

## Top 5 books to support children's emotional well being

Emotional well being is linked very closely to children being able to communicate and interact with others in a positive way. Children will often get frustrated and not being able to deal with these frustrations can have effects on children's emotional well being, therefore giving them the adequate support will enable them to deal with their emotions and frustrations appropriately!

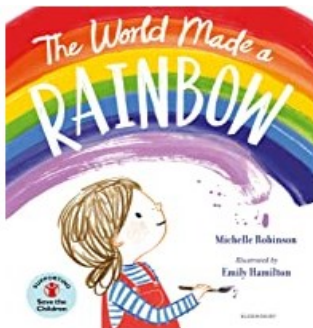
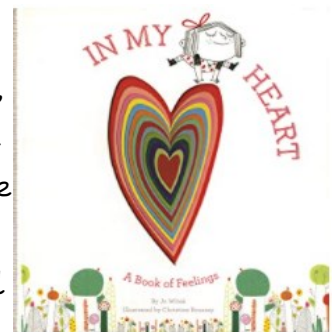


### 1. *The Invisible String* by Patrice Karst

A perfect tool for coping with all kinds of separation anxiety, loss, and grief. An Invisible string made of love, even though you can't see it with your own eyes, you can feel it deep in your heart and know that you are connected to the ones you love.

### 2. *In my Heart, a book of feelings* by Jo Witek

This book explores emotions; happiness, sadness, bravery, anger, shyness and more. In my Heart lyrically explains what an emotion feels like, physically, inside. For example "When I get really angry, my heart feels like it's going to explode! Don't come near me! My heart is yelling, hot and loud. This is when my heart is mad"



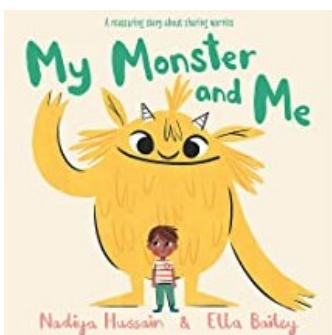
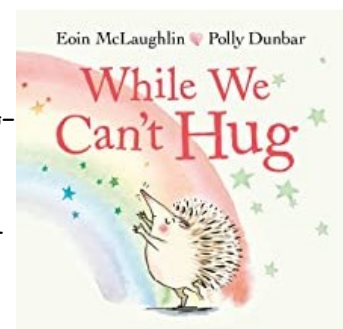
### 3. *The World Made a Rainbow* by Michelle Robinson

Inspired by the rainbows that children across the world have been creating and displaying in their windows, 'The World Made a Rainbow' is a beautiful story with a hopeful message 'Light can't shine without dark, rainbows can't colour the sky without rain., the world is full of hope and possibility, even when we feel lost and alone

### 4. *While We Can't Hug* by Eoin McLaughlin

A gorgeous, uplifting, inspiring picture book that makes social distancing fun!

A book that shows us ways to be affectionate whilst social distancing.



### 5. *My Monster and Me!* By Nadiya Hussain

A heartfelt story to help give children and parents the tools they need to talk about worries and anxiety, to ensure that no child suffers in silence.