

# Books to support the teaching of PSED

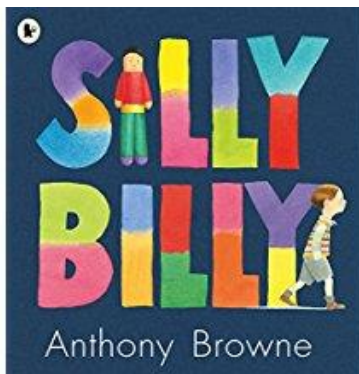
## Exploring Feelings, Emotions and Anxieties



### **The Huge Bag of Worries by Virginia Ironside**

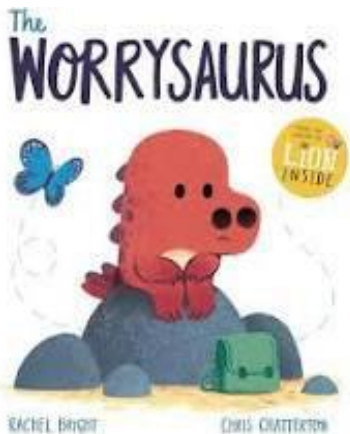
A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings.

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?



### **Silly Billy by Anthony Browne**

Billy is a bit of a worrier. He worries about hats, and shoes that might march out the window. He worries about clouds and rain and giant birds that might carry him away. Most of all he worries about staying at other people's houses. His mum and dad try to help, but still Billy worries. One night on a visit to Grandma's, Billy is so anxious that he can't sleep. But Grandma has just the thing for a boy like Billy — she shows him how to overcome his fears with the aid of his imagination and some tiny, colourful worry dolls, made to do his worrying for him. That night when Billy puts the dolls under his pillow, he sleeps like a log. But soon it dawns on Billy that something is not quite right — now he has all those worry dolls to worry about!

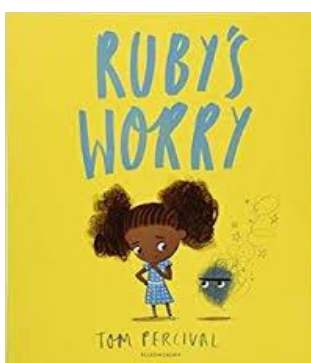


### **The Worrysaurus by Rachel Bright**

The Worrysaurus has planned a picnic, but he's worried that it won't be a good day. He thinks of all of the ways it could possibly go wrong. He worries that he didn't pack enough food, he also worries it might rain or that he might trip and fall. But soon enough, the Worrysaurus figures out how to let go of his worries and enjoy the picnic.

The story deals with anxiety and fear, and finding coping strategies to make ourselves feel better. The Worrysaurus shows children to recognise their worries when they arise, and how they can let go of those worries.

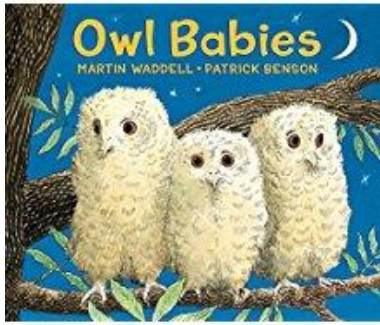
Watch the story online: [https://www.youtube.com/watch?v=GYV\\_o9Uj2jc](https://www.youtube.com/watch?v=GYV_o9Uj2jc)



### **Ruby's Worry by Tom Percival**

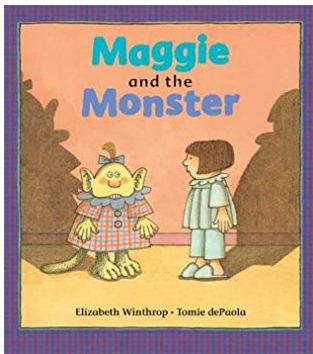
Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?

This is the perfect book for discussing childhood worries and anxieties, no matter how big or small they may be.



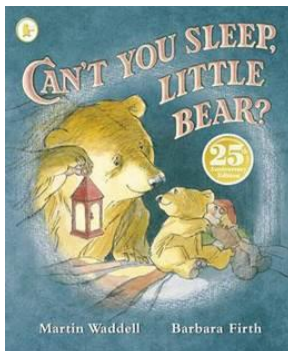
### **Owl Babies by Martin Waddell**

This tale of three baby owls reassures young children that Mummy will always come home and helps tackle anxieties and fears about temporary separation. Three baby owls, Sarah, Percy and Bill, wake up one night in their hole in a tree to find that their mother has gone. So they sit on a branch and wait... Darkness gathers and the owls grow anxious, wondering when their mother will return. Without her, they feel scared and vulnerable. But, at last, Mum returns and they bounce up and down with joy, feeling comfortable and reassured.



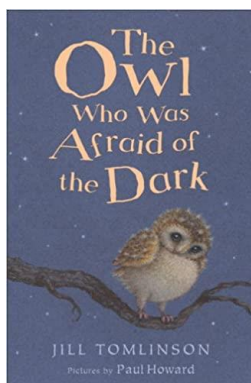
### **Maggie and the Monster by Elizabeth Winthrop**

Every night a monster comes into Maggie's room. The monster crashes into the furniture with her big hairy feet, knocks books off the shelf, and sits in the chair and grumbles to herself. Maggie doesn't know what to do until her mother suggests that maybe the monster is looking for something. So Maggie asks the monster, and it turns out she's looking for her mother. Together, they carry on the search until the monster finds her mother—and Maggie finally gets a good night's sleep!



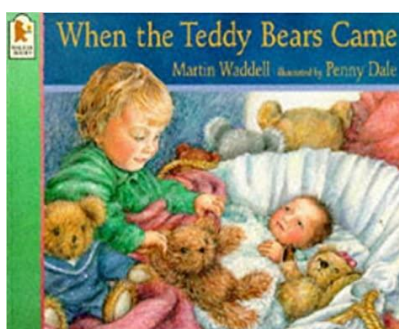
### **Can't you Sleep Little Bear? by Martin Waddell**

Little Bear just can't get to sleep because he is afraid of the dark. Big Bear is patient and brings bigger and bigger lanterns to keep away the darkness. Still Little Bear is afraid, so Big Bear takes him outside to see the moon and the stars. Finally, cuddled up in Big Bear's arms, Little Bear goes to sleep, allowing Big Bear to finish reading his book.



### **The Owl who was Afraid of the Dark by Jill Tomlinson**

Plop, the Baby Barn Owl, is like every Barn Owl there ever was, except for one thing – he is afraid of the dark. "Dark is nasty" he says and so he won't go hunting with his parents. Mrs Barn Owl sends him down from his nest-hole to ask about the dark and he meets a little boy waiting for the fireworks to begin, an old lady, a scout out camping, a girl who tells him about Father Christmas, a man with a telescope and a black cat who takes him exploring. He realizes that through these encounters that dark is super after all.

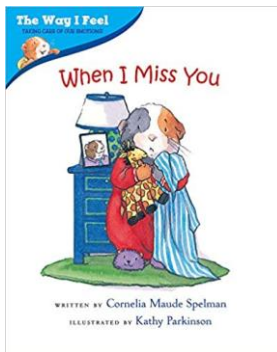


### **When the Teddy Bears Came by Martin Waddell**

This book is about how Tom copes with the additions to his family (a new baby and lots of teddy bears.)

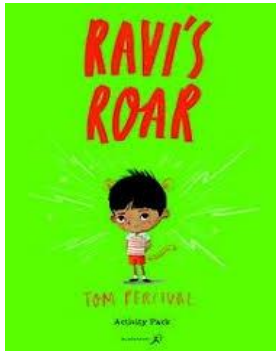
When Tom's mother brings the new baby home, teddy bears start arriving. Soon so many bears are sitting with Mummy and the baby, it seems there's no room left for Tom! Luckily, there's a place for Tom on Mummy's lap, and there always will be.

Particularly useful for where young brothers or sisters find themselves faced with the challenge of coping with the arrival of a new baby.



### **When I Miss You by Cornelia Maude Spelman**

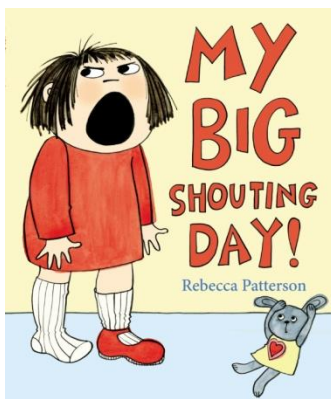
Young children often experience anxiety when they are separated from their mothers or fathers. This story features a young guinea pig who expresses her distress when her mother and father go away.



### **Ravi's Roar by Tom Percival**

A clever and engaging book about temper tantrums, dealing with emotions and learning to express and understand your feelings.

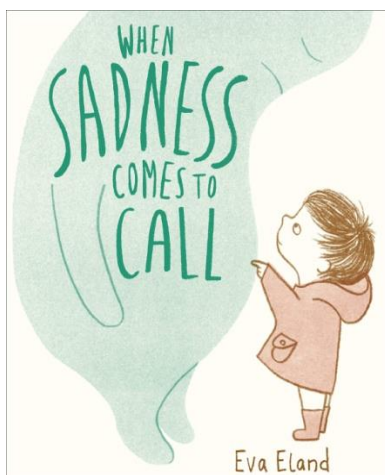
Watch the story online: <https://www.youtube.com/watch?v=KfrLI365ynw>



### **My Big Shouting Day by Rebecca Patterson**

Bella has a big shouting day, and it's hard. She wakes up and sees her brother in her room, touching her things, and that's when the shouting begins. For the rest of the day, everything seems to go wrong and Bella has big feelings that she can't manage very well. At the end of the day after story time, she tells her mum that she had a big shouting day and her mum reassures her that it's okay. Tomorrow will be better.

Family dynamics, battling with sharing your space, and dealing with big emotions forms the central theme of this story.



### **When Sadness Comes to Call by Eva Eland**

In this story, sadness is a big green blob. It's a friendly green blob, but it can be very needy and demanding. We don't know why the big green blob visits this child, which makes this story adaptable to fit any situation. But we'll see how the child learns to find happiness even though sadness is around, like by having a cup of cocoa or taking a walk in the woods.

A child struggling with outbursts might be experiencing sadness that they don't know how to process. Sadness is normal, it visits all of us from time to time. Dealing with sadness can be difficult, how can we make it go away? 'Maybe all it wants to know is that it is welcome.' This book provides a self-regulation tool for dealing with sadness:

<https://family.co/blog/the-child/self-regulation/>



## Worries and Anxieties particularly related to Coronavirus

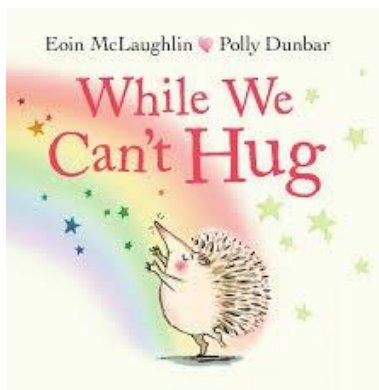


### **Dave the Dog is Worried about Coronavirus by Molly Watts (an NHS nurse)**

A rhyming book describing basic facts about Coronavirus and explaining in simple terms why we stay home and need to wash our hands.

Read the story online:

<https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>



### **While We Can't Hug by Eoin McLaughlin**

Released in hardcopy on 6th August but available on YouTube now. In the story, Hedgehog and Tortoise want to give each other a great big hug, but they're not allowed to touch.

Watch the story online:

<https://www.youtube.com/watch?v=2PnnFrPaRgY&feature=youtu.be>



### **Covibook by Manuela Molina**

An interactive book to support and reassure children. This book is an invitation for families to discuss the range of emotions arising from the current situation. The book is available to download in 25 different languages.

Read the story online:

[https://www.mindheart.co/descargables?utm\\_source=hs\\_email&utm\\_medium=email&utm\\_content=88214634&hsenc=p2ANgtz-8BM-TkzHA\\_ab9xyfZkB3jvEluvltluGq8p0ZQX0lu46tbZRgnvgMByz8-4kjeYUG6Ky4\\_3kr4l84zWbe3mvgLZ9-D2w&hsmi=88214634](https://www.mindheart.co/descargables?utm_source=hs_email&utm_medium=email&utm_content=88214634&hsenc=p2ANgtz-8BM-TkzHA_ab9xyfZkB3jvEluvltluGq8p0ZQX0lu46tbZRgnvgMByz8-4kjeYUG6Ky4_3kr4l84zWbe3mvgLZ9-D2w&hsmi=88214634)



**Dr Dog**

### **Dr. Dog Explains COVID-19 by Lydia Monks**

This story isn't a book, it's a PDF guide which can be downloaded at:

<https://www.lydiamonks.com/dr-dog/> — but it helps EYFS learners understand the coronavirus better. Dr. Dog is the central character, and due to his cuddly nature and medical license, he's an authority for children. Dr Dog explains why children might find their world to be different at the moment — why they need to wash their hands, practice social distancing, and why they might have their temperature taken regularly.

This story answers many of the questions young children might have about how their world has changed because of coronavirus. Dr. Dog helps relieve worry about the unknowns, and gives children simple explanations that help them to understand the new guidelines in place.

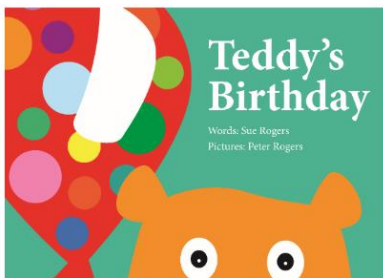


### **Time to Come in, Bear by Kim St. Lawrence**

This book is all about a loveable bear (and his bunny friend) who have to start practising social distancing. The story reassures the bear that during social distancing, there will still be fun activities to enjoy. It's got examples of the activities we can't do right now, and a lot of ideas on fun things to do at home.

The story presents COVID-19 quite simply, explaining that the "world has a cold" and for now, everyone has to stay in their homes. It only gives the basics of the pandemic, and focuses on the need for distancing and home isolation — it's a useful way to answer the inevitable "But why?" when you're keeping the little ones inside.

### **Teddy's Birthday by Sue Rogers**



Teddy is finding it difficult that he can't celebrate his 5th birthday properly and he isn't excited like he should be. He has to stay at home because of the Coronavirus.

This book will help you to talk to children about why they can't have a birthday party or see their friends and family on their birthday. It introduces vocabulary around the pandemic to help them share their experiences and talk about their feelings.

Download at: <https://www.salt-n-pepper.org/books-for-teachers>

### **Pim by Sue Rogers**



Pim is a cute and cuddly penguin who is very angry because having just started school, it has been closed as a result of the lockdown. He can't play with his friends or do the things he loves. He is being taught at home by his mum and he misses his teacher.

This book can be used in school to help children identify what they really like about school and what they have missed. It explores a range of emotions and in particular, what anger feels like and how being sad can make you feel angry.

Download at: <https://www.salt-n-pepper.org/books-for-teachers>

## **Grief and Bereavement**

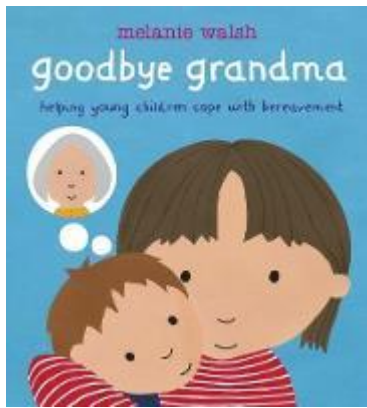


### **George by Sue Rogers**

George is sad and crying. His Grandpa has died in hospital of Coronavirus. Everyone is sad and this is making George feel worried and scared.

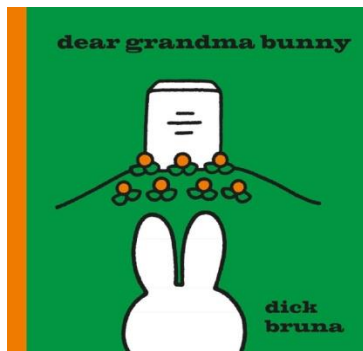
This book should be used individually with children who have suffered a bereavement as a result of the pandemic. It gives children the opportunity to explore their own feelings of loss and of the anxiety that can be created by seeing distressed adults around them.

Download at: <https://www.salt-n-pepper.org/books-for-teachers>



### **Goodbye Grandma by Melanie Walsh**

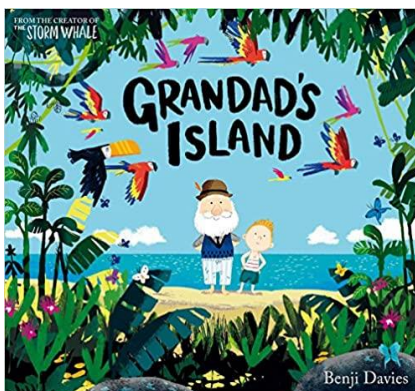
With great sensitivity, this lift-the-flap book helps a young boy cope with the death of Grandma and learn to remember the happy times they had together. Goodbye Grandma effectively tackles the fears young children have surrounding the death of someone close. When a little boy is told that his grandma has died, he isn't really sure what death means. In this reassuring book, he asks his mum important questions about death and bereavement. Why do people have to die? What happens to them once they are dead? What can he do to remember his grandma? Through this gentle dialogue between parent and child, Melanie Walsh sensitively explores the issues surrounding death and bereavement from a child's perspective.



### **Dear Grandma Bunny by Dick Bruna**

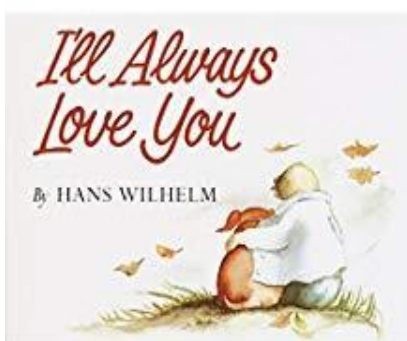
Dear Grandma Bunny explains death in words that young children will find easy to understand. In the story, Grandma Bunny dies and the family thank her for everything she did for them.

This story introduces the concept of death with sensitivity, exploring the range of emotions that come with losing a loved one. The story also touches on gratitude as they thank Grandma Bunny after she is gone, celebrating her life.



### **Grandad's Island by Benji Davies**

At the bottom of Syd's garden, through the gate and past the tree, is Grandad's house. Syd can let himself in any time he likes. But one day when Syd comes to call, Grandad isn't in any of the usual places. He's in the attic, where he ushers Syd through a door, and the two of them journey to a wild, beautiful island awash in colour where Grandad decides he will remain. So Syd hugs Grandad one last time and sets sail for home. Visiting Grandad's house at the bottom of the garden again, he finds it just the same as it's always been — except that Grandad isn't there anymore. Sure to provide comfort to young children struggling to understand loss, Benji Davies's tale is a sensitive and beautiful reminder that our loved ones live on in our memories long after they're gone.



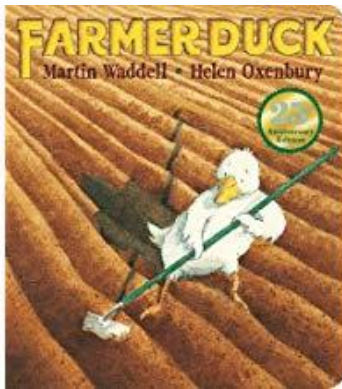
### **I'll Always Love You by Hans Wilhelm**

"This is a story about Elfie - the best dog in the whole world" begins this gentle, moving story, in which a young boy and his beloved dachshund grow up together, only to be parted when Elfie grows old and dies. The family grieves and buries her.

The boy's sadness at the death of his beloved dog is tempered by the remembrance of saying to her every night, "I'll always love you."

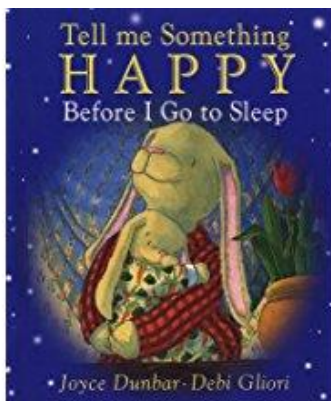


## Relationships and Friendship



### Farmer Duck by Martin Waddell

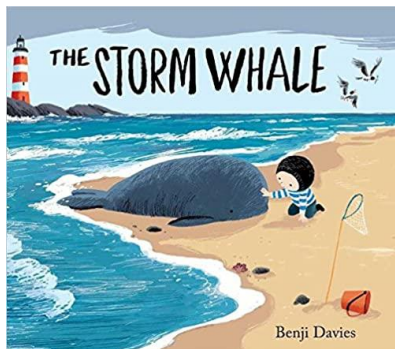
A lazy and fat farmer spends all day in bed, eating chocolates and reading the newspaper, while his poor duck has to do all the work on the farm. One evening, the exhausted duck collapses in tears, to be comforted by chickens. The farm animals are very fond of the duck, and outraged by the farmer's behaviour, so they hatch a plan to help their friend.



### Tell Me Something Happy Before I Go to Sleep by Joyce Dunbar

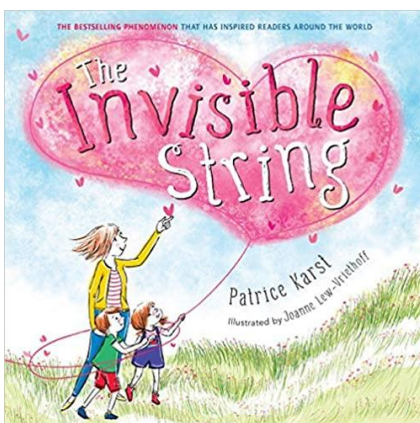
In this endearing bedtime story, Willa's big brother helps her get to sleep by reminding her about all of the happy things around her. Willa is afraid of bad dreams. "Think of something happy," suggests her big brother, Willoughby. But Willa needs his help. So together they think of all the happy things that await her in the morning--cosy slippers to warm her little feet, a yummy breakfast, and the morning itself, which loves to gently nudge her awake. But for Willa, the happiest thing of all is knowing that Willoughby will be there in the morning, too, just like always.

(Also good for "Exploring feelings, emotions and anxieties")



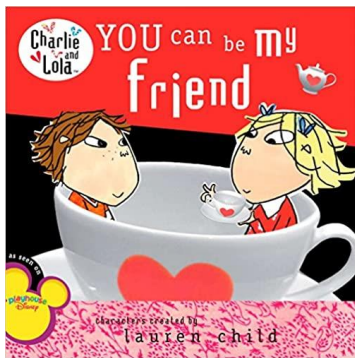
### The Storm Whale by Benji Davies

Noi and his father live in a house by the sea, his father works hard as a fisherman and Noi often has only their six cats for company. So when, one day, he finds a baby whale washed up on the beach after a storm, Noi is excited and takes it home to care for it. He tries to keep his new friend a secret, but there's only so long you can keep a whale in the bath without your dad finding out. Noi is eventually persuaded that the whale has to go back to the sea where it belongs. For Noi, even though he can't keep it, the arrival of the whale changes his life for the better - the perfect gift from one friend to another.



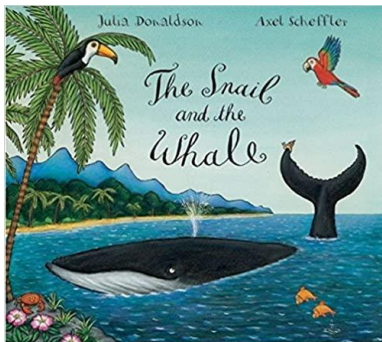
### The Invisible String by Patrice Karst

This story is the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: *An Invisible String made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love.* Does everybody have an Invisible String? How far does it reach? Does it ever go away? This heart warming picture book explores questions about the intangible yet unbreakable connections between us, and opens up deeper conversations about love. (Also good for "Bereavement" and separation anxiety)



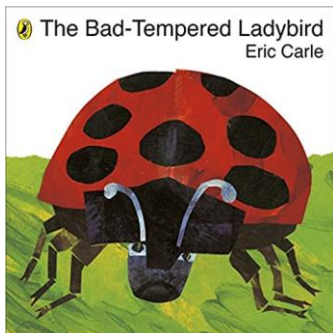
### **You Can be My Friend by Lauren Child**

Lola is excited because she is going to spend the afternoon with Morten, the little brother of Charlie's best friend. Lola has planned out the entire afternoon with fun and games, but her hopes are dashed when she discovers that Morten is so shy he won't even speak! Lola tries everything she can think of to get Morten to break out of his shell, but nothing does the trick. How will Lola and Morten have fun?



### **The Snail and the Whale by Julia Donaldson**

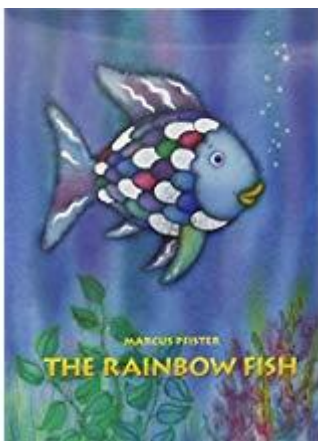
One tiny snail longs to see the world and hitches a lift on the tail of a whale. Together they go on an amazing journey, past icebergs and volcanoes, sharks and penguins, and the little snail feels so small in the vastness of the world. But when disaster strikes and the whale is beached in a bay, it's the tiny snail who saves the day.



### **The Bad-tempered Ladybird 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.

## **Sharing and co-operating**



### **The Rainbow Fish by Marcus Pfister**

This story is about a fish with shiny, multi-coloured scales named Rainbow Fish. He has blue, green, and purple scales. Interspersed with these colourful scales are shiny, holographic scales which are his favourites. One day a small blue fish asks him if he could have one of his shiny silver scales. Rainbow Fish refuses in a very rude manner. The small blue fish tells all the other fish that Rainbow Fish was being rude, and as a result the others do not want to play with him anymore.

His choice not to share soon makes Rainbow Fish a lonely fish. He discovers, in the end, that in sharing his scales, not only does he bring a smile to others, but he feels happy as well.

(Also good for "Exploring feelings, emotions and anxieties")

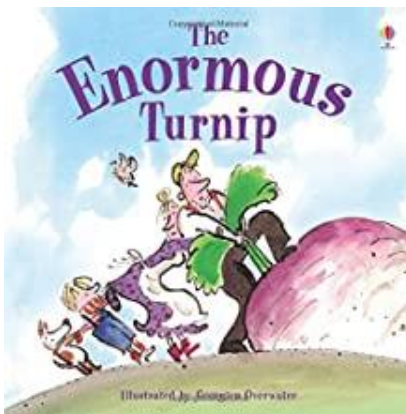




### Sharing a Shell by Julia Donaldson

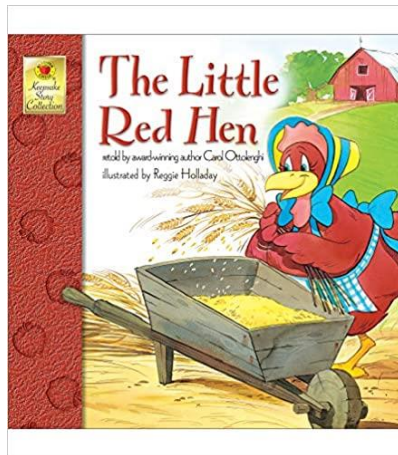
When Crab finds a new shell, he doesn't want to share it with anyone - especially not a blobby purple anemone and a tickly bristleworm. But life in the rock pool proves tougher than Crab thinks and he soon finds he needs his new housemates. Can the three creatures find a way to get along?

(Also good for "Relationships and Friendship")



### The Enormous Turnip (many versions available by various authors)

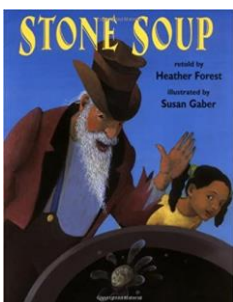
When the farmer can't pull a turnip out of the ground, he enlists his entire family to help him. In this book, the moral is that it takes everyone working together to achieve a goal - to unearth the enormous vegetable.



### The Little Red Hen (many versions available by various authors)

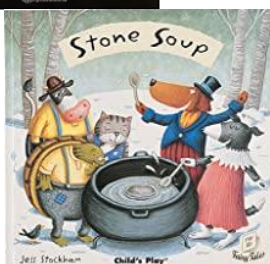
The Little Red Hen works really hard all by herself to plant, grow and harvest some wheat and then makes some delicious bread - no thanks to the scatty cat, mucky duck, and big fat rat, who have refused to help her all along. When the hen asks a cat, dog, and mouse for help planting some wheat, she gets no takers: 'Not !!' said the cat. 'Not !!' said the dog. 'Not !!' said the mouse. They won't water, cut, or grind the wheat . . . or help bake a cake with it, either.

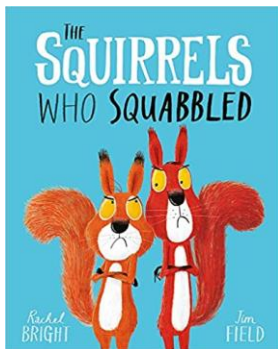
Children will learn a valuable lesson about teamwork from this classic tale!



### Stone Soup (many versions available by various authors)

Two hungry travellers arrive at a village expecting to find a household that will share a bit of food, as has been the custom along their journey. To their surprise, villager after villager refuses to share, each one closing the door with a bang. As they sit to rest beside a well, one of the travellers observes that if the townspeople have no food to share, they must be "in greater need than we are." With that, the travellers demonstrate their special recipe for a magical soup, using a stone as a starter. All they need is a carrot, which a young girl volunteers. Not to be outdone, another villager contributes a potato, and the soup grows as others bring corn, celery, and other vegetables and seasonings. This cumulative retelling of an ancient and widely circulated legend, shows us that when each person makes a small contribution, "the collective impact can be huge."



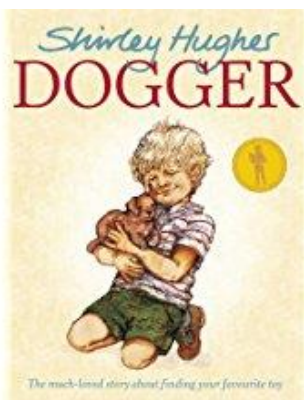


### **The Squirrels who Squabbled by Rachel Bright**

Greedy squirrels Cyril and Bruce both have their sights on a very special prize: THE VERY LAST NUT OF THE SEASON! As the nut bounces crazily though the forest, the squirrels race after it, between the trees, over boulders, down the river and - ARGH! - right to the edge of a waterfall! Working together might be the only way to save themselves now.

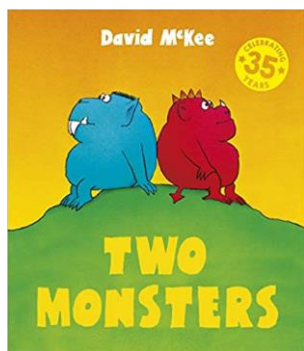
(Also good for "Resolving Conflict")

## **Resolving Conflict**



### **Dogger by Shirley Hughes**

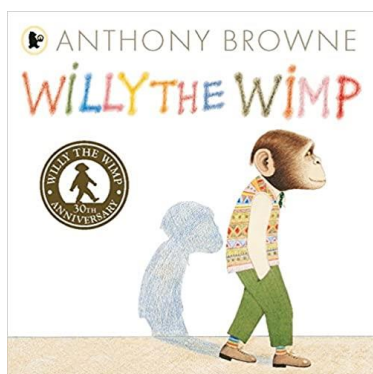
When Dave loses his favourite toy, Dogger, he is distraught. But then Dogger turns up at the school summer fair on sale for 5p and everything seems all right - until someone else buys him before Dave can get the money  
However his athletic sister Bella wins a prize – a huge teddy bear – which she uses to resolve the conflict and negotiate with the new owner in order to get Dogger back for Dave.



### **Two monsters by David McKee**

This is an important story about learning to respect other people's viewpoints.  
Two monsters live on either side of a mountain. Sometimes they talk through the hole in the mountain, but they never see each other. One evening, they get into a silly argument about whether day is departing or night is arriving. This escalates into a rock throwing fight, which eventually destroys the mountain, until finally they are able to respect each other's point of view and live peacefully together as friends.

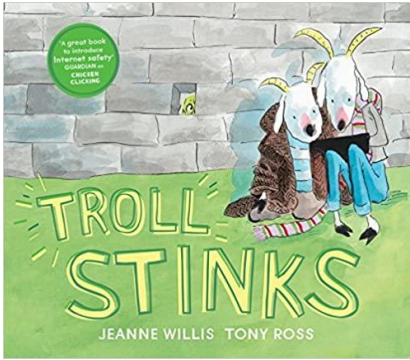
## **Bullying**



### **Willy the Wimp by Anthony Browne**

Willy is a gentle kind of chimp but also a target for a group of bullies, who have nicknamed him 'Willy the Wimp'. One day Willy notices an advert in his comic and pursues it to start bodybuilding. Soon the changes he makes to his appearance gives him the confidence to stand up to the bullies. This is a very humorous story and one that leaves readers with much to discuss regarding the extent to which they agree with Willy's response to his bullies.

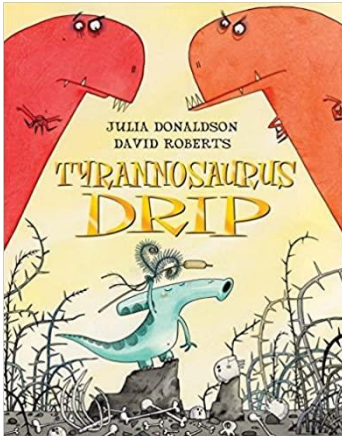




### **Troll Stinks by Jeanne Willis**

This is a great choice of book for exploring the topic of cyberbullying with young children.

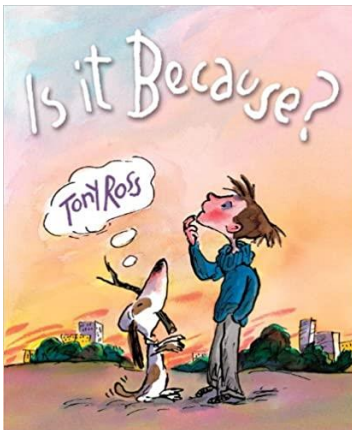
Billy Goat and his best friend Cyril are messing about with the farmer's mobile phone, taking selfies and playing games... until they discover the number for the troll living under the bridge. Grandpa Gruff says all trolls are bad, so Billy and Cyril decide to get their own back by sending mean messages. After all, trolls really do stink! Don't they? Soon the two friends discover that their online actions have had a big impact on troll's feelings and that their messages were not such a fun idea after all.



### **Tyrannosaurus drip by Julia Donaldson**

Everyone knows that tyrannosaurus are big and scary, so when a placid duckbill dinosaur's egg ends up in the wrong nest, confusion is sure to ensue! When the baby dinosaur hatches out, he's so out of place, being a little peace-loving vegetarian dinosaur, and he never fits in with his adopted family of fierce Tyrannosaurus. His grisly big sisters call him Tyrannosaurus Drip. Poor little Drip: all he wants is a quiet life munching on water weed.

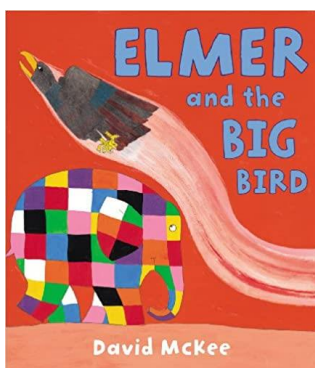
After putting up with lots of bullying from the other dinosaurs, Drip runs away to find a place where he really belongs and soon he finds the inspiration to stand up to the bullies.



### **Is it because? by Tony Ross**

This book tells the story of a boy who is the victim of an unpleasant bully. He wonders why he is bullied by his classmate Peregrine Ffrog. He asks himself various questions: 'Is it because he misses his mum? Is it because he still sucks his thumb? Is it because he smells like a pike? Is it because he can't ride a bike?' And the questions he asks leads him to a greater understanding of himself and the bully. He comes to the conclusion that he is not the one at fault after all and begins to realise that the bully is unhappy and jealous of him.

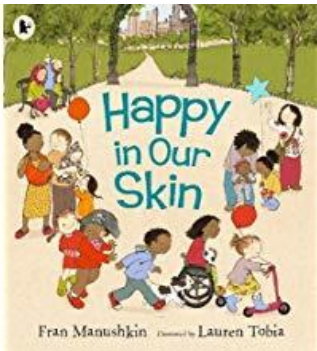
This is a picture book that cleverly uses rhyme and visual humour to approach the complex topic of bullying in an accessible way.



### **Elmer and the Big Bird by David McKee**

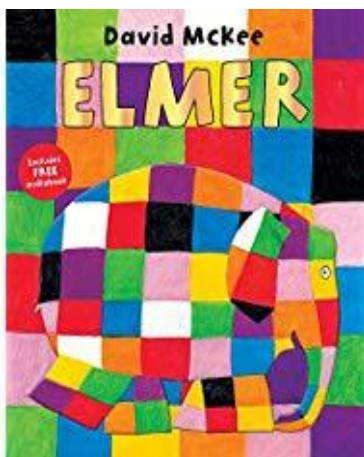
Elmer the Elephant knows what it feels like to be different! One day, Elmer notices that there are no birds around anymore and he begins to wonder what is happening. Soon he finds them hiding from the nasty, fierce bully bird in a nearby cave. The bully bird is mean and likes to frighten the little birds. Elmer helps the animals work together to stand up to the bullying and to frighten off the bully - and together they succeed!





### Happy in Our Skin by Fran Manushkin

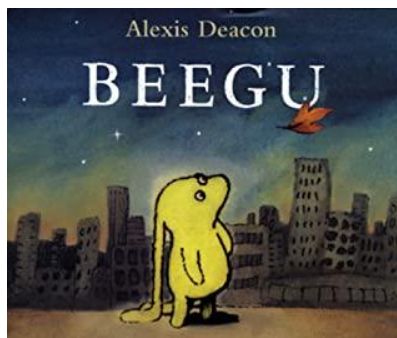
As these babies grow, their amazing skin does too, enjoying hugs and tickles, protecting them inside and out, and making them special, whether they're cocoa brown or cinnamon or peaches and cream. A breezy and irresistible picture of the human family, and how wonderful it is to be just who you are.



### Elmer by David McKee

Elmer is an elephant with rainbow and white squares arranged as a patchwork. He has a cheerful and optimistic personality, and he loves practical jokes.

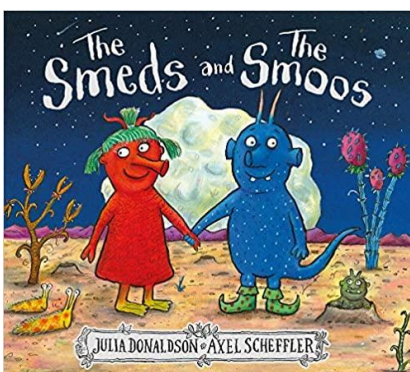
One day, Elmer decides that he wants to look like all the other elephants, and paints himself grey in order to 'blend in'. Once painted, they - and the other jungle creatures - no longer recognise him, but Elmer is not happy. When it begins to rain, the grey paint that Elmer has covered himself with starts to disappear, and Elmer's "true colours" are revealed, much to the delight of his friends, who preferred his multicoloured and fun loving personality. Following their happy reunion, the elephants reassure Elmer that they love him because of his differences, and not in spite of them, and they celebrate by painting themselves in multi-coloured paint in recognition of Elmer's unique appearance and personality.



### Beegu by Alexis Deacon

Beegu's spacecraft is stranded on Earth. Now she is lost and wandering. Waiting for a rescue signal from her mother, she fails to make friends with the strange creatures she encounters. Rabbits don't seem to understand her; windblown leaves won't stay still to listen. But at last, on a school playground, Beegu discovers a group of fantastic companions who are happy to let her join their games . . . until a grownup creature spoils the fun.

Beegu's spirits are sinking lower than ever just as the mother ship arrives. This picture book shows us our world through the three eyes of an innocent outsider. (Also good for "Empathy")



### The Smeds and the Smoos by Julia Donaldson

The red Smeds dislike the blue Smoos, and the Smoos dislike the Smeds. They both think they have nothing in common, and they hardly ever agree. Meeting by accident in the Wulpular Wood, Janet and Bill delight in each other's company until their grandparents find out and drag them away. Continuing to meet in secret, Bill and Janet eventually decide to marry, but their families are so appalled at the idea that the only solution seems to be to steal Janet's grandfather's rocket and elope into space. Can the Smeds and the Smoos find the young lovers, or will they be lost forever? Will love conquer all in this quirky space story? There might just be a happy ending that's also very cute indeed...

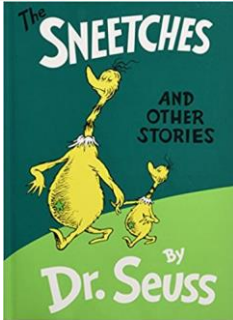
The Mixed-Up Chameleon  
by Eric Carle



### The Mixed-Up Chameleon by Eric Carle

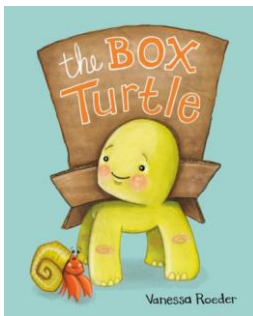
This book is about a changing chameleon that wants to be a little bit of everything.

There once was a small green chameleon that wished to be handsome like a flamingo, smart like a fox, and funny like a seal. But with each transformation in size, shape, and colour, the chameleon learns that maybe being yourself is best of all!



### The Sneetches by Dr. Seuss

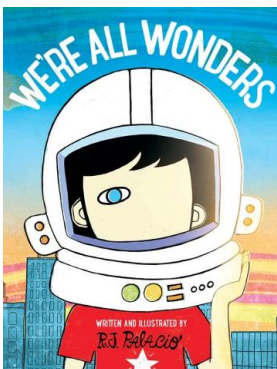
Some sneetches have a star on their tummy, while others do not. When the Sneetches with stars begin to believe they are superior, those without stars become jealous. Young children are sure to love the funny names and traditional Seussian illustrations, but more importantly they will learn the valuable lessons of tolerance and self-worth.



### The Box Turtle by Vanessa Roeder

This is a very sweet story about having the confidence to be oneself. A cute-looking turtle was born without a shell so he uses a cardboard box instead. He loves it...until another turtle points out that his shell is weird. He goes in search of the perfect shell but eventually, he learns it's OK to be different.

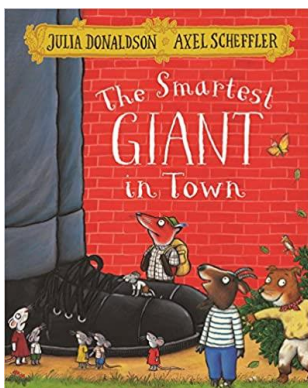
## Empathy



### We're All Wonders by R. J. Palacio

*"I know I can't change the way I look. But maybe, just maybe, people can change the way they see . . ."*

In *We're All Wonders*, young children are introduced to the importance of choosing kind, in a picture book, starring Auggie and his dog Daisy. *The story* shows readers what it's like to live in Auggie's world - a world in which he feels like any other kid, but he's not always seen that way. *We're All Wonders* taps into every child's longing to belong, and to be seen for who they truly are. It's the perfect way for teachers to talk about empathy, difference and kindness with young children.



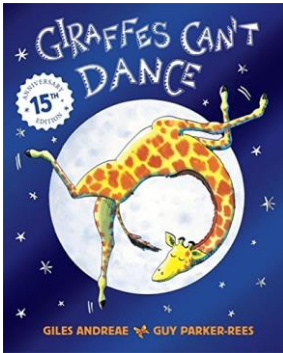
### The Smartest Giant in Town by Julia Donaldson

When George the giant spies a shop full of wonderful clothes, he decides to treat himself to a new outfit. He puts on his new shirt, trousers, shoes, and tie, and is immediately transformed from the *scruffiest* giant in town to the *smartest* giant in town. But on his way home, George runs into various animals who need his help. And little by little, George finds himself giving away all his new purchases.

This is a lively tale that reminds readers that sometimes it's what's inside a person-or a giant-that matters most.



## Self Confidence and Self Esteem



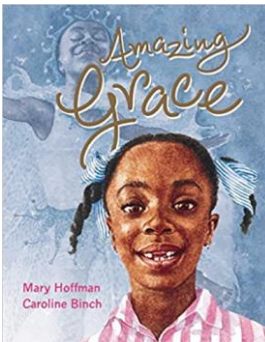
### **Giraffes Can't Dance by Giles Andreae**

At the beginning of the story, the reader is introduced to Gerald, a tall giraffe who has a long neck, thin legs, and crooked knees. One day, Gerald decides to go to the Jungle Dance, an annual dance festival. Unfortunately, when Gerald steps onto the dance floor, the other animals start laughing at him before he even starts dancing. Gerald feels embarrassed and sad, but is soon comforted by a cricket, who tells him to “dance to his own music.” After talking to the cricket, Gerald gains some confidence and is finally able to dance. The story ends with the other animals seeing Gerald’s newfound dancing skills and acting impressed.



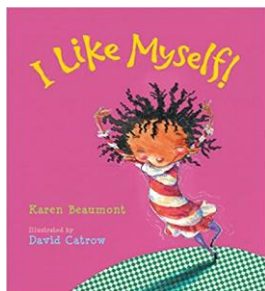
### **Almost Anything by Sophy Henn**

This is a book with an empowering message about the power of self-belief. At the beginning of the story, George the rabbit sits on a tree stump watching his woodland friends busy doing all sorts of clever and fun activities like painting, roller-skating, knitting and dancing. Believing that he can't do anything like that, George leaves himself with no option but to sit and watch. That is, until a wise old bear observes George's no-can-do attitude and decides to help him to cultivate some important self-belief. This book encourages young children to have the confidence to try new things using the 'magic' of a positive attitude from within themselves.



### **Amazing Grace by Mary Hoffman**

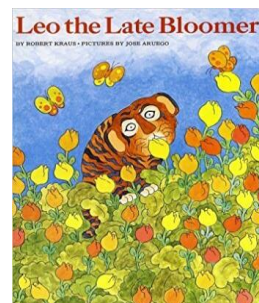
Grace's favourite pastime is writing her own stories to act out for her family and friends. When her school holds auditions for *Peter Pan*, Grace is longing to play Peter, but is heartbroken to hear that she can't be Peter because her classmates say that Peter was a boy, and besides, he wasn't black. It's Grace's grandmother who teaches her that if she has enough confidence and determination, she can be whatever her heart desires.



### **I Like Myself by Karen Beaumont**

Messy hair? Beaver breath? So what! Here's a little girl who knows what really matters. This is a humorous book about a girl who is just bursting with self acceptance and confidence.

Through funny, colourful pictures, this story explores self-esteem, liking yourself for who you are and encourages young children to appreciate everything about themselves--inside and out.

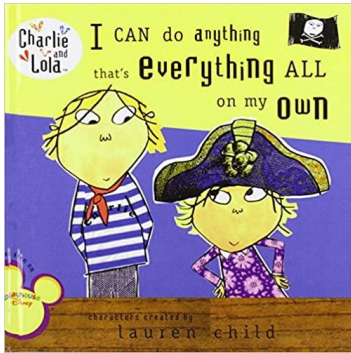


### **Leo the Late Bloomer by Robert Kraus**

This book tells the story of a young lovable tiger, who doesn't seem to quite fit in with the other tigers his age. Though Leo loses confidence each time he's left behind, it's his mother who reminds him that not every tiger is the same, and that it's okay to take a little longer to gain one's tigerness.



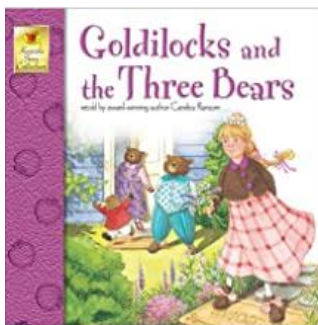
## Independence and Responsibility



### I Can Do Anything That's Everything All on My Own by Lauren Child

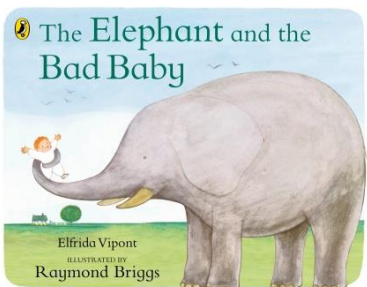
Today Lola wants to do everything all on her own, but things aren't as easy as she thought they'd be. In the park, when Charlie and his friend Marv explain to Lola that a seesaw won't "see" or "saw" with only one person on it, Lola reluctantly lets them sit on the other end. When Lola soars into the sky, it launches her into an elaborate high-seas fantasy where she saves Marv and Charlie from ever-so evil pirates. All on her own!

## Behaviour - Knowing Right from Wrong, Manners and Positive Behaviour



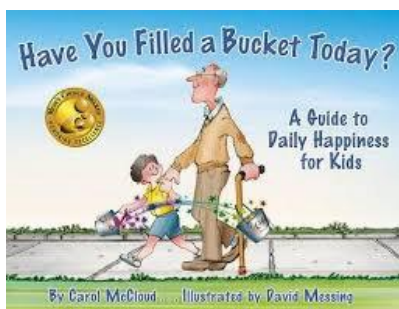
### Goldilocks and the Three Bears (Traditional)

The **moral** of "Goldilocks and the Three Bears" is that individual actions can hurt others, especially when one person uses or destroys another person's property. In addition, the popular fable stresses the importance of self control and respecting others.



### The Elephant and the Bad Baby by Elfrida Vipont

One day, an elephant offers a baby a ride through the town, and the set off on a great adventure. But when the elephant finds out that the bad baby has forgotten his manners, the adventure comes to an abrupt end. The Elephant takes the Bad Baby for a ride and they go 'rumpeta, rumpeta, rumpeta down the road.' They help themselves to ice creams, pies, buns, crisps, biscuits, lollipops and apples, and the shopkeepers follow them down the road shouting and waving. All ends well as the Bad Baby learns to say 'Please' and his mother makes pancakes for everyone.

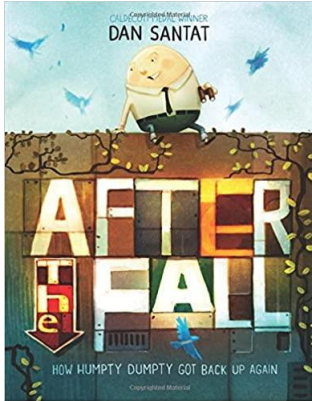


### Have You Filled a Bucket Today? By Carol McCloud

This 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 well-being of others and ourselves.

Watch the story online: <https://www.youtube.com/watch?v=JEg38zCOMgk>

## Resilience, Patience and Perseverance



### After the Fall by Dan Santat

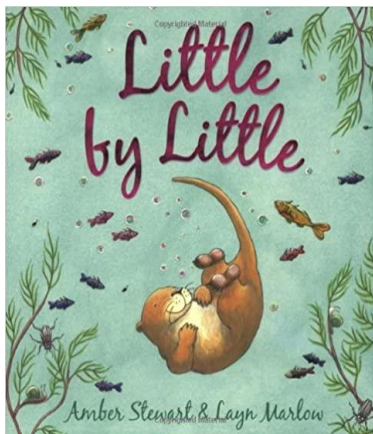
We've all heard about Humpty Dumpty's catastrophic fall, but what about how he got back up again? This poignant tale follows Humpty Dumpty, an avid bird watcher whose favourite place to be is high up on the city wall--that is, until *after* his famous fall. Now terrified of heights, Humpty can no longer do many of the things he loves most. Humpty Dumpty recounts his brave and arduous journey back up to the top of the wall again. This cleverly illustrated story acknowledges that things go wrong sometimes but that it can be our individual response to such misfortune that often harvests resilience and hatches us into something stronger than ever before.



### The Most Magnificent Thing by Ashley Spires

A charming picture book about an unnamed girl and her very best friend, who happens to be a dog. The girl has a wonderful idea. She is going to make the most MAGNIFICENT thing! She knows just how it will look. She knows just how it will work. All she has to do is make it, and she makes things all the time. Easy-peasy!?! But making her magnificent thing is anything but easy, and the girl tries and fails, repeatedly. Eventually, the girl gets really, really mad. She is so mad, in fact, that she quits. But after her dog convinces her to take a walk, she comes back to her project with renewed enthusiasm and manages to get it just right.

This funny book offers a perfect example of the rewards of perseverance and creativity, while at the same time reassuring children that it's okay to make mistakes.



### Little by Little by Amber Stewart

Scramble is a little otter who can't swim. At the beginning of the story, we find him in the middle of writing a list. It's his Can-do and Can't-do List. The Can't-do side just says 'Swimming'. One small word. But not being able to swim is a big deal for Scramble. It means he's teased by some of the riverbank animals. It means he feels left out when everyone else is in the water. And it means he spends hours and hours sitting on his own on the slippery rock wishing and wishing and *wishing* that he could. But something is going round in Scramble's head. Something his mummy has said. Something his older sister has said. 'You've got to start small' And so, slowly, slowly, Scramble builds his confidence in the water - overcoming each new incremental goal that he sets himself. Until, finally, Scramble *really* can swim!