

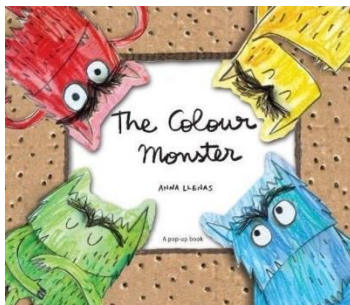
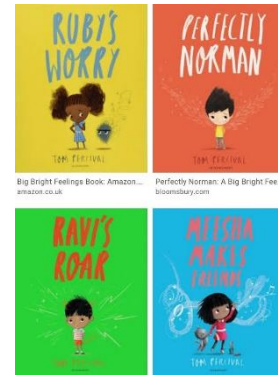
## Supporting the social and emotional health of children through books and stories

Picture books can be immensely powerful and can really help us and children, explore emotions and feelings.

### Understanding change and our own emotions and feelings

Tom Percival's books are great for thinking about feelings and many schools already have some of these books in school.

<https://www.youtube.com/watch?v=9lhhCq44ar8>

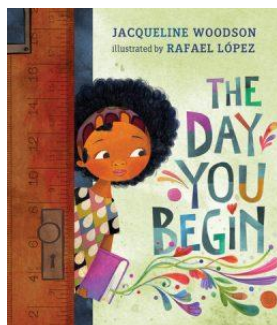
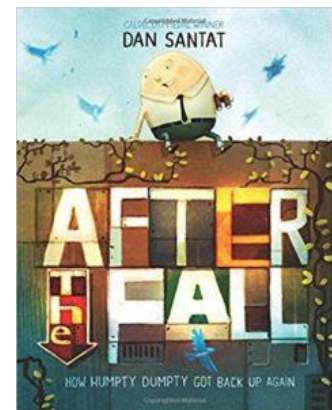


The Colour Monster is another book is another great book to explore feelings with young children. The pop up version is wonderful with each page depicting a feeling by colour, with a page of colour jars at the end.

<https://www.youtube.com/watch?v=Ih0iu80u04Y>

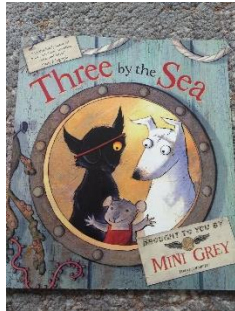
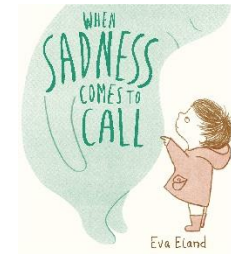
After The Fall is the story of how Humpty Dumpty learned how to get back up again. After we fall, getting back up can be scary. We watch Humpty recover outwardly but suffer from still being afraid. It's a lovely book about how trauma, healing, and emotional resiliency. Things happen, but we will never learn to fly if we can't let ourselves heal.

<https://www.youtube.com/watch?v=n63tGkSzNrc>



"There will be days when you walk into a room and nobody is like you." The Day You Begin helps children see the diversity in others. It also helps them acknowledge fear when they do see that everyone is different. The children in the book learn to be vulnerable and share their stories—on the first day of school. <https://www.youtube.com/watch?v=-XUkWoRpeR4>

When sadness comes to call, what do we do with it? Do we ignore it? Why is it here? This book helps kids realize that sometimes sadness doesn't go away so quickly, but instead of being afraid of this feeling, they find that they can learn from it. CLPE have produced a great set of teaching notes to support use of this book and they can be found [here](#).



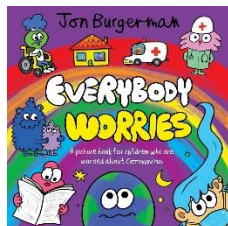
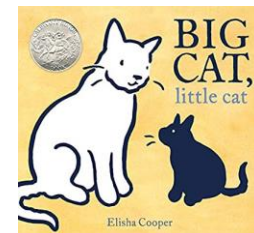
Three by the Sea is a wonderful book to support thinking & reflection on school return. A happy community have their world turned upside down by an unwanted visitor. When he leaves, they learn how to live differently: with greater kindness & gratitude.

<https://www.youtube.com/watch?v=KdCazdfk8Lc>

Empathy is a vital human force, creating happier children, stronger communities and a better world. We've never needed it more than right now. Empathy Day is on 9<sup>th</sup> June and Empathy Lab have lots of ideas here on how to take part <https://www.empathylab.uk/empathy-day-20204bde2d62> You can also hear authors, illustrators and poets read aloud from the Read for Empathy Book Collections here <https://www.empathylab.uk/empathy-read-aloud> Empathy Lab have also just released their families activity pack to support reading for empathy at home as well. <https://www.empathylab.uk/family-activities-pack>

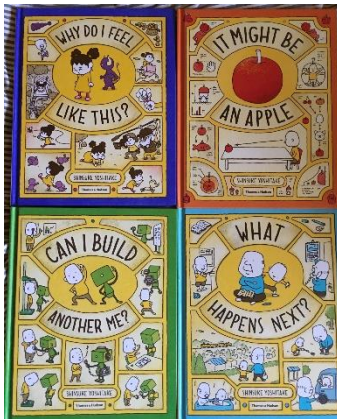
Big Cat Little Cat is a perfect tale of friendship and loss. It's elegant design is beautifully simple and it totally captures the essence of cats.

[https://www.youtube.com/watch?v=RUOpy9-lz\\_w](https://www.youtube.com/watch?v=RUOpy9-lz_w)



Everybody worries, written and illustrated by Jon Burgerman, helps children learn that it's okay to worry about coronavirus. Fun rhyming couplets keep the tone gentle and supportive, and you will find plenty of ideas for dealing with coronavirus in a positive way. Everybody Worries offers your child the reassuring message that this crisis will pass, we are there for them, and we will get through this together.

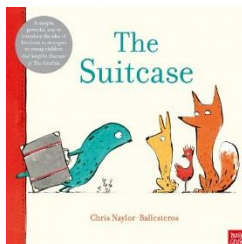
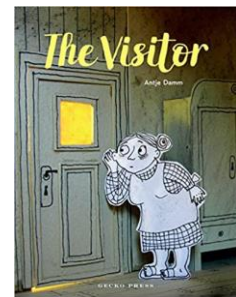
Find the free ebook here: <https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/>



Why Do I Feel Like This? By Shinsuke Yoshitake is all about understanding and managing our feelings and emotions. Is there any book more needed at the moment. It does it in such a beautifully thoughtful and humorous way that it makes you want to sing.

<https://www.youtube.com/watch?v=HCSLT1VmDrc>

The Visitor by Antje Damm is another beautifully illustrated picture book. Elise was frightened--of spiders, people, even trees. So she never went out, night or day. One day a strange thing flies in through the window and lands at her feet. And then there comes a knock at the door. Elise has a visitor who will change everything. The Visitor is a story about friendship and shyness that plays out in a mini theatre, as a child unwittingly brings light and color--literally--into a lonely person's life. <https://www.youtube.com/watch?v=SND9rtYNRTI>

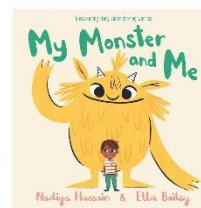
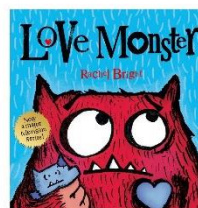
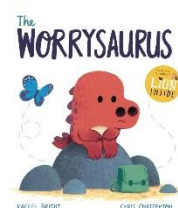


The Suitcase by Chris Naylor-Ballesteros is another cracker. When a strange-looking animal arrives pulling a big suitcase, the other animals are curious. What on earth could be inside that suitcase? A teacup? Maybe. A table and chair? Perhaps. A whole home and hillside with trees? This stranger must be fibbing! But when the animals break into the suitcase and discover a very special photograph, they begin to understand what the strange creature has been through, and together they create a very special welcome present . . .

<https://www.youtube.com/watch?v=lmizwPXjcSQ>

You can find more suggestions for a wider age range of children on the Books for Topics website <https://www.booksfortopics.com/mental-health>

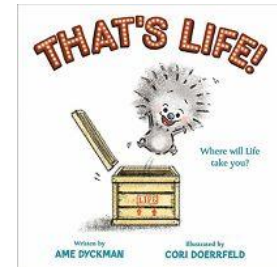
## MENTAL HEALTH AWARENESS WEEK



## Filling the world with hope and fun

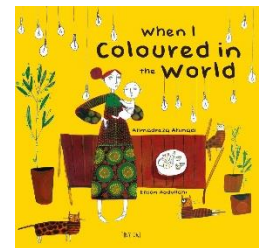
However, we still need to fill the world with some hope and fun for our children so here are a few ideas.

For a little bit of sunshine, how about sharing 'That's Life' by Anne Dyckman and Cori Doerrfeld. Funny, true and honest, this book celebrates life in all its messy wonder. After Life literally knocks on their door, one kid discovers that Life is truly what you make it. It's weird and may not always cooperate, but Life's beauty becomes apparent when it's embraced for all of its quirks.

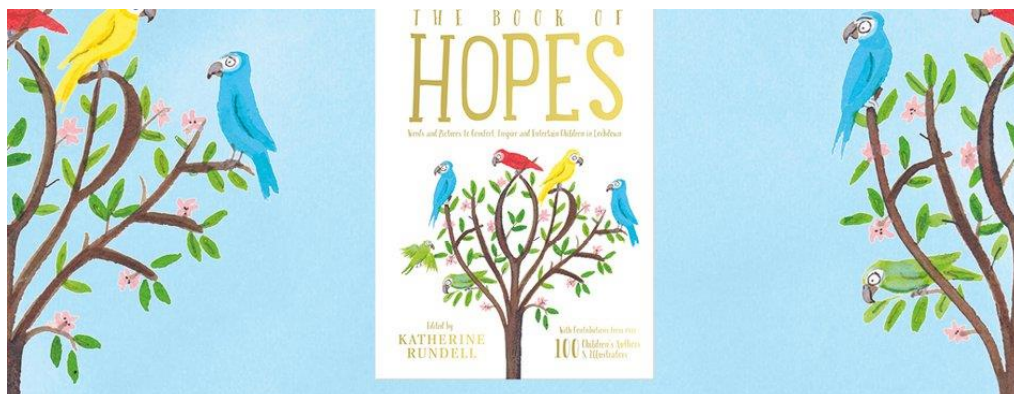


Herts Primary English Learning Team are writing a weekly blog with ideas of how to use some fantastic books. Have a look at the ideas for Oliver Jeffers' Stuck [here](#) and watch Oliver read his book aloud [here](#).

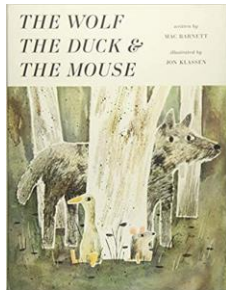
'When I Coloured in the World' from Tiny Owl Publishing is a lovely story to share and discuss. You can watch and listen to the story being read by Charlotte Raby [here](#).



The Book of Hopes by Katherine Rundell is an extraordinary collection of short stories, poems, essays and pictures has contributions from more than 110 children's writers and illustrators, including Lauren Child, Anthony Horowitz, Greg James and Chris Smith, Michael Morpurgo, Liz Pichon, Axel Scheffler, Francesca Simon and Jacqueline Wilson. The collection, published by Bloomsbury, is dedicated to the doctors, nurses, carers, porters, cleaners and everyone currently working in hospitals and can be found here <https://literacytrust.org.uk/family-zone/9-12/book-hopes/>

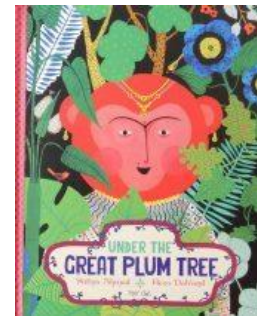




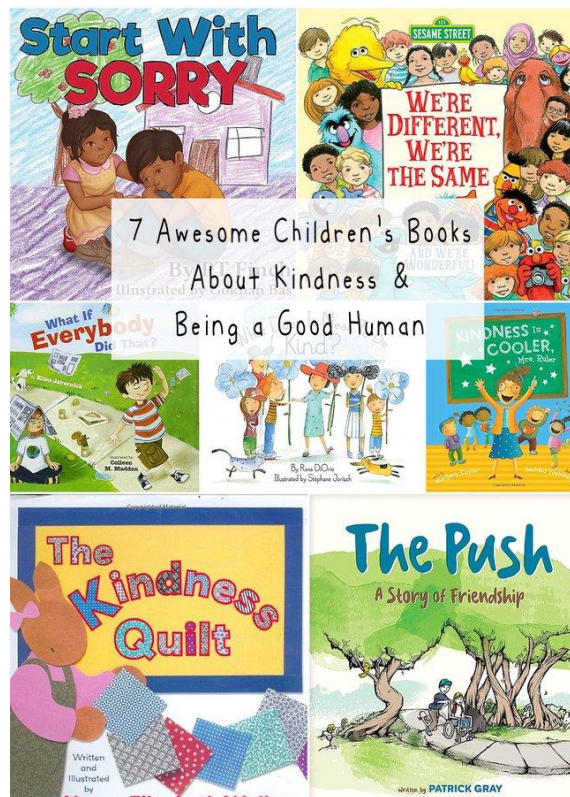


The Wolf, The Duck and The Mouse is a tale of positivity, teamwork and celebration. When a woeful mouse is swallowed by a wolf, he quickly learns he is not alone: a duck has already set up digs, and, boy, has that duck got it figured out! Turns out it's pretty nice in there, with delicious food and elegant table settings, courtesy of the wolf's unchecked gluttony. And there's something even better: no more fear of being eaten by a wolf! In fact, life is pretty good, until a hunter shows up. . . .

Under the Great Plum Tree is a story of courage and friendship. An unlikely friendship between Miss Bandari and Mr Magarmach forms when the pair meet under the great plum tree, deep in the heart of India. Mr Magarmach is old and his hunting days are over but Miss Bandari loves hearing his stories as they munch plums together. One day their friendship is tested but with courage, trust and forgiveness they discover that living happily together tastes just as sweet as Miss Bandari's golden plums. <https://tinyowl.co.uk/librarian-miss-cleveland-reads-under-the-great-plum-tree/>



And then, a few more ideas...



## Supporting children who have experienced bereavement or loss

Simon Smith, Head of East Whitby Primary Academy and expert on children's literature, has put together a really useful blog on picture books which can be used to support children who have experienced loss. There are new ones as well as older, trusted ones.

[https://smithsmm.wordpress.com/2020/05/03/the-loss-picturebooksaboutloss/amp/?twitter\\_impression=true](https://smithsmm.wordpress.com/2020/05/03/the-loss-picturebooksaboutloss/amp/?twitter_impression=true)

## Promoting Reading for Pleasure

Whether this be in school or for home learning, the Open University along with some of their Readers Teaching Groups leaders, have produced some fantastic 'Invitation to Share the Love of Reading' ideas for different age groups. There are also a range of resources to support reading at home available [here](#).



If you are looking for suggestions of books for children to access at home, look no further than here <https://www.booksfortopics.com/storytime-online> The people at Books for Topics have been busy finding some of the best online storytimes for children to access freely at home. The QR codes and links in the document link to story readings on Youtube and all of the books they've chosen are read aloud by their fabulous authors and illustrators.

Looking to encourage your children to broaden their choice of books particularly if they are stuck on one author? Dean Boddington has produced Reading for Pleasure Tube Maps to help children to get off at a different stop. [KS1](#) and [KS2](#) maps can be found here.