

World Book Day

Ages
5-7



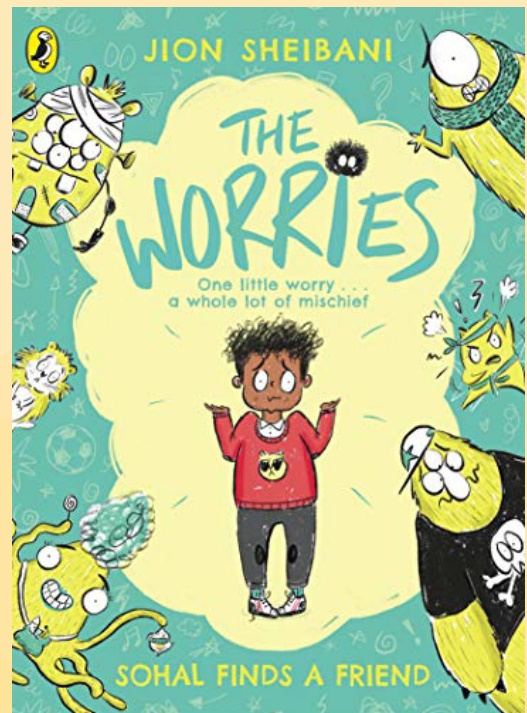
Self-care

The Worries - Sohal Finds a Friend

Author: Jion Sheibani

Illustrator: Jion Sheibani

Sohal's worries dominate his life. He carries them with him all day, which prevents him from making friends, and they crowd into his head at night, even chasing him in his dreams. One day, he draws a picture of his worries and realises they seem far less scary when he can see them. He is alarmed, however, when the small, furry creatures come to life. Hurt, Anger, Big, Fail, Alone and Babs (the Worry-in-Charge) are very chaotic and rather needy. When they sneak into his school bag, Sohal spends a stressful day trying to keep them hidden. Can Sohal develop some **self-care** strategies to help him when he is worrying?



Thursday 7th March



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The Very Hungry Worry Monster

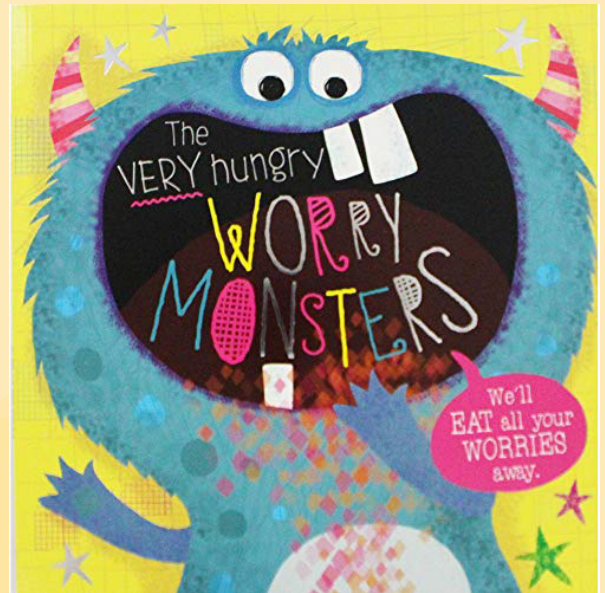
Author: Rosie Greening
Illustrator: Lara Ede

Ages
4-8



Self-care

Have you heard of the worry monsters? They eat your worries and make them disappear! Children will love this funny story featuring the friendly worry monsters, designed to help children show themselves **self-care** and talk about their fears.



Thursday 7th March



World Book Day

The Heart and the Bottle

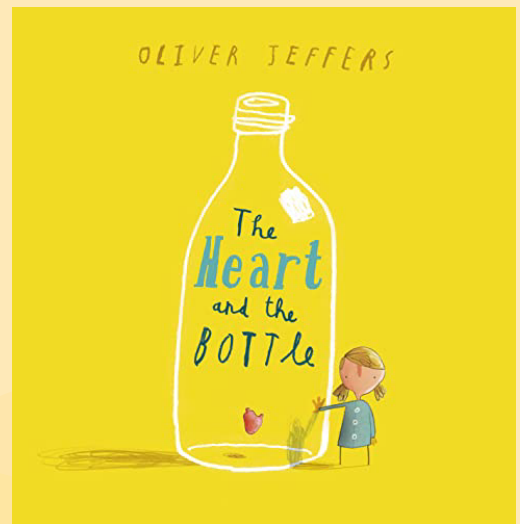
Author: Oliver Jeffers

Ages
5-8



Self-care

Once there was a girl who was full of wonderment at how the world worked. She shared all her dreams and excitement with her father, who always had the answer to every question. That is until one day when his chair was empty, not to be filled again - how would the girl ever find meaning from her life again?



World Book Day

Here We Are

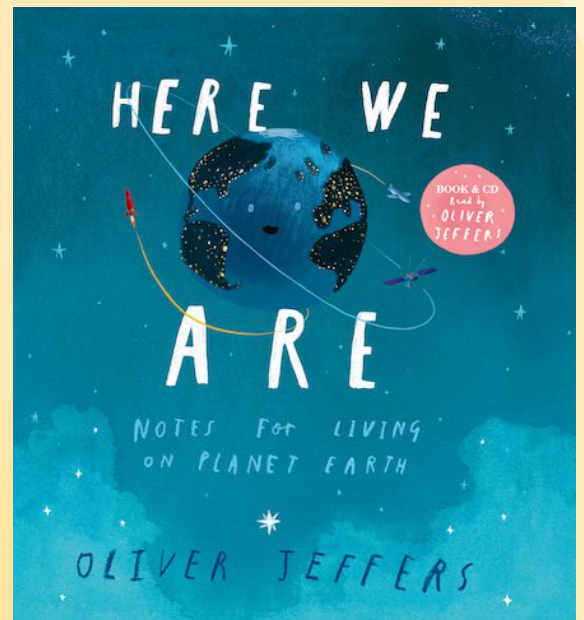
Author: Oliver Jeffers

Ages
2-6



Self-care

Our world can be a bewildering place, especially if you've only just got here. Your head will be filled with questions, so let's explore what makes our planet and how we live on it. From land and sky, to people and time, these notes can be your guide and start you on your journey. And you'll figure lots of things out for yourself. Just remember to leave notes for everyone else... Some things about our planet are pretty complicated, but things can be simple, too: you've just got to be kind.



Thursday 7th March



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The Invisible String

Author: Patrick Karst

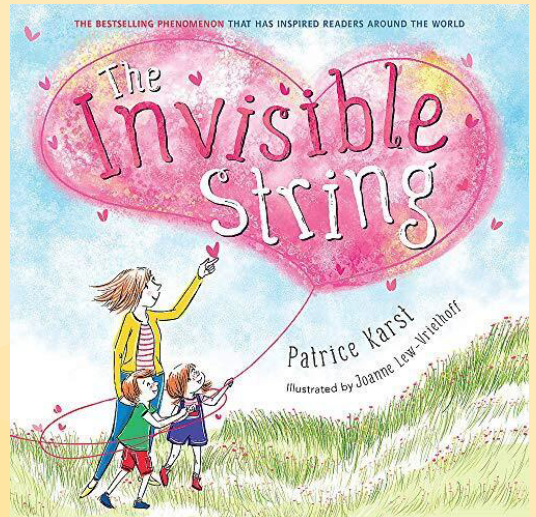
Illustrator: Joanne Lew

Ages
4-7



Self-care

This book is a beautiful way to begin to try, as parents, to instill in children the impenetrable power of the heart, the energy of love, and the flow that can be felt from the grace in every moment.



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Kiki Kallira Breaks a Kingdom

Author: Sangu Mandanna

Ages
9-11



Self-care

Kiki Kallira has always been a worrier. Recently her anxiety has been getting out of control, but one thing that has always soothed her is drawing. Kiki's sketchbook is full of fantastical doodles of the Hindu myths and legends her mother has told her since she was tiny.

One day, her sketchbook's calming effect is broken when her mythological characters begin springing to life and Kiki is pulled into the mystical world she drew. Kiki must overcome her fear and anxiety to save both worlds - the real and the imagined - from his wrath. How can Kiki save her **self-care** strategy?



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When I see Blue

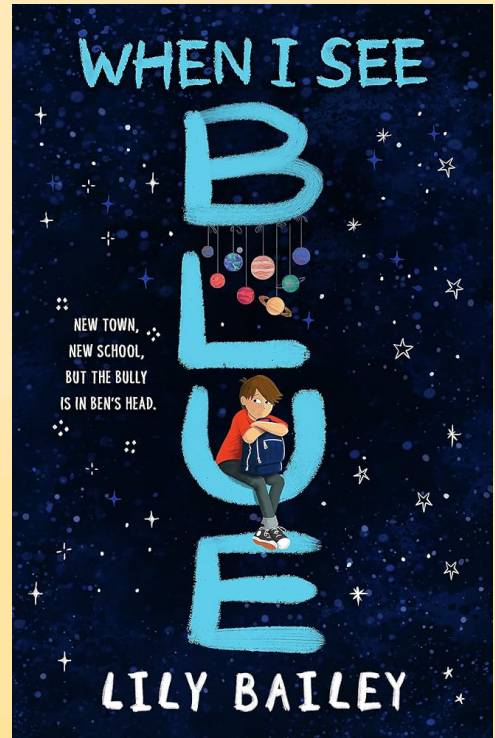
Author: Lily Bailey

Ages
8-11



Self-care

Sometimes Ben's brain makes him count to 4 to prevent bad things happening. Sometimes it makes him tap or blink in 4s. Mostly it makes the smallest things feel impossible. And with a new school, a moody big brother, an absent dad and a mum battling her own demons, Ben feels more out of control than ever. But then he meets April, and with his new friend, Ben might finally figure out how to stand up to the bully in his brain, once and for all.



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It's Ok

Author: Wendy O'Leary

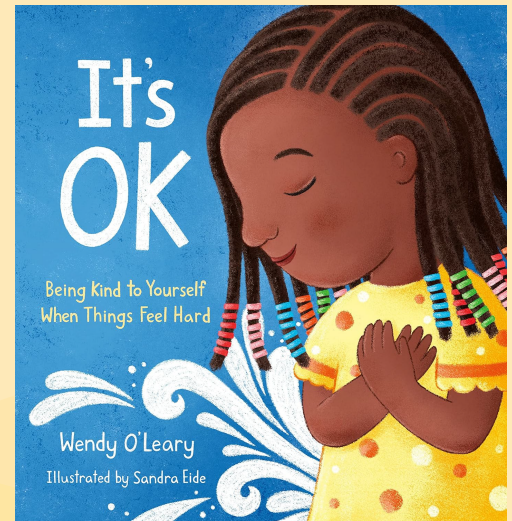
Illustrator: Sandra Eide

**Ages
4-7**



Self-care

All too often kids get down on themselves when they experience things that make them sad, angry, guilty, or jealous. It's amazing how powerful it can be to move past a difficult emotion when we think about all the other people feeling that same way and show ourselves some much need kindness. Sometimes I have to do something I don't want to do. I feel really angry... Then I remember that everyone feels angry sometimes. I put my hand on my heart, and here's what I say: "It's OK--I love you. I'm with you today."



Thursday 7th March



World Book Day

Ages
4-8

Billy Buckethead

Author: Abby & Hayden Worwood

Billy Buckethead: A Story about **Self Care**. Billy Buckethead is a boy with a bucket for a head. When he realizes that he is always giving his water but not taking the time to fill his own bucket, he learns the importance of filling himself.



Self-care

