Eric!
Fun things to do!

Take turns to talk about what you and your child like to do most when you are happy. You could also ask them to think of things they could do to help their friends feel better when they are feeling unhappy.

Share times when they have been brave and how it made you feel. Then have a go at doing your best brave pose.

Explore a range of emotions with your 3-5s
A collection of clips presented by Dr Radha Moghil. Dr Radha is joined by her two puppet friends, Ben and Breagha, who explore a whole range of feelings and emotions, as well as providing talking points and tools to feel better.

How Reading Supports Mental Wellbeing
Dr. Vivienne Smith, a Senior Lecturer from the University of Strathclyde, explores how reading impacts positive mental health and helps children develop empathy. Click here to find out more.

Click here to watch author Chris Wormell read his book ERIC!...the hero?

Books about feelings
Picture books can be a great way to get children to discuss their feelings, from anxiety and bullying to jealousy and loss. These books are perfect to help children to understand a range of feelings and emotions. Visit your local library and borrow these recommended books for free!