

## Books to Support Feelings.

Dear all,

There are lots of books available to help with our feelings. I think it's important that we try to understand how we feel, where we feel it (It could be in your tummy or your chest or anywhere in your body) and what they can make us do!

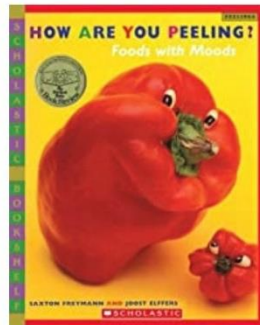
All feelings are ok to have, everyone gets scared, angry or nervous but it is how we learn to manage them that is important.

You all already do a great job of this in school, these books might help if you're struggling at home.

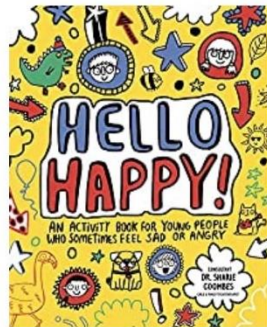
Best wishes from  
Mrs McEwan ☺

### Feelings

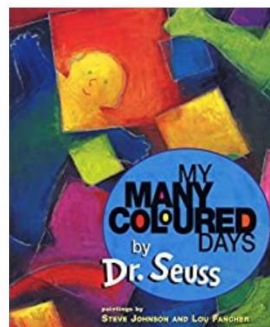
How are you peeling?



Hello Happy - Activity book

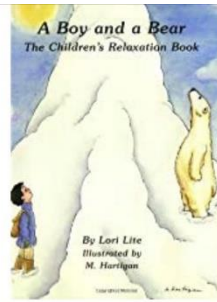


My many coloured days

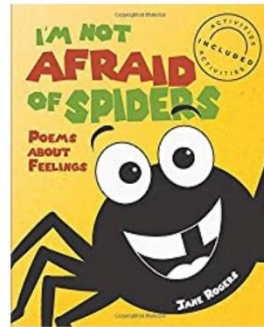


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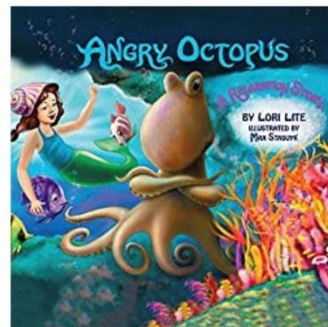
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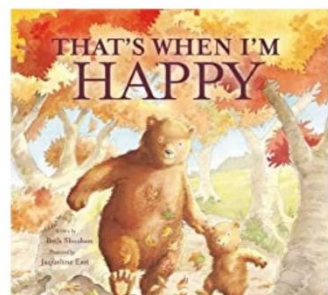
I'm not afraid of spiders



Angry Octopus

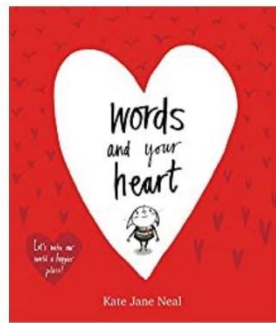


That's when I'm Happy

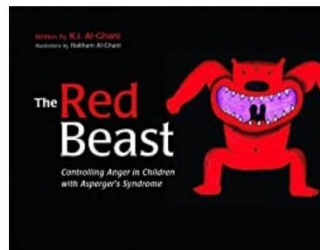


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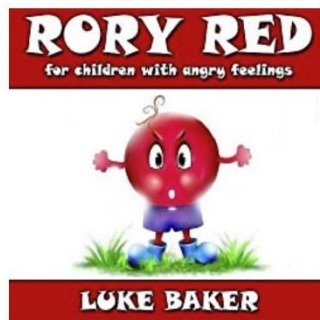
Words and your heart



The Red Beast



Rory Red



Fergal is Fuming!

