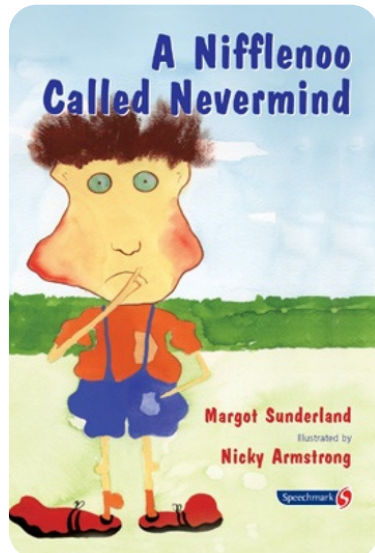


## Children's Book List - Feelings

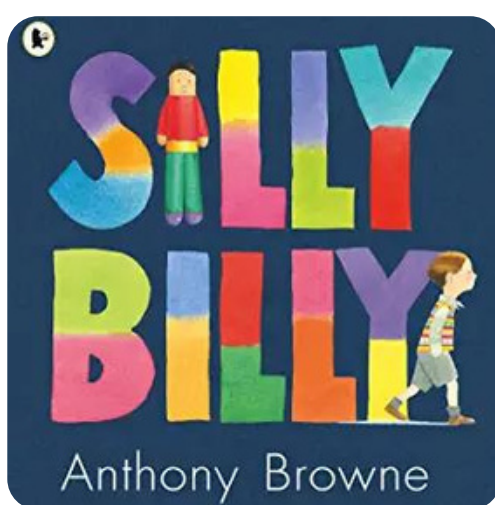
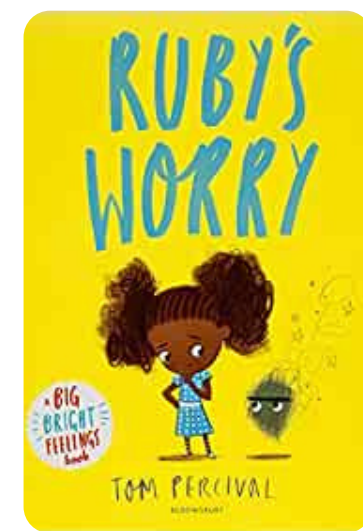


### **A Niffleloo Called Nevermind** by Margot Sunderland

A story for children who bottle up their feelings. Nevermind always carries on whatever happens! Each time something horrible happens to him he just tucks his feelings away and carries on with life. Find out what happens to Nevermind and how he begins to understand that his feelings do matter, how he learns to express them and stand up for himself.

### **Ruby's Worry** by Tom Percival

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?



### **Silly Billy** by Anthony Browne

Silly Billy is about a young boy who can't sleep, which is something children can relate to. It also teaches children the best way to deal with worries, that it is often better to share them with others like the way Billy does by making worry dolls.

### **The Colour Monster** by Anna Llenas

This book is a story about a girl's friend called Colour Monster. Colour Monster is multi-coloured because his feelings are all mixed up, so his colours are too. The girl helps Colour Monster to put each feeling into a separate jar so that they can look at them each individually. Throughout the book they explore various feelings including happiness, sadness, anger, fear and calm until each feeling is in its own jar.



### **The Huge Bag of Worries** by Frank Rogers

Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them?

A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.

### **What Are Feelings?** by Katie Daynes or Christine Pym

This thoughtful book explores happiness, sadness, anger, fear and worry in a friendly and approachable way for little children. Adorable animal characters experience different emotions, while flaps reveal the answers to important questions such as 'Why don't I feel happy all the time?' and 'How can I cheer up my friend?'

