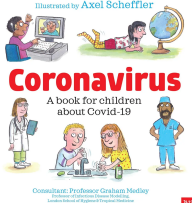


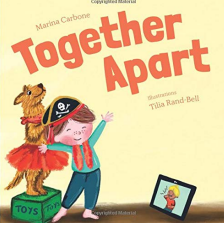
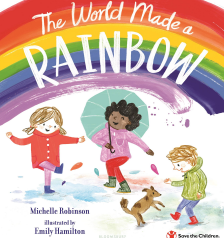


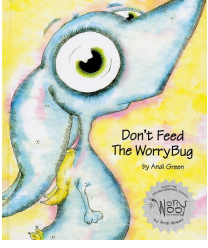
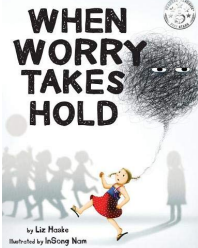


Jubilee recommended book list for supporting children's wellbeing

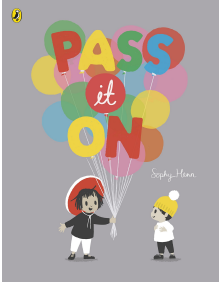
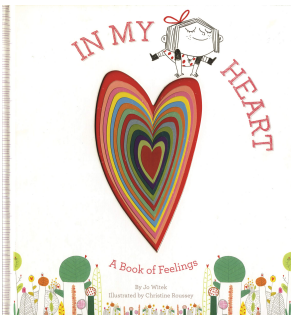
Books about COVID 19:

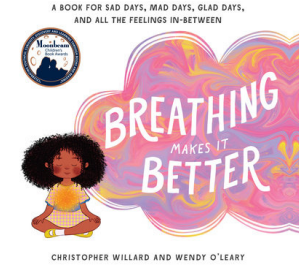
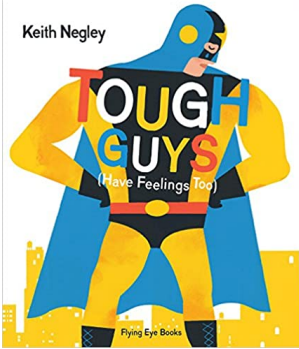
	<p>Illustrated by the wonderful Axel Scheffler, this approachable and timely book helps answer questions such as “What is coronavirus?” and “Why is everyone talking about it?”. It provides clear explanations about COVID 19 and its effects, both from a health perspective and the impact it has on a family's day-to-day life.</p>
	<p><i>When We Stayed Home</i> is a story that helps young children navigate all of their feelings and cheer themselves on during the upheaval of the pandemic, honoring their role as the "super-helpers" they are by washing their hands, wearing masks, social distancing and staying home.</p>
	<p><i>Why We Stay Home – Suzie Learns about Coronavirus</i> features two young children discussing the importance of staying home during the pandemic. Although sisters Millie and Suzie are delighted to be with Mommy and Daddy, they realise it is not because of a holiday. When older sister Millie asks Suzie if she knows <i>why</i> the family is staying at home together, the young girl confidently says, “Yes! It’s because of coronavirus.” Her follow up question doesn’t miss a beat: “but what is coronavirus anyway?”</p> <p>The best thing? <i>Why We Stay Home</i> is free to download! Just search for it online.</p>
	<p>Join Sammi and friends on their adventures during a time where we can't always play close together or be near those we love. A simple story with a powerful message on the importance of love, kindness and acceptance in our changing world. The perfect springboard for talking to children about their hidden worries as we adapt to a new normal.</p>
	<p>Inspired by the rainbows that children across the world have been creating and displaying in their windows, <i>The World Made a Rainbow</i> is a beautiful story with a hopeful message of staying connected to the people we love.</p>

Books about worries and anxiety in general:

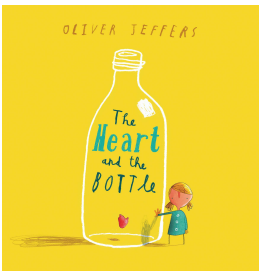
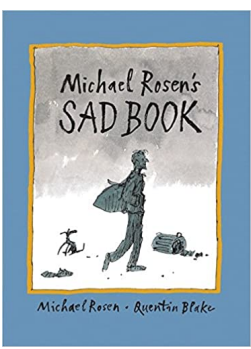

	<p>Recommended by our nursery teacher Miss English, <i>Ruby's Worry</i> tells the story of a happy little girl, who one day finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. This lovely story explores how children can explore their worries and anxieties and talk about them with those they trust.</p>
	<p>A funny and reassuring look at dealing with worries and anxiety, <i>The Huge Bag of Worries</i> can be used as a springboard into important conversations with your child. 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? Similarly, Felix from <i>Felix After the Rain</i> hides all of his sorrow inside a large black suitcase that he carries with him wherever he goes. One day, a small boy opens the suitcase whilst Felix is sleeping. Felix wakes and the tears that he had been carrying for so long suddenly pour from him. Felix is uplifted, free and his heart is full of joy. Felix embraces the world, and the world embraces him.</p>
	<p>2019 Child Mind Institute's pick for Best Children's Books For Helping Kids Understand Anxiety. Say hello to Wince, one of the biggest worriers you will ever meet. From cookies to homework to the weather, Wince worries about everything. And when Wince starts to worry, his WorryBug appears. At first the WorryBug is small and non-threatening, but the more Wince Worries the more his WorryBug grows. Don't Feed The WorryBug is a great story to start the conversation on worry and anxiety. helping your kids learn it's OK to have worries, but don't let those worries, aka the WorryBug, grow and take over your life.</p>
	<p>One night just before the lights went out, Worry snuck into Maya's mind. Worry grew bigger and bigger until there was no space left for anything else. Just darkness and fear. In <i>When Worry Takes Hold</i>, you can join Maya as she finds Courage, through the form of a calming breath, and learns how to break free from Worry's hold.</p>

Books about feelings and happiness:

	<p>Recommended by our year 2 teachers, <i>Pass it On</i> is a joyful and uplifting picture book about finding happiness in the smallest of things. <i>When you see something terrific, smile a smile and pass it on! If you chance upon a chuckle, hee hee hee and pass it on. Should you spot a thing of wonder, jump for joy and pass it on!</i> So begins Sophy Henn's story book all about the excitement of sharing happiness with others. Children will eagerly read alongside their parents as they discover how wonderful--and fun!--it is to share the good things in life. After all, if you spread happiness to others, even on a gray, rainy day, when you least expect it, like a bolt out of the blue, a smile or a chuckle might be passed right back to you!</p>
	<p>Recommended by our reception teachers, <i>In My Heart</i> explores emotions - happiness, sadness, bravery, anger, shyness and more. Unlike other feelings books that tend to oversimplify, In My Heart lyrically explains what an emotion feels like, physically, inside. For example: "When I get really angry, my heart feels like it's going to explode! Don't come near me! My heart is yelling, hot and loud. This is when my heart is mad." Toddlers will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.</p>

	<p>Learning how to identify emotions is an important skill for children, as is knowing how to deal with those emotions. This book introduces children to the art of breathing as a way of coping with strong and unpleasant feelings. Children can use breathing exercises to help themselves feel calmer and more peaceful.</p>
	<p>Did you know that wrestlers have feelings? Knights do too. Even superheroes feel sad sometimes. In fact everyone has feelings – even dads who love their children! Children will love to recognise the feelings in the bold illustrations which accompany a fun-to-read aloud narrative. Parents can enjoy and engage with children in a light-hearted discussion about emotions and how they affect us all.</p>

Stories about bereavement:

	<p>Recommended by our year 3 team, this award-winning picture book by Oliver Jeffers explores themes of love and loss in a life-affirming and uplifting tale.</p> <p>Once there was a girl whose life was filled with wonder at the world around her... Then one day something happened that made the girl take her heart and put it in a safe place. However, after that it seemed that the world was emptier than before. But would she know how to get her heart back?</p>
	<p>With honesty, a touch of humor, and sensitive illustrations by Quentin Blake, Michael Rosen's <i>Sad Book</i> explores the experience of sadness in a way that resonates with us all.</p> <p>Sad things happen to everyone, and sometimes people feel sad for no reason at all. What makes Michael Rosen sad is thinking about his son, Eddie, who died suddenly at the age of eighteen. In this book the author writes about his sadness, how it affects him, and some of the things he does to cope with it—like telling himself that everyone has sad stuff (not just him) and trying every day to do something he can be proud of.</p> <p>The book comes highly recommended by Mr Prestwich.</p>
	<p>In this relatable and reassuring 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: <i>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.</i> Does everybody have an Invisible String? How far does it reach? Does it ever go away? This heartwarming picture book for all ages explores questions about the intangible yet unbreakable connections between us, and opens up deeper conversations about love.</p>

If you have found any other stories that you have found particularly useful - please do recommend them to us by speaking to your child's class teacher!