

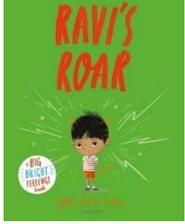
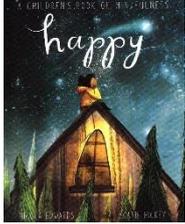
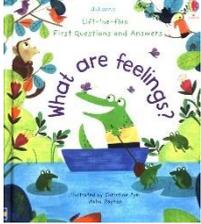
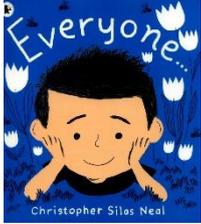
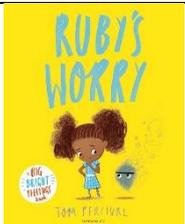


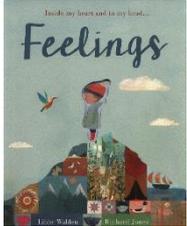
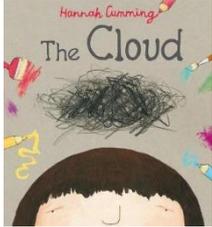
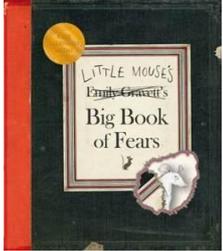
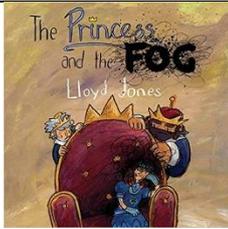
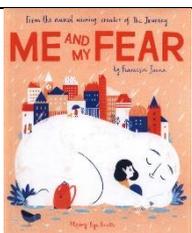
COVID 19 Happy and Healthy Booklist EYFS – KS2

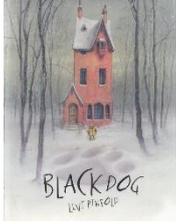
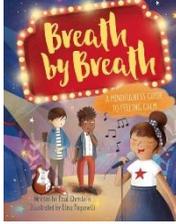
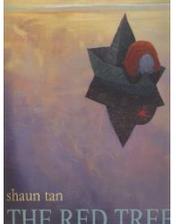
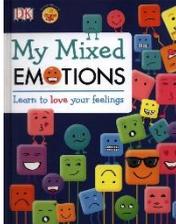
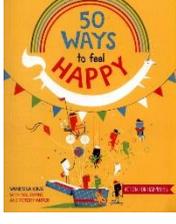
All titles are available for loan from the School Libraries Resources Service.

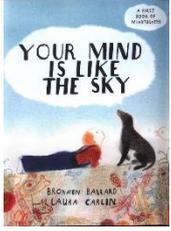
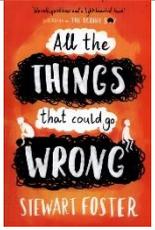
Emotions:

	<p><i>Pass it on</i>, Sophy Henn A joy-filled picture book about finding happiness in the smallest of things. Age 2+</p>
	<p><i>THE BIG ANGRY ROAR</i>, Jonathan Lambert Cub is angry, so he stomps and smashes and roars! The perfect story for any child experiencing feelings of anger and learning what to do with them. Age 2+</p>
	<p><i>THE JAR OF HAPPINESS</i>, Ailsa Burrows A wonderful picture book for very little children, exploring the many ways we can make ourselves happy. Age 2+</p>
	<p><i>The WORRYSAURUS</i>, Rachel Bright It's a beautiful day and Worrysaurus has planned a special picnic. But it isn't long before a small butterfly of worry starts fluttering in his tummy. Can Worrysaurus find a way to chase his fears away and have fun? Age 3+</p>

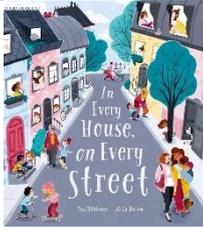
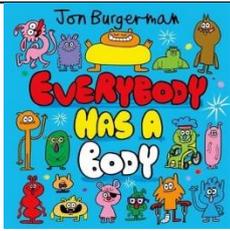
	<p>Ravi's Roar, Tom Percival</p> <p>Most of the time Ravi can control his temper but, one day, he lets out the tiger within. A clever and engaging book about temper tantrums, dealing with emotions and learning to express and understand your feelings. The perfect book for helping with bad days and noisy outbursts.</p> <p>Age 3+</p>
	<p>Happy, Nicola Edwards</p> <p>A gorgeous book encouraging young children to breathe themselves to happiness – untangling worries and calming emotions along the way. Utterly wonderful.</p> <p>Age 3+</p>
	<p>What are feelings? Katie Daynes</p> <p>This lovely lift-the-flap board book explores happiness, sadness, anger, fear and worry in a child-friendly way. Adorable animal characters experience different emotions.</p> <p>Age 3+</p>
	<p>Everyone, Christopher Silas Neal</p> <p>This is a wonderfully accessible exploration of the universality of feelings, perfect for sharing with the very youngest of children.</p> <p>Age 3+</p>
	<p>When Sadness Comes to Call, Eva Eland</p> <p>This beautiful debut book by new author-illustrator Eva Eland, takes a poignant and uplifting look at dealing with uncomfortable emotions.</p> <p>Age 4+</p>
	<p>Ruby's Worry, Tom Percival</p> <p>Ruby loves being Ruby. Until one day she finds a worry. at first it's not such a big worry, and that's alright, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of her worry and feel like herself again?</p> <p>Age 3+</p>

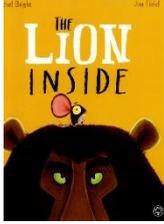
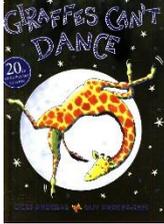
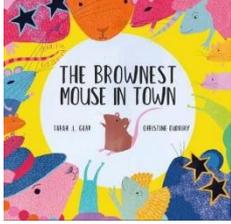
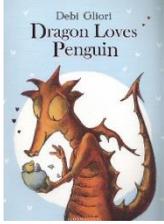
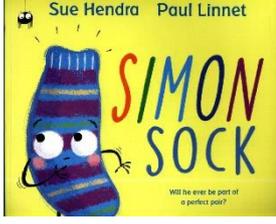
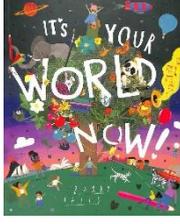
	<p>Feelings, Libby Walden Explore a world of emotions with this peep-through picture book. An SLRS favourite – absolutely stunning. Age 3+</p>
	<p>The Cloud, Hannah Cumming Everyone has bad days, and children are no exception. When a black cloud descends on a little girl at school, support from a classmate with a great deal of imagination helps to brighten up everyone's lives. Age 3+</p>
	<p>Little Mouse's Big Book of Fears, Emily Gravett Young children will identify with the little mouse, whose story offers a great starting point for conversations about fears and anxieties of all kinds. This is an extraordinary picture book from the award-winning Emily Gravett. Age 4+</p>
	<p>The Princess and the FOG, Lloyd Jones Once upon a time there was a Princess. She had everything a little girl could ever want and she was happy. That is, until the fog came... The Princess and the Fog is picture book designed to help sufferers of depression aged 5+ cope with their difficult feelings. Age 5+</p>
	<p>All kinds of feelings, Judith Heneghan This non-fiction picture book celebrates the different feelings that we all experience. Age 5+</p>
	<p>Me And My Fear, Francesca Sanna When a young refugee girl has to travel to a new country and start at a new school, she is accompanied by her Fear who tells her to be alone and afraid. But this little girl is stronger than her Fear. A wonderful picture book for older readers. Age 6+</p>

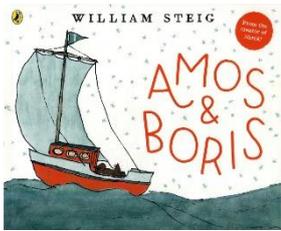
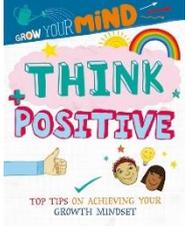
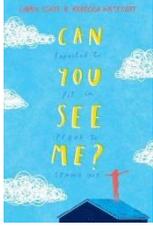
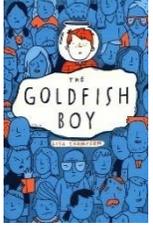
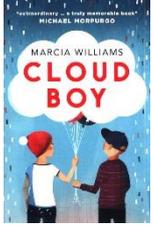
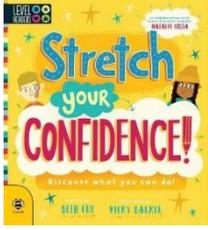
	<p>Black Dog, Levi Pinfold A black dog appears outside the Hope family's home. As each member of the household sees it and hides, the dog grows bigger and bigger. This is an astonishing book, highly recommended. Age 6+</p>
	<p>Breath by Breath, Paul Christelis Sam helps his friends use calming breaths to help deal with feelings of pain, worry and nervousness. Age 6+</p>
	<p>The Red Tree, Shaun Tan A little girl is having a bad day. Nothing makes sense, terrible troubles surround her. All this is expressed in few words but with powerful pictures. Amongst the gloom there are symbols of hope that make her optimistic again. An astonishing picture book. Age 7+</p>
	<p>My Mixed Emotions, Elinor Greenwood This book is packed with helpful hints, tips and techniques showing children how to recognise and express their emotions. Age 7+</p>
	<p>Don't Panic, Alice Harman This excellent book helps children, aged 7+, stay calm and turn 'can't' into 'can'. Age 7+</p>
	<p>50 Ways to Feel Happy, Vanessa King This book is packed with ideas and activities to help you and your friends and family feel happier. Age 7+</p>

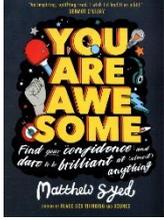
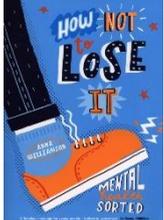
	<p><i>My Feel Good Book</i>, Francoise Boucher An absolutely brilliant, funny and uplifting must-have guide to feeling confident and happy. Thoroughly recommended. Age 7+</p>
	<p><i>Your Mind is Like the Sky</i>, Bronwen Ballard This stunning picture book shows children that anxiety and negative thoughts are normal and helps them develop healthy thinking habits. Tips on mindfulness and extra resources for parents are included at the back of the book. Age 7+</p>
	<p><i>All the THINGS that could go WRONG</i>, Stewart Foster This wonderful book alternates between Alex who is bullied and Dan who is the bully. Alex has very severe OCD and Dan has lots of problems at home, but you find yourself rooting for both boys right from the beginning. Age 9+</p>

Amazing Me:

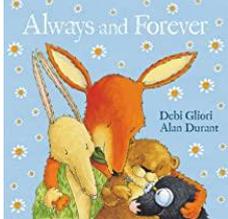
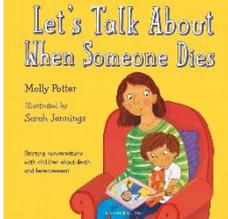
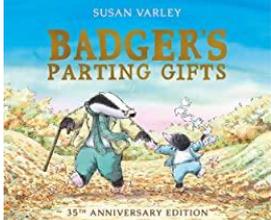
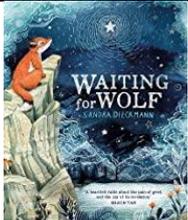
	<p><i>In Every House on Every Street</i>, Jess Hitchman In every house, on every street, there is laughter and tears. There are friends. There is family. And there is love. A celebration of homes - and all the families that make them. An SLRS favourite – highly recommended. Age 2+</p>
	<p><i>Everybody has a Body</i>, Jon Burgerman Everybody is different in some way – and that's ok. Whether your body is big, small, wide or tall, it is something to celebrate and be proud of. Age 3+</p>
	<p><i>The Great Big Book of Families</i>, Mary Hoffman This wonderful book has a very simple message – that every family is special and unique. Age 4+</p>

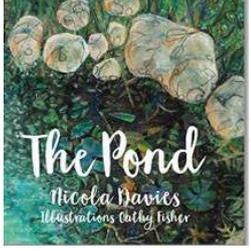
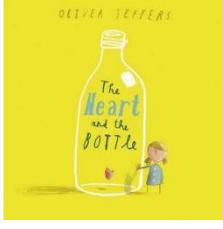
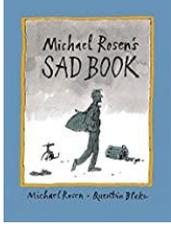
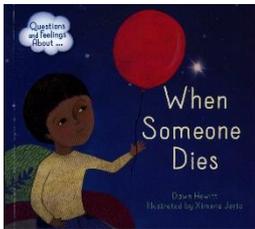
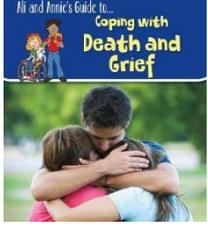
	<p><i>The Lion Inside</i>, Rachel Bright & Jim Field</p> <p>Follow the journey of one little mouse trying to make himself heard and discovering along the way that even the smallest of us has the heart of a lion. Wonderful rhyming picture book.</p> <p>Age 3+</p>
	<p><i>Giraffes Can't Dance</i>, Giles Andreae</p> <p>Gerald would love to join in with the other animals at the Jungle dance, but everyone knows that giraffes can't dance - or can they? An empowering, inspirational 'can-do' picture book from superstar Giles Andreae.</p> <p>Age 3+</p>
	<p><i>The Brownest Mouse in Town</i>, Sarah J. Gibby</p> <p>Pay a visit to the Polka Dot pet shop where every pet is wonderful and unique. Every pet that is, except a plain, brown mouse who doesn't feel special at all and would love to fit in.</p> <p>Age 3+</p>
	<p><i>Dragon Loves Penguin</i>, Debi Gliori</p> <p>What happens when an egg hatches and the baby doesn't look like all the other dragons (in fact he looks like a penguin)? Of course, his mummy loves him no matter what. But the other babies aren't so sure...</p> <p>Age 3+</p>
	<p><i>How to be a Lion</i>, Ed Vere</p> <p>Perhaps the best thing is for everyone to be themselves, and not worry about roaring at everybody else.</p> <p>Age 3+</p>
	<p><i>Simon Sock</i>, Sue Hendra, Paul Linnet</p> <p>A laugh-out-loud picture book that celebrates difference.</p> <p>Age 3+</p>
	<p><i>IT'S YOUR WORLD NOW!</i>, Barry Falls</p> <p>A beautiful and funny celebration of the world and the potential of every child in it. This is an absolutely wonderful book and an SLRS favourite. Highly, highly recommended.</p> <p>Age 5+</p>

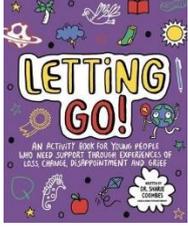
	<p>Amos & Boris, William Steig Amos the Mouse goes sailing and Boris the Whale helps him. But can a little mouse like Amos help a big whale like Boris? Age 5+</p>
	<p>Think Positive, Alice Harman This book is packed full of activities that are designed to help children focus on the positive. Age 7+</p>
	<p>Can you see me?: expected to fit in, proud to stand out, Libby Scott, Rebecca Westcott People think that because Tally's autistic, she doesn't realise what they're thinking, but Tally sees and hears and notices – all of it. Age 9+</p>
	<p>Goldfish Boy, Lisa Thompson 12-year-old Matthew is trapped in his bedroom by crippling OCD. Then one day he is the last person to see his neighbour's toddler before he goes missing. Matthew must now turn detective and find Teddy. Age 9+</p>
	<p>Cloud Boy, Marcia Williams When things fall apart, only a best friend can stitch them back together. Age 9+</p>
	<p>Stretch your Confidence, Beth Cox, Natalie Costa From dealing with friendship wobbles to embracing mistakes and coping with change, the brilliant activities in this book have been expertly designed to help children discover just what they can do. Age 7+</p>

	<p><i>You are Awesome, Matthew Syed</i> This fantastic book inspires and empowers younger readers to find the confidence to realise their potential. Age 9+</p>
	<p><i>How Not to Lose it, Anna Williamson</i> The absolute go-to mental health guide for children. A must. Age 9+</p>

Bereavement:

	<p><i>Always and Forever, Debi Gliori & Alan Durant</i> When Fox dies, everyone is sad but they realise that Fox is still there in their hearts and memories. Age 3+</p>
	<p><i>Let's Talk About When Someone Dies, Molly Potter</i> This book uses clear, easy-to-understand language to answer complex questions about death and how a child might feel when somebody dies. Age 3+</p>
	<p><i>Badger's Parting Gifts, Susan Varley</i> When badger dies, his friends are very sad, but they come to realise that he can live on though celebrating the good times they all shared together. Age 3+</p>
	<p><i>Waiting for Wolf, Sandra Dieckmann</i> Fox and wolf are best friends, until one day Wolf is gone. This is a lovely picture book of friendship and loss and learning to carry on. Age 3+</p>

	<p><i>The Memory Tree, Britta Teckentrup</i> Fox has lived a long and happy life in the forest. One day, he lies down in his favourite clearing, takes a deep breath and falls asleep forever. This wonderful picture book, beautifully celebrates life and the memories that are left behind when a loved one dies. Age 3+</p>
	<p><i>If all the world were, Joseph Coelho</i> A moving, lyrical picture book about a young girl's love for her granddad and how she copes when he dies, written by poet and playwright Joseph Coelho. Age 3+</p>
	<p><i>The Pond, Nicola Davies</i> A young boy and his father are preparing to build a pond in the garden, but they only get as far as digging a muddy hole before Dad passes away. <i>The Pond</i> is a raw and emotional read but an important one, using nature to symbolise the circle of life in a thoughtful, and beautiful way. Age 5+</p>
	<p><i>The heart and the bottle, Oliver Jeffers</i> Once there was a girl whose life was filled with wonder at the world around her. Then one day something happened that made the girl take her heart and put it in a safe place. Age 5+</p>
	<p><i>Michael Rosen's Sad Book, Michael Rosen</i> This book chronicles the experiences of living with grief. It acknowledges that although being sad isn't nice, everyone feels this way when bad things happen. Age 5+</p>
	<p><i>When Someone Dies, Dawn Hewitt</i> How do you help a young child deal with death? This hands on illustrated book is designed to help children with their questions and feelings about tricky topics that can be hard to talk about. Age 5+</p>
	<p><i>Coping with Death and Grief, Claire Throp</i> This very useful book gives a lot of information on how to cope with loss and grief. Age 5+</p>

	<p>Letting Go! Mindful Kids....., Dr Sharie Coombes An activity book for children who need support through experiences of loss, change and grief. Age 5+</p>