

**Have you filled a bucket today? : a guide to daily happiness for kids / Carol McCloud / illustrated by David Messing**

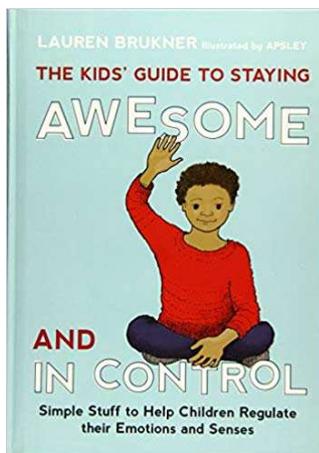
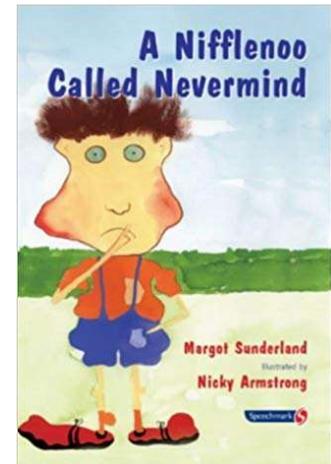
This book encourages positive behaviour as children see how rewarding it is to express daily kindness, appreciation, and love.

*Paperback 32 pages*

**A Nifflenoo called Nevermind / Margot Sunderland / illustrated by Nicky Armstrong**

Written especially for children who bottle up their feelings, this story reveals to the child that he or she can safely express his or her feelings and not be pushed around.

*Paperback 32 pages*



**The kids' guide to staying awesome and in control : simple stuff to help children regulate their emotions and senses / Lauren Brukner / illustrated by Apsley**

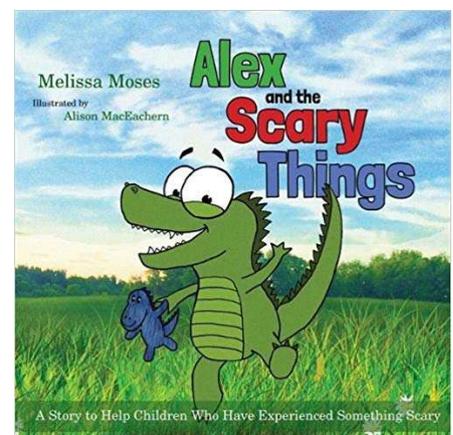
This book will help children tackle difficult feelings, and includes strategies such as breathing exercises, pressure holds and finger pulls, fidgets and noise-reducing headphones.

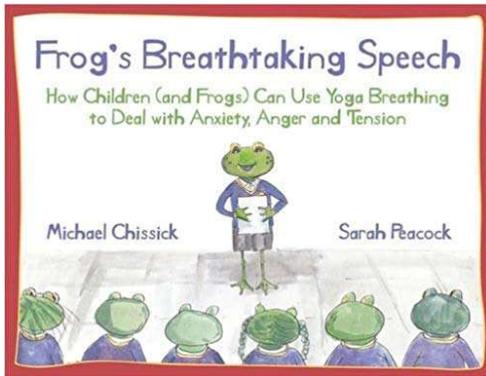
*Hardback 96 pages*

**Alex and the scary things : a story to help children who have experienced something scary / Melissa Moses / illustrated by Alison MacEachern**

Alex is an alligator who has experienced 'scary' things. He talks about how this affects him and how he copes, helping children learn to recognise when they experience these emotions themselves and find solutions for overcoming them.

*Hardback 32 pages*





**Frog's breathtaking speech : how children (and frogs) can use yoga breathing to deal with anxiety, anger and tension / Michael Chissick**

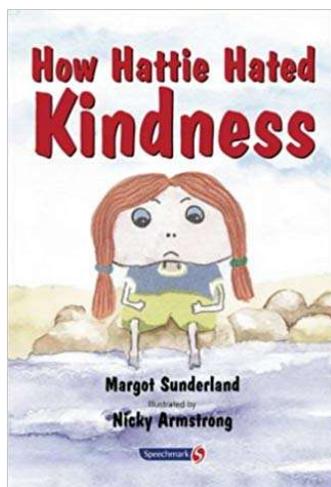
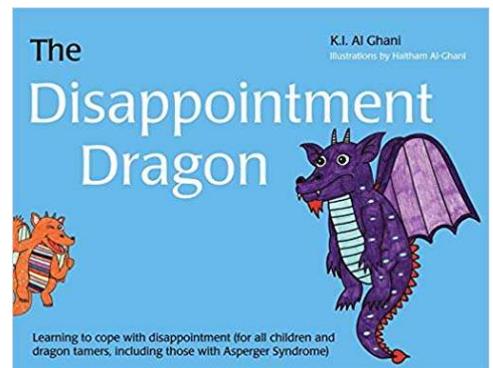
This picture book teaches children four yoga breathing techniques.

*Hardback 48 pages*

**The disappointment dragon : learning to cope with disappointment (for all children and dragon tamers, including those with Asperger Syndrome) / K.I. Al-Ghani**

The Disappointment Dragon sometimes comes to see us all and, if we let him, he can make us feel sad or angry.

*Hardback 56 pages*



**How Hattie hated kindness : a story for children locked in rage or hate / Margot Sunderland / illustrated by Nicky Armstrong**

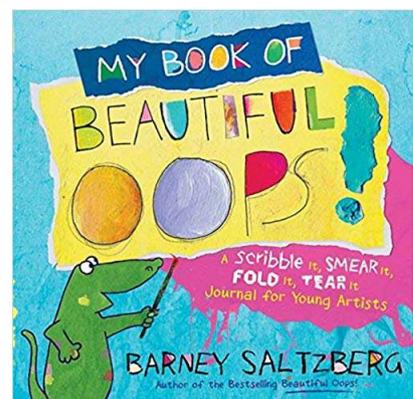
Written especially for children who have forced themselves to become inured to the world, this story explains how children can change through the experience of a little girl called Hattie.

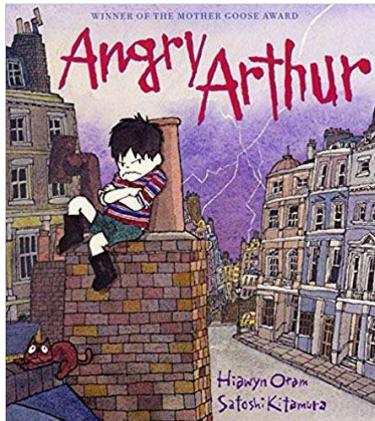
*Paperback 32 pages*

**My book of beautiful oops! / Barney Saltzberg**

Every mistake is an opportunity to make something beautiful. 'My book of beautiful oops!' takes that principle into unexpected new directions.

*Hardback 52 pages*





**Angry Arthur / Hiawyn Oram, Satoshi Kitamura**

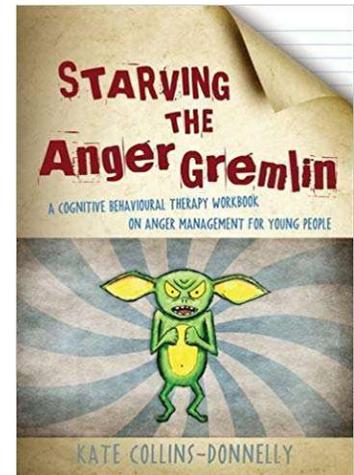
Arthur's mum won't let him stay up and watch TV, so Arthur gets angry. Arthur gets very, very angry until his anger is so powerful it blows the universe into little pieces.

*Paperback 32 pages*

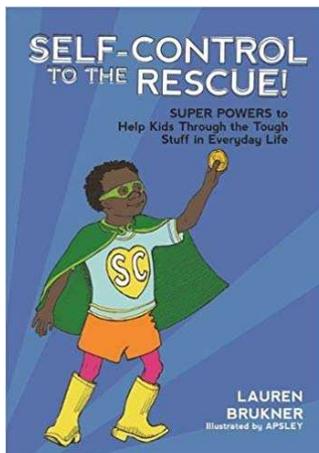
**Starving the anger gremlin : a cognitive behavioural therapy workbook on anger management for young people / Kate Collins-Donnelly**

This workbook helps practitioners and parents teach young people how to starve their anger gremlin and control their temper effectively.

*Paperback 88 pages*



**Self-control to the rescue! : super powers to help kids through the tough stuff in everyday life / Lauren Brukner**



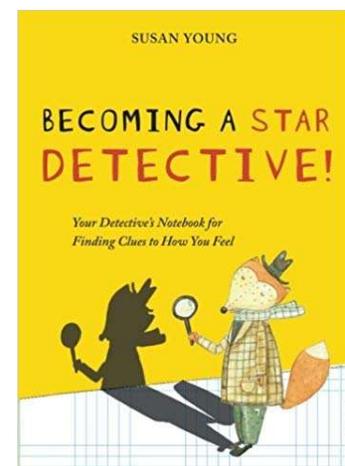
This is an illustrated resource packed with strategies and exercises for children aged four to seven to regulate emotions and overcome the challenges of the most difficult times in a typical day.

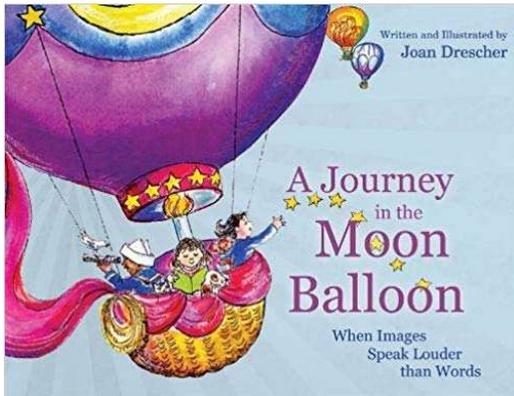
*Hardback 120 pages*

**Becoming a STAR detective workbook : a cognitive behavioral intervention workbook to develop skilled thinking and reasoning for children with cognitive, behavioral, emotional and social problems / Susan Young**

Using the metaphor of a detective to understand personal emotions, children will learn skills of self-regulation, concentration, and problem-solving.

*Paperback 128 pages*





**A journey in the moon balloon : when images speak louder than words / Joan Drescher**

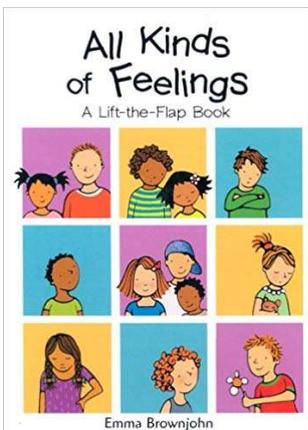
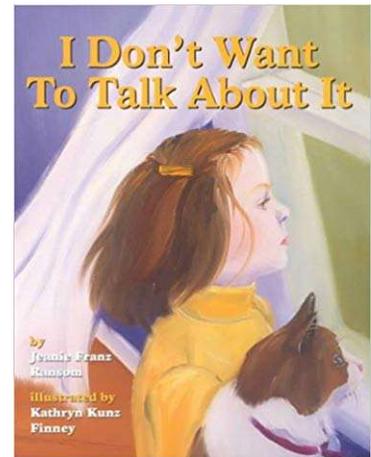
Designed to help children of all ages express their emotions through writing, drawing, and symbols, this is a valuable tool to bring emotional healing to children.

*Hardback 72 pages*

**I don't want to talk about it : a story of divorce for young children / Jeanie Franz Ransom**

When a child's parents tell her that they have decided to divorce, the last thing she wants to do is to talk about it. Instead, she wants to roar like a lion so she can't hear their words.

*Paperback 32 pages*



**All kinds of feelings / Emma Brownjohn**

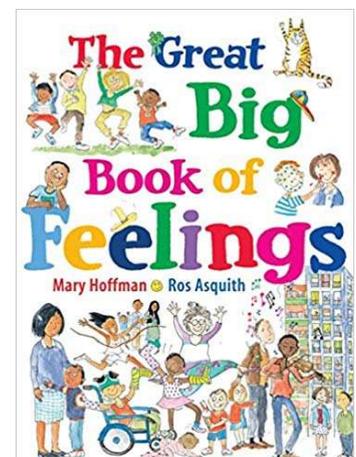
Everyone has feelings of love and hate, happiness, sadness, excitement, boredom, fright, bravery and many more. This title explains that we should accept and trust our feelings and express them to others.

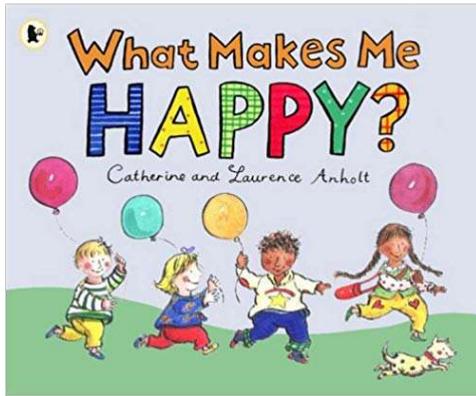
*Hardback 16 pages*

**The great big book of feelings / Mary Hoffman / illustrated by Ros Asquith**

This title opens with the question, 'How are you feeling today?'. Lots of different children in lots of different situations, brief text captions, and plenty of humour make sure the book is fun, as well as dealing with a serious and important subject.

*Paperback 40 pages*





**What makes me happy? / Catherine and Laurence Anholt**

What makes you laugh and cry? What makes you bored, excited, or scared? But most of all, what makes you happy?

*Paperback 32 pages*

**The colour monster / Anna Llenas**

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.

*Paperback 48 pages*

