## Books to help with Dealing with emotions at home

These books are suggestions/ recommendations from a number of sources: Southampton Library service, PSHE association, Common Sense media, parents and staff. We have not read them all, so if you choose to use any of these it may be a good idea to borrow them from the library first to check that you are happy with the content. Some of these we do use in school and these have been highlighted.

| Book image   | Title and author  | Succepted and name                 | ISBN number        |
|--|---|------------------------------------|--------------------|
|  |   | Suggested age range                | 13BIN MUMBEL       |
| Dealing with emotions  |   |                                    |                    |
| Starving  the  Anxiety  Gremlin  KATE CHANGELY   | Starving the anxiety Gremlin  Kate Collins-Donnelly             | 5 - 9                              | 978-1849054928     |
| HUGE BAG of WORRIES  N. Virgini Ironic Roman, Tech Bulger  | The huge bag of worries   | 2 - 5<br>Can be used with<br>older | 978-<br>0340903179 |
| LION'S  LION'S | Lion's in a Flap - a book<br>about feeling worried              | 4+                                 | 978-1445157757     |
| Pour Sons Beating SS AND STRANKETY   | Your mind matters - beating<br>stress and anxiety<br>Honor Head | 9 - 11                             | 978-1445164526     |
| I Am Slronger Than Anger   | I am stronger than anger<br>Elizabeth Cole                      | Up to 12                           | 979-<br>8675455508 |
| HIDDEN<br>CHIMP  | My Hidden Chimp<br>Professor Steve Peters                       | 7 - 11                             | 978-<br>1787413719 |
| Management sustained deep for an acceptance of the second  | Helps children learn to understand manage their emotions        |                                    |                    |
| Con Words Couds  | Worries are like clouds<br>Shona Innes                          | 3 +<br>Can be used with<br>older   | 9781760505721      |