham Borough Libraries
<https://wokingham.spydus.co.uk> or visit www.wokingham.gov.uk/libraries

Recommended Books for Parents

On Children's Emotions and Feelings and Resilience

Exploring emotions: a mindfulness guide to dealing with emotions by Paul Christelis and illustrated by Elisa Paganelli

Outside it is hot and sunny, but Billy's internal weather is different. His gran is very sick and in the hospital. He notices that he is experiencing an emotion - sadness. Sadness, like other emotions, comes and goes. It is normal and natural, even though it might not feel pleasant. For Billy, sadness feels like a dark, cloudy day inside his body. Betty's internal weather is a little different. She also feels sad but there is a worry inside too. Worry feels like a wind that blows around in her belly making her feel scared. What will happen to gran? Will she get better?

My hidden chimp: helping children to understand and manage their emotions, thinking and behaviour with ten helpful habits by Steve Peters

Using the Chimp Model from the best-selling 'Chimp Paradox', this is a guide with easy to follow explanations and simple strategies to help children understand how their chimp brain works. With 10 habits to put into practice, such as smiling, saying sorry and talking about your feelings, children can work on controlling their anxiety and emotions and understanding why they sometimes behave and feel the way they do.

Poems about emotions illustrated by Eva Chatelain and chosen by Brian Moses

This anthology of poems, compiled by Brian Moses, contains a mix of light-hearted poems and more serious ones, poems that rhyme and those that don't. There are plenty of good 'read alouds', thumping choruses, and the sort of poems that children can use as models for their own writing.

A is amazing : poems about feelings by Wendy Cooling and illustrated by Piet Grobler

Amazing, bored, excited, magical, naughty, sad, zestful - you can feel any way you like in this collection of poems about feelings from A to Z. Exploring all kinds of moods and emotions, the poems are by a culturally diverse group of poets, including Siegfried Sassoon, Carol Ann Duffy, Benjamin Zephaniah and Grace Nichols.

A book of feelings : starring Sam, Kate and Fuzzy Bean by Amanda McCardie and illustrated by Salvatore Rubbino

This story stars a brother and sister, Sam and Kate, and their dog, Fuzzy Bean. Sam and Kate know what makes them happy; cuddling Mum, reading a story with Dad, swimming, running and dancing. But they don't feel happy all the time (nor does Fuzzy Bean), and in the course of the book we see them feeling grumpy, embarrassed, shy, nervous, frightened, sad and jealous. Both words and pictures portray the children in many different situations at home and at school, and show how they change over time, how emotions can escalate, and how people can help each other.

The great big book of feelings by Mary Hoffman and illustrated by Ros Asquith

This title opens with the question, 'How are you feeling today?', and leads on to a spread by spread presentation of a wide range of feelings. Lots of different children in lots of different situations, brief text captions, and plenty of humour make sure the book is fun, as well as dealing with a serious and important subject - human feelings.

In my heart a book of feelings by Jo Witek

'In My Heart' explores emotions - happiness, sadness, bravery, anger, shyness and more. It lyrically explains what an emotion feels like, physically, inside. For example: 'When I get really angry, my heart feels like it's going to explode! Don't come near me! My heart is yelling, hot and loud. This is when my heart is mad'.

Who is happy?: see and say your first feelings by Jarvis and edited by Katie Cotton

Who is happy to be playing paper aeroplanes? Who is sad that the last slice of cake has gone? This fun, interactive book teaches children to understand 12 key emotions and recognise them in others.

All of the recommended titles can be borrowed from Wokingham Borough Libraries
<https://wokingham.spydus.co.uk> or visit www.wokingham.gov.uk/libraries