

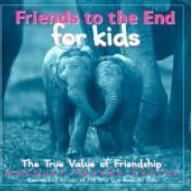
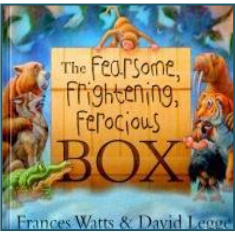
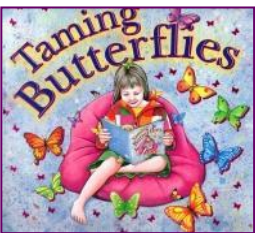
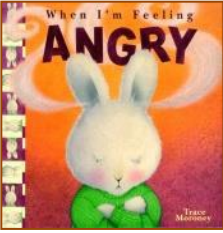
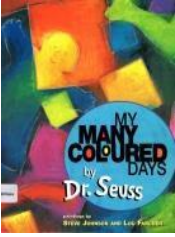
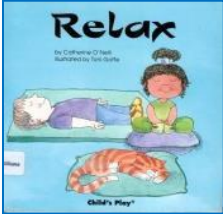
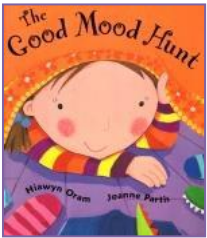
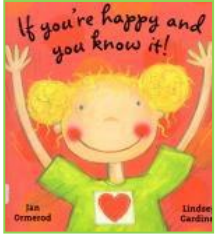
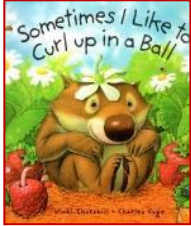
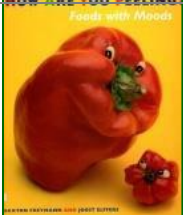



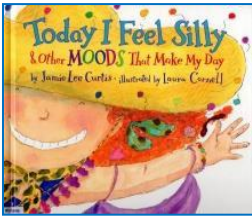

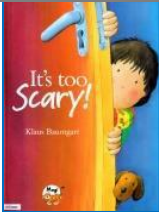
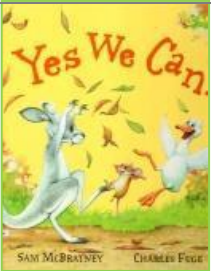
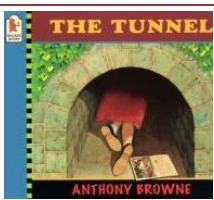
Children's Book List with tips for parents and caregivers

Title & Author	Suggested age range / information & ideas
 <p>The Bears One source of a variety of resources that might be helpful for topics such as feelings, and strengths.</p> <p>http://www.innovativeresources.org</p>	<p>4+</p> <p>48 coloured cards with illustrations of bears with different expressions and feelings. Includes an instruction booklet with suggestions for how to use them. Now also available as an app and in other forms.</p> <p><i>Anxiety, feelings, emotional regulation skills and strengths.</i></p>
 <p>Innovative resources One source of a variety of resources that might be helpful for topics such as feelings, and strengths.</p>	<p>Toddler to Adult</p> <p>For example, try Can do dinosaurs, Strength cards, Strength cards for kids, Strength cards for teams, Mates traits, Stones have feelings too card set, Feelings cards and many more.</p> <p><i>Emotional regulation skills, understanding self and strengths.</i></p>
 <p>Friends to the end for kids By: Bradley Trevor Greive Illustrated by: various 2006, Random House Australia</p>	<p>4-10</p> <p>Amazing animal photos with some written friendship concepts. Can be used for photos alone, or with the text to discuss friendships. Some kids may find it easier to discuss the animals than they would talking about people.</p> <p><i>Friendships, feelings and social skills.</i></p>
 <p>The fearsome, frightening, ferocious box By: Frances Watts Illustrated by: David Legge 2013, Harper Collins Publishers</p>	<p>6-10</p> <p>What's in the box that has such a ferocious group of animals so afraid to open it? Great example of fear because of your thinking, not what you know, and the anticipation being worse than the actual event. This could then lead to talking about the child's own box and what things make them fearful and relating reality testing back to the book examples.</p> <p><i>Anxiety, feelings, fear, worry and bravery.</i></p>
 <p>Taming Butterflies By: Sue Whiting Illustrated by: Mini Goss 2005, New Frontier Publishing</p>	<p>4-8</p> <p>A story about anxiety and what a little girl does to control it. Concept of being in control of your own anxiety, also includes breathing as a strategy. This is one of at least two in this series about overcoming anxiety.</p> <p><i>Anxiety, feelings, emotional regulation skills and strengths.</i></p>
 <p>When I'm feeling Angry Written and illustrated by: Trace Moroney 2005, The Five Mile Press Pty Ltd</p>	<p>2-6</p> <p>One in a series of books that examine feelings and the behaviours that help or don't help. Includes notes for parents.</p> <p><i>Anger, feelings, emotional regulation skills.</i></p>

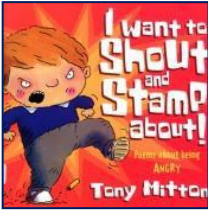
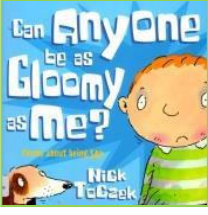
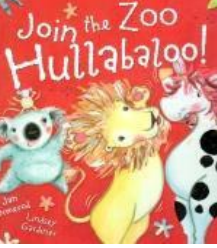

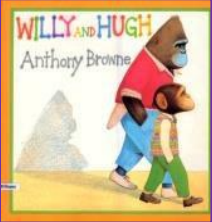
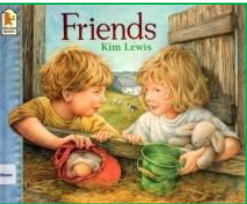
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Title & Author	Suggested age range / Information & ideas
 <p>My many coloured days By: Dr Seuss Illustrated by: Steve Johnson & Lou Fancher 2001, Red Fox Books a division of the Random House Group</p>	<p>2-6</p> <p>Beautiful, simple words and painted illustrations. Shows the colours Dr Seuss saw for different moods. Great for discussing feelings and the idea that it is normal to have many different feelings.</p> <p><i>Feelings, emotions, moods, words to name feelings.</i></p>
 <p>Relax By: Catherine O'Neill Illustrated by: Toni Goffe 1993, Child's Play</p>	<p>6-11</p> <p>Explains the concept of stress and relaxation and provides child friendly strategies for how to relax. Appropriate language with cartoon illustrations.</p> <p><i>Anxiety, feelings and emotional regulation skills.</i></p>
 <p>The good mood hunt By: Hiawyn Oram Illustrated by: Joanne Partis 2003, Oxford University Press</p>	<p>2-6</p> <p>What do you do if you lose your good mood? You go on a good mood hunt of course! Easy to follow text with bright engaging illustrations. Helpful for children to think about changing their moods and an idea that might help them.</p> <p><i>Anxiety, feelings and emotional regulation skills.</i></p>
 <p>If you're happy and you know it! By: Jan Ormerod Illustrated by: Lindsey Gardiner 2003, Oxford University Press</p>	<p>2-6</p> <p>Slightly different take on the well-known children's song, uses animals and different actions. Can be used to talk about what makes you happy, or as a physical task to change / increase energy levels and mood.</p> <p><i>Feelings, words to name feelings and emotional regulation idea.</i></p>
 <p>Make it I'm the mother By: Janet McLean Illustrated by: Andrew McLean 2000, Allen & Unwin</p>	<p>4-6</p> <p>Can be used to discuss gender roles. Solving problems between friends. This can also be useful to give children ideas about make believe play.</p> <p><i>Challenging gender roles, friendship and play skills.</i></p>
 <p>Sometimes I like to curl up in a ball By: Vicki Churchill Illustrated by: Charles Fuge 2001, Gullane Children's Books</p>	<p>4-8</p> <p>There are a lot of things that little wombat likes to do including curling up in a ball – who doesn't?! Great to use as a script for relaxation for younger children, get them to act out the movements of little wombat. (Other books in series).</p> <p><i>Feelings, emotional regulation skills.</i></p>
 <p>How are you peeling? By: Saxton Freymann & Joost Elffers 1999, Arthur A. Levine Books, an imprint of Scholastic Press</p>	<p>2-8</p> <p>Photos of fruit and vegetables with moods! You can read the few words or just talk about the pictures. Also useful for talking about facial expressions as the pictures are amazingly detailed in capturing different emotions.</p> <p><i>Feelings and words to describe feelings.</i></p>

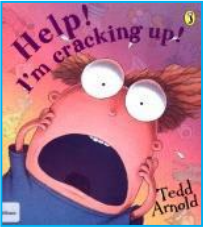
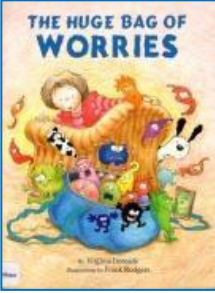

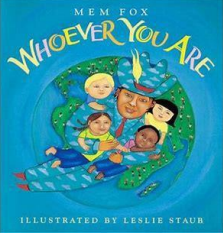
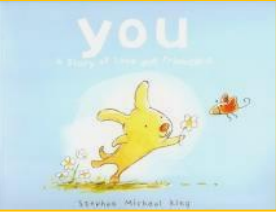
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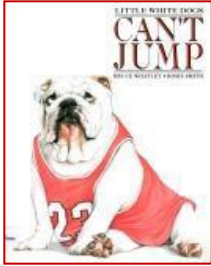

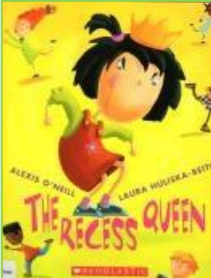
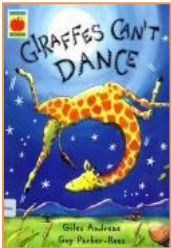

Title & Author	Suggested age range / Information & ideas
 <p>Choices – Telling the truth Choices - Feeling angry By: Althea Braithwaite Illustrated by: Conny Jude & Charlie Best 2004, A & C Black</p>	<p>6-12</p> <p>This series has quite a bit of writing on each page and covers more complex ideas about different topics. Includes information for parents / teachers. Can be helpful to increase the understanding of relevant concepts and for starting further discussion.</p> <p>There are many series like this one that focus on particular emotions and social skills.</p> <p><i>Feelings and emotional regulation skills.</i></p>
 <p>Today I feel silly & other moods that make my day By: Jamie Lee Curtis Illustrated by: Laura Cornell 1998, Joanna Cotler books, an imprint of Harper Collins</p>	<p>4-8</p> <p>Catchy, rhyming text and bright, crazy pictures capture the many moods that make up one little girl's day. Includes a picture wheel at the back so children can change the expressions themselves. A good book to use to discuss how different situations make children feel.</p> <p><i>Feelings, words to describe feelings and emotional regulation skills.</i></p>
 <p>The red tree Written and illustrated by: Shaun Tan 2003, Lothian Books</p>	<p>8+</p> <p>Beautiful, complex illustrations and few words. Great for a variety of concepts including depression, grief and hopelessness. Very versatile. Useful to discuss the need to change moods.</p> <p><i>Anxiety, feelings and emotional regulation skills.</i></p>
 <p>It's too scary! Written and illustrated by: Klaus Baumgart 1998, Magi publications</p>	<p>5-12</p> <p>Tommy is scared of everything this is the story of how he overcomes his fears with a bit of help from his new toy dog Roly.</p> <p><i>Anxiety, feelings and emotional regulation skills.</i></p>
 <p>Yes we can By: Sam McBratney Illustrated by: Charles Fuge Fuge 2006, Puffin books</p>	<p>5-8</p> <p>Friends who fall out because of teasing about what they can't do, become friends again by celebrating their differences. Concepts such as friendship, teasing, difference, persistence, forgiveness and individual skills are all covered.</p> <p><i>Feelings, friendships, teasing and emotional regulation skills.</i></p>
 <p>The Tunnel Written and illustrated by: Anthony Browne 1999, Walker Books</p>	<p>5-8</p> <p>A fairy tale like story about being afraid, facing your fear, and doing it anyway.</p> <p><i>Anxiety, feelings and emotional regulation skills.</i></p>

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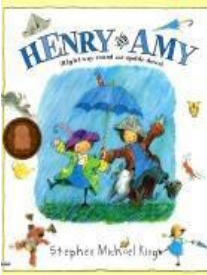
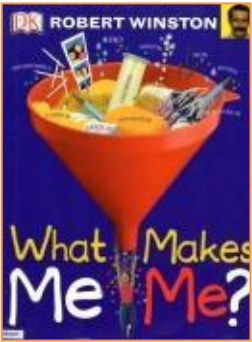
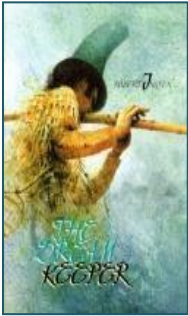
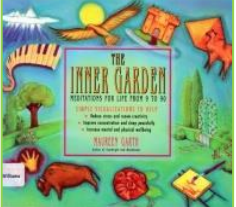
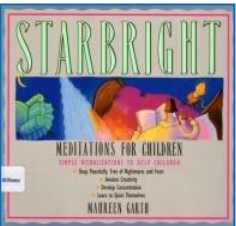
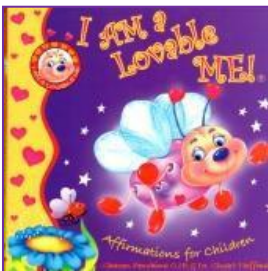
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 <p>I want to shout and stamp about! Poems about being angry By: Tony Mitton Illustrated by: Mike Gordon 2005, Hodder Children's books</p>	<p>5-8</p> <p>Poems for kids about being angry and the things you can do, both helpful and unhelpful. Cartoon style with good use of humour. The poems are short and can be used individually.</p> <p><i>Anger, feelings and emotional regulation skills.</i></p>
 <p>Can anyone be as gloomy as me? Poems about being sad By: Nick Toczek Illustrated by: Mike Gordon 2005, Hodder Children's books</p>	<p>5-8</p> <p>Poems for kids about being sad and gloomy and the things you can do, both helpful and unhelpful. Cartoon style with good use of humour. The poems are short and can be used individually.</p> <p><i>Sadness, feelings and emotional regulation skills.</i></p>
 <p>Join the Zoo Hullabaloo! By: Jan Ormerod Illustrated by: Lindsey Gardiner 2011, Oxford University Press</p>	<p>2-6</p> <p>This bright and engaging story is also a wonderful script for relaxation. Each animal in the zoo moves and acts in a different way, which children can pretend to be. Highlight how the different animals' bodies feel, such as the relaxed flowing muscles of the jelly fish, lightly floating in the water.</p> <p><i>Feelings, feelings words and emotional regulation skills.</i></p>
 <p>Oh, the places you'll go! Written and illustrated by: Dr Seuss (1957) 2003, Harper Collins Children's books</p>	<p>5+</p> <p>Written by the wonderful Dr Seuss, this is a story which manages to be positive and optimistic while still recognising there will be times that are difficult. Times that are hard, times that are lonely, times when you have to decide to keep going, and then there will be the other times that are wonderful, full of possibilities.</p> <p><i>Feelings, strengths and emotional regulation skills.</i></p>
 <p>Willy and Hugh Written and illustrated by: Anthony Browne 1992, Red Fox</p>	<p>5-8</p> <p>The story of an unlikely friendship. Will and Hugh are very different, but they are able to help each other in different ways, and they enjoy spending time together. A story of friendship, standing up for, and helping your friends.</p> <p><i>Friendship, difference, bullying and emotional regulation skills.</i></p>
 <p>Friends Written and illustrated by: Kim Lewis 1997, Walker Books</p>	<p>4-8</p> <p>A pair of little friends are having a lovely day, until they disagree, then harsh words are said that make them both feel bad, until they make up and are friends again. Beautiful illustrations make the feelings of the children very clear in this story of friendship</p> <p><i>Friendship, problem solving and emotional regulation skills.</i></p>

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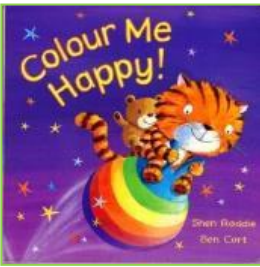

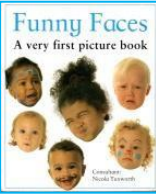

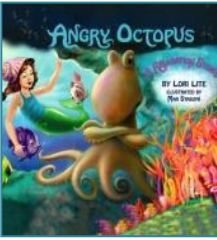
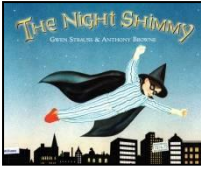
Title & Author	Suggested age range / Information & ideas
 <p>Help! I'm cracking up! Written and illustrated by: Tedd Arnold 2001, Puffin Books</p>	<p>5-8</p> <p>This story teams a funny story line with cartoon style pictures, to explore what happens when a boy takes everything he hears literally. This can be useful to talk about how people can misunderstand what you say. For children with Asperger's Syndrome and similar issues, this can help to explain metaphor, or can be used to explain this issue to their friends.</p> <p><i>Anxiety, metaphor and emotional regulation skills.</i></p>
 <p>The Huge Bag of Worries By: Virginia Ironside Illustrated by: Frank Rodgers 2004, Hodder Wayland, an imprint of Hodder Children's Books</p>	<p>5-10</p> <p>Wherever Jenny goes her huge bag of worries follows! Who can help her to do something about her bag of worries? Illustrates some basic Cognitive Behavioural Therapy (CBT) principles, with the technique of sorting the worries into piles, such as those that belong to other people, and those that an adult should deal with.</p> <p><i>Anxiety, worries, fears and emotional regulation skills.</i></p>
 <p>For every child By: Caroline Castle Illustrated by: Individual artists 2002, Red Fox</p>	<p>5-10</p> <p>The illustrations in this story are amazing works of art. Each one is by a different illustrator from around the world, and they use a variety of mediums, styles and techniques. As well as being beautiful, the illustrations highlight the key messages from the UN Convention on the Rights of the Child. Can be useful in general discussions of rights, thinking about children in different parts of the world, and for working with children who have experienced their rights being violated e.g. refugees, children with disabilities.</p> <p><i>Rights, difference, similarities and belonging.</i></p>
 <p>Whoever you are By: Mem Fox Illustrated by: Leslie Staub 1997, Hodder Headline Australia</p>	<p>5-8</p> <p>A beautiful, colourful story that acknowledges differences, while celebrating how many ways we are the same. Can be used to talk about any differences, especially racial, ethnicity and culture.</p> <p><i>Difference and belonging.</i></p>
 <p>You Written and illustrated by: Stephen Michael King 2010, Scholastic Press</p>	<p>Toddlers - 6</p> <p>A whimsically illustrated story with only a few words per page. All sorts of different things are in this world, but everything comes back to YOU! A lovely message for a child to hear, that they are important in someone's life.</p> <p><i>Self-identity, belonging and family.</i></p>

Title & Author	Suggested age range / Information & ideas
 <p>Little white dogs can't jump By: Bruce Whatley Illustrated by: Rosie Smith 2001, Angus & Robertson</p>	<p>5-8</p> <p>A funny story about getting around individual difficulties. What do you do when Smudge the dog needs to get in the car and it's too high, especially because little white dogs can't jump? A good way to start a discussion about accommodating differences.</p> <p><i>Difference, strengths and persistence.</i></p>
 <p>It's just different now Written: Linda Espie Illustrated: Gabrielle Greig 1999, Spectrum Publications</p>	<p>4-8</p> <p>This book tackles the difficult issue of parents separating or divorcing. Clear text and colourful illustrations acknowledge how the child may feel physically and emotionally and introduces the idea of grief. The story acknowledges that it is normal and natural to experience these feelings and that it takes time and support for things to get better. It makes it clear that parents who do not live together still love the child, and that they are still a family. A great book that is clear and respects children's thoughts, feelings and wishes, while being realistic.</p> <p><i>Divorce, separation, feelings and coping with changes to family.</i></p>
 <p>The Recess Queen By: Alexis O'Neill Illustrated by: Laura Huliska-Beith 2002, Scholastic</p>	<p>5-7</p> <p>This story uses colourful pictures and a rhyming text to examine a strategy for dealing with a bully. Considers topics such as being new, bystanders, and bullying as a reaction to being left out. Useful to start a discussion of what strategies to use, and also standing up for yourself. Both the bully and victim are girls.</p> <p><i>Bullying, teasing, strengths, coping and social skills.</i></p>
 <p>Giraffes can't dance By: Giles Andrede Illustrated by: Guy Parker-Rees 2000, Orchard Books</p>	<p>4-9</p> <p>A story of differences, acceptance, and finding the path / song that fits you. All about making room for difference, accepting yourself, accepting others' differences and individual strengths.</p> <p><i>Anxiety, feelings, difference, friends and emotional regulation skills.</i></p>
 <p>Just you wait By: Megan de Kantzow Illustrated by: Craig Smith 2004, Omnibus books, Scholastic Australia</p>	<p>5-7</p> <p>How do you deal with being bullied at fairy tale school? This story of turning the tables on a bully will appeal and is a good starting point for discussing different strategies for handling bullies, given most of us can't turn them into frogs! This story has a girl being bullied by a boy - somewhat unusual for children's stories.</p> <p><i>Bullying, teasing, strengths, coping and social skills.</i></p>


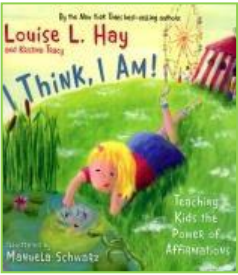
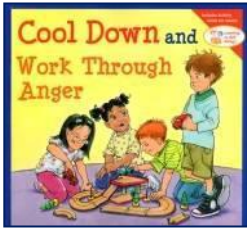
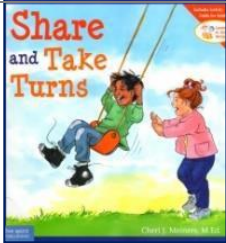
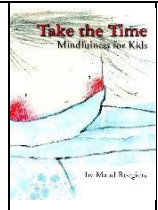
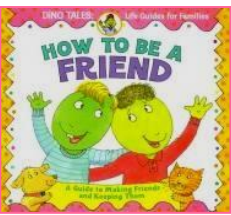
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Title & Author	Suggested age range / Information & ideas
 <p>Henry and Amy (Right way round & upside down) Written and illustrated by: Stephen Michael King 1998, Scholastic press</p>	4-6 What happens when a boy who is always the wrong way round, meets a girl who is always right? This simple yet clever story, with amazing creative pictures, shows why it's a good thing that we are all different. Great for friendships and difference. <i>Friendships, difference and similarities.</i>
 <p>What makes me, me? Forward by: Robert Winston Senior editor: Benjamin Morgan Senior art editor: Claire Patané 2004, Dorling Kindersley Ltd</p>	9-16 Written in clear and appropriate language, and not at all condescending, this book explains many aspects of the human body from basic systems, through to personality, memory, thinking, and how the brain works. A really useful resource for explaining current thinking about brain plasticity, how feelings work, and how we can influence our own thoughts, feelings and behaviours. Well organised with many photos and diagrams. <i>Feelings, science and emotional regulation skills.</i>
 <p>The Dream Keeper Written and illustrated by: Robert Ingpen 2006, Penguin Young Readers Group</p>	7-10 This story will appeal to those who like witches, goblins and other fantasy creatures. It is written as a letter to the authors' granddaughter in which he explains how the dream keeper keeps her dreams safe. Complex illustrations mean this book appeals to older children. Useful for children experiencing nightmares, or fear of the dark. <i>Anxiety, dreams, nightmares and emotional regulation skills.</i>
 <p>The inner garden By: Maureen Grath 2007, Harper Collins</p>	4+ Scripts and techniques for guided imagery relaxation. Designed for relaxation periods such as before sleep and teaching people to calm themselves <i>Guided imagery, relaxation and sleep.</i>
 <p>Starbright By: Maureen Grath 2007, Harper Collins</p>	4-12 Scripts and techniques for guided imagery relaxation. There is another book called Moonbeam. Designed for relaxation periods such as before sleep and teaching children to be able to calm themselves <i>Guided imagery, relaxation and sleep.</i>
 <p>I am a lovable me! Affirmations for children By: Sharon Penching & Dr Stuart Hoffman 2003, 2 Imagine</p>	4-9 Contains almost 100 affirmations for children. Excellent starting point for discussions with a child about themselves, what they are good at, and their intrinsic worth as human beings. Reasonably simple language, uses rhyme, bright pictures of the bee and other bug friends. Includes some explanation of affirmations and suggestions for use. <i>Affirmations, self-concept and strengths.</i>

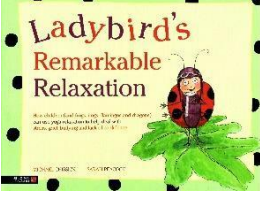
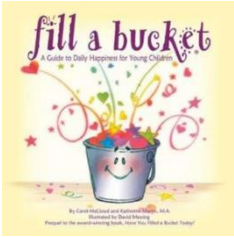

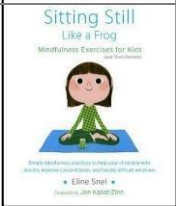

Children's Book List with tips for parents and caregivers

Title & Author	Suggested age range / Information & ideas
 <p>Colour me happy! By: Shen Roddie Illustrated by: Ben Cort 2010, Macmillan Children's Books</p>	<p>Toddlers – 6</p> <p>This book links feelings to different colours. Very straight forward words and vibrant pictures. Lends itself to activities where the child decides what colours their feelings should be, and this concept can easily be incorporated in simple visualisations e.g. see the calm blue smoke slowly mixing with the angry red smoke, watch how they swirl through each other, notice how much more blue there is now, as the blue smoke works its way from your feet...</p> <p><i>Feelings and feeling words.</i></p>
<p>VARIOUS BOARD & OTHER BOOKS WITH PHOTOS OF FACES & ROUTINES</p>  <p>Close Friends By: Vicky Ceelen 2002, PQ Publishing Ltd.</p>  <p>Funny Faces A very first picture book By: Nicola Tuxworth 1996, Hermes House an imprint of Anness Publishing</p>  <p>Baby's best friend Photographs by: Rachael Hale 2011, PQ Blackwell Ltd.</p>	<p>Toddlers - 6</p> <p>The age range for these books really depends on the book you choose. Close Friends can also be used with young teens, particularly those interested in animals. These books can fill multiple roles. Children who are very visual and those with developmental delays, or language issues, can find the routines useful in reinforcing steps, and the order they need to be done in.</p> <p>Photo books can be especially useful with young children, and those with developmental delays, who find it difficult to relate to other illustrations as real life. This is particularly true if you are using them to talk about emotions, facial expressions, feelings and empathy. They can be helpful in discussing others having different feelings to our own.</p> <p>There are many wonderful examples of these types of books, and whole series that include mirrors, which can increase their use as the child can also practice facial expressions, and they can help the child to feel part of the book.</p> <p><i>Facial expressions, feelings and feeling words</i></p>
 <p>Angry Octopus By: Lori Lite Illustrated by: Max Stasuyk 2011, Stress free kids</p>	<p>5-10</p> <p>This book is one of a series of books designed specifically to teach young children techniques such as relaxation. This story includes a progressive muscle relaxation script, in response to feeling angry.</p> <p><i>Anger, feelings and emotional regulation skills.</i></p>
 <p>The Night Shimmy By: Gwen Strauss Illustrated by: Anthony Browne 1991, Picture Corgi books</p>	<p>5-8</p> <p>The Night Shimmy talks for Eric because he doesn't talk. Then Eric makes a friend and finds a reason to find his voice. Useful for elective mutes and shyness, communication issues and imaginary friends.</p> <p><i>Friends, elective mutism, communication and emotional regulation.</i></p>

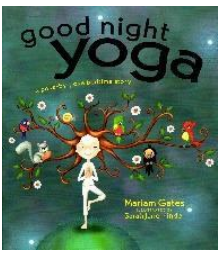
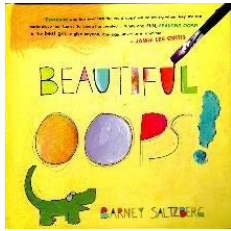
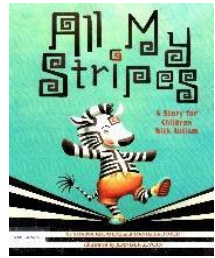
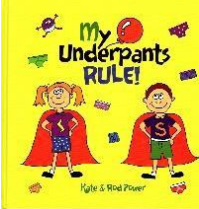
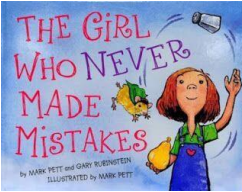
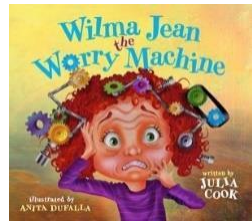
Children's Book List with tips for parents and caregivers

Title & Author	Suggested age range / Information & ideas
 <p>Little Chick and the secret of sleep By: Malachy Doyle Illustrated by: Gill McLean 2012, Hinkler</p>	<p>2-8</p> <p>Little Chick can't sleep so she goes on a journey to find out the secrets of sleep. Not only does she find the secrets, she also finds some new friends. Secrets of sleep = you need to be tired, safe, cosy, and quiet! Good for discussing what is missing for the child to sleep, and the need to lay quietly so you can go to sleep. Some suggested activities that use the book included at the end.</p> <p><i>Sleep</i></p>
 <p>I think, I am: Teaching kids the power of affirmations By: Louise L. Hay & Kristina Tracy Illustrated by: Manuela Schwartz 2012, Imago</p>	<p>5-8</p> <p>A book about the power of words and thoughts. Includes affirmations kids can use themselves. Great for discussing thoughts and what kids hear from their inner voice, and also for making positive changes. Includes a note to parents / teachers at the beginning, and tips for affirmations at the end.</p> <p><i>Affirmations, feelings, strengths and emotional regulation skills.</i></p>
 <p>Cool Down and Work Through Anger By: Cheri J Meiners Illustrated by: Meredith Johnson 2010, Free Spirit Publishing</p>	<p>4-8</p> <p>This book series highlights some situations most kids will have experienced. In this book there are situations that are likely to make them angry, the responses they can choose and the likely consequences. Minimal, straight forward writing. Includes strategies, ideas and activities for adults to help kids deal with anger positively, and for calming down.</p> <p><i>Anger, feelings, problem solving and emotional regulation skills.</i></p>
 <p>Share and Take Turns By: Cheri J Meiners Illustrated by: Meredith Johnson 2003, Free Spirit Publishing</p>	<p>4-8</p> <p>Another book from the series. Includes examples of different types of sharing, what happens when we share. Minimal, straight forward writing. Includes strategies, ideas and activities for adults to help kids learn to share.</p> <p><i>Feelings, social and emotional regulation skills.</i></p>
 <p>Take the time, mindfulness for kids By: Maud Roegiers 2009, Magination Press</p>	<p>4+</p> <p>A simple description of living mindfully in the moment. A wonderful introduction to the concept of mindfulness.</p> <p><i>Mindfulness, calm and emotional regulation skills.</i></p>
 <p>How to be a friend: A guide to making friends and keeping them By: Laurie Krasny Brown Illustrated by: Marc Brown 2001, Little, Brown & Company</p>	<p>5-10</p> <p>This book is from the people who produce the 'Arthur' cartoon. Dinosaur characters, and cartoon style make this an appealing format. There are quite a few words, but the style means you could read only what you need to for those with less concentration. Information and ideas for kids on being and having a friend, and other friendship issues, such as bullying. An excellent conversation starter.</p> <p><i>Friends, problem solving, social and emotional regulation skills.</i></p>

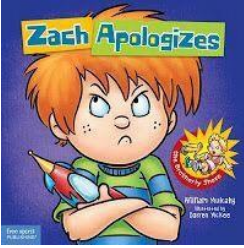
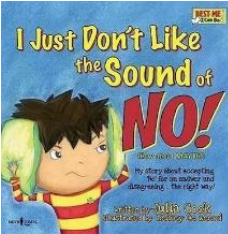
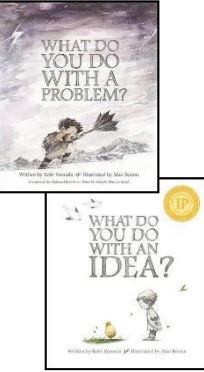
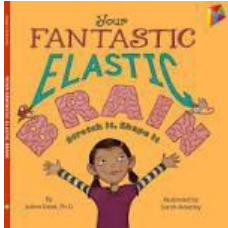

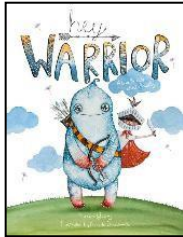
Children's Book List with tips for parents and caregivers

Title & Author	Suggested age range / Information & ideas
 <p>Ladybird's remarkable relaxation By: Michael Chissick Illustrated by: Sarah Peacock 2014, Singing Dragon</p>	<p>5+</p> <p>"How children (and frogs, dogs, flamingos and dragons) can use yoga relaxation to help deal with stress, grief, bullying and lack of confidence."</p> <p><i>Mindfulness, guided imagery and emotional regulation skills.</i></p>
 <p>Fill a bucket: A guide to daily happiness for children By: Carol McCloud & Katherine Martin Illustrated by: David Messing 2008, Ferne Press an imprint of Nelson Publishing & Marketing</p>	<p>4-8</p> <p>This is a prequel to a very popular book 'Have you filled a bucket today' which is the same concept for 8 to 12 year olds. There are now a series of books on this theme. This series introduce the concept of doing things for, and thinking of others, as having benefits for both parties. The focus is on the positive in this book, and largely that is true of this series, however some of the other books also look at 'dippers' or those actions that empty buckets. Can help show a child how they contribute to the world around them. You can make it very concrete with a couple of actual buckets you can demonstrate concepts such as, different things fill or empty different people's buckets, how your choices can affect your bucket (thoughts, feelings, actions) and highlight desired behaviours.</p> <p><i>Social skills, strengths and cooperative skills.</i></p>
 <p>How to take the GRRRR out of anger By: Elizabeth Verdick & Majorie Lisovskis 2003, Free Spirit Publishing</p>	<p>8-12</p> <p>This book uses cartoons and short sections of text organised under clear headings, so it is easy to just find the part that is relevant, or to read the whole book. Different strategies for coping with anger appropriately, relaxing, and information to help understand anger.</p> <p>As this is in a short novel format, it can be used with older teens.</p> <p><i>Anger, feelings, problem solving and emotional regulation skills.</i></p>
 <p>Sitting Still Like a Frog Mindfulness Exercises for Kids [With CD (Audio)] By: Eline Snel, Myla Kabat-Zinn (Read by), Jon Kabat-Zinn (Foreword by)</p>	<p>4+</p> <p>Multiple child focused guided relaxation scripts with audio recording.</p> <p><i>Mindfulness, guided imagery and emotional regulation skills.</i></p>
 <p>Sleepy Stories: Dinosnores Relaxation CD 2012, Dinosnores</p>	<p>2-10</p> <p>This is one example of a relaxation CD designed for children. This particular CD includes a 30 minute story and 60 minutes of relaxing jungle and rain sounds. There are many different examples available, which makes it easier to find one that suits your child.</p> <p><i>Mindfulness, guided imagery and emotional regulation skills.</i></p>


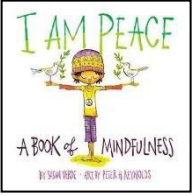
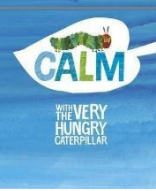
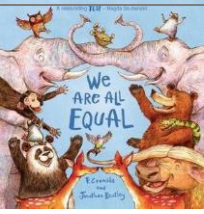
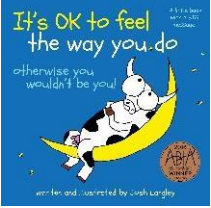
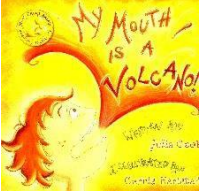
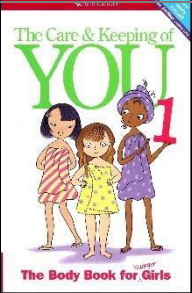
Children's Book List with tips for parents and caregivers

Title & Author	Suggested age range / Information & ideas
 <p>Good night yoga, a pose-by-pose bedtime story By: Miriam Gates Illustrated by: Sarah Jane Hinder 2015, Sounds True</p>	<p>3+</p> <p>Beautifully illustrated book with child friendly yoga poses. Can be used to create a bedtime routine or at other times of day. <i>Mindfulness, yoga and emotional regulation skills.</i></p>
 <p>Beautiful oops! By: Barney Saltzberg 2010, Workman Publishing Co.</p>	<p>4+</p> <p>This is a lovely board book which can be used with older children because of the motivating and interesting pictures (not some lift the flap format). Great way to talk about mistakes being an opportunity to learn and create. <i>Coping with making mistakes and emotional regulation skills.</i></p>
 <p>All my stripes, a story for children with Autism By: Shaina Rudolph & Danielle Royer Illustrated by: Jennifer Zivoin 2015, Magination Press</p>	<p>5-10</p> <p>Autism is just one stripe, a part of who this little zebra is, it is not all they are. A lovely book for talking to a child who has Autism, but also very useful for siblings, friends, classmates and others. A great way to start a conversation about everyone being good at different things and finding other things hard. <i>Difference, inclusion and Autism.</i></p>
 <p>My underpants rule By: Rod Power Illustrated by: Kate Power 2015, Kids Rule Publishing</p>	<p>5-8</p> <p>Teaches children about appropriate touch and privacy, can be adapted to younger children/needs by leaving out some of the text. <i>Privacy, respectful relationships and safety behaviours.</i></p>
 <p>The girl who never made mistakes By: Mark Pett and Gary Rubinstein. Illustrated by: Mark Pett 2011, Source books Jabberwocky</p>	<p>5-10</p> <p>What happens when the girl who never makes mistakes, makes a mistake? A great story to talk about mistakes being part of learning, and what to do when you make a mistake. Can also be useful for children who feel anxious and like people are watching them/paying attention to them. <i>Coping with making mistakes and emotional regulation skills.</i></p>
 <p>Wilma Jean Worry Machine By: Julia Cook. Illustrated by: Anita Dufalla 2012, National centre for youth issues</p>	<p>5+</p> <p>A great example of the types of thoughts that occur to people who worry. Can be useful when explaining worry and anxiety and also as a starting point for ways to address what you are thinking when you worry. <i>Anxiety, worries, fears and emotional regulation skills.</i></p>

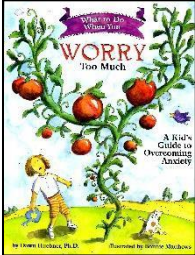
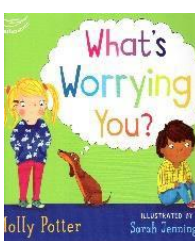

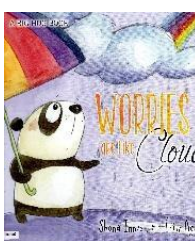
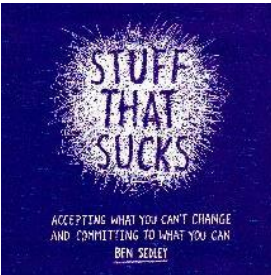
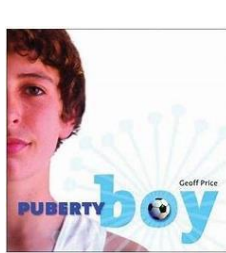
Children's Book List with tips for parents and caregivers

Title & Author	Suggested age range / Information & ideas
 <p>Zach Apologizes By: William Mulcahy. Illustrated by: Darren McKee 2012, Free Spirit Publishing</p>	<p>4+</p> <p>Saying sorry can be hard. This book is a way of exploring this and also teaches a simple strategy for apologising well. Can be a good start to a discussion on everyone making mistakes, and what we need to do when our mistakes affect others.</p> <p><i>Apologising, social and emotional regulation skills.</i></p>
 <p>I just don't like the sound of no! By: Julia Cook. Illustrated by: Kelsey De Weerd 2011, Boystown press</p>	<p>5-8</p> <p>Hearing no and coping with disappointment or frustration are difficult, particularly when you are younger. This book supports kids to develop the skills to disagree appropriately, and accept no for an answer, when the answer is still no.</p> <p><i>Coping, social and emotional regulation skills.</i></p>
 <p>What do you do with a problem? or What do you do with an idea? By: Kobi Yamada. Illustrated by: Mae Besom 2016, Compendium Inc.</p>	<p>5+</p> <p>The amazing text and pictures of these books extends the age range that will find them useful and interesting. Persistence, facing our problems, taking time and growing an idea despite any difficulties, are all themes captured in these books.</p> <p>Serve as an interesting starting point for problem solving, creativity and keeping on going despite setbacks.</p> <p><i>Problem solving, creativity and strengths.</i></p>
 <p>Your fantastic elastic brain By: JoAnnDeak, Illustrated by: Sarah Ackerley 2010, Little Pickle Press</p>	<p>5+</p> <p>A great book to learn about the brain and the way it learns and changes. Has great diagrams and can be read in its entirety or specific pages used as a starting point for further discussion.</p> <p><i>Feelings, the brain and emotional regulation skills.</i></p>
 <p>The Red Beast: Controlling anger in Children with Asperger's Syndrome By: K I Al-Ghani, Illustrated by: Haitham Al- Ghani 2010, Little Pickle Press</p>	<p>5+</p> <p>A great book to learn about anger, how to cope with it appropriately in your life, and strategies to use to manage anger.</p> <p>A useful book to start the conversation about all feelings being ok, and how to recognise anger and control your actions.</p> <p><i>Feelings and emotional regulation skills.</i></p>
 <p>Hey Warrior By: Karen Young. Illustrated by: Norville Dovidonyte 2017, Hey Sigmund publishing</p>	<p>5+</p> <p>This book provides a straightforward, useful description of some key concepts about anxiety and the brain. It does so with quirky pictures, facts, and introducing an idea in the Warrior, that a child can learn to use to manage their anxiety.</p> <p><i>Anxiety, worries, fears and emotional regulation skills.</i></p>

Children's Book List with tips for parents and caregivers

Title & Author	Suggested age range / Information & ideas
 <p>Hey Awesome By: Karen Young Illustrated by: Norvile Dovidonyte 2018, Hey Sigmund Publishing</p>	<p>5+</p> <p>A follow up to hey Warrior, this book is more about feeling the fear and doing it anyway. A simple but powerful message about facing your fears and becoming the master of your own destiny. A good next step around actions to take to address fear and anxiety.</p> <p><i>Anxiety, worries, fears and emotional regulation skills.</i></p>
 <p>I Am Peace A Book of Mindfulness By: Susan Verde, Peter H. Reynolds (Illustrated by)</p>	<p>2-8</p> <p>There are hard back and board books in this series. Fun, relaxing pictures help children explore mindfulness and calming ideas.</p> <p><i>Mindfulness, feelings and emotional regulation skills.</i></p>
 <p>Calm with the Very Hungry Caterpillar Written and illustrated by: Eric Carle 2016, Puffin Books</p>	<p>2-6</p> <p>Based on the Very Hungry Caterpillar book, this little story explores feelings, mindfulness and calming activities</p> <p><i>Mindfulness, feelings and emotional regulation skills.</i></p>
 <p>We are All Equal By: P. Crumble, Jonathan Bentley (Illustrator) 2019, Scholastic Australia</p>	<p>5-11</p> <p>This story is a great resource to talk about differences and similarities, and equal not always meaning people being treated the same.</p> <p><i>Equality, inclusion, difference and belonging.</i></p>
 <p>It's ok to feel the way you do otherwise you wouldn't be you! Written and illustrated by: Josh Langley 2020, Big Sky Publishing</p>	<p>5-11</p> <p>Lots of feeling words, ideas for when you have particular feelings, and bright cartoon style pictures to capture attention. A good resource for children to create their own feelings pictures and ideas.</p> <p><i>Feelings, feelings words and emotional regulation skills.</i></p>
 <p>My mouth is a volcano! By: Julia Cook Illustrated by: Carrie Hartman 2005, National Centre for Youth Issues</p>	<p>4-9</p> <p>The story of Louis who has trouble holding his words in. Great for talking about interrupting and taking turns. Also useful when discussing what to share and what not to.</p> <p><i>Social and emotional regulation skills.</i></p>
 <p>The care and keeping of you 1: The body book for younger girls By: Valorie Lee Schaefer with Cara Natterson MD (medical consult) Illustrated: Josee Masse 2012, American girl pub.</p>	<p>11-13</p> <p>There is a second book in this series for older girls. This book covers many topics relevant to growing younger girls including physical changes and emotions in ways that are respectful, easy to understand and positive. The excellent cartoon pictures can help with some step by step learning of new tasks for growing girls.</p> <p><i>Privacy, health, respectful relationships and safety behaviours.</i></p>

Children's Book List with tips for parents and caregivers

Title & Author	Suggested age range / Information & ideas
 <p>What to do when you worry too much: A kids guide to overcoming anxiety</p> <p>By: Dawn Huebner Ph.D. Illustrated by: Bonnie Matthews 2006, Magination Press</p>	<p>8-13</p> <p>Information, strategies and ideas, included in this part story, part workbook format about anxiety and worry. This includes what anxiety is, what happens in your body, and ideas for addressing and coping with anxiety.</p> <p><i>Anxiety, worries, fears and emotional regulation skills.</i></p>
 <p>What's worrying you?</p> <p>By: Molly Potter Illustrated by: Sarah Jennings 2018, Featherstone Education</p>	<p>5-11</p> <p>This book includes a guide and a feelings glossary. It is a collection of different situations which many children experience in their lives and why they may feel worried. It includes what they may be thinking and ideas to help.</p> <p><i>Anxiety, feelings and emotional regulation skills.</i></p>
 <p>The fabulous friend Machine</p> <p>Written and illustrated by: Nick Bland 2016, Scholastic press</p>	<p>5-9</p> <p>A deceptively straight forward tale that illustrates not everything on social media is the truth in a humorous story that does not detract from the message. A great conversation starter.</p> <p><i>Privacy, social media and safety behaviours.</i></p>
 <p>Worries are like clouds</p> <p>By: Shona Innes Illustrated by: Irisz Agócs 2016, The five mile press an imprint of Bonnier Publishing Australia.</p>	<p>5-9</p> <p>A way of thinking about worries as things that can be changed or moved. The impact of worries on mood in a story with ideas for ways to cope with worries. Part of a series about feelings and childhood issues.</p> <p><i>Anxiety, worries, fears and emotional regulation skills.</i></p>
 <p>Stuff that sucks</p> <p>By: by Ben Sedley Illustrated by: 2015, Robinson</p>	<p>11+</p> <p>What anxiety is, the thought processes that lead to and feed anxiety and how to cope with things that can't be changed. This is a more teen and adult book that uses humour to send the message of accepting feelings and coping. (Language consistent with title is sometimes used)</p> <p><i>Anxiety, worries, fears and emotional regulation skills.</i></p>
 <p>Puberty Boy</p> <p>By: Geoff Price Photography: Katrina Crook Illustrations: Jan Garben Cartoons: Sam Young 2005, Allen & Unwin</p>	<p>11+</p> <p>This book is aimed at teens, and pre-teens. It uses very frank language to discuss physical changes, health and emotions of boys growing up. It also addresses specific skills such as respectful relationships and emotional intelligence for boys and men.</p> <p><i>Privacy, health, respectful relationships and safety behaviours.</i></p>