

Developing Emotional Literacy

Using Texts to Support Children's Wellbeing

Themed Book Lists

Bereavement, Loss and Illness

A Day with the Animal Doctors by Sharon Rentta (EYFS+)
A Library of Lemons by Jo Cotterill (UKS2+)
All About Ella by Sally Nicholls (EYFS+)
A Monster Calls by Patrick Ness (UKS2+)
A Story About Cancer (with a Happy Ending) by India Desjardins (KS3+)
Captain Rosalie by Timothee de Fombelle (UKS2+)
Cloud Boy by Marcia Williams (UKS2+)
Clownfish by Alan Durant (KS3+)
Coronavirus: A Book for Children by Elizabeth Janner, Kate Wilson and Nia Roberts (EYFS+)
Grandad's Island by Benji Davies (KS1+)
Granpa by John Burningham (EYFS+)
I Don't Want to Go to Hospital! by Tony Ross (KS2+)
If All the World Were by Joseph Coelho (EYFS+)
Long Way Down by Jason Reynolds (KS4+)
Lost by Eve Ainsworth (KS3+)
Me and Mrs Moon by Helen Bate (KS2+)
Missing Mummy by Rebecca Cobb (EYFS+)
Moonshadow by Gillian Lobel and Karin Littlewood (KS1+)
Mum's Jumper by Jayde Perkin (KS1+)
My Hero is You: How Kids Can Fight COVID-19! by The United Nations Inter-Agency Standing Committee (KS1+)
My Sister Lives on the Mantlepiece by Annabel Pitcher (UKS2+)
No Longer Alone by Joseph Coelho (KS1+)
Rabbityness by Jo Empson (KS2+)
Seaglass by Eloise Williams (UKS2+)
The Afterwards by A.F. Harrold (UKS2+)
The Island at the End of Everything by Kiran Millwood Hargrave (UKS2+)
The Memory Tree by Britta Teckentrup (KS1+)
The Pond by Nicola Davies (KS2+)
The Song from Somewhere Else by A.F. Harrold (UKS2+)
The Thing About Jellyfish by Ali Benjamin (UKS2+)
Toffee by Sarah Crossan (KS4+)

Coping with Emotions and Building Resilience

All About Feelings by Felicity Brooks and Frankie Allen (EYFS+)
Be Brave Little Penguin by Giles Andreae and Guy Parker-Rees (EYFS+)
Chill by Carol Thompson (EYFS+)
Feeling Angry! by Katie Douglass (KS1+)
Feelings by Libby Walden and Richard Jones (EYFS+)
Finding Perfect by Elly Swartz (UKS2+)
Fish in a Tree by Lynda Mullaly Hunt (UKS2+)
Furious Thing by Jenny Downham (KS3+)
Gary and Ray by Sarah Adams (EYFS+)
Halibut Jackson by David Lucas (KS1+)
Healthy for Life: Self-esteem and mental health by Anna Claybourne (UKS2+)
How Are You Feeling Today? by Molly Potter (EYFS+)
How Not to Lose It: Mental Health Sorted by Anna Williamson (UKS2+)
Indigo Donut by Patrice Lawrence (KS3+)
Lubna and the Pebble by Wendy Meddour (KS1+)
Mindful Me: Exploring Emotions by Paul Christelis (KS1+)
My Monster and Me by Nadiyah Hussain and Ella Bailey (EYFS+)
Oranges in No Man's Land by Elizabeth Laird (KS2+)
Owen and the Soldier by Lisa Thompson (LKS2+)
Ravi's Roar by Tom Percival (EYFS+)
Running on the Roof of the World by Jess Butterworth (UKS2+)
Small as an Elephant by Jennifer Richard Jacobson (KS2+)
Somebody Give This Heart a Pen by Sophia Thakur (KS3+)
Some Kind of Happiness by Claire Legrand (UKS2+)
The Book of Hopes edited by Katherine Rundell (EYFS+)
The Boy Who Steals Houses by C. G. Drews (KS4+)
The Cloud by Hannah Cumming (KS1+)
The Invisible Boy by Trudy Ludwig (KS1+)
The Jar of Happiness by Ailsa Burrows (EYFS+)
The Koala Who Could by Rachel Bright and Jim Field (EYFS+)
The Lion Inside by Rachel Bright and Jim Field (EYFS+)
The Lonely Beat by Chris Judge (KS1+)
The Rabbit Listened by Cori Doerrfeld (EYFS+)
Turtles All the Way Down by John Green (KS3+)
What's Going on Inside My Head by Molly Potter and Sarah Jennings (KS1+)
Welcome to Nowhere by Elizabeth Laird (UKS2+)
Worries Go Away! by Kes Gray and Lee Wildish (EYFS+)

Coping with Fear

After the Fall by Dan Santat (EYFS+)

Emily Brown and the Thing by Cressida Cowell (EYFS+)

Gobblechops by Elizabeth Laird (KS1+)

Little Mouse's Big Book of Fears by Emily Gravett (KS1+)

Me and My Fear by Francesca Sanna (EYFS+)

Monster in the Hood by Steve Antony (EYFS+)

Sophie's Masterpiece by Eileen Spinelli (KS1+)

The Dark by Lemony Snicket (KS1+)

The Red Tree by Shaun Tan (EYFS+)

Coping with Sadness and Anxiety

All Birds Have Anxiety by Kathy Hoopmann (KS1+)
Aubrey and the Terrible Yoot by Horatio Clare (KS2+)
Charlie Changes into a Chicken by Sam Copeland (LKS2+)
Freya's Funny Feeling by Samia Quddus and Rahima Begum (KS1+)
Meh by Deborah Malcolm (KS2+)
Michael Rosen's Sad Book by Michael Rosen (EYFS+)
Nest by Esther Ehrlich (KS2+)
Not Today, Celeste! By Lisa Stevens (EYFS+)
Outsmarting Worry by Dawn Huebner (KS2+)
Ruby's Worry by Tom Percival (EYFS+)
Sometimes I Feel Sad by Tom Alexander (KS1+)
Thank Goodness for Bob by Matthew Morgan and Gabriel Alborozo (EYFS+)
The Colour Thief by Andrew Fusek Peters (EYFS+)
The Heart and the Bottle by Oliver Jeffers (EYFS+)
The Mystery of the Colour Thief by Ewa Jozefkowicz (UKS2+)
The Scar by Charlotte Moundlic (EYFS+)
The Unworry Book by Alice James (KS2+)
Tough Guys Have Feelings Too by Keith Negley (EYFS+)
What to Do When You Worry Too Much by Dawn Huebner & Bonnie Matthews (KS1+)
When Sadness Comes to Call by Eva Eland (EYFS+)
Worry Angels by Sita Brahmachari (UKS2+)

Dealing with Challenges and Changes

All the Things that Could Go Wrong by Stewart Foster (UKS2+)
Being Billy by Phil Earle (KS2+)
Cloudbusting by Malorie Blackman (UKS2+)
Dear Teacher by Amy Husband (KS1+)
Ella on the Outside by Cath Howe (UKS2+)
Elmer and the Big Bird (EYFS+)
Frankly in Love by David Yoon (KS3+)
Ghost by Jason Reynolds (UKS2+)
How to be a Lion by Ed Vere (KS1+)
Just Jack by Kate Scott (KS2+)
Kick the Moon by Muhammad Khan (KS4+)
Marshall Armstrong is New to Our School by David Mackintosh (KS1+)
Mac and the Millions by Ross Montgomery (KS2+)
Michael by Tony Bradman (KS1+)
Mom and Dad Glue by Kes Gray (KS1+)
My Teacher is a Monster! by Peter Brown (KS1+)
New Kid by Jerry Craft (KS3+)
No Ballet Shoes in Syria by Catherine Bruton (UKS2+)
Not My Fault by Cath Howe (UKS2+)
Pie in the Sky by Remy Lai (KS2+)
Planet Omar series by Zanib Mian (LKS2+)
The Closest Thing to Flying by Gill Lewis (UKS2+)
The Deepest Breath by Meg Grehan (KS3+)
The Fox Girl and the White Gazelle by Victoria Williamson (UKS2+)
The Hundred Dressed by Eleanor Estes (KS2+)
The Light Jar by Lisa Thompson (UKS2+)
The Most Magnificent Thing by Ashley Spires (KS1+)
The Steves by Morag Hood (KS1+)
The War Next Door by Phil Earle (KS2+)
Thud! by Nick Butterworth (KS1+)
Two Monster by David McKee (EYFS+)
Two Sides by Polly Ho-Yen (KS1+)
Whiffy Wilson: The Wolf Who Wouldn't Go to School by Caryl Hart (EYFS+)

News, Online and Current Events

#Goldilocks by Jeanne Willis (KS1+)

Something Bad Happened: A Kid's Guide to Coping with Events in the News by
Dawn Huebner (KS1+)

Staying Safe Online by Louie Stowell (KS2+)

Self-Acceptance, Self-Belief and Self Esteem

Almost Anything by Sophy Henn (EYFS+)
Beautiful Oops by Barney Salzberg (EYFS+)
DeadEndia: The Watcher's Test by Hamish Steele (KS3+)
Dogs Don't Do Ballet by Anna Kemp (EYFS+)
George by Alex Gino (UKS2+)
Hortense and the Shadow by Lauren and Natalia O'Hara (KS2+)
Ish by Peter H. Reynolds (KS1+)
Jemima Small Versus the Universe by Tamsin Winter (KS3+)
Julian is a Mermaid by Jessica Love (KS1+)
Lily and Dunkin by Donna Gephart (KS3+)
Marvellous Me: Inside and Out by Lisa Bullard (EYFS+)
Perfectly Norman by Tom Percival (EYFS+)
Stretch Your Confidence by Beth Cox and Vicky Barker (KS2+)
Super Duper You by Sophy Henn (EYFS+)
The Black Flamingo by Dean Atta (KS3+)
The Dinosaur Who Lost Her Voice by Julie Ballard (EYFS+)
The Dot by Peter H. Reynolds (KS1+)
The Pants Project by Cat Clarke (UKS2+)
The Yes by Sarah Bee and Satoshi Kitamura (EYFS+)
Whistle for Willie by Ezra Keats (EYFS+)
Wilma Unlimited by Kathleen Krull (KS1+)

Specific Diagnoses

Can You See Me? by Libby Scott and Rebecca Westcott (UKS2+)

Check Mates by Stewart Foster (UKS2+)

Double Felix by Sally Harris (KS2+)

Fish in a Tree by Lynda Mullaly Hunt (UKS2+)

M is for Autism by The Students of Limpsfield Grange School and Vicky Martin (UKS2+)

Out of my Mind by Sharon M. Draper (UKS2+)

The Goldfish Boy by Lisa Thompson (UKS2+)

The Illustrated Guide to Dyslexia and Its Amazing People by Kate Power & Kathy Iwanczak Forsyth (KS2+)

The London Eye Mystery by Siobhan Dowd (UKS2+)

The Miscalculations of Lightning Girl by Stacy McAnulty (KS3+)

The Unexpected Find by Toby Ibbotson (KS3+)