

# Mental Health & Wellbeing

A selection of titles to help children understand their emotions and build their confidence

## available! Ask your rep for more details

## Exploring Feelings



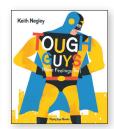
**Know Your Feelings** 9781912909407 PB £7.99 b small



How do you Feel? 9781908473165 HB £9.99 Patrick George



What Feelings Do When Noone's Looking 9781782693598 HB £12.99 Pushkin Press



Tough Guys Have Feelings Too 9781912497157 PB £7.99 Flying Eye



Being Me: Poems about Thoughts, Worries and Feelings 9781913074654 PB £7.99 Otter-Barry



Out, Out Away From Here 9781911171331 HB £11.99 Flying Eye



**Feelings** 9781848576902 PB £7.99 Little Tiger



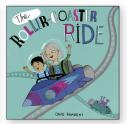
Sometimes 9781788819381 PB £6.99 Little Tiger



The Wind May Blow 9781838914684 PB £7.99 Little Tiger



9781838914400 HB £12.99 Little Tiger



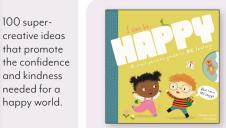
My Heart is a Poem The Roller-Coaster Ride 9781786285607 PB £7.99 Child's Play



When Things Aren't Going Right, Go Left 9780702324765 PB £7.99 Scholastic



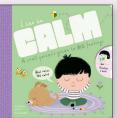
#LifeHacks for Happiness 9781913918590 PB £9.99 b Small



I Can be Happy 9781915356178 BB £7.99 Townhouse



I Can be Kind 9781915356185 BB £7.99 Townhouse



I Can be Calm 9781915356192 BB £7.99 Townhouse



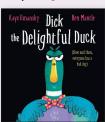
I Can be Brave 9781915356208 BB £7.99 Townhouse



The Extraordinary Book That Makes You Feel Happy 9781915588005 PB £10.99 Weldon Owen

Children's

## Coping with anger...



9780702307744 PB £7.99 Scholastic



Dick the Delightful Duck When Ice Cream had a Meltdown 9780702313332 PB £6.99 Scholastic



The Big Angry Roar 9781788810999 PB £6.99 Little Tiger

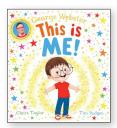


No-One is Angry Today 9781776573455 HB £12.99 Gecko Press



Storm in a Jar 9781913339111 PB £7.99 Owlet Press

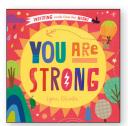
### Accepting who you are...



This is Me 9780702319143 PB £7.99 Scholastic



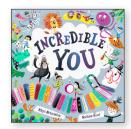
You Are Loved 9781838914424 PB £6.99 Little Tiger



You Are Strong 9781838914523 PB £6.99 Little Tiger



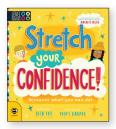
Courage in a Poem 9781838914394 HB £12.99 Little Tiger



Incredible You 9781849766975 PB £6.99 Tate



Love Being You 9781912909940 PB £7.99 b Small

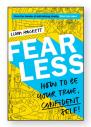


Stretch Your Confidence 9781911509967 PB £7.99 b Small

Connecting with others...



Find Your Power 9781911509974 PB £7.99 b Small



Fearless! How to Be Your True, Confident Self 9781407197937 PB £9.99 Scholastic

#### Feelings of shyness...



This Girl Can Be A Bit Shy 9781801044509 HB £12.99 Little Tiger



**Big Hid** 9781838741150 PB £7.99 Flying Eye



Hug Me 9781911171720 PB £6.99 Flying Eye



A Mouse Called Julian 9781912497478 PB £7.99 Flying Eye



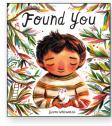
9781838915117 PB £7.99 Little Tiger



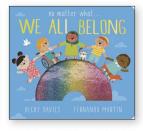
The Tale of the Tiny Man Now We're Together 9781776574094 HB £11.99 Gecko Press



9781838914370 HB £12.99 Little Tiger



Found You 9781407196275 PB £6.99 Scholastic

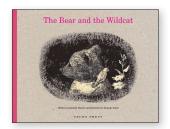


No Matter What...We All Belong 9781801043229 BB £7.99 Little Tiger



Shy Ones 9781912497355 HB £12.99 Flying Eye

## Exploring feelings of grief...



The Bear and the Wildcat 9781877467707 HB £12.99 Gecko Press



Duck, Death and the Tulip 9781877467172 PB £7.99 Gecko Press



The Laugh 9781838740825 HB £12.99 Flying Eye



Corey's Rock 9781913074159 PB £8.99 Otter-Barry

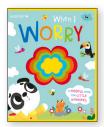


If You Read This 9781782692812 PB £7.99 Pushkin Press



The Octopus, Dadu and Me 9781915235039 PB £7.99 UCLan

## Coping with worries ...



When I Worry 9781801055710 BB £8.99 Imagine That



Me and My Fear 9781911171539 HB £12.99 Flying Eye 9781838741204 PB £7.99 Flying Eye



Small Stanley's Big List of Scary Stuff 9781913074135 HB £12.99 Otter-Barry

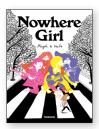
Small Stanley wants to be BRAVE and FEARLESS like the superheroes in his books, but Stanley's world seems to be stuffed with scary things like ... earwigs and DOGS and the DARK and getting lost and even



The Little Girl Who Was Afraid of **Everything** 9781849766913 HB £11.99 Tate



**Worry Angels** 9781781126950 PB £6.99 Barrington Stoke



Nowhere Girl 9781913123192 PB £14.99 NoBrow



The Worry Box 9781848698307 PB £7.99 Little Tiger



A Little Bit Worried 9781788815703 PB £6.99 Little Tiger

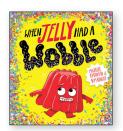


The Feeling Good Club: Smash Your Worries, Bella! 9781788953078 PB £5.99 Little Tiger



The Feeling Good Club: 9781788953085

PB £6.99 Little Tiger



When Jelly had a Wobble 9780702305481 Say How You Feel, Archie! PB £6.99 Scholastic

#### Mindfulness...



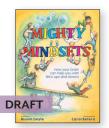
Нарру: A Children's Book of Mindfulness 9781838914110 BB £6.99 Little Tiger



5 Minute Mindful **Bedtime Stories** 9781801051491 HB £9.99 Imagine That



I Am Thankful 9781801055703 BB £8.99 Imagine That



Mighty Mindsets 9781912417865 PB £9.99 Little Island



The Sleepy Pebble and Other Stories 9781911171812 HB £12.99 Flying Eye



Mind and Me 9781913311384 PB £5.99 Knights Of

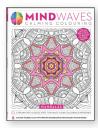
#### Mindfulness activities...



Mindful Sticker by Number: Animals 9781915458018 PB £8.99 iSeek



Mindful Autumn Colouring 9781915356000 PB £7.99 Townhouse



Mindwaves Colouring Mandalas 9781488942594 CTN QTY 24



Positive Vibes Colouring Kit 9781865152707 SRP £3.99 / RRP £6.99 SRP £7.99\* / RRP £14.99\* CTN QTY 16



500 Mindfulness Jigsaw Beach 9354537001568 SRP £7.99\* CTN QTY 6



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