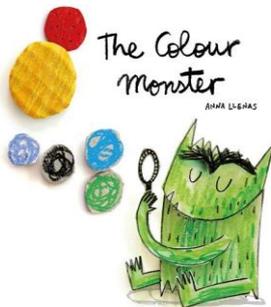


Wellbeing stories



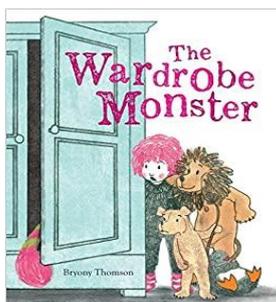
The Colour Monster by Anna Llenas. One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour. What is the Colour Monster feeling? And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



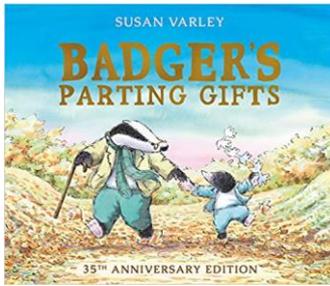
The Huge Bag of Worries By Virginia Ironside Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is on the loo! Jenny decides they will have to go. But who can help her?



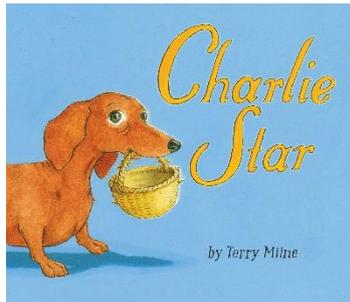
“The Invisible String” by Patrice Karst addresses the issue of separation by reassuring children that even though they can’t always physically be with their loved ones, there is an invisible string always connecting them to the people they love, even from afar. The Invisible String” is a great tool for beginning conversations about death and for children who are dealing with loss — a gentle, comforting way to conceptualize the continued presence in our lives of loved ones who have passed away.



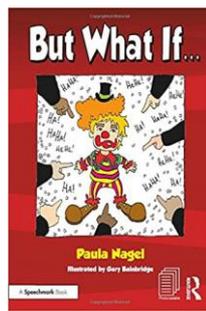
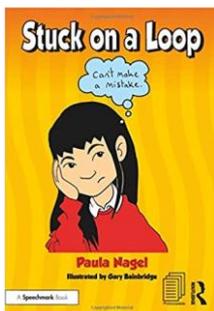
The Wardrobe Monster By Bryony Thomson A wonderful reassuring story for children who might imagine monsters in their bedroom at night time. What's that knocking sound coming from the wardrobe? Every night, it makes Dora and her toy friends afraid to go to bed and every morning they are grumpy through lack of sleep. Eventually, they summon up the courage to face their fear together and open the wardrobe door to find it's not as bad as they thought.



Badger's Parting Gift By Susan Varley Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally passes away, they are grief-stricken, but one by one they remember the special things he taught them during his life. By sharing their memories, they realise that although Badger is no longer with them physically, he lives on through his friends. This title is endorsed by Child Bereavement UK



Charlie Star By Terry Milne This book addresses the issue of anxiety in a light-hearted and reassuring way. Charlie is an anxious dachshund who worries that something terrible might happen if he doesn't keep to his daily rituals. After he is called upon to help rescue a friend and in the rush forgets his rituals, Charlie discovers that he doesn't have to be ruled by them and that change can have really positive outcomes.



Rollercoaster series: But What If, Mindreading, Stuck on a loop By Paula Nagel These are therapeutic stories focusing on exam anxiety, worrying about transitioning to secondary school and social isolation. Paula Nagel has worked as an education psychologist for 17 years and is currently Principal Educational Psychologist (North) for the national children's mental health charity, Place2Be.