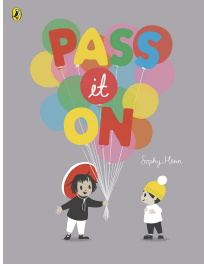
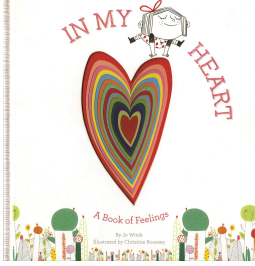
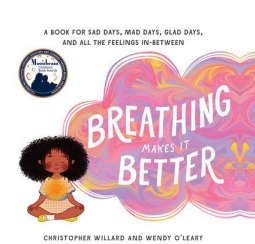
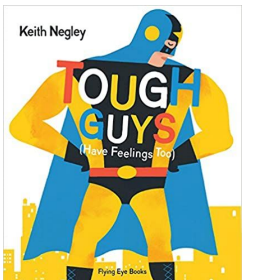


Jubilee recommended book list for supporting children's wellbeing

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></p> <p>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, <i>In My Heart</i> 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>

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.