

Resources: Stories

Anxiety

**Worries**

'Silly Billy'  
'The Huge Bag of Worries'  
'What to do When You Worry Too Much'  
'Butterflies in my stomach & other school hazards'  
'What to do with a problem'

**Social Anxiety (shyness)**

'How do you feel?'

**Separation Anxiety**

'Owl Babies'  
'Harry's Home'

**Fears**

'Nicky and the Big Bad Wolves'  
'Teenie Weenie in a Too Big World'

**Transitions**

'Willy and the Wobbly House'  
'Memory Bottles'  
'Sophie and the New Baby'

Emotional Literacy

**Naming emotions**

'A Forest of Feelings'  
'How do you feel?'  
'My Many Coloured Days'  
'The Way I Feel'  
'Glad Monster, Sad Monster'

**Anger**

'Where the Wild Things Are'  
'Mouse Was Mad'

**Sadness/Depression**

'Ruby and the Rubbish Bin'  
'The Princess and the Fog'

**Hurt Feelings**

'How Hattie Hated Kindness'  
'Goodbye Pappa'

**Sensitive**

'A Wibble Called Bipley'  
'Butterflies in My Stomach'

**Empathy/Parent**

'Sad Book'

Friendship

**Making Friends**

- 'Leon and Bob'
- 'Lost and Found'
- 'How Hattie Hated Kindness'
- 'Love Monster'
- 'Something Else'
- 'You Should, You Should' (peer pressure)

Positive Self-esteem

**Confidence**

- 'Ruby and the Rubbish Bin'
- 101 Games for Self-esteem
- Willy and the Wobbly House
- 'Oh The Places You Will Go'
- 'A Pea Called Mildred'
- 'George and Sylvia' (body image)
- 'Salt in his Shoes'

Bullying

- 'A Niffleloo Called Nevermind'
- 'Something Else' 'One'
- 'Crysanthemum' 'The Invisible Boy'
- '100 Dresses'

**Sibling Rivalry**

- 'The Tunnel'
- 'The Pain and The Great One'
- 'Sophie and The New Baby'

Pro-social Behaviour

- 'Really Rude Rhino'
- 'Butterflies in My Stomach...'

Displacement/Migration

- 'The Colour of Home'

Family Breakdown/Change

- 'Two Homes'
- 'Mum and Dad Glue'

### **Loss**

'Heart in a Glass'

'The Day the Sea went out and never came back'

'Grandma's Bill'

'Goodbye Pappa' (loss of *grandparent*)

'Always and Forever' (parent)

### **Empathy**

'Enemy Pie'

'Hey Little Ant'

### **Other Resources**

Socially Speaking

Circle Time Collections – Jenny Mosley

Starving the Stress Gremlin

ThePanicosaurus

Focusing and Calming Games for Children

What Children Need to be Happy, Confident and Successful

My Hidden Chimp

There's a Volcano in My Tummy