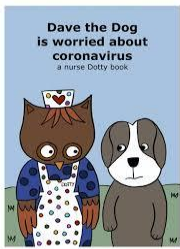
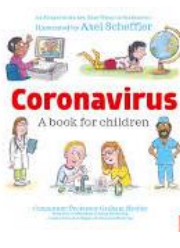
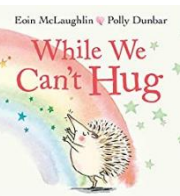
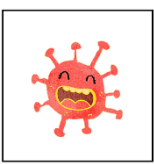
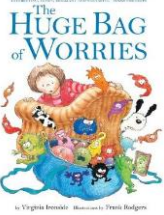

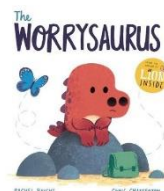


Children's wellbeing booklist

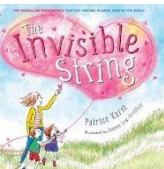
This booklist can be used to help children understand COVID-19, support their mental well-being during this time and help them feel positive about returning to settings.

Book	Description
Specific books that address COVID-19	
 <p><i>Dave the Dog is Worried about Coronavirus</i> written and illustrated by children's nurse Molly Watts</p>	<p>A rhyming book providing basic facts about Coronavirus and explaining in simple terms why we stay home and need to wash our hands.</p>
 <p><i>Coronavirus – A book for Children</i> by Elizabeth Jenner, Kate Wilson and Nia Roberts, Illustrated by Axel Scheffler</p>	<p>This book can be read in parts to help answer questions primary school aged children may have around Coronavirus.</p>
 <p><i>While We Can't Hug</i> by Eoin McLaughlin, illustrated by Polly Dunbar</p>	<p>This story is available in hard copy or on YouTube now. In the story, Hedgehog and Tortoise want to give each other a great big hug, but they're not allowed to touch.</p>
 <p><i>Covibook</i> by Manuela Molina</p>	<p>This is an interactive book to support and reassure children. It has been created so families can discuss the range of emotions arising from the current situation. It is available to download in 25 different languages.</p>

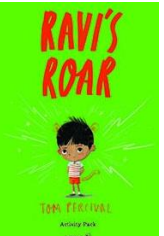

Books about worries or anxiety

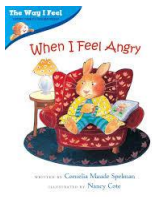
	<p><i>The Huge Bag of Worries</i> by Virginia Ironside, illustrated by Frank Rodgers</p>	<p>This is a reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings.</p>
	<p><i>Ruby's Worry</i> written and illustrated by Tom Percival</p>	<p>Ruby loves being Ruby, until, one day, she finds a worry. This story helps children understand how to talk about their worries.</p>
	<p><i>The Worrysaurus</i> by Rachel Bright, illustrated by Chris Chatterton</p>	<p>Worrysaurus likes to know what to expect and gets butterflies in his stomach if things change. This story is about setting worries free so that you can enjoy the moment.</p>

Books about separation and being away from home

	<p><i>The Invisible String</i> by Patrice Karst, illustrated by Joanne Lew-Vriethoff</p>	<p>This book offers a very simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children can easily understand and embrace. It delivers a particularly compelling message in today's uncertain times.</p>
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Books about anger and dealing with unwanted emotions

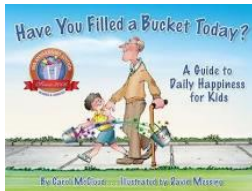
	<p><i>Ravi's Roar</i> written and illustrated by Tom Percival</p>	<p>A clever and engaging book about temper tantrums, dealing with emotions and learning to express and understand your feelings.</p>
	<p><i>I Feel Angry</i> by Brian Moses, illustrated by Mike Gordon</p>	<p>A book to help children cope with anger. It also provides notes for practitioners and parents to extend the learning and vocabulary around the feeling of anger. The author has also written books on feeling sad, jealous, and frightened.</p>



[When I feel Angry](#) by Cornelia Maude Spelman, illustrated by Nancy Cote

A good book for a child as young as a toddler to help them understand what anger feels like and how to choose an appropriate way to handle anger.

Books about being positive



[Have You Filled a Bucket Today?](#) By 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. Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words on the well-being of others and ourselves.