

# RESOURCES (Books/CDs)

## Recommended for PRIMARY age-group

Emotion(s)	Age range	Resource name	Author	Comments
Anger/hurt	5-12	There's a volcano in my tummy	Elaine Whitehouse & Warwick Pudney	Brilliant resource. Good tips for adults. Age-guided activities and stories.
Anger/hurt	7-15	What to do when your anger flares	Dawn Heubner	Great series. Clearly written and some great ideas and activities. But worth selecting key ideas and chapters as a too wordy to read with children.
Anger/hurt	6 and up (I've used with a 15 yr old)	A Niffleloo called Nevermind	Margot Sunderland	Wonderful story about how it is better to express than to store up bad feelings.
Anger/Self-protection	6 and up	A Wibble Called Biplej	Margot Sunderland	How to stand up for yourself without becoming a bully or closing your heart.
Anger/hurt	6 and up	How Hattie Hated Kindness	Margot Sunderland	Why extreme hurt can stop children letting any kindness in. How time and the kindness of others can change this, slowly...
Self-esteem	6 and up	Ruby and the Rubbish Bin	Margot Sunderland	Just because someone says something doesn't make it true! Understanding how bullies make themselves feel bigger by making others feel small.
Self-esteem/independence	6 and up	A Pea Called Mildred	Margot Sunderland	The importance of being yourself and following your dreams
Feelings need	All	There's No Such	Jack Kent	Brilliant metaphor and great illustrations.

to be acknowledged	ages!	Thing as a Dragon		
Loss	6 and up	The Day the Sea Went Out and Never Came Back	Margot Sunderland	Touching tale using the sea to represent death of a loved one.
Loss	6 and up	The Lonely Tree	Nicholas Halliday	Beautifully illustrated. Conveys the Cycle of Nature as a metaphor for loss and continuity through heritage and good memories.
Loss	8 and up	Michael Rosen's Sad Book	Michael Rosen & Quentin Blake	Autobiographical story of loss of a child. Bravely tackles difficult emotions directly and how in time, happy memories will be possible.
Loss	Infants	The Copper Tree	Hilary Robinson & Mandy Stanley	Touching tale of a class teacher's illness and death. Sensitively written and beautifully illustrated.
Loss	Infants	Always and Forever	Debbie Gliori and Alan Durant	The loss of a friend (Fox) and subsequent grief process sensitively and honestly conveyed.
Loss	Infants & Juniors	Water Bugs and Dragonflies	Doris Stickney	Written from a spiritual perspective – a powerful, simple metaphor to convey the concept of life after death to children.
Separation anxiety	5 and up	Owl Babies	Martin Waddell	Simply, effectively conveyed.
Loss	Infants & Juniors	Muddles, Puddles and Sunshine	Diana Crossley	Age-guided activities to help a child remember and grieve for a loved one.
Anxiety	5 and up	The Huge Bag of Worries	Virginia Ironside	Brilliant metaphor for how we can let worries build but keeping them all locked up inside and how talking about them to a safe person helps.
Anxiety	5 and up	What to do when your child worries too much	Dawn Heubner	Like the other books in this series, clearly written and containing brilliant ideas. However selective use of key chapters and ideas most effective.
Anxiety	5 and up	Teeny Weenie in a Too Big World	Margot Sunderland	How we do not need to face worries alone! A worry shared is a worry halved.

Anxiety/rigidity	6 and up	Willy and the Wobbly House	Margot Sunderland	About balance. Willy longs for structure and Joe (his neighbour) longs for freedom. Why we need both.
Anxiety / The Power of Now	6 and up	Milton's Secret	Eckhart Tolle and Robert S Friedman	A clever adaptation for children of The Power of Now. Brings out the importance of staying in the Now to help keep our Chimp brain from making us sick with worry.
Anxiety/OCD	7 and up	Up and Down the Worry Hill	Aureen Pinto Wagner	A good resource for use with any child with OCD tendencies. Quite wordy and illustrations basic but useful content if used selectively.
Autism	5 and up	To Be Me	Rebecca Etlinger	From USA. Best story illustration of what it is like to be a child with diagnosed autism/Asperger's syndrome in main stream. Possible use with whole class.
General emotional wellbeing	4 - 7	TA for Tots	Alvyn M. Freed	Key Transactional Analysis concepts adapted for small children. Good illustrations.
Trauma (CD)	5 and up	It won't Hurt Forever	Peter Levine	2 c CDs with accompanying booklet. Brilliant activities for parents and teachers to use with children who have experienced trauma – to help them use the body's natural resources to heal.

### **Recommended for Secondary/Tertiary age-group**

General emotional wellbeing	11 and up	TA for Kids	Alvyn and Margaret Freed	Despite illustrations being a bit out-dated and obvious Americanisms, an invaluable resource for sharing key TA concepts – from Parent-Adult-Child to Games
General emotional wellbeing	13 and up	TA for Teens	Alvyn M Freed	Adolescent version of TA for Kids. Illustrations outdated but useful content if used selectively.
Anger/stress	11 and up	Fighting Invisible Tigers	Earl Hipp	Brilliant resource with easy-read chapters and activities on wide range of topics – from relaxation, diet, friendship to assertiveness.
Anger/hurt	11 and up	Starving the Anger Gremlin	Kate Collins-Donnelly	Clearly written and laid out. Good activities.
Anger/hurt	11 and up	Working with	Nick	Written from compassion and wide experience. Aimed at counselling or teaching staff, exploring

	up	Anger and Young People	Luxmoore	the wide range of anger triggers and how to distinguish and support these.
Relationships	11 and up	Young People in Love and Hate	Nick Luxmoore	Another great guide by this experienced 2ndary school counsellor.
Self-esteem	11 and up	Feeling Like Crap	Nick Luxmoore	Some useful sections on working with groups.
Anger/hurt	14 and up	Beating Anger	Mike Fisher	An adult read but brilliant resource for understanding the roots of anger and practical activities / steps for transforming anger into assertiveness.
Loss	11 and up	Help for the Hard Times – Getting Through Loss	Earl Hipp	A clear and accessible resource (for lending too) when working with a young person who has experienced death of a loved one OR other loss
OCD/anxiety	11 and up	Touch and Go Joe: An Adolescent's experience of OCD	Joe Wells	Useful, accessible resource. Clearly explains and offers practical support to any teenager experiencing OCD.

## General Resources

Mindfulness	Adult	Where You Go, There You Are	Jon Kabat-Zinn	Mindfulness Meditation for Everyday Life. Written description of different Mindfulness Meditations e.g. sitting, walking etc.
Mindfulness (+CD)	Adult	Mindfulness: Finding Peace in a Frantic World	Mark Williams and Danny Penman	8 step self-teach programme from 2 key figures in Mindfulness research UK (Oxford). CD has different meditations for each stage of the programme.
Attachment	Adult	Attachment in the Classroom(Primary)	Heather Geddes	A useful guide to understanding how a child's attachment styles and emotional history affects him/her in school.
Attachment	Adult	Teenagers and Attachment	Edited by Andrea Perry	Contributions from a wide range of authors. Invaluable for Secondary/Tertiary staff and counsellors
All emotions	11 and up	Draw on Your	Margot	Invaluable activity resource book with photocopiable activities, clearly described, including the

	up	Emotions	Sunderland & Philip Engleheart	underpinning theory.
Relationships	11 and up	Draw on Your Relationships	Margot Sunderland	Another brilliant activity resource book focussing on relationships – both past and present.
General emotional literacy	Adult	Emotional Literacy: Intelligence with a Heart	Claude Steiner	Well written and accessible; step-by step skills and activities for learning emotional literacy.
Trauma	Adult	Trauma through a Child's Eyes. Awaking the Ordinary Miracle of Healing	Peter Levine and Maggie Kline	Fantastic resource for anyone working with children or young people who have experienced trauma. Clearly written with many useful activities.
Trauma	Adult	The Boy Who Was Raised as a Dog	Bruce D. Perry and Maia Szalavtiz	Remarkable collection of short stories from a child psychiatrist's notebook on the incredible power of human beings to heal.
Mind-Body	Adult	Molecules of Emotion	Candace B. Pert	Renowned neuroscientist explains the bio-molecular basis to our emotions. Aimed at us lay people, an accessible read.
Mind-Body (Book and CD formats)	Adult	The Wisdom of Your Cells	Bruce H. Lipton	How your beliefs influence and control your cells. The CD version comes in 8 CDs: clear, captivating and hugely informative. Permanently shifts our understanding of the mind-body connection and how our body (made up of ever changing cells, is affected by our thoughts and feelings.
Play Therapy	Adult	Play Therapy	Viginia Axeline	Brilliant key resource on the principals of non-directive play therapy
Play therapy	Adult	Windows to our Children	Violet Oaklander	A Gestalt Therapy approach to children and adolescents. Great book. Many practical examples.