

Supporting emotional awareness through stories

Stories are a great way of introducing feelings and emotions and can be used as a starting point for discussions with young children

Remember:

- ✓ Revisit stories as needed with individuals, small groups or the whole class/group.
- ✓ Use stories as a focus for interactive displays around feelings, create a collection of books and resources for the book/calm area.
- ✓ There are millions of books and stories out there ... Here are just a few examples

The Colour Monster by Anna Llenas

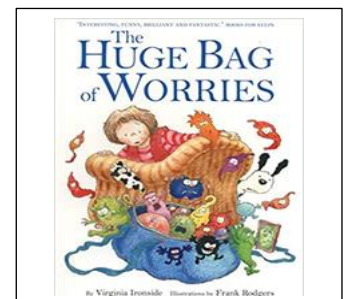
One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour. What is the Colour Monster feeling? And can you help him feel a little less mixed up?



The Huge Bag of Worries by Virginia Ironside (Author)

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.

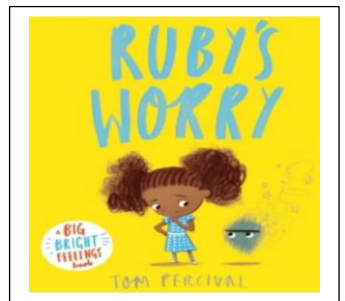
Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them? A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations



Ruby's Worry by Tom Percival

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.



Daisy's Dragons by Frances Stickley (2021)

Nobody but Daisy can see her dragons. Usually, they all get along in their own wonderful chaotic way, but Daisy's dragons aren't like ordinary dragons; Daisy's dragons are her feelings...

