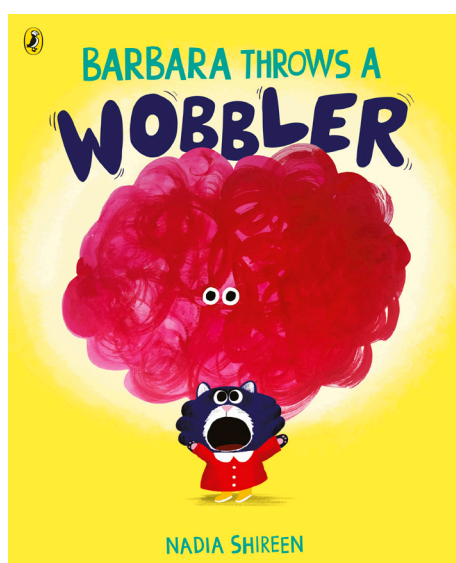


Books for discussing emotions with younger children

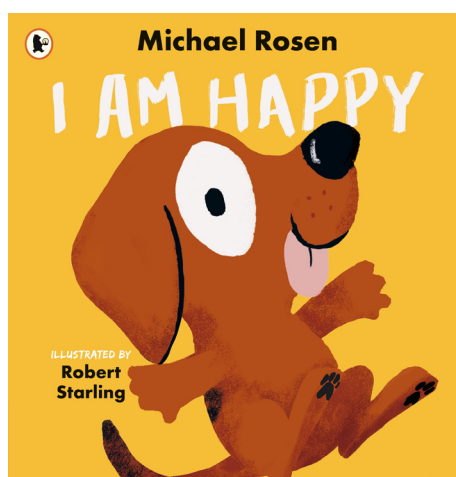


Barbara Throws a Wobbler

by Nadia Shireen

A funny story about having a grumpy day and managing your emotions.

I wonder why Barbara is feeling that way. What do you think?



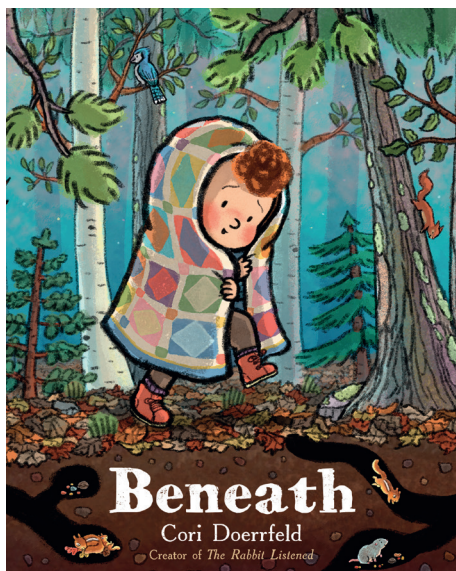
I am Happy

by Michael Rosen and Robert Starling

Part of a series for children to find ways to express themselves.

The puppy is happy. What makes you happy?

All books should be available from a public library or good bookshop. Visit booktrust.org.uk/kinship-care for more book recommendations.

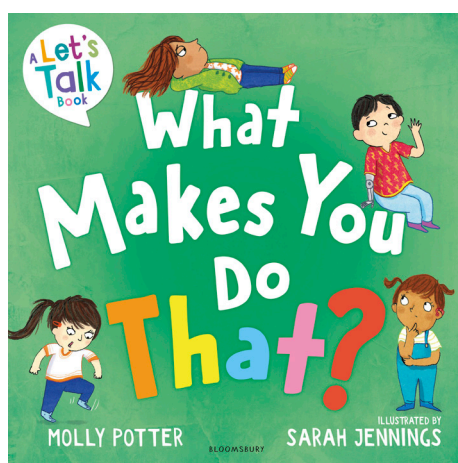


Beneath

by Cori Doerrfeld

Finn and his grandpa discuss how it's okay to have difficult feelings beneath the surface.

What kind of mood is Finn in at the start of the story?



What Makes You Do That?

by Molly Potter
and Sarah Jennings

Highly empowering non-fiction about how we feel and act.

Look at the pictures. How are the children feeling?