**Reading List for Emotional Literacy**

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| **Worry** |
| The Huge Bag of Worries | Virginia Ironside |
| Silly Billy | Anthony Browne  |
| The Panicosaurus | K.I. Al-Ghani |
| What to do when you worry too much | Dawn Huebner |
| Children’s Worry Book |  |
| No Worries | Dr. Sharie Coombes  |
| Don’t Worry Be Happy | Poppy O’Neill |
| Starving the Anxiety Gremlin | Kate Collins-Donnelly |
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| **Separation** |
| The Invisible String | Patricia Karst  |
| Owl Babies | Martin Waddell |
| The Kissing Hand | Audrey Penn |
| Mum and Dad Glue | Kes Gray |
| The Great Big Book of Families | Mary Hoffman |
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| **Bereavement & Loss** |  |
| Badger’s Parting Gift’s | Susan Varley |
| Muddy Puddles and Sunshine |  |
| The Memory Tree | Britta Tekentrup |
| Sad Book | Michael Rosen |
| Waterbugs and Dragonflies | Doris Stickney |
| The Paper Dolls | Julia Donaldson |
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| **Anger** |  |
| The Red Beast | K.I. Al-Ghani |
| Rory Red | Luke Baker |
| Fergal is fuming | Robert Starling |
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| **Self Esteem** |  |
| Only one you | Linda Kranz |
| You’re a Star | Poppy O’Neill |
| The Dot | Peter Reynolds |
| Oh the places you will go! | Dr. Seuss |
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| **Feelings** |  |
| Hello Happy! Mindful Kids | Stephanie Clarkson |
| My Many Coloured Days | Dr. Seuss |
| Be Brave |  |
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| **Friendship** |  |
| Have you filled a bucket today? | Carol McCloud |
| The Rainbow Fish | Marcus Pfister |
| Sharing a Shell | Julia Donaldson |
| Stay Strong |  |
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| **Resilience** |  |
| Beautiful Oops | Barney Salzberg |
| Be Brave |  |
| The Girl Who Made Mistakes | Mark Pett |
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