

The ZONES of Regulation



With any book which is going to explore feelings, emotions and tricky topics it is important that you as parents read the book first, before sharing with your children, so that you can anticipate what issues might be discussed and how you want to respond.



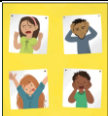
Blue books about sadness, grief, boredom and loneliness

Rain before rainbows – Smritit Prasadam-Halls
 The very lonely firefly – Eric Carle
 Beegu – Alexis Deacon
 Crying is like the rain- Heather Hawk Feinberg
 Small in the city – Sidney Smith
 The River – Tom Percival
 No longer alone – Joseph Coelho
 Grandad's island – Benji Davis
 Rabbityness – Jo Emerson
 The heart and the bottle – Oliver Jeffers
 I am not sleepy and I will not go to bed – Lurne Child
 A kids book about boredom – Kyle Steed
 I'm bored – Bel Mooney
 When sadness is at your door – Eva Eland
 A shelter for sadness – Anne Boothe
 The burst balloon – Cher Louise Jones



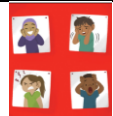
Green books about problem solving, mindfulness and overcoming challenges

The magical yet – Angela DiTerlizzi
 Tilda tries again - Tom Percival
 Meesha makes friends - Tom Percival
 After the fall – Dan Santat
 Breathing is my superpower – Alicia Ortego
 The dot – Peter Reynolds
 The girl who never made mistakes – Gary Rubinstein
 A mathematician like me – Dr Shini Somara
 Ada Twist Scientist – Andrea Beaty
 If I were prime minister – Trygve Skaug
 Happy confident me – Annabel Rosenhead
 You are awesome – Matthew Syed
 Happy – Nicola Edwards
 Where happiness begins – Eva Eland
 Find your happy – Emily Coxhead



Yellow books about Worries, frustration and excitement

Hey Warrior – Karen young
 The Huge bag of worries – Georgina Ironside
 Ruby's worry – Tom Percival
 Too Much – Jolene Gutierrez
 The koala who could – Rachel Bright
 The worrysaurus – Rachel Bright
 The worry tiger – Alexandra Page
 Spoon – Amy Krouse Rosenthal
 Monkey needs to listen – Sue Greaves
 Whirly Twirly Me – Manjeet Mann



Red books about anger, being frightened, jealousy and being out of control

Ravy's roar - Tom Percival
 Bea's bad day – Tom Percival
 Why do I sometimes feel angry – Katie Deynes
 Barbara throws a wobbler – Nadia Shireen
 I am angry – Michael Rosen
 The best worst day ever – Sophy Henn
 Where the wild things are – Maurice Sendak
 Red, red, red – Polly Dunbar
 The squirrels who squabbled – Rachel Bright
 Unicorn thinks he's pretty great – Bob Shea



Books that look at all the feelings and zones

In my heart – Jo Witek
 How are you feeling today – Molly Potter
 Daisy's Dragons – Frances Stickley
 The colour monster – Anna Llenas
 The way I feel – Janin Cain
 The invisible boy – Trudy Ludwig

Today I feel silly and other moods that make my day –
 Jamie Lee Curtis
 The most magnificent thing – Ashley Spires
 Fiona Flamingo – Rachel Urrutia Chu
 Breathing makes it better – Christopher Willard
 Feelings – Libby Walden