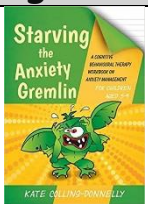

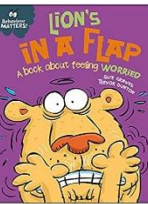


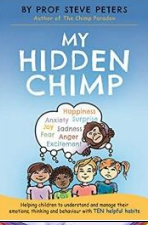
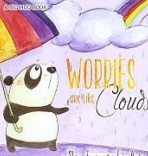


## Books to help with Dealing with emotions at home

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.

| <u>Book image</u>   | <u>Title and author</u>   | <u>Suggested age range</u>      | <u>ISBN number</u> |
|---|---|---------------------------------|--------------------|
| <b>Dealing with emotions</b>  |   |                                 |                    |
|    | Starving the anxiety Gremlin<br><br>Kate Collins-Donnelly   | 5 - 9                           | 978-1849054928     |
|    | The huge bag of worries   | 2 - 5<br>Can be used with older | 978-0340903179     |
|  | Lion's in a Flap - a book about feeling worried   | 4+                              | 978-1445157757     |
|  | Your mind matters - beating stress and anxiety<br><br>Honor Head  | 9 - 11                          | 978-1445164526     |
|  | I am stronger than anger<br>Elizabeth Cole  | Up to 12                        | 979-8675455508     |
|  | My Hidden Chimp<br>Professor Steve Peters<br><br>Helps children learn to understand manage their emotions | 7 - 11                          | 978-1787413719     |
|  | Worries are like clouds<br>Shona Innes  | 3 +<br>Can be used with older   | 9781760505721      |