

Books:

Here are a few book suggestions

Books to help children understand death and dying:

- ***Badgers parting gift*** – This is a sensitive story book that can help children come to terms with the death of those they love
- ***Big tree is sick*** – This is a story book the helps children deal with the emotions they experience when a loved one is diagnosed with a serious illness
- ***I found a dead bird*** – This is a factual book that is a guide to the cycle of life and death
- ***I miss you*** – This story book helps children understand their loss and answer their questions in a simple but realistic way
- ***Goodbye Daisy*** – This story book is aimed mainly at children with learning disabilities as a guide about death of a school friend
- ***Lifetimes*** – This story book helps to explain life and death in a sensitive and caring way
- ***Stewarts Tree*** – This story book helps to explain sibling loss shortly after birth
- ***The copper tree*** – This story book is aimed at helping children when a teacher dies
- ***The day the sea went out and never came back*** – This story book helps children with grief and to develop a continuing bond with their loved one
- ***What happened to daddy's body?*** – This book explains what happens after death in words very young children can understand
- ***"Why do people die?"*** – This book is designed to be read out loud to young children, its aim is to answer all their questions

Books to help children with their emotions:

- ***An emotional menagerie*** – This book is a colourful emotional glossary for children
- ***Breathing is my superpower*** – This story book helps children to connect to their body and their feelings
- ***Find your calm*** – This story book helps children with anxiety
- ***Hello happy*** – This is an activity book for children who feel sad or angry – the activity ideas can be a great reference source to use in the classroom
- ***I am stronger than anger*** – This is a story book about expressing anger healthy
- ***Listening to my body*** – This story book helps children to engage more mindfully to self-regulate and deepen their sense of well-being
- ***No worries*** – This is an activity book for children who feel anxious or stressed – the activity ideas can be a great reference source to use in the classroom
- ***My many coloured day*** – This is an innovative concept book that introduces children to colours as feelings
- ***The bad-tempered ladybird*** – This story book teaches children about the importance of sharing
- ***The huge bag of worries*** – This is a reassuring story book that help children who have a tendency to worry