

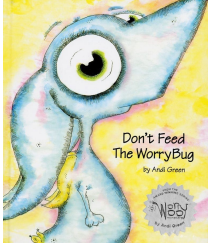
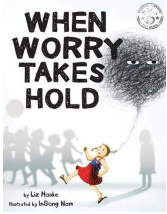


## Jubilee recommended book list for supporting children's wellbeing

### 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. <i>Don't Feed The WorryBug</i> 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>

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.