Reading Suggestions
from our Guidance Counsellor

These books are ones that I have found or have been recommended by colleagues to be helpful in teaching social emotional skills in children – concepts such as anxiety, anger, fitting in, being yourself etc. Most books are available through online stores such as amazon.com or bookdepository.co.uk, however shop around for the best deal from local bookstores and other online bookstores.

This is by no means an exhaustive list – if you have books that you know of please email me and I will add them to the list which I will be now regularly updating.

A helpful tip can be to look out for opportunities to link thoughts to feelings. Identify helpful ways of thinking and coping as opposed to unhelpful ways of thinking and coping - helpful thinking (green thoughts) versus unhelpful thinking (red thoughts). For example, when Sophia was in a bad mood what was she thinking? Did that thinking help her to feel better or worse? How did her thinking change when she started to feel better?

What a wonderful gift reading is for our children.

Happy Reading!

Cathy

Cathy Mills
Guidance Counsellor
**Being Yourself/ Fitting In/ and Understanding Feelings of Being Different**


Howard, a loveable bunny, stopped doing what he loved the most because friends made fun of him. He wanted to belong and fit in so desperately that he tried but did not succeed at all kinds of activities. One day with the help of his grandfather, he learned to be true to himself. Tips and lessons are included. For more reviews, the Wiggles and Giggles song and other free, fun resources that support the book, visit the We Do Listen Foundation website. [https://wedolisten.org/index.html](https://wedolisten.org/index.html)


One of the difficulties of growing up is not fitting in or feeling different. This book lovingly addresses this issue in a bright and positive way, allowing its readers to take heart and celebrate their difference.

Giraffes Can’t Dance by Giles Andrea and Illustrated by Guy Parker-Rees. (2000). Watts Publishing

All the jungle's got the beat, but Gerald the giraffe has four left feet. As a multitude of fleet-footed beasts eagerly "skip and prance" at the annual Jungle Dance in Africa, Gerald feels sad "because when it comes to dancing/ he was really very bad." Jeered by waltzing warthogs and cha-cha-ing chimps when he attempts to cut a rug, Gerald hangs his head and leaves the celebration behind. Luckily, a friendly cricket appears in the moonlight, chirping a morale-boosting song of self-confidence that soon sets Gerald in graceful motion.

Wombat loves everything about Christmas--especially the Nativity play. He's wanted to be in it for as long as he can remember. At last he's old enough to try out. But at the auditions, the first part goes to someone else. So does the next. And the next . . . Will there be a part left for Wombat?


The big architect wanted only perfect stones for the new wall. All the stones put their best faces forward. But there was one stone that didn't seem to fit. He was the "Wrong Stone" and all the others were laughing at him. Will it be the crusher for him?

Spaghetti in a Hot Dog Bun. By Maria Dismondy & Illustrated by Kimberly Shaw-Peterson.

How can Ralph be so mean? Lucy is one of a kind and Ralph loves to point that out. Lucy's defining moment comes when Ralph truly needs help. Because she knows what she stands for, Lucy has the courage to make a good choice. This charming story empowers children to always do the right thing and be proud of themselves, even when they are faced with someone as challenging as Ralph.
Positive Thinking


Through simple prose and vivid illustrations, this heartwarming book encourages positive behaviour as children see how rewarding it is to express daily kindness, appreciation, and love. Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words on the well being of others and ourselves.


Within the pages of I Think, I Am! kids will find out the difference between negative thoughts and positive affirmations. Fun illustrations and simple text demonstrate how to make the change from negative thoughts and words to those that are positive.

Oh, The Places You'll Go! By Dr Suess

"Don't be fooled by the title of this seriocomic ode to success; it's not 'Climb Every Mountain,' kid version. All journeys face perils, whether from indecision, from loneliness, or worst of all, from too much waiting. Seuss' familiar pajama-clad hero is up to the challenge, and his odyssey is captured vividly in busy two-page spreads evoking both the good times (grinning purple elephants, floating golden castles) and the bad (deep blue wells of confusion). Seuss' message is simple but never sappy: life may be a 'Great Balancing Act,' but through it all 'There's fun to be done.'"

The elfin friends in this colourful book lead the young reader through a process of self-discovery: exploring uniqueness, building a healthy-self-image, and preparing for challenging situations. Every child in the world is special, gifted, and wonderful. And each one deserves to feel "happy to be me"!


In rhyming text a girl describes all the ways in which she likes herself.


The chameleon tries out many different ways of being before deciding its best just to be himself.
Friendship


Hedgehog discovers Mouse covering himself with leaves, trying to hide from their friend Snake. Why? Fox told Skunk and Skunk told me that snakes are very dangerous to mice, Mouse explains. Although Hedgehog dismisses the news as silly gossip, Mouse continues to worry and, distracted, stumbles into a deep, narrow hole. For various reasons, Squirrel, Rabbit and Hedgehog cannot help their fallen friend, but trusty Snake devises a way to retrieve Mouse without scaring him. It is a good tale about ignoring gossip and trusting one’s true friends.


You have to make an effort, and you have to know the rules—like ask before joining in, take turns, play fair, and be a good sport. This book teaches the basics of cooperation, getting along, making friends, and being a friend. This is a series of books for young children aged 4-8 years of age.


Find out: * who can be your friend * how to show someone you would like to be friends * how to handle bosses and bullies * the best ways to be a friend and ways not to be a friend * ways to settle an argument with a friend.

Meet Brown the least used pencil in the box. He’s tall, geeky and lonely. Brown envies Red, Purple, Blue and all the other pencils who have fun colouring and playing together. Dark Green is trustworthy, Pink listens well, Orange has fun, and everybody likes Red! Brown doesn’t smile very often because he doesn’t get used much and hardly ever needs sharpening. When Brown asks the other pencils why no one likes him, he discovers that to have friends, he needs to be a good friend.


Chrysanthemum is looking forward to going to school and is very happy until she encounters Victoria, who teases her about her name. Then a wonderful teacher acts in a way that makes all the difference for Chrysanthemum.


When a boy turns into a beetle and nobody but his best friend notices he begins to wonder what he needs to do in order to be noticed and loved.

Organisation


Here’s friendly, practical, humorous help for kids who want to manage their tasks, their time, and their stuff—without going overboard or being totally obsessed. Tips, techniques, strategies, and examples empower kids to conquer clutter, prioritize tasks, handle homework, prepare for tests, plan projects, stop procrastinating, and start enjoying the benefits of being organized: less stress and more success.
Unconditional Love

I Love You Forever. By Robert Munsch and Sheila McGraw

A young woman holds her newborn son and looks at him lovingly. Softly she sings to him: "I'll love you forever, I'll like you for always, As long as I'm living, My baby you'll be." Good for explaining that parents can be angry at bad behaviour but still love their children unconditionally.


In this story about a father and his child, Longtail is always so much faster than Littletail. He's also so much cleverer. But that won't be forever, Longtail tells Littletail. At the end of a busy day, as Littletail curls up in their nest, Longtail reminds her of the one thing that will stay the same--always and forever.

Separation Anxiety

The Invisible String. By Patti Karst and Illustrated by Geoff Stevenson

A story that teaches of the tie that really binds. The Invisible String reaches from heart to heart. Does everybody have an Invisible String? How far does it reach, anyway? Does it ever go away? Read all about it! THE INVISIBLE STRING is a very simple approach to overcoming the fear of loneliness or separation with an imaginative flair that children can easily identify with and remember. "People who love each other are always connected by a very special String, made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love."
Listening & Following Directions


RJ has a rough day. He wakes up with gum stuck in his hair, misses recess because he's late to school, earns a zero on his math homework and messes up Mom's kitchen. With his mother's help, RJ learns that his problems happen because he doesn't listen or pay attention to directions.

My Mouth is a Volcano! By Julia Cook & Illustrated by Carrie Hartman

All of Louis' thoughts are very important to him. In fact, his thoughts are so important to him that when he has something to say, his words begin to wiggle, and then they do the jiggle, then his tongue pushes all of his important words up against his teeth and he erupts, or interrupts others. His mouth is a volcano! Told from Louis’ perspective, this story provides an entertaining way to teach children the value of respecting others by listening and waiting for their turn to speak.

Anxiety


How one boy deals with his dragons by getting to know them, talking to others about them, laughing and getting lots of hugs. Children whose worries can sometimes seem bigger than they are, will find in these pages welcome assurance that someday those dragons will go away and what to do the next time a dragon shows up.


Wherever Jenny goes, her worries follow her – in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can she get to help her?


Guides children and parents through the cognitive-behavioural techniques most often used in the treatment of anxiety. This interactive self-help book is the complete resource for educating, motivating, and empowering kids to overcome their overgrown worries.

This book addresses children's worries with humour and imagination, as hilarious scenarios teach kids the use of perspective and the art of creative problem-solving.

The Terrible Plop. By Ursual Dubosarsky & Illustrated by Andrew Joyner.

In this uproarious update of a favourite story, an unexplained noise leads to pandemonium among the animals. The fox, the elephant, even the big brown bear prove no match for the Terrible Plop. Only the littlest bunny learns not to panic when the sky—or something else up there—is falling. The rhyming test is very good at encourage speech development for younger years.


Supported by a comprehensive but accessible theory section, the practical exercises are a simple and fun way of helping children to learn healthy stress management strategies. Deborah Plummer offers over 100 activities and games specifically aimed at helping children to build emotional resilience.


His dad gives him a special gift, a new woolly hat! But then something terrible happens. Douglas's hat gets caught on a tree and turns into one long string of spaghetti! How will he ever tell his dad? Douglas learns that it takes a BIG bear to tell the truth.

Marty Muskrat is scared of everything and is not looking forward to a class outing to the funfair until his friends explain that there are three kinds of scared and three ways of dealing with these fears.


From a dread of spiders to panic attacks, kids have worries and fears, just like adults. This is a book kids can turn to when they need advice, reassurance, and ideas. They'll find out where fears and worries come from, practice Fear Chasers and Worry Erasers, and learn to seek help for hard-to-handle fears they can't manage on their own.


What do kids worry about? "I worry that when I wake up . . . there will be a burglar under my bed," laments the child narrator. He also worries that Santa Claus will be sick this year, that Mom will forget to pick him up from school and that the animals will escape from the zoo. But he learns "the secret of worries": when they are talked about they get so mad they run away. And so the child manages to get rid of his worries, which are playfully personified by tiny cloud-like figures with arms and legs.
Anger

The Grouchies. By Debbie Wagenbach, Illustrated by Steve Mack

What can you do when the grouchies take hold? Do you grouch and grump at everyone you meet throughout the day? Does that help you get your way? Through engaging rhyme and colourful illustrations, this fun, easy-to-read story shows kids how to chase away their grumpy mood. Children will learn how to recognize and understand the affect negativity can have on others-including their family and friends-and how to change grumpy behaviour and what outcomes might just result from positive thinking. A "Note to Parents" is included.


He could tell it was going to be a terrible, horrible, no good, very bad day. He went to sleep with gum in his mouth and woke up with gum in his hair. When he got out of bed, he tripped over his skateboard and by mistake dropped his sweater in the sink while the water was running. He could tell it was going to be a terrible, horrible, no good, very bad day. What do you do on a day like that? You may also be glad to find that some days are like that for other people too.


Steps to managing anger including; five steps to taming your temper, six steps to solving anger problems, clues to your “anger buttons” and your body’s anger “warning signs”, the lowdown on calming down, tips for using your “anger radar”, and things you can do when grown-ups get angry.

When Ahn's friends go off to play without him, he feels all alone. Then his anger shows up and suggests taking revenge. Instead, Ahn discovers walking meditation and finds a path toward accepting his emotions and developing new friendships.


In Anh’s Anger, five-year-old Anh becomes enraged when his grandfather interrupts playtime with a summons to the dinner table. When Anh’s grandfather takes the time to help Anh fully experience his anger by suggesting he go to his room and “sit with his anger,” Anh discovers a positive method by which to work through his feelings.


Howard was getting angry and acting out a lot. His best friend Ali helps him deal with anger issues and back away from conflict. Tips and lessons are included.
Bullying

Crusher, the school football hero, is coming to tea. In anticipation, Peter clears his room of childish things and prepares all sorts of exciting games to play.

Chloe and Tommy have started a green Team and won’t talk to anyone who is not wearing green clothes. Explore with your child the issue of bullying as you read about a school trip to the zoo. Rhyming story with tips for teachers and parents.

Howard was being bullied at school. His intuition told him to let the teacher know. Instead he chose different strategies and they all failed. He finally told the teacher and she took action to make him feel okay and safe.

Mean Jean is queen of the playground and nobody says any different, until the new kid Katy-Sue comes to school and tries something no-one has dared to do before.

Have you ever seen a bully in action and done nothing about it? The kids at Pete’s new school get involved, instead of being bystanders. When Pete begins to behave badly, his classmates teach him about "The Promise". Will Pete decide to shed his bullying habits and make "The Promise"?

Book Series

“Franklin” By Paulette Bourgeois. Book Series by Scholastic Australia.

A series of books about Franklin, a young moose who learns lessons about life and especially about making and keeping friends.


A series of books about Arthur who encounters many funny and challenging situations and uses some very effective strategies to make the most of life.

Strengths – feelings cards and books.

There are some really lovely resources and books at St Lukes Innovative Resources – website below.

http://www.innovativeresources.org

The Best Me I Can Be! By Julia Cook and De Weerd. Published by Boystown Press.

Books that help young children learn to behave responsibly and respectfully toward themselves and others.
Howard Wigglebottom series. See website: [http://wedolisten.org/index-lessons.html](http://wedolisten.org/index-lessons.html)
Relaxation

Indigo Dreaming Series. By Lori Lite. CD and books.

Sea Otter Cove. By Lori Lite and Illustrated by Max Stasuyk.

Angry Octopus. By Lori Lite and Illustrated by Max Stasuyk.

Bubble Riding. By Lori Lite and Illustrated by Max Stasuyk.

Affirmation Weaver. By Lori Lite and Illustrated by Max Stasuyk.

*Every Parent* shows you how to build a positive relationship with your child and help them develop the skills, values and behaviours that will enable them to do well in life. The book has practical answers to all your concerns about children's behaviour from infancy to late primary school, and provides plenty of no-nonsense, practical advice on how to deal with a wide range of common parenting situations. Thoroughly updated, this book will alleviate the stress of parenting by offering you step-by-step strategies that have been tried and tested.

*Every Parent* provides you with a comprehensive discussion of the nature and causes of common behavioural and development problems in children, and advises when your child's behaviour signals more serious long-term problems. It then helps you put together a logical and realistic parenting plan that will help you build a warm and caring family environment to promote healthy adjustment and positive behaviour in your child.

Thriving! By Michael Grose. Random Press.

Kids need strong confident leadership from their parents, which is a challenge in these days when parents are unsure of their place in the lives of kids. And today's kids live with pressure that previous generations didn't have to face. They grow up with fewer siblings, which means parents focus their attention more sharply on them. No wonder so many kids today are risk-averse. But it doesn't have to be this way!

In this easy-to-read, no nonsense book Michael sets out a series of ideas and practical, common sense strategies that will enable your kids to flourish. Michael lays out a proven framework that takes the guesswork out of parenting, and show you how to develop real confidence, character and resilience in your kids — the key to their future success in an ever-changing world.

In this book you'll find:
- Simple ways to great family communication even when you're busy
- Easy ways to help kids cope when life throws them curve balls
- The secrets to working from the same page with your partner
- How to build a strong family culture so your family stays together
- How to get cooperation from your kids without tears, fears and bribery
- Why you must develop independence in kids from an early age