

A great list of books to support emotional development

[The Huge Bag of Worries](#)

A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings. The perfect book to soothe worries during stressful times.

[The Invisible String](#)

A bestseller that has helped countless readers of all ages across the world cope with separation anxiety, loss, loneliness, and grief—now available in paperback and re-illustrated for a new generation of readers.

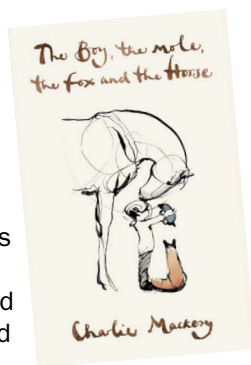
[How are you feeling today](#)

Children have strong feelings and they can't always handle them very well. Perfect for sharing, this book 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!

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.

[The Boy, the Fox, the Mole and the Horse](#)

Enter the world of Charlie's four unlikely friends, discover their story and their most important life lessons. The conversations of the boy, the mole, the fox and the horse have been shared thousands of times online, recreated in school art classes, hung on hospital walls and turned into tattoos. In Charlie's first book, you will find his most-loved illustrations and some new ones too



[The Boy who Grew Dragons](#)

When Tomas discovers a strange old tree at the bottom of his grandad's garden, he doesn't think much of it. But he takes the funny fruit from the tree back into the house - and gets the shock and delight of his life when a tiny dragon hatches! The tree is a dragonfruit tree, and Tomas has got his very own dragon, Flicker.

Tomas soon finds out that life with Flicker is great fun, but also very ... unpredictable. Yes, dragons are wonderful, but they also set fire to your toothbrush and leave your pants hanging from the TV aerial.

Tomas has to learn how to look after Flicker - and quickly. Then something extraordinary happens - more dragonfruits appear on the tree. Tomas is officially growing dragons.

[Angry Arthur](#)

Once there was a boy called Arthur, who wanted to stay up and watch TV, but his mother wouldn't let him. 'I'll get angry,' said Arthur, and he did. Very, very angry...

[Not Now Bernard](#)

Bernard's got a problem: he's found a monster in the back garden but his mum and dad are just too busy to notice. So Bernard tries to befriend the monster... and that doesn't go quite to plan.

[Willie the Wimp](#)

Willy wouldn't hurt a fly – he even apologizes when someone hits him. The suburban gorillas call him Willy the Wimp. Then, one day, Willy answers a body-building advert ... with hilarious results!

[The Heart and the Bottle](#)

Once there was a girl whose life was filled with wonder at the world around her...Then one day something happened that made the girl take her heart and put it in a safe place. However, after that it seemed that the world was emptier than before. But would she know how to get her heart back? In this deeply moving story, Oliver Jeffers deals with the weighty themes of love and loss with an extraordinary lightness of touch and shows us, ultimately, that there is always hope.

[Ruby's Worry](#)

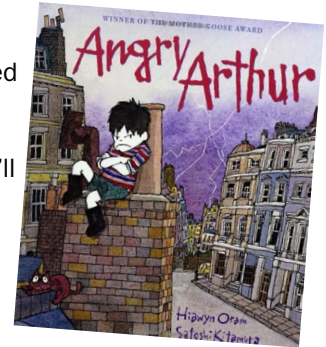
Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?

A perceptive and poignant story that is a must-have for all children's bookshelves. From Tom Percival's bestselling Big Bright Feelings series, this is the perfect book for discussing childhood worries and anxieties, no matter how big or small they may be.

[And Tango Makes Three](#)

The heartwarming true story of two penguins who create a non-traditional family is now available in a sturdy board book edition.

At the penguin house at the Central Park Zoo, two penguins named Roy and Silo were a little bit different from the others. But their desire for a



family was the same. And with the help of a kindly zookeeper, Roy and Silo got the chance to welcome a baby penguin of their very own.

Heather Has Two Mummies

Celebrated author Lesléa Newman and bestselling illustrator Laura Cornell tell the story of a little girl called Heather. Heather's favourite number is two – she has two arms, two legs, two pets and two lovely mummies. But when Heather goes to school for the first time, someone asks her about her daddy...and Heather doesn't have a daddy! But then the class all draw portraits of their families, and not one single drawing is the same. Heather and her classmates realize – it doesn't matter who makes up a family, the most important thing is that all the people in it love one another very much.



King and King

When the queen insists that the prince get married and take over as king, the search for a suitable mate does not turn out as expected.

The Great Big Book of Families

What is a family? Once, it was said to be a father, mother, boy, girl, cat and dog living in a house with a garden. But as times have changed, families have changed too, and now there are almost as many kinds of families as colours of the rainbow - from a mum and dad or single parent to two mums or two dads, from a mixed-race family to children with different mums and dads, to families with a disabled member. This is a fresh, optimistic look through children's eyes at today's wide variety of family life: from homes, food, ways of celebrating, schools and holidays to getting around, jobs and housework, from extended families, languages and hobbies to pets and family trees.

Handa's Surprise

A modern classic named one of the best culturally diverse picture books in the UK, this is the story of Handa, who's part of the Luo tribe in south-west Kenya. Handa decides to take seven pieces of delicious fruit to her friend, Akeyo, who lives in the neighbouring village. But as Handa wonders, I wonder what fruit Akeyo will like best?, a series of sneaky animals steal something from Handa's basket, which she's carrying on her head. When Handa reaches Akeyo, will she have anything left to offer her friend?

Sulwe

From Academy Award-winning actress Lupita Nyong'o comes a powerful, moving picture book about colourism, self-esteem and learning that true beauty comes from within. Sulwe's skin is the colour of midnight. She's darker than everyone in her family, and everyone at school.

All she wants is to be beautiful and bright, like her mother and sister. Then a magical journey through the night sky opens her eyes and changes everything. In this stunning debut picture book, Lupita Nyong'o creates a whimsical and heartwarming story to inspire children to see their own unique beauty.

Little Leaders: Bold Women in Black History

Featuring 40 trailblazing black women in the world's history, this book educates and inspires as it relates true stories of women who broke boundaries and exceeded all expectations. Debut author/illustrator Vashti Harrison pairs captivating text with stunning illustrations as she tells the stories of both iconic and lesser-known female figures of black history.

The Magic Paintbrush

With her magic paintbrush, Shen can paint steaming pots full of fish and oysters to feed the hungry people in her village, but when the evil emperor hears of her gift he commands Shen to paint gold for him instead. She is determined to keep her promise to paint only for the poor, but how can she match the emperor's mighty power? In *The Magic Paintbrush*, Julia Donaldson's brilliant verse combines with beautiful illustrations from Joel Stewart, creator of *The Adventures Abney and Teal*, to bring vibrant life to a traditional tale of how a little girl's integrity can withstand the corruption of power and greed. This edition features a stunning redesigned cover, making it a must-have addition to the bookshelves of all Donaldson fans – big and small!

Black Dog by Levi Pinfol

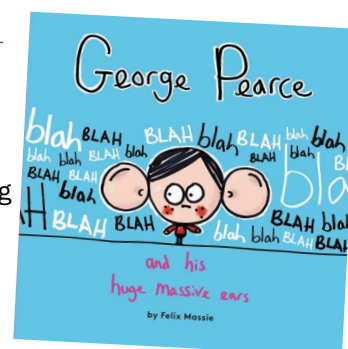
Only Small, the youngest of the Hopes, has the courage to face the Black Dog that appears outside the family's home. When it chases her through the forest she shows no fear, so it grows smaller and smaller.

Terry Perkins and his Upside Down Frown

Terry Perkins is a normal, happy boy. That is, until he opens his mouth. When he does, nobody can understand the words he says because everything comes out upside down. When a trip to the doctor turns Terry's life – and his smile – on its head, his frown looks set to stay... Is there anyone who can help him to see things from a different point of view? This hilarious, warm-hearted read-aloud story of friendship and courage celebrates the importance of being comfortable in your own shoes – even when they are up in the air!

George Pearce And His Huge Massive Ears

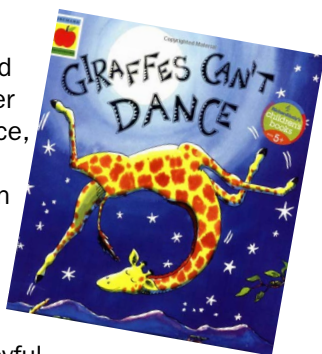
Meet George Pearce – he's easy to spot, because of his huge massive ears. Having big ears has its advantages – nothing escapes George, and soon he is awash with information that he has picked up



on the sly. The problem is, when so many other people's opinions start to fill your ears it's hard to hear the little voice inside your own head. Soon George is so disorientated by conflicting advice that he's overwhelmed. Can he find a way to reassert his identity?

Giraffes Can't Dance

Gerald the tall giraffe would love to join in with the other animals at the Jungle Dance, but everyone knows that giraffes can't dance; or can they? A funny, touching and triumphant picture book story about a giraffe who finds his own tune and confidence too, with joyful illustrations from Guy Parker Rees.



Fill a bucket

An award-winning prequel to Have You Filled a Bucket Today? This book illustrates what it means when children have their buckets filled and learn how they can fill other people's buckets too—understanding how special, valuable and capable they are.

Have You Filled a Bucket Today?

This heart-warming book has become a classic, selling over a million copies, and is listed as one of the top children's books that encourage kindness towards others. It encourages positive behaviour by using the concrete concept of an 'invisible bucket' that holds your good thoughts and feelings. When you do something kind, you fill someone's bucket; when you do something mean, you dip into someone's bucket and remove some good thoughts and feelings. This book focuses on how our social interactions positively or negatively affect others and encourages all to be kind.

Beautiful Oops

Every mistake can lead to a beautiful new adventure. That is the lovely life lesson behind this inspiring board book full of pop-ups, pull-the-flaps, and pretty amazing not to mention surprising feats of paper engineering.

The Dot

In this inspiring, award-winning story of self-expression and creativity from Peter H. Reynolds, illustrator of Ish and the Judy Moody series, Vashti thinks she can't draw. But her teacher is sure that she can. She knows that there's creative spirit in everyone, and encourages Vashti to sign the angry dot she makes in frustration on a piece of paper. This act makes Vashti look at herself a little differently, and helps her discover that where there's a dot there's a way... With wit, charm and free-spirited illustrations, Peter H. Reynolds encourages even the stubbornly uncreative among us to make a mark – and follow where it takes us.

The girl who never made mistakes

Every student, teacher, and perfectionist needs to read this book about learning and growing from your mistakes! Beatrice Bottomwell has NEVER (not once!) made a mistake. One day, the inevitable happens: Beatrice makes a huge mistake in front of everyone! But in the end, readers (and perfectionists) will realize that life is more fun when you enjoy everything even the mistakes.

Your fantastic elastic brain, stretch it, shape it

Did you know you can stretch and grow your own brain? Or that making mistakes is one of the best ways your brain learns? Consultants to schools worldwide on issues of brain development and gender equity, author JoAnn Deak, Ph.D., and illustrator Sarah Ackerley, have crafted a fun and engaging introduction to the anatomy and functions of the brain that will empower each young reader to S-T-R-E-T-C-H and grow their Fantastic, Elastic Brain!

The sun in my belly

Sad and lonely after a disagreement causes them to stop playing together, Jenny and Molly find comfort in nature and begin to see the importance of friendship and forgiveness and how they are connected to everything in the world around them.

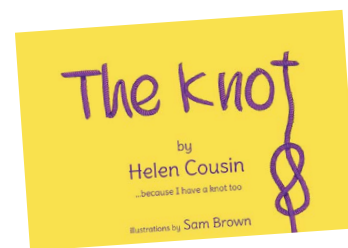
William Wobbly and the very bad day

William Wobbly is having a very bad day. He didn't want to go to school and when he got there things just got worse. The wobbly feeling got bigger and bigger and BIGGER until... Something happened to William Wobbly when he was very little which makes it hard for him to understand or control his feelings. Luckily, his new mum is here to help with his wobbly wobbly.

The Knot

The Knot is a story that helps children identify and undo worry knots in their tummies. Beautifully illustrated, the book explains in light-hearted rhyme how

worry knots can be dispelled, how even teachers get worry knots and how they cope with them. We can't imagine a single child that won't be able to relate to the theme of The Knot.



Train Your Angry Dragon

Having a pet dragon is very fun. But what do you do if he gets angry or upset? What do you do when your dragon lost his cool and wants to burn everything to the ground? A must have book for children and parents to teach kids about emotions and anger management. Fun, cute and entertaining with beautiful illustrations, this playful book will teach kids how to handle when things don't go their way.