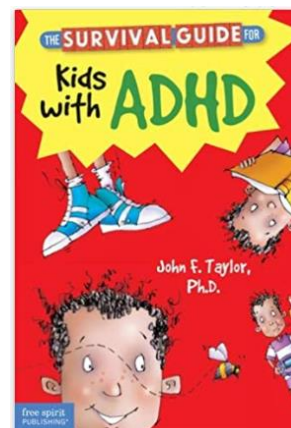
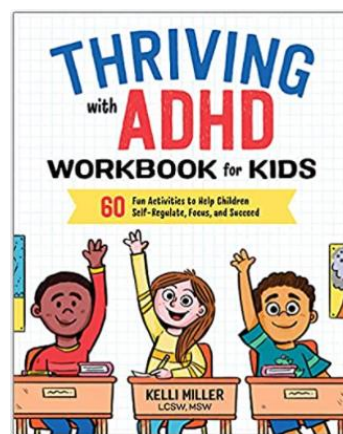
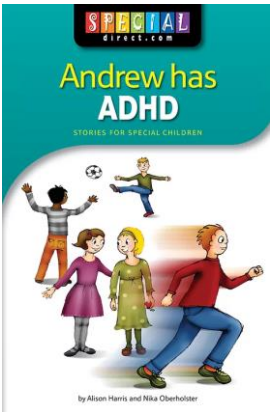


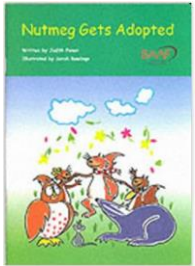
Special Educational Needs and Disabilities Library Catalogue

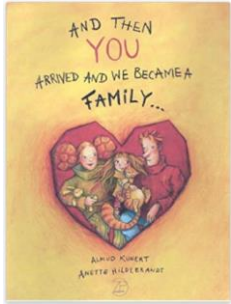


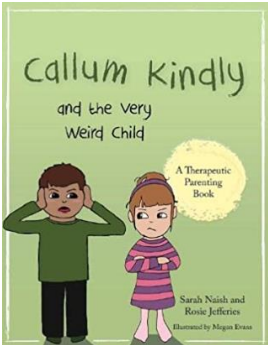
Theme: ADHD	
Book Name: The Survival Guide for Kids with ADHD	Date Published: September 2013
Author: John Taylor	
<p>This book plays an important role in helping children with ADHD learn practical strategies for managing everyday life. This guide includes: what ADHD means - and what it doesn't mean; ways to make each day go better at home, at school and with friends; how to deal with strong feelings like anger, worry and sadness; the lowdown on medicines and information on foods that may help manage ADHD.</p> <p>It includes straightforward advice presented in a down-to-earth style with illustrations and quizzes to make it child-friendly.</p>	

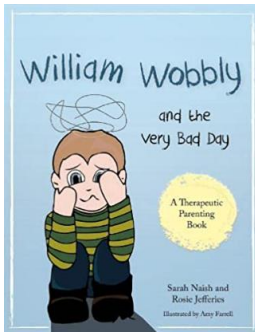
Theme: ADHD	
Book Name: Thriving with ADHD Workbook for Kids: 60 Fun Activities to Help Children Self-Regulate, Focus and Succeed	Date Published: June 2018
Author: Kelli Miller	
<p>With the right tools children can learn to think positively about their ADHD and see it as a special asset. This book is filled with easy exercises to help your child with the many facets of ADHD, from self-control and organization to getting tasks done and making friends so they can flourish at home, school and beyond.</p> <p>Children will learn to reframe the way they think about ADHD as they discover their own unique talents. With fun activities that engage busy minds, this workbook offers a strength-based approach to help children to gain a better understanding of themselves, their ADHD and the simple things they can do to feel more confident and in control.</p>	

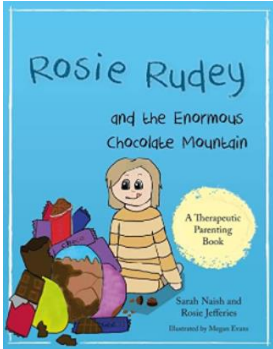
Theme: ADHD	
Book Name: Andrew has ADHD	Date Published: 2012
Author: Alison Harris & Nika Oberholster	
<p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: ADHD.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p>	

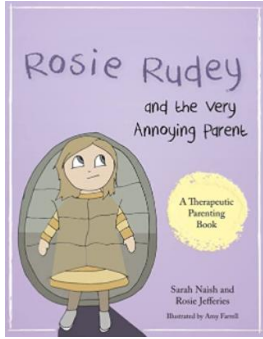
Theme: Adoption	
Book Name: Nutmeg Gets Adopted	Date Published: September 2001
Author: Judith Foxon	
<p>Nutmeg Gets Adopted tells the story of three squirrels who are moved into a foster family and then to a new Mum and Dad who adopt them. It is intended to be read to or with children by their own social worker, their current carers or adoptive parents.</p>	

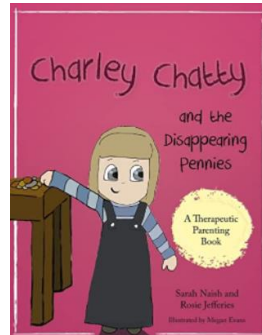
Theme: Adoption	
Book Name: And Then You Arrived and We Became a Family	Date Published: December 2004
Author: Anette Hildebrandt	
<p>"Tell me again how I came to you!" pleads little Lisa and gets her life story book with the heart. The story how Lisa came to Mum and Dad a long, long time ago, is a very special story. It is her story and it is the story of her family because her Mum and Dad adopted Lisa.</p> <p>An affectionate book, which tells of the special situation of adoption in a very sensitive way.</p>	

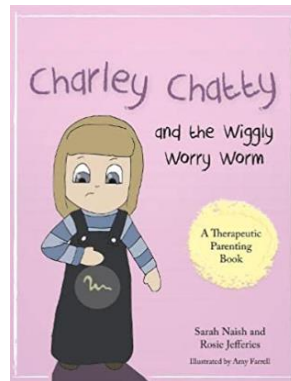
Theme: Adoption/Fostering	
Book Name: Callum Kindly and the Very Weird Child	Date Published: 2017
Author: Sarah Naish & Rosie Jefferies	
<p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>Callum Kindly is a kind and caring boy who lives alone with his Mum. That is, until Katie Careful comes to stay with them. Callum thinks Katie is a very weird child!</p> <p>Katie manages to get in the way whenever Callum wants to speak to his Mum or have snuggle time. She cries and sulks on his birthday and she steals his toy car. Luckily, his Mum can explain to him how Katie's difficulties when she was growing up means she acts differently now.</p>	

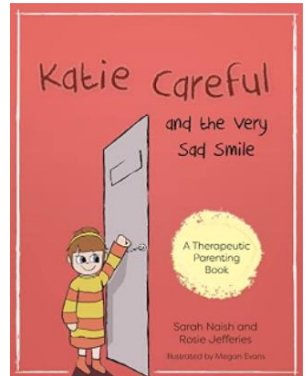
Theme: Adoption/Fostering	
Book Name: William Wobbly and the Very Bad Day	Date Published: 2017
Author: Sarah Naish & Rosie Jefferies	
<p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>He didn't want to go to school and when he got there things just got worse. The wobbly feeling got bigger and bigger and BIGGER until...</p> <p>Something happened to William Wobbly when he was very little, which makes it hard for him to understand or control his feelings. Luckily, his new Mum is here to help with his wobbly feelings.</p>	

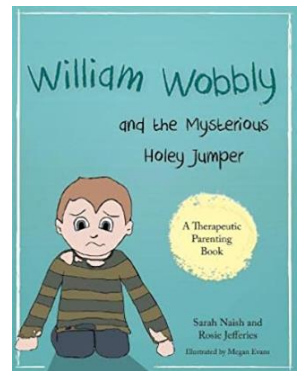
Theme: Adoption/Fostering	
Book Name: Rosie Rudey and the Enormous Chocolate Mountain	Date Published: 2018
Author: Sarah Naish & Rosie Jefferies	
<p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>Rosie Rudey loves chocolate. It's her very favourite food, and it helps fill the empty feelings in her tummy. When her stupid siblings annoy her, Rosie wants nothing more than to eat lots and lots of chocolate.</p> <p>One day, Rosie takes all of her family's chocolate and forms her own enormous chocolate mountain. She thinks it is beautiful and it takes away all of her fuzzy feelings. But then, suddenly, there's no chocolate left! And now Rosie is going to throw up. Luckily, Mum understands why Rosie acts this way.</p>	

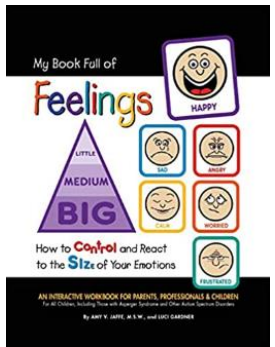
Theme: Adoption/Fostering	
Book Name: Rosie Rudey and the Very Annoying Parent	Date Published: 2017
Author: Sarah Naish & Rosie Jefferies	
<p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>Rosie did not have an easy childhood, which has made her build a hard shell around herself so no one can get in. Luckily, her new Mum knows just how to help soften Rosie's hard exterior.</p>	

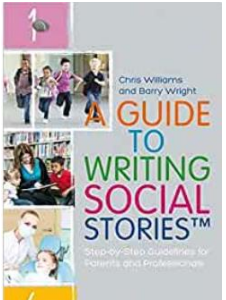
Theme: Adoption/Fostering	
Book Name: Charley Chatty and the Disappearing Pennies	Date Published: 2018
Author: Sarah Naish & Rosie Jefferies	
<p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>Charley Chatty likes shiny things, especially shiny pennies. Sometimes Charley thinks her siblings get more than her so she likes to keep the pennies safe in her pocket.</p> <p>Charley spots some pennies lying around the house, and puts them in her piggy bank. But she gets very nervous when her Dad starts looking for the missing pennies. Luckily, Charley's Dad is good at working out what might have happened and helps Charley to put it all right again.</p>	


Theme: Adoption/Fostering	
Book Name: Charley Chatty and the Wiggly Worry Worm	Date Published: 2017
Author: Sarah Naish & Rosie Jefferies	
<p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>Sometimes, Charley's imagination takes over and she tells stories about things that didn't really happen. She doesn't mean to but she likes how it makes her feel important and the wiggly worry worm inside her tummy goes away.</p>	

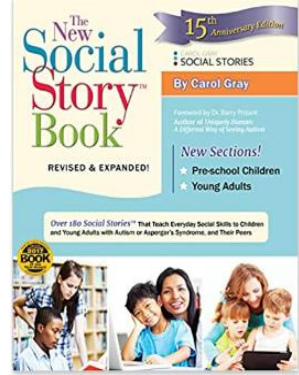
Theme: Adoption/Fostering	
Book Name: Katie Careful and the Very Sad Smile	Date Published: 2018
Author: Sarah Naish & Rosie Jefferies	
<p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>Katie Careful has just moved in with her siblings and their new parents. Even if she's sad or scared, she smiles and smiles to try to hide her wobbly feelings.</p> <p>She clings on to her Mum's leg and won't let go and she even follows her to the toilet, banging on the door to remind her that she's there. Luckily, her Mum understands why Katie acts this way.</p>	

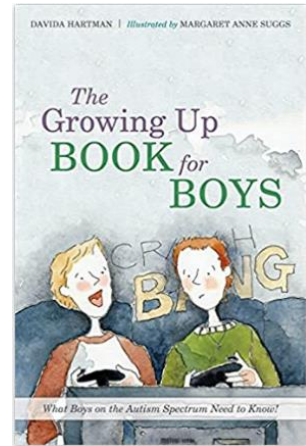
Theme: Adoption/Fostering	
Book Name: William Wobbly and the Mysterious Holey Jumper	Date Published: 2017
Author: Sarah Naish & Rosie Jefferies	
<p>A much-needed resource to support common emotional and behavioural difficulties of adopted and fostered children.</p> <p>William Wobbly is having lots of wobbly feelings one morning, but his Mum is too busy to notice.</p> <p>William Wobbly's worries worsen when he notices changes at school. "Where's my real teacher?!" he wonders. He hides under his desk and chews holes into his jumper, but even that doesn't take the wobbly feelings away. Luckily, his Mum is there to help him cope when he's afraid.</p>	

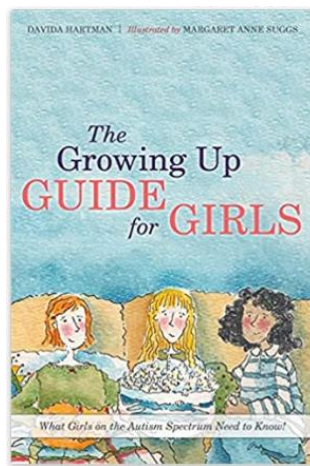
Theme: Autism	
Book Name: My Book Full of Feelings	Date Published: February 2006
Author: Amy V. Jaffe & Luci Gardner	
<p>This book will help teach children to identify, access the intensity of and respond appropriately to their emotions. This book is fully interactive and uses a dry-erase marker so that unique situations and solutions can be added and changed with a wipe of a paper towel, as the child masters a skill and grows.</p>	

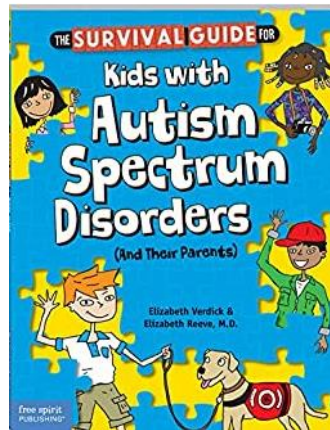
Theme: Autism	
Book Name: A Guide to Writing Social Stories	Date Published: October 2016
Author: Chris Williams & Barry Wright	
<p>Developed with the input of parents and professionals, and informed by new social stories research, this is a comprehensive, clear step-by-step guide to writing personalized social stories that give children social information, creating many benefits for them.</p>	

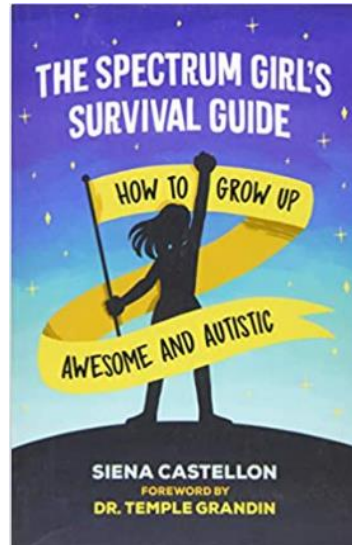
Theme: Autism	
Book Name: Social Situation Stories	Date Published: 2010
Author: Alison Harris	
<p>A collection of 48 social situation stories for teaching social and life skills to children with Autism and related disabilities. Written by a Paediatric Occupational Therapist, these lively stories will engage children and help teach them basic skills as well as making them more comfortable in dealing with and reacting to social cues.</p>	

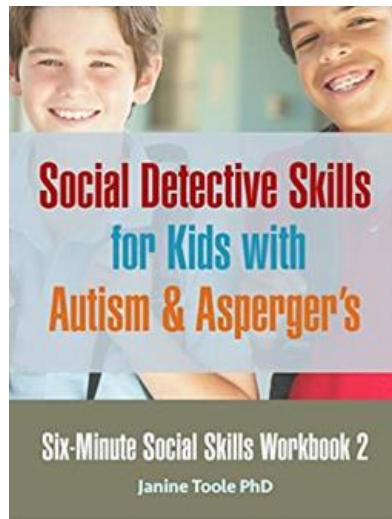
Theme: Autism	
Book Name: The New Social Story Book	Date Published: October 2015
Author: Carol Gray	
<p>This book provides advice and examples of how to safely and meaningfully use and apply social stories to help some people with autism understand certain social situations. In terms of teaching children about emotions, this book is brilliant as it dedicates a whole chapter to explaining what feelings are.</p>	

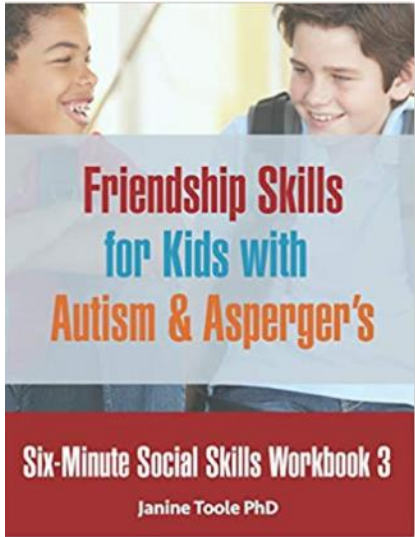
Theme: Autism	
Book Name: The Growing Up Book for Boys: What Boys on the Autism Spectrum Need to Know!	Date Published: March 2015
Author: Davida Hartman	
<p>This book tells you all you need to know about puberty and adolescence. It explains the facts behind growth spurts, body changes and mood swings of adolescence for boys aged 9-14 on the autism spectrum.</p> <p>This book is full of advice on what makes a real friend, how to keep spots away and how to stay safe online. Most importantly, it explains that everybody is amazing and unique and encourages boys with autism to celebrate difference.</p>	

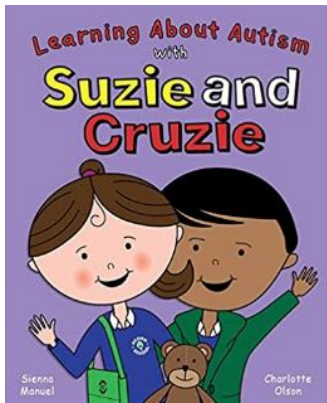
Theme: Autism	
Book Name: The Growing Up Book for Girls: What Girls on the Autism Spectrum Need to Know!	Date Published: March 2015
Author: Davida Hartman	
<p>This book tells you all you need to know about puberty and adolescence. It explains the facts about body changes such as growing hair in new places, periods, wearing a bra and keeping spots away.</p> <p>This book is full of advice on what makes a real friend, how to keep spots away and how to stay safe online. Most importantly, it explains that everybody is amazing and unique and encourages girls with autism to celebrate difference.</p>	


Theme: Autism	
Book Name: The Survival Guide for Kids with Autism Spectrum Disorders (& Their Parents)	Date Published: May 2012
Author: Elizabeth Verdick & Elizabeth Reeve	
<p>This positive, straightforward book offers kids with Autism Spectrum Disorders their own comprehensive resource for both understanding their condition and finding tools to cope with the challenges they face every day.</p>	

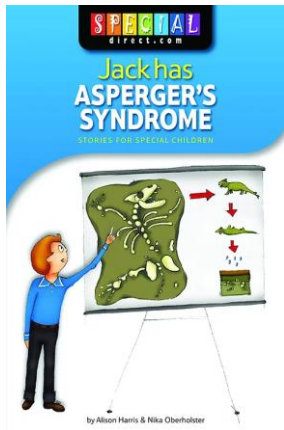
Theme: Autism	
Book Name: The Spectrum Girl's Survival Guide: How to Grow Up Awesome & Autistic	Date Published: March 2020
Author: Siena Castellon	
<p>This is an essential go-to guide, which gives you all the advice and tools you'll need to help you flourish and achieve. It discusses the importance of understanding your emotions, looking after your physical and mental health and coping with anxiety and sensory overloads. Full of practical tips on friendships, dating, body image, consent and appearance, as well as how to survive school and bullying. This book gives you the power to embrace who you are, reminding you that even during the toughest of teen moments, you are never alone.</p>	

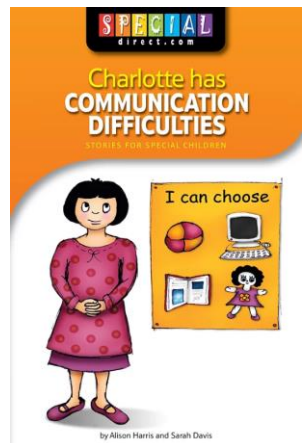
Theme: Autism	
Book Name: Social Detective Skills for Kids with Autism & Asperger's	Date Published: November 2017
Author: Janine Toole	
<p>This series is designed for busy parents and professionals who need easy to use and effective materials for working with learners who have Autism, Asperger's and similar social skill challenges. Using this book will help develop the skills to:</p> <ul style="list-style-type: none"> • Determine the social expectations of any situation • Engage successfully in a variety of social situations • Deal with conflicting social expectations • React appropriately when there is a problem 	

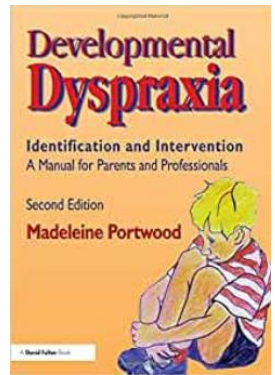
Theme: Autism	
Book Name: Friendship Skills for Kids with Autism & Asperger's	Date Published: July 2018
Author: Janine Toole	
<p>This series is designed for busy parents and professionals who need easy to use and effective materials for working with learners who have Autism, Asperger's and similar social skill challenges. Using this book will help children to learn:</p> <ul style="list-style-type: none"> • What a friend is... how to recognize what friendship looks like • How to show friendship with your body, actions and words • How to build a friendship through sharing activities and interests • What to do when things go wrong so you can get your friendship back on track • How to recognize and deal with false friends 	

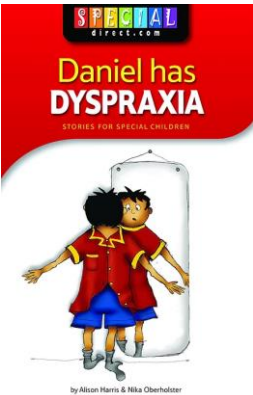
Theme: Autism	
Book Name: Learning about Autism with Suzie & Cruzie	Date Published: May 2018
Author: Sienna Manuel & Charlotte Olson	
<p>This is a story book about Suzie and Cruzie who go to school and meet new friends who have Autism.</p>	

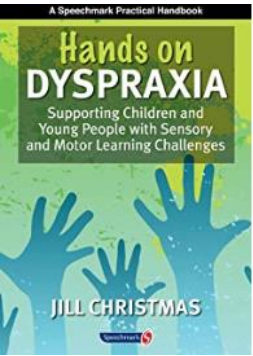
Theme: Autism	
Book Name: Katie has Autism	Date Published: 2010
Author: Alison Harris & Nika Oberholster A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: autism. The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child. The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.	

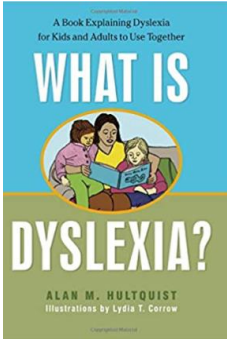
Theme: Asperger's Syndrome	
Book Name: Jack has Asperger's Syndrome	Date Published: 2010
Author: Alison Harris & Nika Oberholster A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: Asperger's syndrome. The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child. The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.	

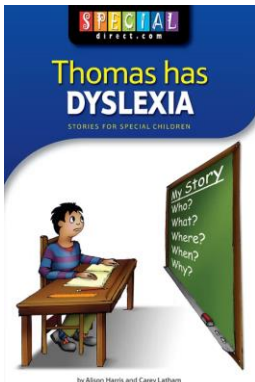
Theme: Communication Difficulties	
Book Name: Charlotte has Communication Difficulties	Date Published: May 2012
Author: Alison Harris & Sarah Davis	
<p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: communication difficulties.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p>	

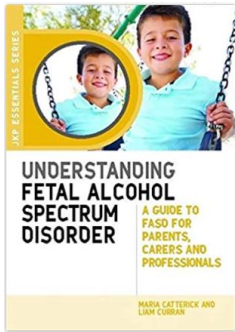
Theme: Developmental Co-ordination Difficulties/Dyspraxia	
Book Name: Developmental Dyspraxia	Date Published: 1999
Author: Madeleine Portwood	
<p>This manual helps to support parents and professionals when supporting a child with dyspraxia.</p>	

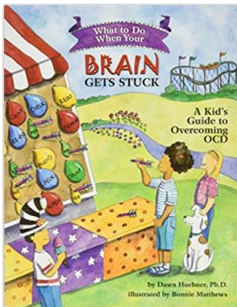
Theme: Dyspraxia	
Book Name: Daniel has Dyspraxia	Date Published: 2010
Author: Alison Harris & Nika Oberholster	
<p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: dyspraxia.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p>	


Theme: Developmental Co-ordination Difficulties/Dyspraxia	
Book Name: Hands on Dyspraxia	Date Published: May 2009
Author: Jill Christmas	
<p>A practical guide for parents, teachers and professionals, offering an understanding of dyspraxia, it's underlying causes, strategies and helpful advice.</p>	

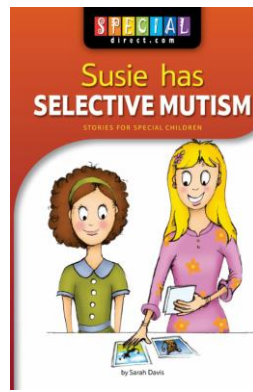
Theme: Dyslexia	
Book Name: What is Dyslexia?	Date Published: March 2008
Author: Alan Hultquist	
<p>Children with dyslexia can be left 'out of the loop' when it comes to discussions about the reasons for their struggles at school. What is Dyslexia? Is designed to help adults explain dyslexia to children aged 8 to 11.</p>	

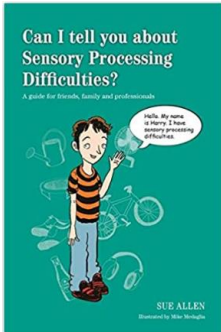
Theme: Dyslexia	
Book Name: Thomas has Dyslexia	Date Published: May 2012
Author: Alison Harris & Carey Latham <p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: dyslexia.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p>	

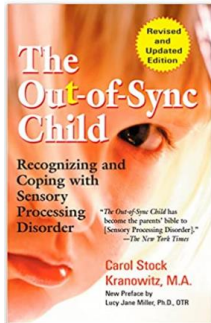
Theme: Fetal Alcohol Spectrum Disorder	
Book Name: Understanding Fetal Alcohol Spectrum Disorder: A Guide to FASD for Parents, Carers and Professionals	Date Published: September 2014
Author: Maria Catterick & Liam Curran <p>This book describes how alcohol can harm the fetus and disrupt development. It explains how FASD affects individuals at different stages of their lives. It also provides advice for parents or carers about how children, young people and adults with FASD can be best supported.</p>	

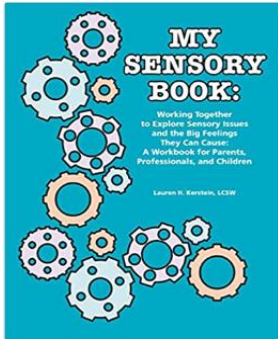
Theme: Obsessive Compulsive Disorder	
Book Name: What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD	Date Published: June 2007
Author: Dawn Hueber	
<p>This story guides children and their parents through the cognitive behavioural techniques used to treat Obsessive Compulsive Disorder; revealing OCD in a whole new light. Engaging examples, activities and step-by-step instructions help children master the skills needed to break free from the sticky thoughts and urges of OCD, and live happier lives. This is the complete resource for educating, motivating and empowering children to work towards change.</p>	

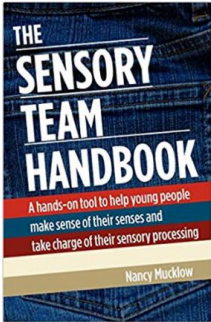
Theme: Oppositional Defiant Disorder	
Book Name: Oppositional Defiant Disorder: A Parent's Guidebook for Children and Adolescents with O.D.D	Date Published: February 2020
Author: Mommy's Angels	
<p>This book lists and describes O.D.D symptoms in detail but most importantly, this book provides strategies and solutions for this behaviour so that it can help your child and build positive family communication.</p>	


Theme: Selective Mutism	
Book Name: Susie has Selective Mutism	Date Published: 2013
Author: Sarah Davis	
<p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: selective mutism.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p>	

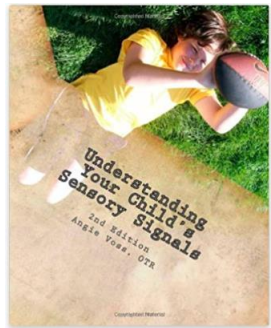
Theme: Sensory	
Book Name: Can I Tell You About Sensory Processing Difficulties?	Date Published: October 2014
Author: Sue Allen	
This book is a valuable resource for children with sensory processing difficulties and for adults who support them. Concepts are explained using day to day examples that children can easily relate to, and the book is full of practical ideas to try. Most importantly, the book offers a positive picture of living with sensory processing difficulties and will help to demystify this condition for both children and adults.	

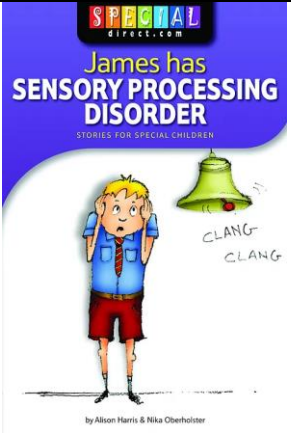
Theme: Sensory	
Book Name: The Out-of-Sync Child: Recognising and Coping with Sensory Processing Disorder	Date Published: September 2005
Author: Carol Stock Kranowitz	
This groundbreaking book explains Sensory Processing Disorder (SPD) and presents a drug free approach that offers hope for parents. The Out-of Synchrony Child offers comprehensive and clear information for parents and professionals.	

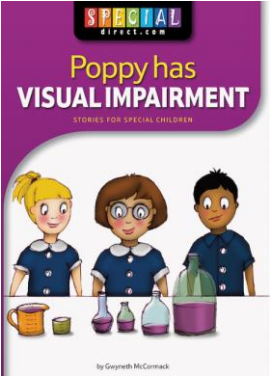
Theme: Sensory	
Book Name: My Sensory Book	Date Published: October 2008
Author: Lauren Kerstein	
This fun and interactive workbook helps children identify their own sensory profiles and develop a personal toolbox of strategies. It's easy to read and filled with practical suggestions for helping children who have sensory difficulties.	

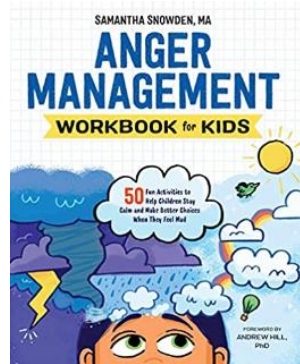
Theme: Sensory	
Book Name: The Sensory Team Handbook	Date Published: 2009
Author: Nancy Mucklow	
<p>The Sensory Team Handbook is the first book on sensory processing written for pre-teens and young teens. Upbeat, humorous and hands-on, each chapter is stuffed with comics, cartoons, diagrams, quizzes, trivia and question and answer sections.</p>	

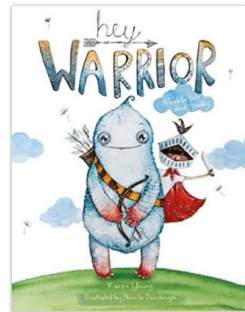
Theme: Sensory	
Book Name: Matilda has Touch Sensitivity	Date Published: 2010
Author: Alison Harris & Nika Oberholster	
<p>A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: sensory difficulties.</p> <p>The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child.</p> <p>The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.</p>	


Theme: Sensory	
Book Name: Understanding Your Child's Sensory Signals	Date Published: September 2011
Author: Angie Voss	
<p>When there is a greater understanding of a child's sensory needs and differences, a transformation and shift in how one perceives these challenges can have a powerful effect on behaviour, development and quality of life for a child. This book will empower you to be that voice for your child and more importantly discover the tools and strategies that work and quite possibly make the biggest impact in your child's development and future!</p>	

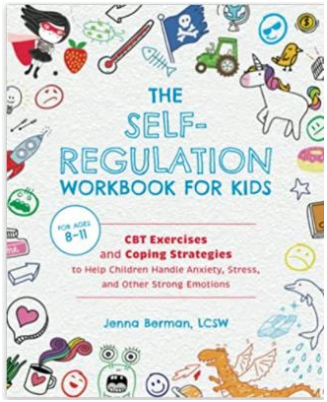
Theme: Sensory	
Book Name: James has Sensory Processing Disorder	Date Published: 2010
Author: Alison Harris & Nika Oberholster A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: sensory processing disorder. The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child. The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.	

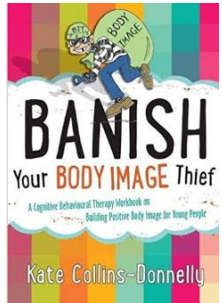
Theme: Visual Impairment	
Book Name: Poppy has Visual Impairment	Date Published: 2012
Author: Gwyneth McCormack A collection of stories to address special needs. This book contains a descriptive story about a child who has a specific difficulty: visual impairment. The story aims to reassure the reader that they are not the only child who has these issues, and highlights areas of need for the adult who shares the book with the child. The second section of each book contains valuable information and suggested methods of supporting these children and enabling them to develop their potential.	

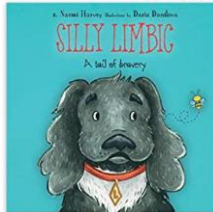
Theme: Emotions	
Book Name: Anger Management Workbook for Kids	Date Published: November 2018
Author: Samantha Snowden	
The Anger Management Workbook for Kids offers fun, interactive activities to help you learn more about yourself and your emotions. Filled with 50 fun activities that teach you real strategies for dealing with anger at home, at school or with friends.	


Theme: Emotions	
Book Name: Hey Warrior	Date Published: September 2018
Author: Karen Young	
Children can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around.	

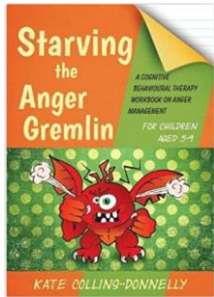
Theme: Emotions	
Book Name: Helping Your Child with Fears & Worries: A Self-Help Guide for Parents	Date Published: 2019
Author: Cathy Creswell & Lucy Willetts	
Written by two of the UK's foremost experts on childhood anxiety, this extremely useful guide will enable you to understand what is causing your child's worried and carry out step-by-step practical strategies to help him or her to overcome them, including addressing specific fears and phobias as well as general anxiety and worrying	

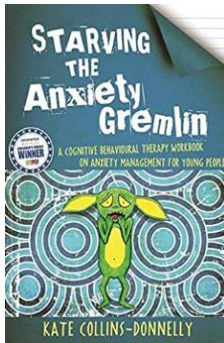
Theme: Emotions	
Book Name: The Self-Regulation Workbook for Kids: CBT Exercises and Coping Strategies to Help Children Handle Anxiety, Stress and Other Strong Emotions	Date Published: November 2021
Author: Jenna Berman	
<p>When children have difficulty self-regulating, it can make it harder for them to get along with peers and family members, hurt their academic achievement, and inhibit their ability to complete activities of daily living. This book enables children to explore and express their feelings, guided by a relatable character and reinforced through interactive worksheets and proven exercises. The CBT based activities and advice in this workbook will empower children with concrete coping skills and techniques that they can return to each and every time they start to feel upset or stressed.</p>	

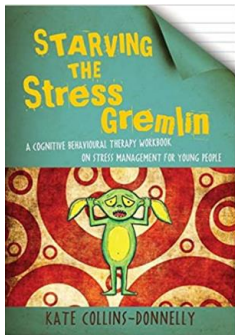
Theme: Emotions	
Book Name: Banish Your Body Image Thief	Date Published: April 2014
Author: Katie Collins-Donnelly	
<p>Using a host of activities and real-life stories, this imaginative workbook will look at what body image means, how it develops, the impact it can have and how all this applies to your own body image. This book is engaging, informative and easy to read. It is suitable for young people aged 10+ to work through on their own or with the help of a parent.</p>	


Theme: Emotions	
Book Name: Silly Limbic: A Tail of Bravery	Date Published: June 2018
Author: Naomi Harvey	
<p>A beautiful, funny and heartwarming tale of a boy and his invisible but ever-present best friend, Limbic the dog. This book is the perfect tool to help inspire minds to take charge of their feelings. The characters are based on the science of the brain and provide the perfect springboard to leap into conversations about children's worries and help them tame their very own inner guard dogs!</p>	

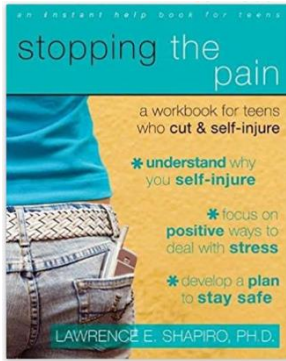
Theme: Emotions	
Book Name: The Highly Sensitive Child: Helping our Children Thrive when the World Overwhelms Them	Date Published: December 2015
Author: Elaine N. Aron	
<p>15-20% of children are highly sensitive – and they are often labelled as shy, introverted fussy or faddy. The real story is very different though and this intelligent, practical book helps parents know how to best support their child.</p>	

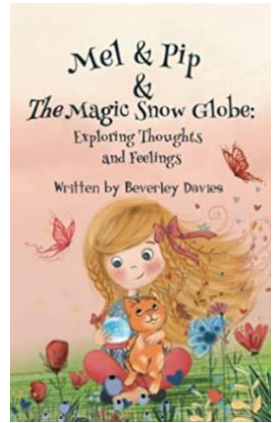
Theme: Emotions	
Book Name: Starving the Anger Gremlin for Children Aged 5-9	Date Published: September 2014
Author: Katie Collins-Donnelly	
<p>Based on cognitive behavioural principles, this workbook uses fun and engaging activities to teach children how to manage their anger by changing how they think and act – getting rid of their anger gremlins for good! Packed full of stories, puzzles, quizzes and colouring, drawing and writing games, this excellent resource is for children aged 5 to 9 years.</p>	

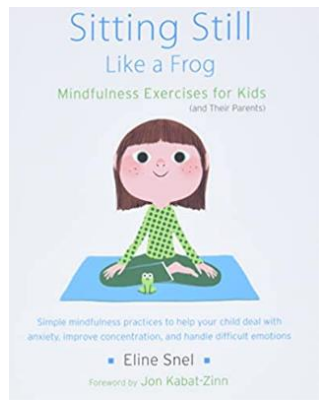
Theme: Emotions	
Book Name: Starving the Anxiety Gremlin	Date Published: November 2018
Author: Katie Collins-Donnelly	
<p>This is a unique resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive-compulsive disorder. Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlin in order to manage their anxiety. This engaging workbook uses fun activities and real-life stories, and can be used by young people aged 10+ either on their own or with a parent.</p>	

Theme: Emotions	
Book Name: Starving the Stress Gremlin	Date Published: February 2013
Author: Katie Collins-Donnelly	
<p>This book shows young people how they can manage their stress levels through a range of effective techniques based on cognitive behavioural principles. Engaging and fun activities as well as real-life stories from other young people show how our thoughts are related to our behaviour and emotions, allowing young people to understand why they get stressed, the effects of stress and how to 'starve' their stress gremlin!</p>	

Theme: Emotions	
Book Name: Can I Tell You About Self-Harm?: A Guide for Friends, Family and Professionals	Date Published: January 2018
Author: Pooky Knightsmith	
<p>This book describes what self-harm is, along with the wide range of behaviours that qualify, why teens do it and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars. This concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm. By initiating the conversation around self-harm, this guide will offer alternative avenues for children and young adults to pursue when dealing with big feelings, such as counselling, distraction and friends and family.</p>	

Theme: Emotions	
Book Name: Stopping the Pain: A Workbook for Teens who Cut and Self-Injure	Date Published: March 2008
Author: Lawrence E. Shapiro	
<p>This comprehensive workbook helps teens who self-injure explore the reasons behind their need to hurt themselves and sets forth positive ways to deal with the issues of stress and control. The activities in this workbook provide teens with safe, effective alternatives to self-injury and helps them develop a plan to stay healthy.</p>	

Theme: Emotions	
Book Name: Mel and Pip and The Magic Snow Globe: Exploring Thoughts and Feelings	Date Published: January 2022
Author: Beverley Davies	
Mel explores her thoughts, feelings, and behaviours in this collection of 8 fun and thought-provoking short stories. Each will have children (and some adults) learning about their own reactions, and to recognise the links between their thoughts, feelings and behaviours.	

Theme: Emotions	
Book Name: Sitting Still Like a Frog; Mindfulness Exercises for Kids (and Their Parents)	Date Published: January 2013
Author: Beverley Davies	
This book is an introduction to simple mindfulness meditation for children and their parents it includes practices that can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware. The accompanying audio CD has guided meditations.	