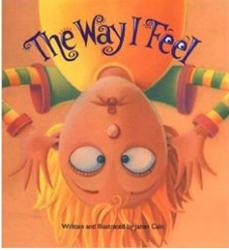
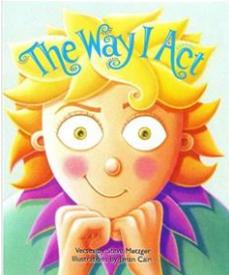
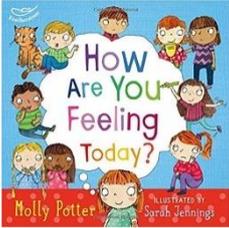
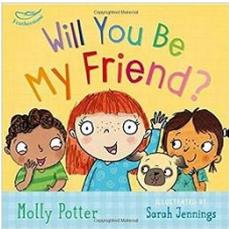
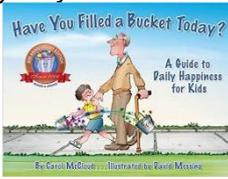


Recommended Reading – Books about feelings for children

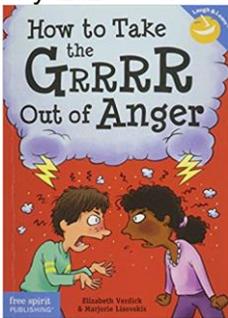
<u>Book Title and Author</u>	<u>About The Book</u>
<p>The Way I Feel by Janan Cain</p> 	<p>Feelings are neither good nor bad, they simply are. Kids need words to name their feelings, just as they need words to name all things in their world. The Way I Feel uses strong, colourful, and expressive images which go along with simple verses to help children connect the word and the emotion. Your child will learn useful words, and you will have many chances to open conversations about what's going on in her/his life.</p> <p>This book is ideal for children with autism. (Ages 2-8)</p>
<p>The Way I Act by Janan Cain</p> 	<p>The Way I Act explores thirteen ways of behaving. The friendly verses and bold illustrations convey many positive ideas of how to act in a variety of situations. In the companion book, The Way I Feel, children learned that feelings come and go and simply are.</p> <p>A little older now, they are ready to think about the ability they have to control how things turn out. This book is ideal for children with autism. (Ages 4-9)</p>
<p>How Are You Feeling Today? By Molly Potter</p> 	<p>Children have strong feeling and they can't always handle them very well. Perfect for sharing, How Are You Feeling Today? is packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions. This delightful book gives parents the tools they need to help their child deal with those feelings - without it all ending in tears!</p> <p>A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. Helpful parent notes at the back of the book provide more ideas for parents to use with their child and other strategies to try out together and practice the all important skill of dealing with feelings.</p>
<p>Will You Be My Friend? By Molly Potter</p> 	<p>What makes us a good friend? And what might make us a not-so-good friend? What can friends do together? And how do we make friends?</p> <p>Practical advice on helping children understand how to be a true friend and what helps and what hinders friendships. Will You Be My Friend? is ideal for starting conversations about making friends and includes a guide for parents and carers about supporting a child if they are having friendship difficulties.</p>

Have You Filled a Bucket Today? By Carol McCloud



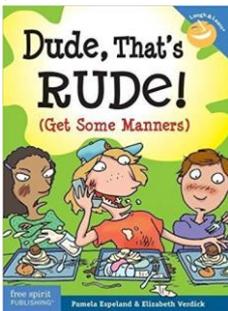
Through simple prose and vivid illustrations, this heart-warming book encourages positive behaviour as children see how rewarding it is to express daily kindness, appreciation, and love. Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words on the wellbeing of others and ourselves.

How to Take the Grrrr Out of Anger by Elizabeth Verdick



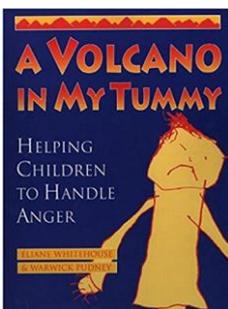
This book helps kids understand anger and how to handle it in healthy, positive ways. It guides them to understand that anger is a normal part of life, but violence is non acceptable.

Dude, That's Rude! (Get Some Manners) by Pamela Esplanand and Elizabeth Verdick



Kids today need manners more than ever, and Dude, That's Rude! makes it fun and easy to get some. Full-colour cartoons and kid-friendly text teach the basics of polite behaviour in all kinds of situations at home, at school, in the bathroom, on the phone, at the mall, and more. Kids learn Power Words to use and P.U. Words to avoid, why their family deserves their best manners, and the essentials of e-tiquette (politeness online). It seems like light reading, but it's serious stuff: Manners are major social skills, and this book gives kids a great start.

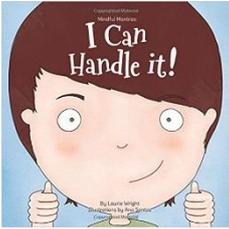
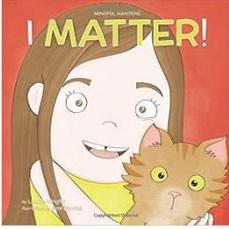
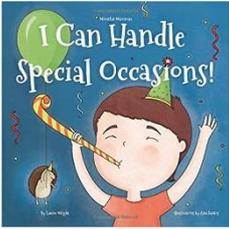
A Volcano in My Tummy by Eliane Whitehouse



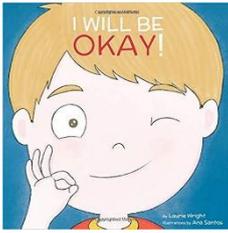
A Volcano in My Tummy: Helping Children to Handle Anger presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. Using easy to understand yet rarely taught skills for anger management, including how to teach communication of emotions, A Volcano in My Tummy offers engaging, well-organised activities which help to overcome the fear of children's anger which many adult care-givers experience. By carefully distinguishing between anger the feeling, and violence the behaviour, this accessible little book, primarily created for ages 6 to thirteen, helps to create an awareness of anger, enabling children to relate creatively and harmoniously at critical stages in their development.

Through activities, stories, articles, and games designed to allow a multi-subject, developmental approach to the topic at home and in school, A Volcano in My Tummy gives us the tools we need to put aside our problems with this all-too-often destructive emotion, and to have fun while we're at it.

Mindful Mantras books by Laurie N Wright

<p>I Can Handle It! (Book 1 of 7)</p> 	<p>Your children will incorporate the mindful mantra I Can Handle It almost immediately after reading this book!</p> <p>In a tough situation, they will think 'I can handle it', and when they are dealing with tough emotions, they will think 'I can handle it!'. Even if they aren't saying the words out loud, if they learn and practice this mantra it will become a part of their self-talk.</p> <p>Positive self-talk is incredibly important for improving and maintaining mental health and the mindful mantra books are a way to plant that positivity right into a child's head! Help your child learn to handle difficult emotions along with Sebastien, and provide a tool for lifelong confidence.</p> <p>Depression and anxiety don't discriminate and our kids need help. I Can Handle It equips children with a necessary skill to alleviate everyday anxieties that arise in their lives.</p>
<p>I Matter! (Book 2 of 7)</p> 	<p>Kids should know they matter even when the words aren't said!</p> <p>Sometimes Elise feels happy, but sometimes she feels sad. There are things in her life that even make her feel MAD.</p> <p>Elise is a clever little girl, however, so she stops and thinks about her feelings, and realises that she is always important and that she MATTERS.</p> <p>Kids matter to their family and friends, and to the world around them, and they need to know it.</p>
<p>I Can Handle Special Occasions (Book 3 of 7)</p> 	<p>They can handle watching others open presents, a crowd of people at their houses and they can even handle eating unfamiliar food!</p> <p>Chances are, whatever a special occasion has to throw at kids, they can handle it, with a little bit of coaching from you.</p> <p>Help your child or students handle the range of emotions that accompany special occasions, and provide a coping tool to last their lifetimes.</p> <p>Emotions are tricky and hard to handle when you're small, and kids need our help! Mindful Mantras equip children with a necessary skill in order to cope with worries that arise during special occasions.</p>

I Will Be Okay! (Book 4 of 7)

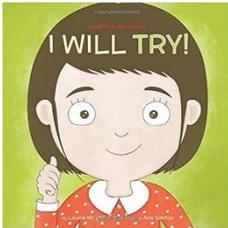


To little children the world is B-I-G and full of confusing situations that create hard to handle feelings.

Telling children repeatedly that they will be okay doesn't work.

Share the funny pictures in 'I Will Be Okay' with your children while reinforcing the idea that they are not helpless, and that they can do things for themselves when they have tricky feelings, that will help them feel okay again.

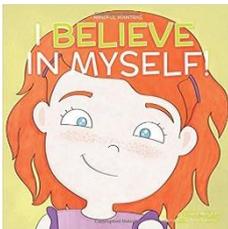
I Will Try! (Book 5 of 7)



Help your child or students learn an important concept, that they can TRY even when they don't know what new places, people or things have in store.

Emotions are tricky and hard to handle when you're small, and kids need our help! This Mindful Mantra equips children with a necessary skill in order to cope with tricky emotions that arise because of everyday issues, the knowledge that they CAN TRY!

I Believe In Myself! (Book 6 of 7)

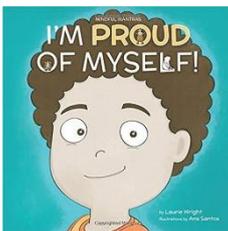


Here is a secret: all people, not just kids, wonder if they are good enough, strong enough, or fast enough at some point in their lives. Everyone wonders if they'll be up to the challenges life presents.

Boost your child or students' self-confidence while reading about Poppy. See how she handles situations that make her feel BIG emotions and learns to believe in herself.

Emotions are tricky and hard to handle when you're small, and kids need our help! Help them learn emotional regulation now, to benefit them later.

I'm Proud of Myself! (Book 7 of 7)



Even when things are hard, even when things go wrong, even when things turn out unexpectedly, kids should be proud of the effort they put in.

Emotions are tricky and hard to handle when you're small, and kids need our help! This Mindful Mantra equips children with the necessary skills to cope with negative emotions that arise when things don't go as planned.