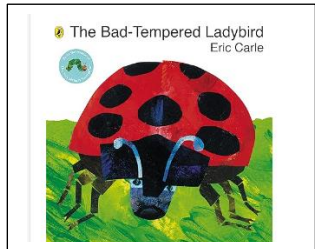


Supporting emotional awareness through stories 2

The Bad-tempered Ladybird (2010) by Eric Carle

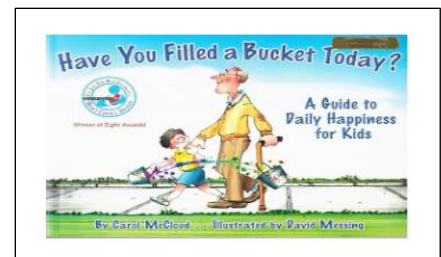
The bad-tempered ladybird picks fights with every animal he meets, but soon learns the importance of friends and turns into a far nicer, happier bug.



Have You Filled a Bucket Today?

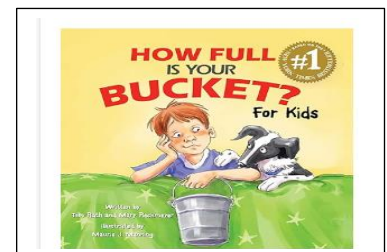
A Guide to Daily Happiness for Kids, 2013 by Carol McCloud

This book uses the metaphor/idea of a bucket filled with good feelings to show how easy and rewarding it is to express kindness, appreciation, and love on a daily basis.



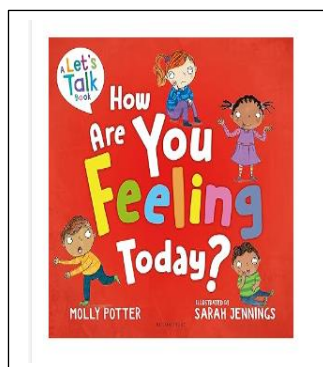
How Full Is Your Bucket? (2009) by Tom Rath

Each of us has an invisible bucket. When our bucket is full, we feel great. When it's empty, we feel awful. Yet most children (and many adults) don't realize the importance of having a full bucket throughout the day. In How Full Is Your Bucket? For Kids, Felix begins to see how every interaction in a day either fills or empties his bucket. Felix then realizes that everything he says or does to other people fills or empties their buckets as well.



Try this at home...

- ✓ Find time to share books and stories linked to a range of feelings and emotions with your child/children
- ✓ Create a quiet environment
- ✓ Talk about emotions
- ✓ Visit the local library/ borrow books linked to a theme or emotion



Links to EYFS Personal Social & Emotional Development, Communication & Language, Literacy

SEND Code of Practice: Social Emotional & Mental Health, Communication & Interaction, Cognition & Learning,