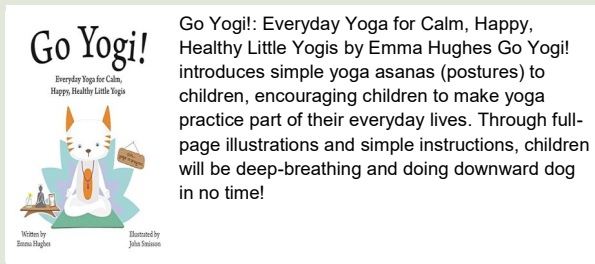
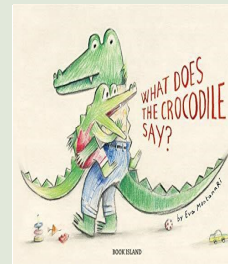


Books for EYFS /Key Stage 1 Mental Health and Wellbeing



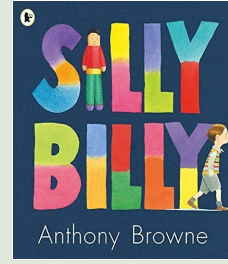
Go Yogi! Everyday Yoga for Calm, Happy, Healthy Little Yogis by Emma Hughes. Go Yogi! introduces simple yoga asanas (postures) to children, encouraging children to make yoga practice part of their everyday lives. Through full-page illustrations and simple instructions, children will be deep-breathing and doing downward dog in no time!



What does the crocodile say? By Eve Montanari. What Does The Crocodile Say? is a colourful picture book about noise and sound, that manages to express all the anxieties, along with a happy reassurance that nursery is actually quite fun.



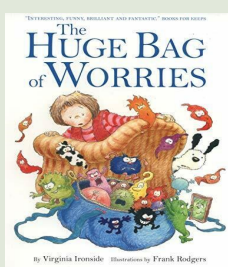
Striker, Slow Down! A calming book for children who are always on the go. by Emma Hughes. Striker, the cat who is always in a hurry, is halted by a bump to the head as he rushes out the house on the way to the park. Will he listen to his mama's advice and find time for a little calm? This book is perfect for busy children, helping them to identify the differing feelings of chaos and calm and how to strike a balance.



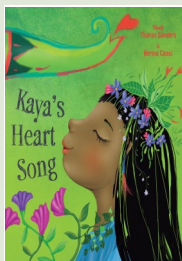
Silly Billy by Anthony Browne. Billy worries obsessively about everything until Grandma suggests that worry dolls might help him to cope better. This book takes a sensitive and gentle approach to dealing with childhood anxiety.



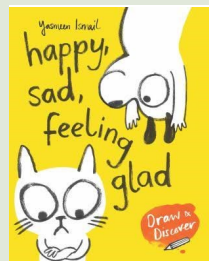
When Sadness comes to call by Eva Eland. When Sadness arrives, try not to be afraid: give it a name, listen to it and spend some time together. Maybe all it wants is to know that it's welcome. A book dealing with uncomfortable emotions.



The Huge Bag of Worries by Virginia Ironside. 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?



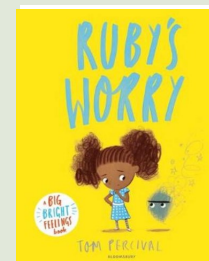
Kaya's Heart Song by Diwa Tharan Sanders and illustrated by Nerina Canzi. Kaya is looking for her heart song - the song that happy hearts sing. This joyful story set in the vibrant jungles of Malaysia is grounded in the principles of mindfulness, with a helpful information section at the back of the book.



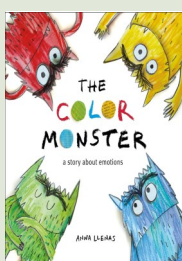
Happy sad, feeling glad by Yasmeen Ismail. An endearing and engaging look at emotions and how different situations cause different feelings. A range of fun art activities encourages young readers to explore their feelings and express themselves with drawings, doodles and decorations.



The Bear who stared by Duncan Beedie. A funny and humorous book about a socially awkward bear who realises that sometimes a smile is all you need to turn a stare into a friendly hello. Great for showing children how to make friends.



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?



The Colour Monster by Anna Lenas. One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour. A gentle exploration of feelings for young and old alike.



Me and My Fear by Francesca Sanna. When a young girl has to travel to a new country and start at a new school, her Fear tells her to be alone and afraid. A heart-warming story that shows us the importance of sharing your Fear with others - after all, everyone carries a Fear with them.