



Ideas to Support Personal, Social and Emotional Development in the EYFS



Produced by The Early Years Quality Improvement Team.

Educational Programme for Personal, Social and Emotional Development

Children’s personal, social and emotional development (PSED) is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.

(Statutory Framework for the Early Years Foundation Stage, EYFS reforms early adopter version July 2020)

Personal, Social and Emotional Development – Birth to Five Matters description

Who we are (personal), how we get along with others (social) and how we feel (emotional) are foundations that form the bedrock of our lives. As we move through life, we are continually developing our sense of self as we weave a web of relationships with self, others and with the world.

PSED is fundamental to all other aspects of life-long development and learning, and is key to children’s well-being and resilience. For babies and young children to flourish, we need to pay attention to how they understand and feel about themselves, and how secure they feel in close relationships: in so doing they develop their capacities to make sense of how they and other people experience the world. Children’s self-image, their emotional understanding and the quality of their relationships affect their self-confidence, their potential to experience joy, to be curious, to wonder, and to face problems, and their ability to think and learn.

A holistic, relational approach creates an environment that enables trusting relationships, so that children can do things independently and with others, forming friendships. Early years practitioners meet the emotional needs of children by drawing on their own emotional insight, and by working in partnership with families to form mutually respectful, warm, accepting relationships with each of their key children.

(Birth to 5 Matters, *Early Years Coalition, March 2021*)

The activities in this booklet are aimed mainly at 2 – 5 year olds although some activities will not be suitable for the younger children. Please use your knowledge of your children’s developmental stage to assess the appropriateness of activities.

IMPORTANT – Some of the “Make your own” activities will need to be largely carried out by adults, especially when using strong glue. The resulting resources can then be used with the children to support different aspects of their PSED.

Recognising, Identifying and Naming - Feelings and Emotions

Children will experience a range of different feelings and emotions, but they often don't understand them completely or have the language and vocabulary to express them. Provide opportunities for adults to model, talk about and use the vocabulary of different emotions on a regular basis through play based activities they can share with children



AM CLASS

How do you feel today?

Sad	Mad	Happy	Tired	Crying	Excited
Sadness	Anger	Disappointment	Excitement	Surprise	Love
	Madness	Amusement	Relief		Admiration
	Yellowness	Blueness	Redness		Greenness
		Darkness	Lightness		Whiteness
		Darkness	Lightness		Whiteness



**Recognising, Identifying and Naming
- Feelings and Emotions**

Emotions Action Song

**If you're happy and you know it
clap your hands.**

**If you're mad and you know it
cross your arms.**

**If you're frustrated and you know it
stomp your feet.**

**If you're excited and you know it
jump up and down.**

**If you're sad and you know it
make a frown.**

**If you're scared and you know it
hide your face.**

www.notimeforflashcards.com

This sheet contains a grid of toy cars and various activity instructions:

- Take a deep breath** (with a balloon icon)
- Swim in the water** (with a fish icon)
- Picture a place** (with a house icon)
- Count to 10** (with a number 10 icon)
- Color a picture** (with a pencil icon)
- Stand like a tree** (with a tree icon)
- Stretch** (with a person stretching icon)
- Stand like a pretzel** (with a pretzel icon)
- Ask a question** (with a question mark icon)
- MAD HAPPY** (with a sad face icon)
- HURT SAD** (with a sad face icon)
- PROUD SAD** (with a sad face icon)
- EMERGENCY** (with a car crash icon)
- EMERGENCY** (with a car crash icon)
- EMERGENCY** (with a car crash icon)
- EMERGENCY** (with a car crash icon)



EMOTIONS DISCOVERY BOTTLES

Feelings and Emotions Walk

This simple mindfulness activity encourages children to notice how different emotions feel in their body.

Not only do children need to be able to identify and name their emotions, but they also need to learn how to recognise those emotions in their own bodies. Then eventually they learn how to manage and cope with those emotions. This activity encourages children to focus specifically on how our body changes when we are feeling a wide variety of emotions.



FEELINGS WALK: EMOTIONS ACTIVITY FOR KIDS



WWW.ANDNEXTCOMESL.COM

1. PICK AN EMOTION OR A FEELING

Try a variety of different emotions. You could try frustrated, excited, sad, angry, worried, happy, nervous...anything really!

2. WALK AS IF YOU ARE FEELING THAT EMOTION

Now imagine that you are feeling the chosen emotion from step one. Start walking as if you were feeling that way.

3. NOTICE HOW YOUR BODY CHANGES

This step is all about being present and noticing how your body feels as you act out the emotion. Depending on the age of your children, you might need to help point out some of these movements and signs. Here are some ideas to consider:

- Do you drag your feet?
- Do you have a slight bounce in your step?
- Are you moving fast or slow?
- Are you slouched over or do you hold your head up high?
- What are your hands and/or arms doing?
- What does your facial expression look like?
- Are you making any noises as you walk? (e.g. sighing, grumbling, etc.)

HOW TO ADAPT THIS EMOTIONS ACTIVITY

If your children are having trouble noticing how their bodies change, then you might need to adapt the activity.

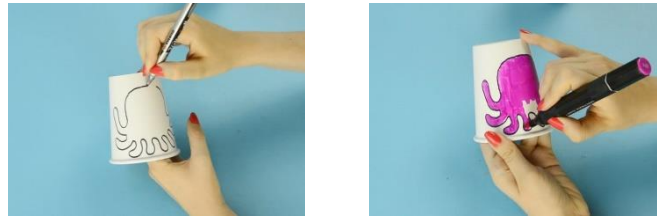
You may need to model the movements so that your children can watch you do the feelings walks. Try exaggerating the movements and actions to really draw attention to how the body changes for the given emotion. Make it obvious for your children to spot how the body behaves.

Another idea is to do these feelings walks in front of a large mirror so that your children can observe the changes in the way they walk.

How to Make an Emotions Paper Cup Octopus



1. Take one of the paper cups and draw an octopus on it. You can sketch it with a pencil first so you can “fix” things if necessary. The head / body of the octopus needs to be wide an large enough (taking a greater portion of the cup). Once you are happy with your octopus craft design draw it with a black permanent marker.



2. Colour in the octopus. The colour is really not important but we thought our would look nice in hot pink. Permanent markers work best although you could just as easily use paints.



3. Adult only: With a craft knife cut out a rectangle in the head region (we marked it with a pencil to make it easier). Be very careful as the curved surface makes the knife not so easy to work with.

4. Now that you have one cup with the hole, take the other cup and push it inside the one with the hole (octopus on top). Take a regular pencil and trace the rectangle (through the rectangle hole) to make a rectangle outline on the cup inside. Rotate the cup a bit, moving the square outside of the rectangle and draw another rectangle outline. Repeat until you reach the end.

5. Take the cup out. Draw different facial expressions inside the rectangle outlines. Happy, angry, confused, silly, sad, whatever you like.



6. Colour around the faces (and over the edges of the rectangles) with the same colour as you did the octopus body. Let the colour dry for a bit to avoid any potential smudges (it shouldn't take long).

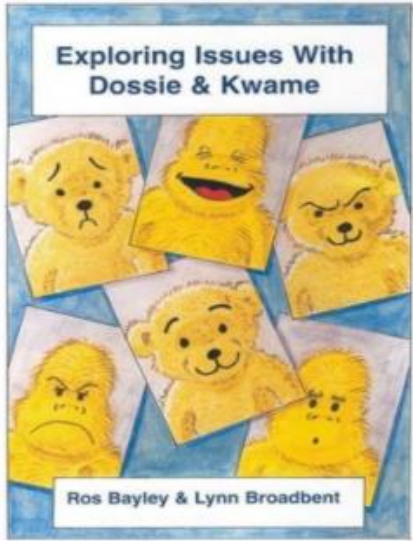
7. Place the cup with the octopus body on top of the cup with faces. Rotate the paper cups and have fun watching this paper cup octopus change it's face.



What you need:

- 2 paper cups (white are preferred)
- black permanent marker
- colourful permanent marker
- craft knife (adults only)
- pencil

Exploring Feelings and Strong Emotions

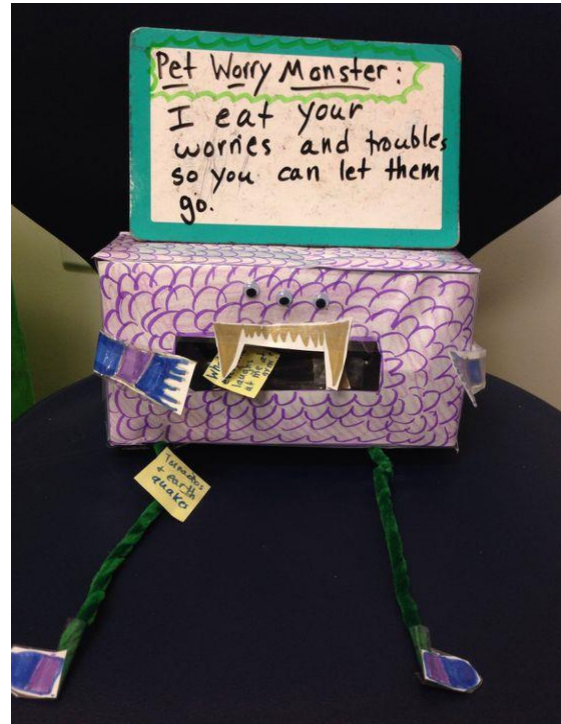


Dossie & Kwame are 2 puppets designed by Ros Bayley which illustrate stories about common social problems/scenarios and explore the feelings involved as well as the ways that the puppets solve these. The book can be obtained online (Foyles.co.uk, Waterstones.com and other sites) but you can use your own puppets, take your own photographs and make up your own stories and social scenarios according to challenges/difficulties the children in your setting have been having, modelling how these can be solved and talking about the feelings/emotions involved.



Worries and Anxiety

HOMEMADE WORRY DOLLS



Worry Dolls

1. A child feeling any kind of worry or anxiety holds a doll and tells the doll about his specific worry. His worry is then transferred to the doll.
2. The worry doll is then placed under the pillow. Some children prefer to place the doll in a special wooden box or cloth pouch.
3. Sometimes, the child caresses the doll's tummy a few times so that his worries don't hurt it in the morning.
4. The child can then sleep tight, knowing that the doll is now doing the worrying for him.
5. If a child has more than one worry, more dolls are needed as each doll deals with one fear. Other children, however, reuse their worry doll many times and tell all their worries to that particular doll.
6. The child wakes up in the morning to find his worries have disappeared. Many parents remove the doll during the night. This gives further proof to the child that their worries are gone.



The Worry Monster Poem

I'm your little worry monster
I am always here
When worries pop into your head
Don't let them turn to fear

Take a piece of paper
Make sure you write your name
Explain your worry
Write it clear and plain

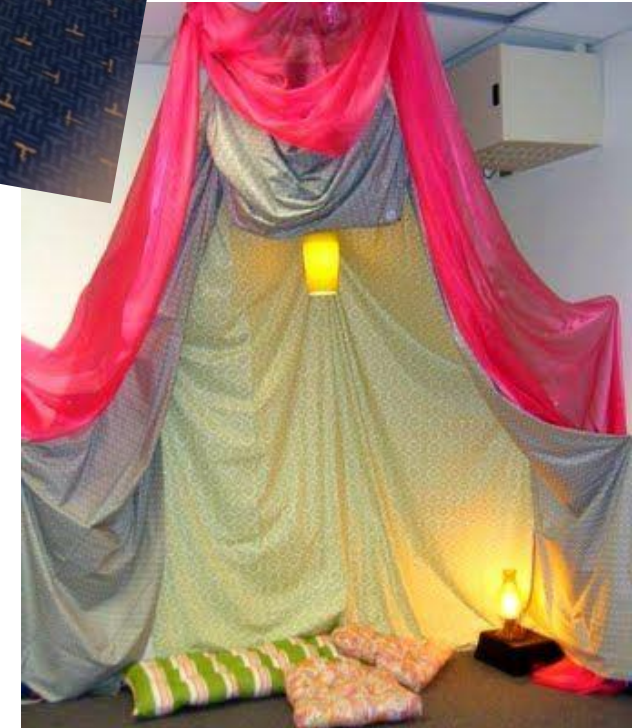
Put the worry into my mouth
And let me eat the fear
Put a smile upon your face
Then give a great big cheer!

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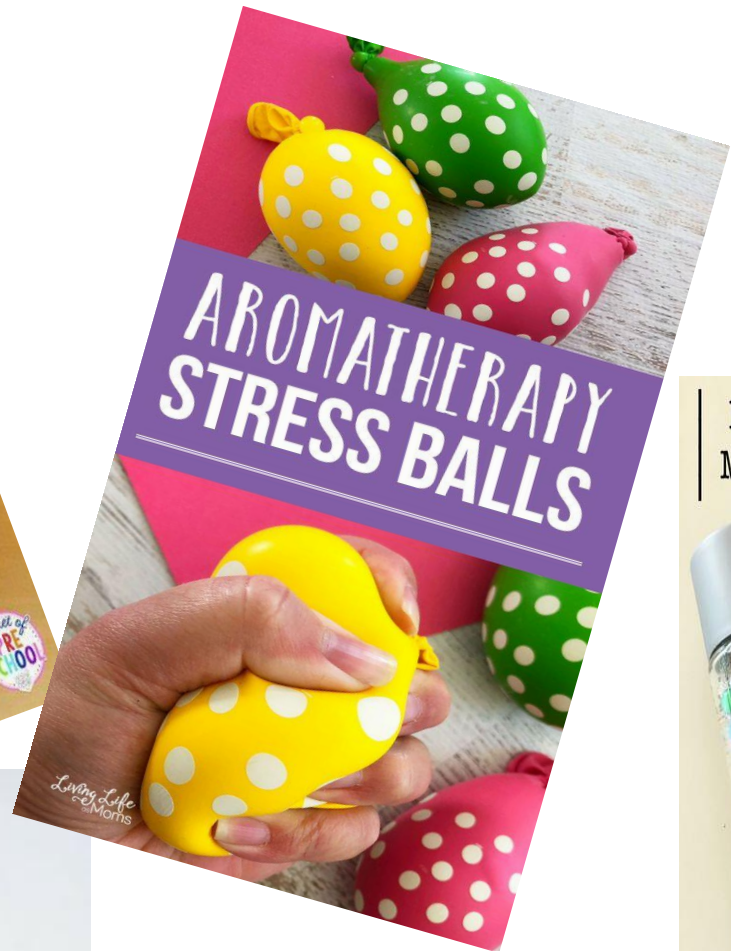
The page features two cartoon illustrations of worry monsters. On the left is a blue, round, friendly-looking monster with large eyes and a small mouth. On the right is a purple, elongated, scary-looking monster with a wide-open mouth showing sharp teeth and a tongue. The background is a vertical rainbow gradient.

Creating Spaces to be Calm

It is important that children have safe spaces where they can go to be calm. Ensure that the children know how to use this space and the behaviour that they are expected to use in this “special” area. Adults may need to model how to do this when the area is introduced.



Calm Down Resources



How to Make a Calm Down (Sensory) Bottle



Step 1: Remove label from the bottle. You can use surgical spirit on a cloth or paper towel to scrub off the residue from the sticker.

Step 2: Fill about 1/3 of the water bottle with warm water. Using warm water helps the soap mix with the water easily.

Step 3: Drop in whatever craft decorations you want to use. For this bottle they have used shiny beads, craft gems, glitter and sequins.



Materials:

- Water bottle
- Clear liquid hand soap
- Glitter
- Decorations: Craft gems, beads, sequins, or any other small craft decorations you may have
- Water
- Low temp glue gun (or super glue)

Step 4: Fill the rest of the water bottle up with the clear liquid hand soap. Make sure you fill it all the way to the top because the bottle works best with no air and minimal bubbles in it.

Step 5: Put the lid on and move the bottle around. Once you're sure this is how you want your bottle to look, secure the lid with a low temperature glue gun (or super glue, being very careful!)



Step 6: Put the glue around the edges to prevent leaks and also to prevent the children from opening it and spilling the contents. Once the glue has dried your bottle is ready to use!



How to make I-Spy Bottles



You need:

- Empty, clean and dry plastic bottles
- Your choice of filler material
- Dyed dry rice in various colours, lentils and mini alphabet beads
- Mini toys e.g. cars, dinosaurs, butterflies, bugs, ladybirds, flowers, leaves
- Wooden/plastic alphabet letter set

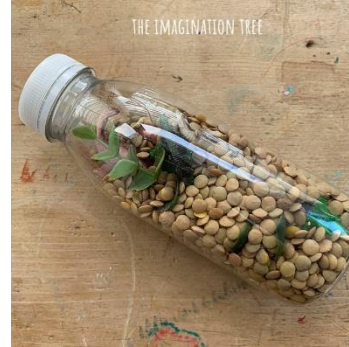


Car I Spy Bottle:

To make this I Spy bottle add a filler material of mixed yellow and black dyed rice to a plastic bottle until it is just over 3/4 full.

Now drop in some mini cars, seal the bottle and play!

Ask: How many cars can you see? Can you find the blue/red/green car? Tell a story about the cars and where their drivers might be going to.



Dinosaur I Spy Bottle:

Fill a plastic bottle just over 3/4 full with lentils.

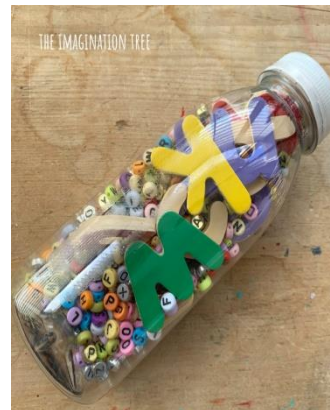
Drop in some pretend plants (cut some small stems from larger fake plants if needed) and some miniature dinosaur toys. Seal shut and play!

Ask: How many dinosaurs can you find hiding? Are there more green or brown dinosaurs? Where is Triceratops? Do you know the name of this dinosaur? What do you think these dinosaurs are going to do today? Tell a story together.

Alphabet I Spy Bottle:

Fill a plastic bottle 3/4 full with small alphabet beads. Now drop in as many letters as you can fit so that they can still tumble around and be seen easily. Seal shut and play!

Ask: Can you find the letter that makes the sound Ssssssssss? Do you know the sounds of any of the other letters? Can you find some of the letters from your name?



Garden I Spy Bottle:

Add green dyed rice to a plastic bottle until it is 3/4 full. Now add fabric flowers, mini ladybirds and small toy butterflies. Seal shut and play!

Ask: How many ladybirds are there? Can you find the blue/brown/ yellow etc butterfly? How many creatures altogether? Are there more pink flowers or white flowers? etc



Make your own Sensory Stress Balls



Materials:

- Multi-colored polymer beads (water beads)
- Glow in the dark polymer beads
- Clear balloons
- Sorting bowls
- Water
- Water bottle

Step 1: Fill a bowl with water and add polymer beads. A tablespoon of each colour bead makes about 4 sensory balls. The beads will start to absorb the water within 15 minutes and will be full grown within a few hours.

Step 2: Pour the fully grown beads into a water bottle. If you fill a 16.9 oz bottle with beads, you get the perfect size stress ball! Then fill the bottle about halfway with water. This will keep the beads moist when they are inside the balloon.

Step 3: Blow up the balloon about halfway. Hold the air in with one hand and stretch the end of the balloon over the top of the water bottle with the other hand.

TIP: It helps to have another person hold the water bottle in place!



Step 4: Squeeze the water bottle to get the beads inside of the balloon. They fall perfectly into the balloon, along with the water.



Step 5: Let some air and water out of the balloon until you are happy with the shape and size. Be sure to keep enough water inside so the beads won't dry out. Then tie the balloon.

Squeeze the balloon and enjoy your DIY sensory ball!



CALM DOWN YOGA FOR KIDS



I am strong.

Use your strength to catch tricky waves



I am kind.

Stretch high and spread kindness all around.



I am brave.

Be brave and fearless as you fly down the ski run.



I am friendly.

Stretch like a dog wagging its tail.



I am wise.

Be a wise owl perched on a tree branch.



Childhood 101 & Kids Yoga Stories

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

RAISING AN EXTRAORDINARY PERSON
[HTTPS://HES-EXTRAORDINARY.COM](https://hes-extraordinary.com)

PIRATE YOGA

5 easy yoga poses for kids



1. Pretend to be steering the ship.



2. Pretend to be a plank.



3. Pretend to be a mermaid.



4. Pretend to be a pirate ship.



5. Pretend to be a treasure chest.

KIDS YOGA
STORIES

Some Games to Practise Self-Regulation Skills

Red Light, Green Light - Each time you call 'green light', your children can get up, dance, and act silly, but as soon as you call 'red light', they must stand perfectly still.



Freeze Dance/Musical Statues - Turn on music. When music stops children have to freeze.

Ready, Set, Wiggle – The leader calls out Ready...Set...Wiggle and everyone wiggles their bodies. The leader calls out Ready...Set...Watermelon. No one should move. The leader calls out Ready...Set...Wigs. No one moves. The leader calls out Ready...Set...Wiggle. Everyone wiggles again. You can change this to whatever wording you want. The purpose is to have the children waiting to move until a certain word is said out loud.

Colour Moves – Explain to the children that they will walk around the room. They are to move based on the colour paper you are holding up. Green paper means walk fast, yellow paper means regular pace and blue paper means slow-motion walking. Whenever you hold up a red paper they stop. Try different locomotor skills – running in place, marching, jumping, etc.

Follow My Clap – The leader creates a clapping pattern. Children have to listen and repeat.



Body Part Mix Up – The leader will call out body parts for the children to touch. For example, the leader calls out "knees" and the children touch their knees. Create one rule to start. Each time the leader says "head" touch your toes instead of your head. This requires the children to stop and think about their actions and to not just react. The leader calls out "knees, head, elbow". The children should touch their knees, TOES and elbow. Continue practicing and adding other rules to change body parts.

Follow the Leader – The leader performs different actions and the children have to follow the actions exactly.



Simon Says – Children have to perform an action only when the leader says "Simon Says". For example, if the leader says "Simon Says touch your toes" and all the children touch their toes. If the leader says "Touch your toes", no one should touch their toes.

Loud or Quiet – Children have to perform an action either loudly or quietly. First pick an action i.e. stamping feet. The leader says "Loud" and the children stamp feet loudly etc.

Parachute Play - Self Regulation

Working together on controlling the parachute to play different games and having to listen, wait and take turns, is great for working on self-regulation.



Roll a Ball

Roll A Ball requires cooperation. Place one small ball on top of the parachute. The adult shouts one name from the group of children and everyone has to roll the ball across to the specific person. They need to work together, talk to each other and not get too excited when their name is called. A simple game but very engaging if you shout the names quickly.

Cat and Mouse

Children all sit on the floor holding a handle of the parachute. One child is then picked to be the cat and one is picked to be the mouse. The Cat must sit on top of the parachute and close his eyes while everybody counts to 10. While everyone is counting the mouse must hide under the parachute and crawl around underneath. After ten all the children need to shake the parachute to hide where the mouse is. The cat then opens his eyes and has to crawl around and feel on top to find the mouse underneath.

Fruit Salad

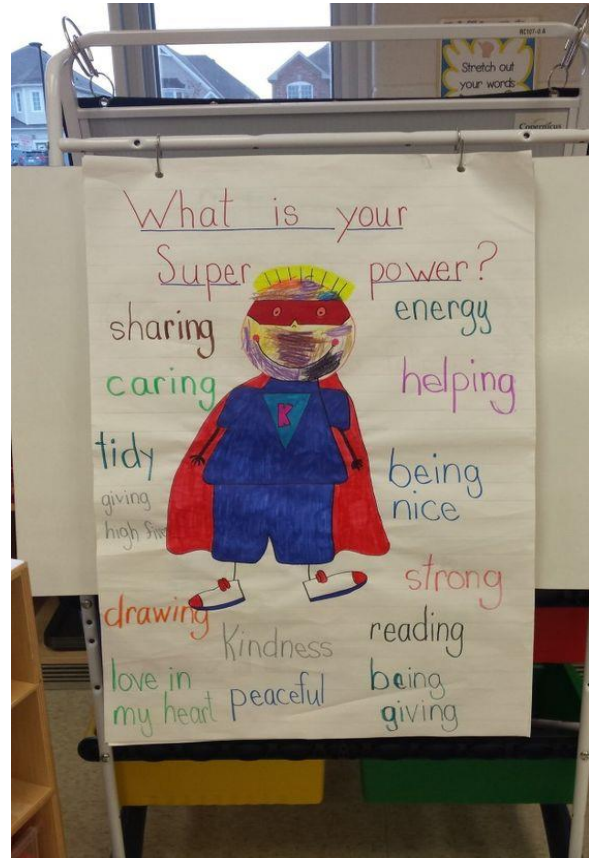
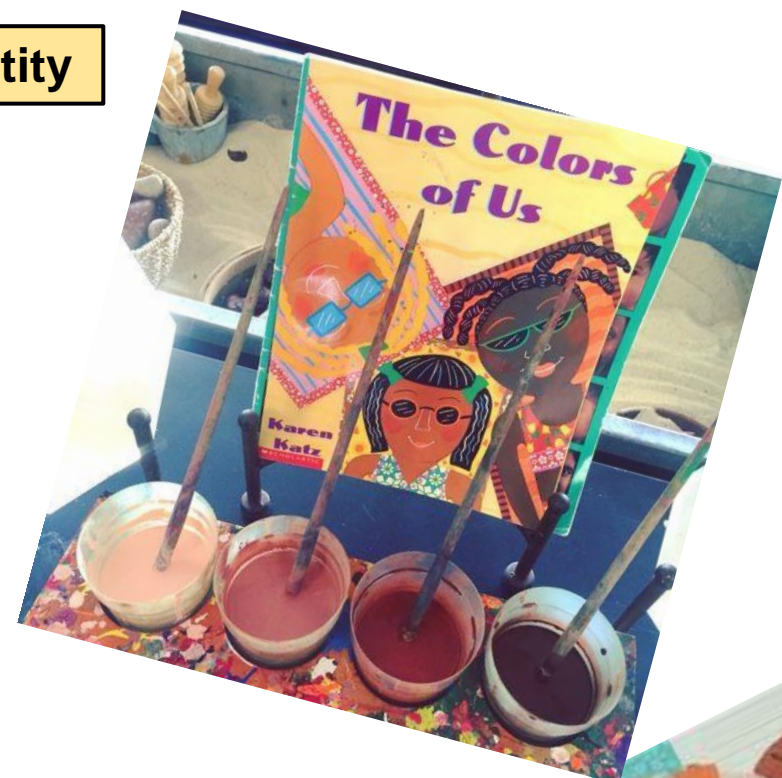
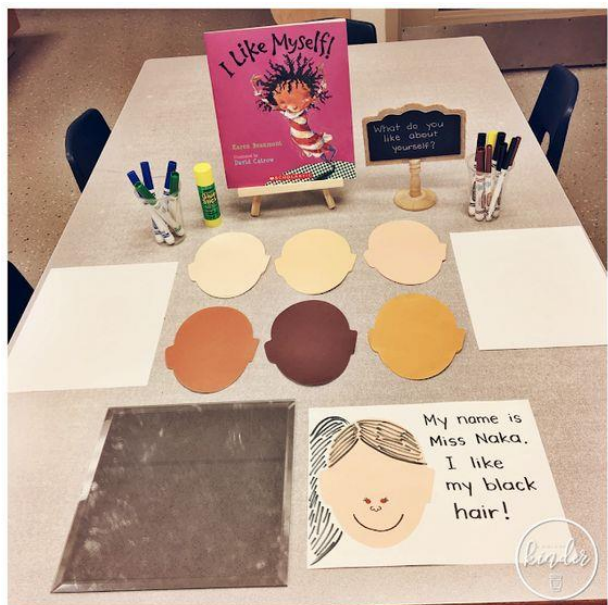
Choose three fruits and then go around the children giving them the name of the fruit that they are going to be, try to keep the groups as equal in numbers as possible. The children stand shaking the parachute and listen for their fruit to be called out. When a fruit is called, the children have to raise the parachute while the children whose fruit has been called run underneath and swap places with someone of the same fruit. Fruit Salad can be called, so all the children swap places and the same time before the parachute falls to the floor. To simplify this game two children's names could be called for them to swap places.

Washing Machine

Place some items such as jumpers or teddies on the parachute. Ask the children to take a handle each and listen carefully for the instructions. The children must act like the washing machine and walk round in a circle, you can shout instructions such as 'faster', 'slower', or 'change direction (stops the children getting too dizzy) After the clothes have been washed the children have to then tumble dry them. This can be done by encouraging the children to softly bounce the clothes on the parachute.



Supporting Self Esteem and Identity



Mirror in the Box
 Tell the children that you have a box with something **very, very special** inside it! Ask the children to pass round the box – you can play it like “pass the parcel” – when the music stops they can open the box. They must not show anyone else or tell anyone else what is inside the box. When they open the box they will see the very special thing – themselves of course! (Also a good game for self regulation as they have to wait for their turn and keep the secret.)



Diculous – a Story about Self Esteem, Identity and Empathy



Once upon a time there was a happy and jolly little boy. He loved playing in the park.



He loved to play on the slide,



on the climbing frame,



on the swing,



in the train,



And he especially loved climbing trees. But he didn't have any friends.



on the rockers.....

On his way home he met a group of other animals and he thought that maybe they could be friends. But they laughed at him. They said "Look at him! He doesn't look right! He's got one brown arm and one orange arm, and one brown leg and one orange leg. He's got one brown ear and one orange ear too!"

They laughed and laughed at him and called him "ridiculous!" Now our friend was too young to know what ridiculous meant and he couldn't say it either so from that day on he called himself "Diculous".





He didn't like being lonely so he decided to try to change himself to be more like everyone else. He tried to cover himself up so that nobody could see that he was different.

First he put on a shirt.



Next he put on a pair of dungarees to cover his legs.



Then he put on a pair of socks to cover his feet.



Next he put on mittens to cover his hands.



Lastly he put on a hat to cover his ears. But the only problem was, that once he had covered himself up completely, he could no longer climb trees, slide down the slides or swing on the swings that he so loved. He was very, very sad.



He tried eating oranges to see if he could change to the same colour, but that didn't work.



He tried swimming with goldfish, but that didn't work either.

I wonder how we could help poor Dicolous feel happy again?

Building Relationships



Thinking, Discussing and Finding Out

“Think About” boxes/bags

A **Think About people box** could contain:

- Models and figures made of different media
- Pictures and photos of people of all ages, cultures, backgrounds
- Clothing from all sorts of cultures and countries
- Pictures of rituals and customs of different cultures
- Books - e.g. “Just like me”, “People of the world” etc.

Discussion questions

- Are any people the same?
- What is a family?
- What does “old” mean?
- What would happen if no babies were born?



Other suggestions for thinking boxes:

- Think about birthdays
- Think about celebrations
- Think about homes
- Think about friends
- Think about play

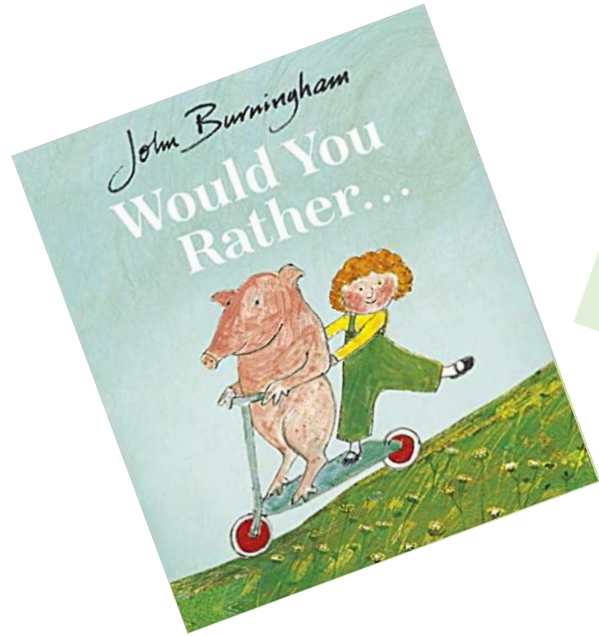


GETTING TO KNOW YOU *Jenga*



READINGINROOMII.BLOGPOST.COM

Dilemmas for Children to Discuss – Simple Philosophy



What would you rather find?
A magic sweetie bag that is always full
A magic book that talks to you
A magic carpet that can take you
anywhere
Because

“What if” cards

- ❖ What if children were the teachers and teachers were the children?
- ❖ What if there was no money?
- ❖ What if we ate sweets at every meal?
- ❖ What if we all forgot how to walk?
- ❖ What if everyone had the same name?
- ❖ What if all the animals/plants disappeared from our world?
- ❖ What if children were big and grown-ups were small?
- ❖ What if there were no more babies?
- ❖ What if it never rained again?
- ❖ What if there was no more TV?
- ❖ What if you could play outside all day everyday?

Where would you like to live?

On a boat
In a castle
In a spaceship

Because

What would you rather have?

Four legs
Six eyes
Two mouths

Because

What would you rather be chased by?

An angry wasp
A grumpy fairy
A tickle monster

Because

What would you rather eat?

Worm jelly
Spider cake
Fly pie

Because

Where would you rather sit?

In a bowl of jelly
In a bath of baked beans
In a tub of worms

Because



Hand washing activities

Hand Washing Song
Tune: Row, Row, Row Your Boat

Wash, wash, wash your hands,
Soap will make them clean!
Scrub the germs 'til they fall off,
Germs go down the drain.



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Hand washing song



1, 2, 3, 4, 5, now I count another 5
6, 7, 8, 9, 10, then I rub them all again
Why did you rub them so?
Because I want the germs to go
Which fingers have you done?
All of them, now that was fun

Provide the children with some “hands” – disposable gloves that have been filled up with air, or with water and then frozen. Draw circles and dots on the hands with washable markers to represent germs. Encourage the children to wash and scrub the hands thoroughly in a big tub of soapy water to wash away all the “germs.” It should take a great deal of rubbing to get rid of the germs, illustrating why washing our hands thoroughly, and for a long time, is so important for getting rid of nasty germs that could otherwise make us sick!

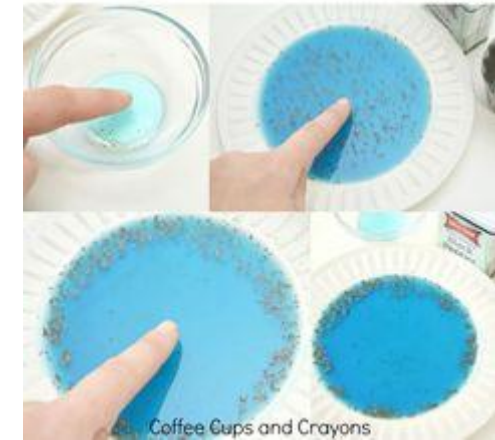


Black Pepper Activity

This 'experiment' is a great way to teach children about germs and the importance of using SOAP when washing our hands. Get a large bowl and fill it $\frac{3}{4}$ of the way full with water and add a couple sprinkles of black pepper. You want a sufficient amount of pepper to be visible along the top of the water, but not so much that you can't see the water. Next, add a couple drops of washing up liquid to the water using a dropper, or ask the children to put their finger into the washing up liquid and then into the water, and watch as the germs 'run away' from the soap and cling to the side of the bowl. The visual that this activity provides will help children remember the importance of using soap to get rid of germs while washing their hands. Hand sanitizer should also work for this activity which may be helpful with children who resist hand sanitizer while out and about!



PEPPER AND SOAP science experiment



Glitter Germs

This is a simple, fun, and effective way to visually demonstrate to children that rinsing our hands with water will not remove germs. We need to use soap too! To demonstrate this, add some glitter to a bowl of water, let the children play around with the water, and then tell them to imagine the pieces of glitter that are stuck to their hands when they are finished playing are germs. Next, ask them to wash their hands only with water to see if the glitter comes off. When it doesn't, ask them to wash their hands a second time using soap and ask them to count to 20 while they lather their hands before rinsing and drying off. The difference will be quite remarkable and will help them realize the importance of proper handwashing!



Flour Germs

Spread $\frac{1}{4}$ of a cup of flour on a plate and ask the children to press their hands firmly onto the flour while telling them to imagine the flour is actually germs. Next, provide them with a couple of easy-to-wash plastic or wooden toys (LEGO, Duplo pieces, building blocks, etc.) for a few minutes, and then ask them to stop what they are doing and examine how much of the flour has transferred from their hands to the toys they are playing with. This is a great activity to visually demonstrate how easy it is for us to spread germs when we sneeze and cough into our hands and don't wash them afterwards.

Managing Personal Needs

“Wendy won’t go to the toilet”

Use pictures and/or a puppet and make up a story to support children in learning to manage their personal needs such as using the toilet. Using a character/puppet means that you can talk about issues without talking directly about the actions of the child thereby avoiding feelings of shame or guilt. (Pictures courtesy of the late Ros Bayley.)

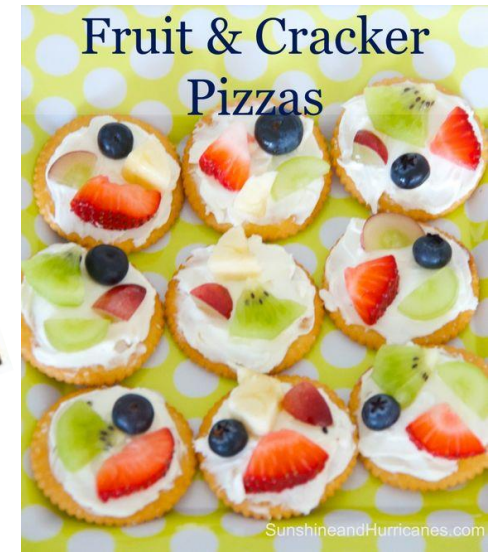


Activities to encourage Healthy Eating

Children need to understand why it is important to eat fruit and vegetables as part of their diet. Provide activities that will encourage them to make healthy choices.

To build “Edible Faces” set out a plate or a tortilla and provide a selection of healthy toppings. These could include raw vegetables such as: sweet peppers, cucumber, yellow/red cherry tomatoes, carrots, broccoli, cauliflower, cucumber and/or fruits such as: bananas, raisins, apples, bananas, kiwis, satsumas, grapes (must be cut in half).

You could also include savoury dips such as humus, cheese, sour cream etc. to stick down the vegetables or yoghurt, fromage frais etc. for the fruit faces.



Provide a range of small fruits (grapes must be cut in half), some crackers and cream cheese. Allow the children to spread the cream cheese onto the crackers and then to decorate their “pizzas”.



Caring for others

To encourage “empathy” in young children, provide activities and talk to children about why it is important to look after and care for others, as well as ourselves.

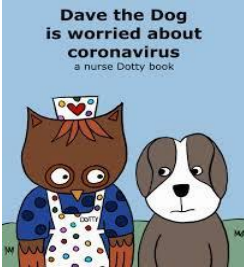


FARM ANIMAL washing station



Books to support the teaching of PSED

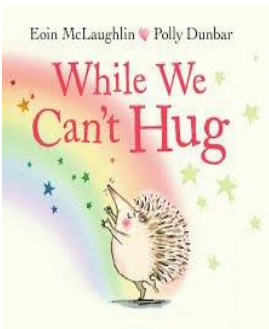
Worries and Anxieties particularly related to Coronavirus



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=p2ANqtz-8BM-TkzHA_ab9xyfZkB3jvEluvltluGq8p0ZQXX0lu46tbZRgnvgMByz8-4kjeYUG6Ky4_3kr4l84zWbe3mvgLZ9-D2w&hsmi=88214634



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

This story isn't a book, it's [a PDF guide](https://www.lydiamonks.com/dr-dog/) 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.

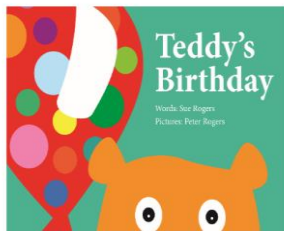
This story answers many of the questions young children might have about how their world has changed because of coronavirus. Dr. Dog helps relieve worry about the unknowns, and gives children simple explanations that help them to understand the new guidelines in place.



***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.

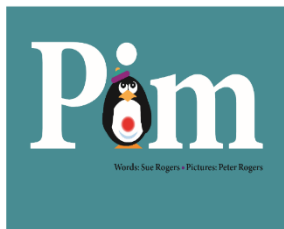


***Teddy's Birthday* by Sue Rogers**

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>



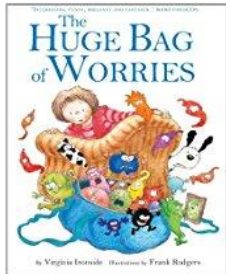
***Pim* by Sue Rogers**

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>

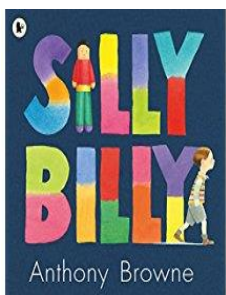
Exploring Feelings, Emotions and Anxieties



The Huge Bag of Worries by Virginia Ironside

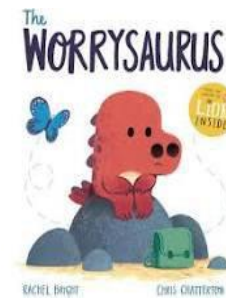
A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings.

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!

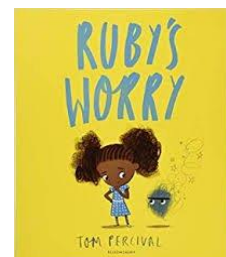


The Worrysaurus by Rachel Bright

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.

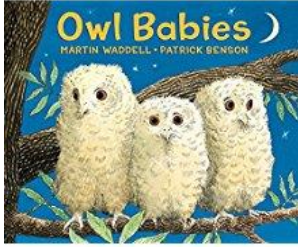
Watch the story online: https://www.youtube.com/watch?v=GYV_o9Uj2jc



Ruby's Worry by Tom Percival

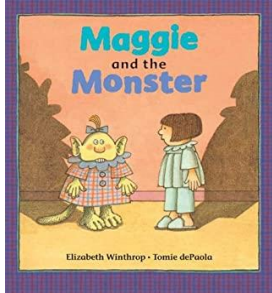
Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?

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



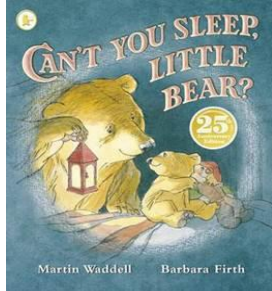
Owl Babies by Martin Waddell

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.



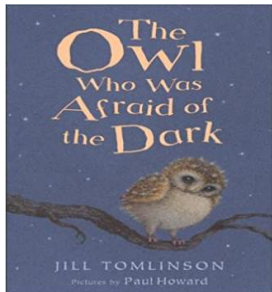
Maggie and the Monster by Elizabeth Winthrop

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!



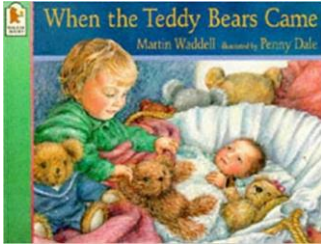
Can't you Sleep Little Bear? by Martin Waddell

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.

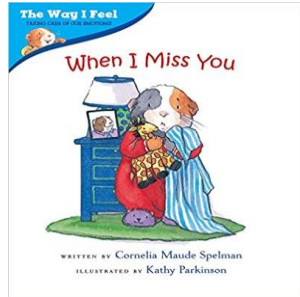


When the Teddy Bears Came by Martin Waddell

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

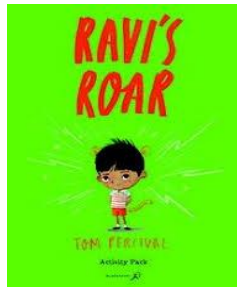
When Tom's mother brings the new baby home, teddy bears start arriving. Soon so many bears are sitting with Mummy and the baby, it seems there's no room left for Tom! Luckily, there's a place for Tom on Mummy's lap, and there always will be.

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

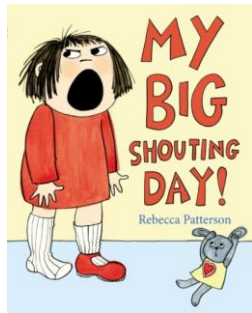
Young children often experience anxiety when they are separated from their mothers or fathers. This story features a young guinea pig who expresses her distress when her mother and father go away.



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.

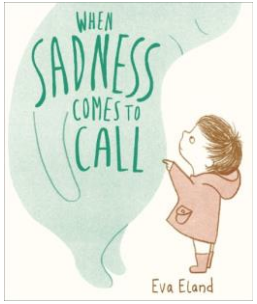
[Watch the story online: https://www.youtube.com/watch?v=KfrLI365ynw](https://www.youtube.com/watch?v=KfrLI365ynw)



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.

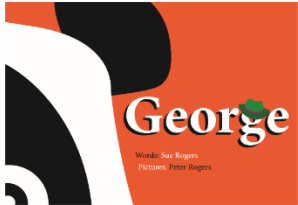


When Sadness Comes to Call by Eva Eland

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](https://family.co/blog/the-child/self-regulation/) for dealing with sadness: <https://family.co/blog/the-child/self-regulation/>

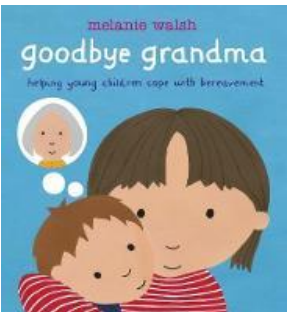
Grief and Bereavement



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.

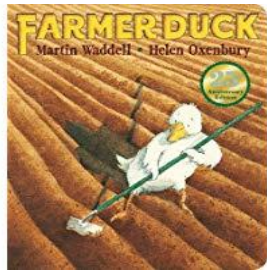


***I'll Always Love You* by Hans Wilhelm**

"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.

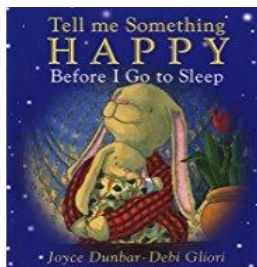
The boy's sadness at the death of his beloved dog is tempered by the remembrance of saying to her every night, "I'll always love you."

Relationships and Friendship



Farmer Duck by Martin Waddell

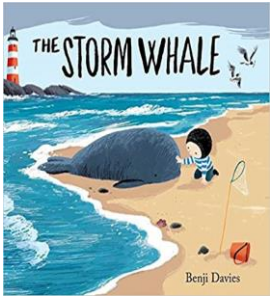
A lazy and fat farmer spends all day in bed, eating chocolates and reading the newspaper, while his poor duck has to do all the work on the farm. One evening, the exhausted duck collapses in tears, to be comforted by chickens. The farm animals are very fond of the duck, and outraged by the farmer's behaviour,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



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

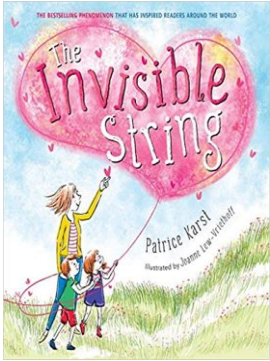
In this endearing bedtime story, Willa's big brother helps her get to sleep by reminding her about all of the happy things around her. Willa is afraid of bad dreams. "Think of something happy," suggests her big brother, Willoughby. But Willa needs his help. So together they think of all the happy things 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

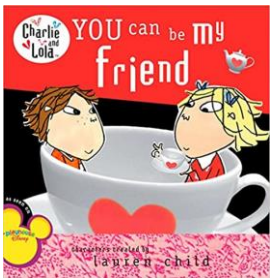
Noi and his father live in a house by the sea, his father works hard as a fisherman and Noi often has only their six cats for company. So when, one day, he finds a baby whale washed up on the beach after a storm, Noi is excited and takes it home to care for it. He tries to keep his new friend a secret, 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

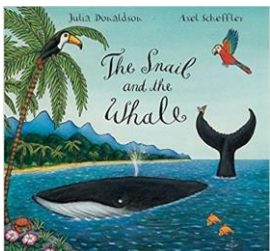
This story is the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know 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)



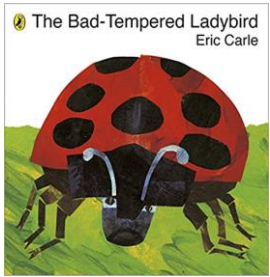
You Can be My Friend by Lauren Child

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.

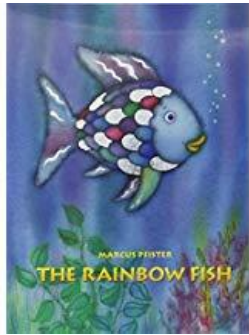
Sharing and co-operating

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.

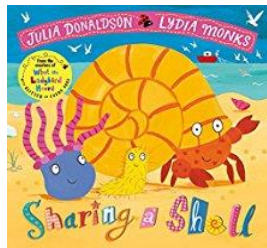
(Also good for "Exploring feelings, emotions and anxieties")



Sharing a Shell by Julia Donaldson

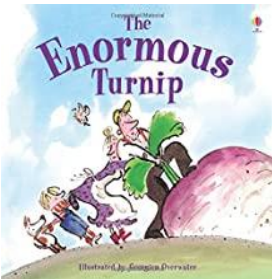
When Crab finds a new shell, he doesn't want to share it with anyone - especially not a blobby purple anemone and a tickly bristleworm. But life in the rock pool proves tougher than Crab thinks and he soon finds he needs his new housemates. Can the three creatures find a way to get along?

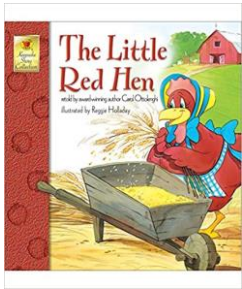
(Also good for "Relationships and Friendship")



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.

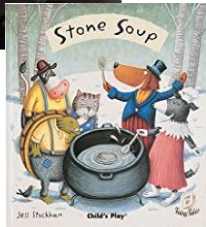
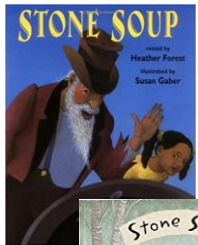




The Little Red Hen (many versions available by various authors)

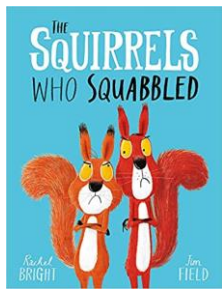
The Little Red Hen works really hard all by herself to plant, grow and harvest some wheat and then makes some delicious bread - no thanks to the scatty cat, mucky duck, and big fat rat, who have refused to help her all along. When the hen asks a cat, dog, and mouse for help planting some wheat, she gets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

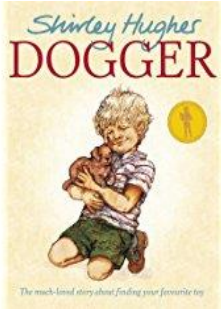


The Squirrels who Squabbled by Rachel Bright

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 through 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")

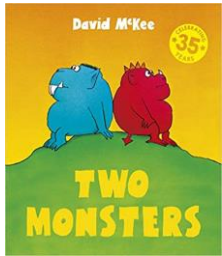
Resolving Conflict



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.

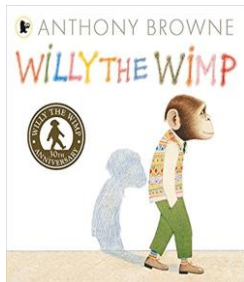


Two monsters by David McKee

This is an important story about learning to respect other people's viewpoints.

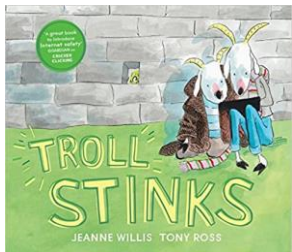
Two monsters live on either side of a mountain. Sometimes they talk through the hole in the mountain, but they never see each other. One evening, they get into a silly argument about whether day is departing or night is arriving. This escalates into a rock throwing fight, which eventually destroys the 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

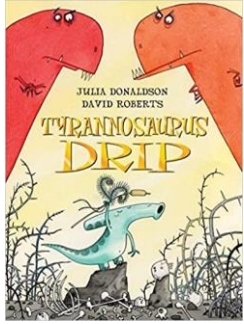
Willy is a gentle kind of chimp but also a target for a group of bullies, who have nicknamed him 'Willy the Wimp'. One day Willy notices an advert in his comic and pursues it to start bodybuilding. Soon the changes he makes to his appearance gives him the confidence to stand up to the bullies. This is 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.

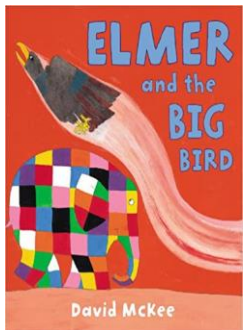
After putting up with lots of bullying from the other dinosaurs, Drip runs away to find a place where he really belongs and soon he finds the inspiration to stand up to the bullies.



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.

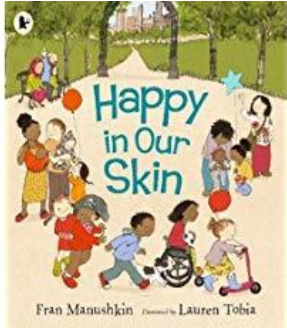
This is a picture book that cleverly uses rhyme and visual humour to approach the complex topic of bullying in an accessible way.



Elmer and the Big Bird by David McKee

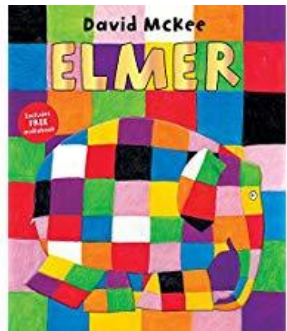
Elmer the Elephant knows what it feels like to be different! One day, Elmer notices that there are no birds around anymore and he begins to wonder what is happening. Soon he finds them hiding from the nasty, fierce bully bird in a nearby cave. The bully bird is mean and likes to frighten the little birds.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

Diversity and Self Awareness



Happy in Our Skin by Fran Manushkin

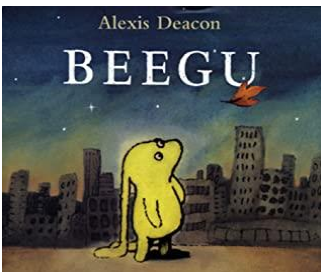
As these babies grow, their amazing skin does too, enjoying hugs and tickles, protecting them inside and out, and making them special, whether they're cocoa brown or cinnamon or peaches and cream. A breezy and irresistible picture of the human family, and how wonderful it is to be just who you are.



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.

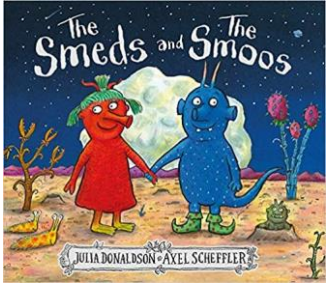
One day, Elmer decides that he wants to look like all the other elephants, and paints himself grey in order to 'blend in'. Once painted, they - and the other jungle creatures - no longer recognise him, but Elmer is not happy. When it begins to rain, the grey paint that Elmer has covered himself with 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

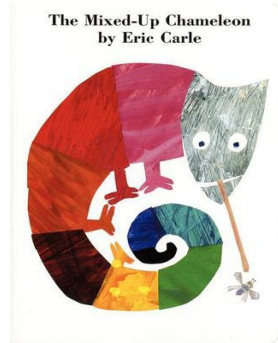
Beegu's spacecraft is stranded on Earth. Now she is lost and wandering. Waiting for a rescue signal from her mother, she fails to make friends with the strange creatures she encounters. Rabbits don't seem to understand her; windblown leaves won't stay still to listen. But at last, on a school playground, 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

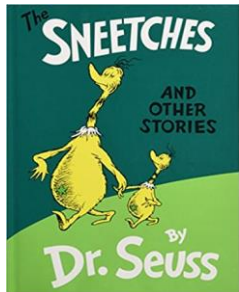
The red Smeds dislike the blue Smoos, and the Smoos dislike the Smeds. They both think they have nothing in common, and they hardly ever agree. Meeting by accident in the Wurpular Wood, Janet and Bill delight in each other's company until their grandparents find out and drag them away. Continuing to 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

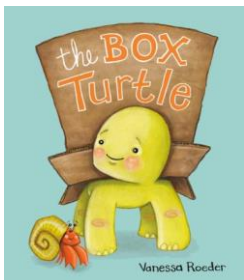
This book is about a changing chameleon that wants to be a little bit of everything.

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

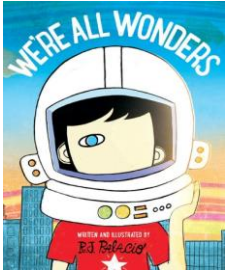
Some sneetches have a star on their tummy, while others do not. When the Sneetches with stars begin to believe they are superior, those without stars become jealous. Young children are sure to love the funny names and traditional Seussian illustrations, but more importantly they will learn the valuable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

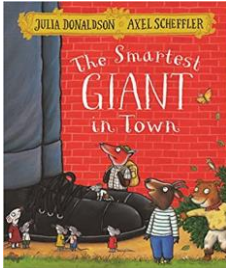


***We're All Wonders* by R. J. Palacio**

"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.

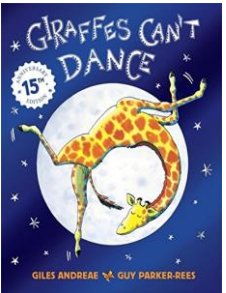


***The Smartest Giant in Town* by Julia Donaldson**

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**

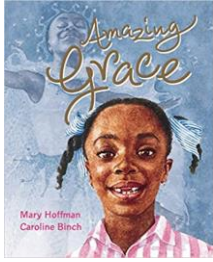
At the beginning of the story, the reader is introduced to Gerald, a tall giraffe who has a long neck, thin legs, and crooked knees. One day, Gerald decides to go to the Jungle Dance, an annual dance festival. Unfortunately, when Gerald steps onto the dance floor, the other animals start laughing at 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**

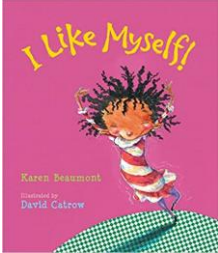
This is a book with an empowering message about the power of self-belief. At the beginning of the story, George the rabbit sits on a tree stump watching his woodland friends busy doing all sorts of clever and fun activities like painting, roller-skating, knitting and dancing. Believing that he can't 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

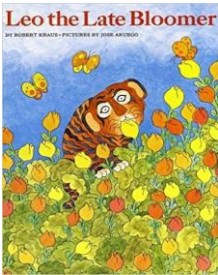
Grace's favourite pastime is writing her own stories to act out for her family and friends. When her school holds auditions for *Peter Pan*, Grace is longing to play Peter, but is heartbroken to hear that she can't be Peter because her classmates say that Peter was a boy, and besides, he wasn't black. 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.

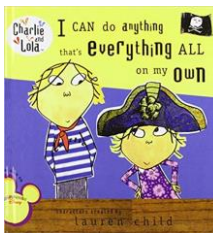
Through funny, colourful pictures, this story explores self-esteem, liking yourself for who you are and encourages young children to appreciate everything about themselves--inside and out.



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.

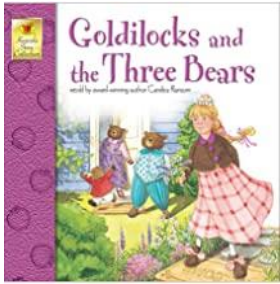
Independence and Responsibility



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

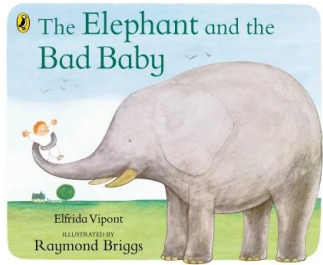
Today Lola wants to do everything all on her own, but things aren't as easy as she thought they'd be. In the park, when Charlie and his friend Marv explain to Lola that a seesaw won't "see" or "saw" with only one person on it, Lola reluctantly lets them sit on the other end. When Lola soars into the 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)

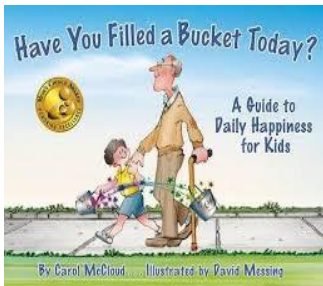
The moral of “Goldilocks and the Three Bears” is that individual actions can hurt others, especially when one person uses or destroys another person's property. In addition, the popular fable stresses the importance of self control and respecting others.



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

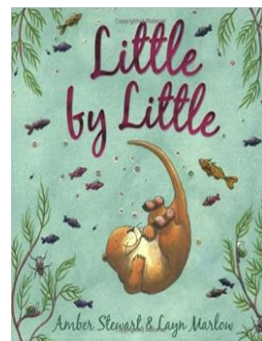
We've all heard about Humpty Dumpty's catastrophic fall, but what about how he got back up again? This poignant tale follows Humpty Dumpty, an avid bird watcher whose favourite place to be is high up on the city wall--that is, until *after* his famous fall. Now terrified of heights, Humpty can no longer 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

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!