

MENTAL HEALTH AND WELLBEING

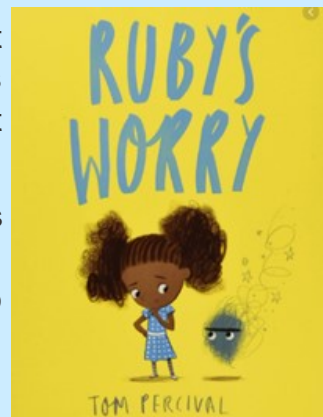
Books to support you talk to your child about their emotions

Picture books to support the promotion of good mental health and to allow children to understand their thoughts and feelings. Here is just a few that I have in my collection!

Ruby's Worry by Tom Percival

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

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



Joy by Corrinne Averiss



Fern's Nanna has not been herself of late and when Mum remarks that all the joy seems to have gone out of her life, Fern decides to fetch the joy back. With her catching-kit at the ready, she goes to the park and finds joy in all sorts of unusual places. Whoooooshh! But Fern soon realises that joy doesn't fit in a bag, or a box or a tin! How will she manage to bring some back to Nanna? Emotional, funny and uplifting, this beautiful picture book has a strong message about empathy and maintaining loving relationships with our grandparents. Guaranteed to bring a bit of joy into every reader's life, this story is a pure delight.

The Colour Monster by Anna Llenas

If you're having one of those 'feeling all sorts' kind of days, the Colour Monster can help!

The story starts with the Colour Monster feeling confused and muddled. As he is mindfully encouraged to take a closer look at these feelings, five different emotions - happiness, sadness, anger, fear and calm - emerge.

This is a sweet, colourful book that explores our feelings through the use of colour and expressive examples. It also carries an earnest message: it is important to listen to how we feel, acknowledge our emotions, and feel safe enough to be able to express or share them with others.

A valuable book to have in any home or school and definitely one worth reading.



There are many more to be read! Feel free to ask your local librarian, bookshop or me. We would all be happy to help!

Have a great weekend!

Natalie Rosell Hughes

MindUp Lead