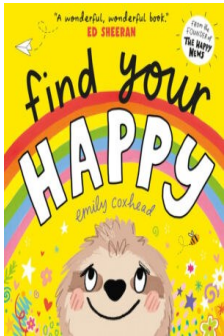


# Children's stories about identifying different emotions



Find Your Happy is a bright, welcoming book that is bound to get children talking about emotions. Despite being called 'find your happy', the book recognises that it is sometimes hard to feel happy all of the time and that every day can be different. It gives honest advice and easy ways to cheer yourself up that do not involve the more common methods that can sometimes be suggested (for example playing on electronics and playing games).

A variety of emotions are mentioned in this book, including anger, worry and shyness. Each emotion comes with small tips and tricks that any individual child could easily use in real life to help make themselves feel better and to also help them to embrace the emotion. In particular, the page about feeling sad and the encouragement given to talk to someone trusted is a particularly important one that could strike up many conversations and support children's emotional literacy.

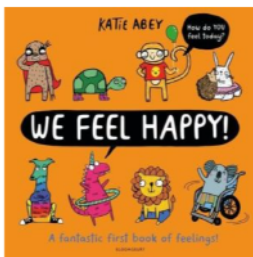


## The Colour Monster

Anna Llenas

Picturebook

A picture book follow-up to The Colour Monster, Anna Llenas's jaw-dropping pop-up book. One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour. What is the Colour Monster feeling? And can you help him feel a little less mixed up? A gentle exploration of feelings for young and old alike.

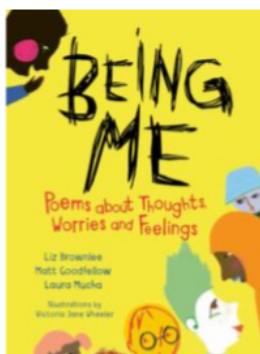


## We Feel Happy!

Katie Abey

Picturebook

A fantastic first book of feelings that introduces little ones to a wide range of emotions. Why are the animals happy? What has made them feel sad? What do YOU feel excited about? We feel happy when reading our favourite book. We feel calm when we have a bath. We feel excited when we go to a party! We Feel Happy is the perfect book for starting a conversation about feelings with children. The animals are experiencing lots of different emotions, from the hippos who are excited to visit their friends to the shark who is grumpy about brushing its teeth. Includes learning hooks such as counting, first words and recognising animals, interactive speech bubbles, prompts and ideas on how to process and understand our emotions and lots of interesting things to spot on every page.



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## Being Me

Liz Brownlee, Matt Goodfellow & Laura Mucha & Victoria Jane Wheeler

Poetry

Read about the Land of Blue, where it's OK to feel sad, find ideas for what to do with worries or how to slow down when your head is full of hurry. Give yourself time to chill out, find quiet voices in noisy places and discover kindness in yourself and others. Then maybe your own special thought machine will tell you, 'This is going well. You're doing great. You've got this!' And you have! This important and unique anthology of 45 poems by three leading poets, well known for their empathy and perception, speaks to the heart of what children think and care about, offering understanding, support and encouragement. With an endnote by leading clinical psychologist Karen Goodall.



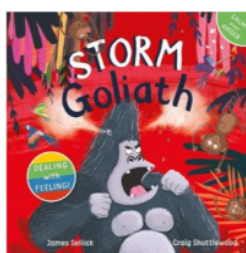
## Storm In A Jar

Samuel Langley-Swain & Katie Cottle

Picturebook

Storm in a Jar is the story of a young boy called Arlo, who has a loving relationship with his Nana. When his Nana passes away, Arlo chooses to keep her special sweetie jar as a keepsake, taking it everywhere with him. The jar keeps the memory of his Nana alive and provides him with comfort. Slowly, however, Arlo's sadness turns to confusion and anger and the contents of the jar become dark and cloudy, like a storm. Before long, Arlo releases his anger and the jar releases its storm. But, with the help of his parents, Arlo begins to understand his feelings and that his Nana has gone on to a safe and happy place.

This poignant tale accurately portrays the feelings children experience when they lose someone they love. It shares the importance of remembering those we have loved in positive ways, using simple, understandable language. The illustrations are clear and add further detail to the story. For example, the sharp-eyed reader would notice that Arlo has a hearing impairment, he comes from a mixed-race family and doesn't appear to notice that he has also inherited a pet tortoise from his Nana who rides the waves of the storm along with him.



## Storm Goliath

James Sellick & Craig Shuttlewood

Picturebook

Goliath got angry ALL the time. Anything and anyone could spark off his rages. Some sweet singing ... a croc crunching ... a birthday party ... Then, Goliath has an idea how to control his anger. His new theory is soon put to the test by the world's worst parrot. Explore feelings in this fantastic new picture book series. With bright, engaging illustrations and lots of delightful animals that children can identify with, this is a perfect way to deal with big feelings.



## When Cucumber Lost His Cool

Michelle Robinson & Tom Knight

Picturebook

A perfectly-pitched tale of fun and friendship, from master storyteller Michelle Robinson and illustrator extraordinaire Tom Knight. Kevin the cucumber is so cool - everybody knows it! Whenever anyone gets hot and bothered, Kevin is always there to cool them down. But when Kevin starts to feel like his friends are leaving him out, something happens that has never happened before: KEVIN. LOSES. HIS. COOL! Will Kevin's friends be there for him when he needs them most? Rhyming text by Michelle Robinson is full of energy and rhythm. Bright, bold illustrations by Tom Knight bring the brilliant story to life. This laugh-out-loud story is a super fun way for children to think about emotions - whether it's their own or someone else's.



## What If, Pig?

Linzie Hunter

Picturebook

You're not going to find a more heartwarming and dynamic duo than Pig and Mouse! Join Pig as he learns how to turn his "what if" worries from anxiety to optimism, all with the help of his loving friend Mouse. Mouse has never had a friend quite like Pig. Pig is so incredibly kind, endlessly thoughtful and fabulously fun, but he also has a big secret... he's a tremendous worrier! When Pig gets the brilliant idea to throw a party for Mouse and their friends, he can't help but think of everything that could possibly go wrong. After all, what if a lion eats all the invitations? What if nobody comes? Or worse, what if everyone comes and has an awful time? In this adorable story, Linzie Hunter's charming, bright illustrations pair perfectly with her sweet and funny story about friendship and the endless wonder of "what if" that readers of all ages can relate to. This picture book is a great conversation starter in the home or classroom and a great way to talk to your children about worries or anxieties. Perfect for boys, girls, families and anyone who has ever had a worry or a wobble!

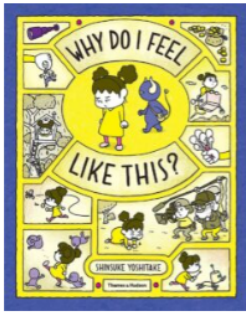


## The Worrying Worries

Rachel Rooney & Zehra Hicks

Picturebook

What happens when you get a Worry? They can follow you around everywhere, and they are HUNGRY. They feed on your fears and put sad thoughts in your head until they've grown so big, it can be hard to get anything done! Luckily, the Worry Expert knows exactly what to do.



## Why Do I Feel Like This?

Shinsuke Yoshitake

Non-fiction

Shinsuke Yoshitake's books are always a treat to look forward to, beloved by adults and children alike, for the inimitable illustration style and inventive, philosophical texts which prompt us to think more deeply, more imaginatively about the world around us.

'Why Do I Feel Like This?' looks at where our bad, mad, sad feelings come from and what we can do to make them go away. As all the options are investigated, there is no shying away from darker impulses, such as "I wish they'd trip over a rock and hurt themselves", counter-acted by thoughts such as "Hating people doesn't feel good". A range of coping mechanisms are explored, such as distracting yourself, talking your problems through and realising that everyone feels this way sometimes.



## Milo's Monster

Tom Percival

Picturebook

Tom Percival's Big Bright Feelings series is a hit in classrooms up and down the country. Children love the personification of big feelings like worry, fear or anger and enjoy seeing how recognising and dealing with big feelings is better than ignoring them or bottling things up. This story is about dealing with jealousy, which aptly appears as a green-eyed monster. The monster keeps popping up with Milo when his best friend is playing with a new neighbour.



Resources Available



Teachers' Favourite



## When Sadness Comes to Call

Eva Eland

Picturebook

This book has very few words but it does such an incredible job of introducing the ideas of emotional literacy and mental well-being to very small children. Sadness turns up on the doorstep one day and follows our main character around. We don't know why it came or when it will leave but it's there. By embracing Sadness (taking it for a walk or drawing with it), the emotion becomes easier to live with until, one day, it completely disappears.



## A Shelter for Sadness

Anne Booth & David Litchfield

Picturebook

A poignant and heart-warming picture book exploring the importance of making space and time for our own griefs, small or large, sensitively visualized with David Litchfield's stunning illustration. A small boy is sad, and instead of ignoring it or trying to push the feeling aside, he creates a shelter for his sadness – a safe space where Sadness can dwell until it is ready to leave the shelter. This story can be used in a small group to support children experiencing sadness, e.g. after a loss or bereavement, or more widely to talk about the value of acknowledging feelings. It can also be useful to explore the concept of safe spaces.





## The Hugasaurus

Rachel Bright & Chris Chatterton

Picturebook

This is an utterly charming book about a little Hugasaurus who sets off to play with some new friends for the first time. It goes well... until the other little dinosaurs start to squabble. Can Hugasaurus make everything better using the power of kindness? With fabulous rhyming text, and really sweet, colourful illustrations, this book is perfect for opening up conversations about being kind.



## The Friendship Bench

Wendy Meddour & Daniel Egneus

This is a beautiful picturebook that celebrates new beginnings and the power of human connection. Tilly moves to a new home by the sea. She's sad to learn that her precious dog Shadow is not allowed to go into her new school on her first day. Tilly faces the challenge of a new start alone. At playtime, the teacher notices that Tilly is alone and suggests trying the Friendship Bench. A boy already occupies the bench and the pair form a bond as they work together to transform the old, broken bench into something beautiful.

This is a warm and gentle story. Most children can relate to the feeling of having nobody to play with or having to face a new challenge alone. The story gently encourages readers to seek human connection and reminds us all of the difference that reaching out and making friends can make. The story could be used to encourage children to reflect on how to make new or isolated members of the school community welcome. Could you work together this year to create spaces around the school where lonely children could go, where children can build connections through shared activity or where friendships can blossom?



## Meesha Makes Friends

Tom Percival

Picturebook

Meesha loves making things . . . but there's one thing she finds difficult to make - friends. She doesn't know quite what to do, what to say or when to say it. But one day she discovers that she has a special talent that might just help her navigate social situations - and maybe even make new friends. A warm and affectionate look at the joys and difficulties of making and keeping friends, relating to others, and finding your place in the world.



## The Most Magnificent Thing by Ashley Spires

A charming picture book about an unnamed girl and her very best friend, who happens to be a dog. The girl has a wonderful idea. "She is going to make the most MAGNIFICENT thing!" But making her magnificent thing is anything but easy, and the girl tries and fails, repeatedly.