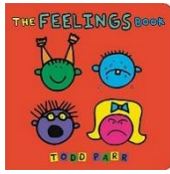


IELS COVID 19 Feelings Booklist (EYFS – KS2)

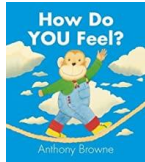
Emotions



The Feelings Book by Todd Parr

Children express a range of feelings, from the sad to the comical

Age 2-4



How Do You Feel? by Anthony Browne

Helps young children explain and understand emotions

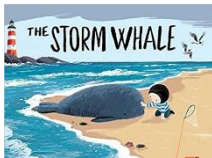
Age 2-5



The Huge Bag of Worries by Virginia Ironside

Jenny's worries follow her everywhere in a big bag. How can she get rid of them?

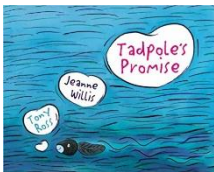
Age 2-5



The Storm Whale by Benji Davies

A boy's father goes out for long stretches at sea, making the boy feel lonely until he befriends a whale who is a good listener

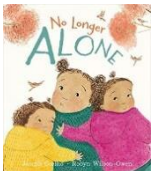
Age 3+



The Tadpole's Promise by Jeanne Willis

Tadpole and Caterpillar are friends, but they are changing...

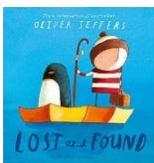
Age 3+



No Longer Alone by Joseph Coelho

A shy girl is beset with worry, but when she tells Dad she feels better.

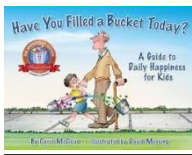
Age 3-5



Lost and Found by Oliver Jeffers

When a penguin turns up on a boy's doorstep, the boy decides to try and help the penguin find home. But what does the penguin want?

Age 3-5



Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids.

Looks at how being happy yourself makes other people you care about happy.

KS1



My Dragons Books by Steve Herman

A series of 35 books which teaches children lessons about managing behaviour and feelings with titles such 'Train Your Dragon To Follow The Rules', 'Train Your Angry Dragon', 'Help Your Dragon Deal With Anxiety' and 'The Sad Dragon: A Book About Grief and Loss'

KS1

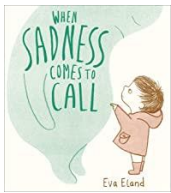


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Keep up to date on ELS news:





When Sadness Comes to Call by Eva Eland

A picture book about children learning about how to understand and cope with sadness.

Age 4+



The Great Big Book of Feelings by Mary Hoffman

Encourages children to discuss their feelings and equips them with the language to do so

Ages 4-7



Little Mouse's Book of Fears by Emily Gravett

A picture book about the various things a little mouse is afraid of

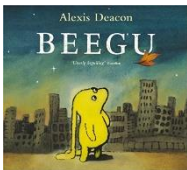
Age 4-8



Our Emotions and Behaviours Series by Sue Graves

A book series dealing with how to handle emotions with titles such as 'But What If?', 'I Hate Everything' and 'I Don't Want to Wait.'

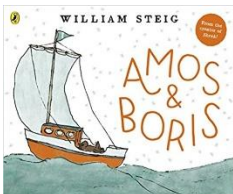
Age 5+



Beegu by Alexis Deacon

Beegu is lost on planet Earth. Will she be able to find some friends to help her? Can she get home?

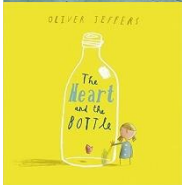
Age 5-7



Amos and Boris by William Steig

Amos the Mouse goes sailing and Boris the Whale helps him. But can a little mouse like Amos help a big whale like Boris?

Age 5-7

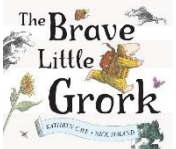


The Heart and The Bottle by Oliver Jeffers

A girl is sad so she puts her heart in a safe place to stop herself hurting but it doesn't work. How can she feel happy again?

Age 5-8

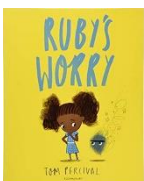
5-8



The Brave Little Grok by Kathryn Cave

The Brave Little Grok is frightened of everything but still manages to make it through the scary woods

Age 5-6

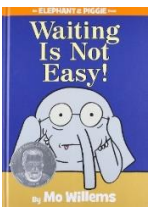


Ruby's Worry by Tom Percival

Ruby finds a worry and it grows. How can she feel better?

Age 5+

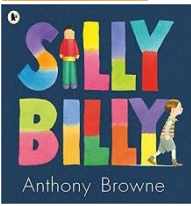




Waiting is not Easy by Mo Willems

Piggie has a surprise for Gerald. The only problem is Gerald has to wait for it.

Ages 6-8



Silly Billy by Anthony Browne

Billy worries all the time. Can a visit to Grandad's and some worry dolls help him?

Age 6 +



The Visitor by Antje Damm

A lady who is scared to leave her house! A child and a paper aeroplane change everything.

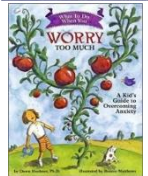
Age 6-8



The Red Tree by Shaun Tan

A little girl finds a black leaf and a red seedling. Feeling sad is inevitable but there is always hope.

Age 6-11



What to do when you worry too much by Dawn Huebner

An interactive self help guide for children dealing with anxiety

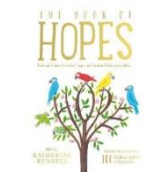
Age 6-12



You've Got Dragons by Kathryn Cave

A picture book to help understand every day fears - and how they can build up, and ways to live with those fears.

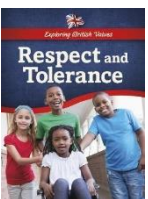
Age 6-10



The Book of Hopes Edited by Katherine Rundell

A collection of short stories and poems to encourage hope among children in the lockdown

Age 8+

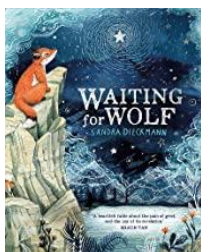


Respect and tolerance by Catherine Chambers

A KS2 level book that aims to open discussion about respect, tolerance and other British values.

KS2

Bereavement

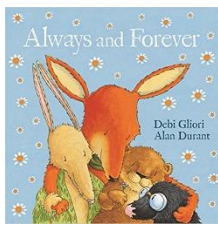


Waiting for Wolf by Sandra Dieckmann

Fox and Wolf are best friends, until one day, Wolf is gone.

Age 1-5

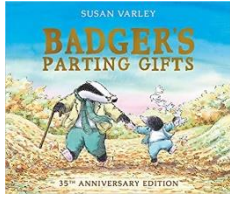




Always and Forever – Debi Gliori and Alan Durant

When Fox dies, everyone is sad but they realise that Fox is still there in their hearts and memories.

Age 3-5



Badger's Parting Gift by Susan Varley

When badger dies, his friends are sad but they realise that he can live on though celebrating the good times they all shared

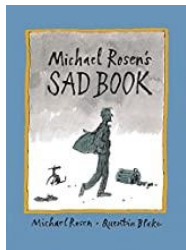
Age 3-5



The Invisible String by Patrice Karst

A book about the bonds between family and friends, even those who have died.

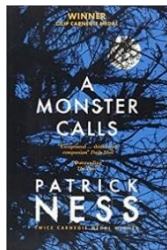
Age 4-7



Michael Rosen's Sad Book

This book chronicles the experiences of living with grief. It acknowledges that although being sad isn't nice, everyone feels this way when bad things happen

Age 5-7

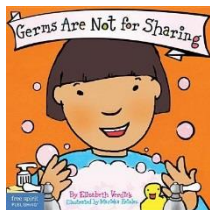


A Monster Calls by Patrick Ness and Siobhan Dowd

Conor's mother is ill and every night a monster visits him, but is the monster all that he seems? And what does he want from Conor? A book about loss, healing and facing your feelings

Age 11 +

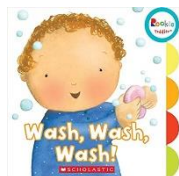
Health and Hygiene



Germs Are Not For Sharing by Elizabeth Verdick and Marekia Heinlen

Picture book format non-fiction book about the importance of hygiene in not spreading illnesses.

Age 0-5



Wash, Wash, Wash by Pamela Chanko

Sing-along book with actions to help toddlers wash their hands

Age 1-3



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Keep up to date on ELS news:





I Don't Want To Wash My Hands By Tony Ross

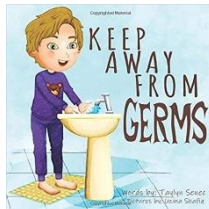
The Little Princess loves getting her hands dirty but hates washing them, until she learns all about all the other horrible things that lurk and make you ill . . .

Age 2-5



Why Do I Wash My Hands by Angela Royston

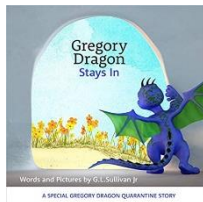
Non-Fiction book about why washing is important
KS1



Keep Away From Germs by Taylyn Senec

Children' story written in rhyme to help children understand life in lockdown, and try to focus on the positive such as spending time with family

KS1



Gregory Dragon Stays in by Greg L Sullivan Jr

It is difficult for little dragons who have to stay inside, but Gregory is trying to make the best of it

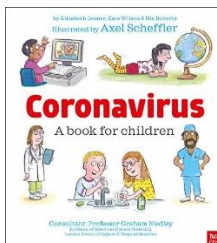
KS1



Curious George Discovers Germs by H. A. Ray

George has a cold. His dreams take him on a wild ride inside the body to learn all about germs.

Ages 4-7



Coronavirus: A Book for Children Free Download

Answers questions about Coronavirus and its effects with input from teachers, scientists and child psychologists

Age 6 +



Medicine & Illness by Grace Jones

A KS2 level book about modern medicine

KS2

