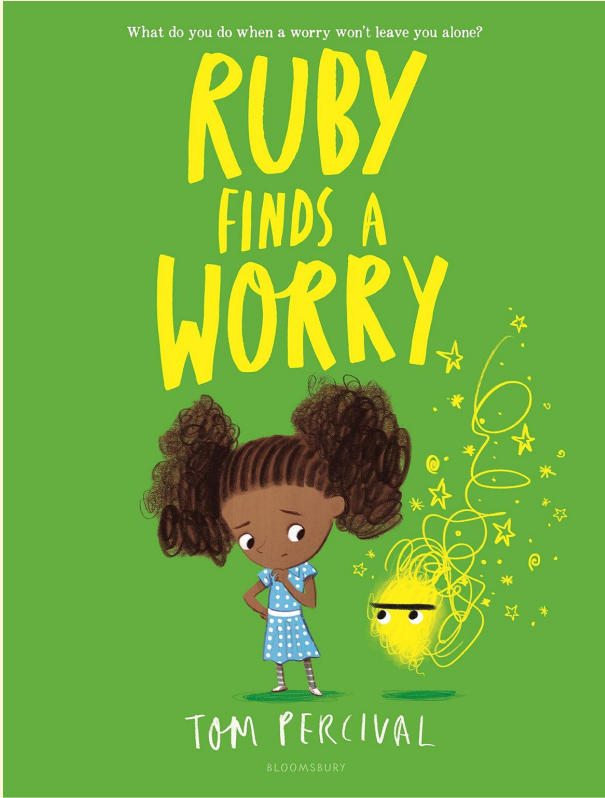


MENTAL HEALTH

PICTURE BOOKS



Ruby Finds a Worry

Tom Percival

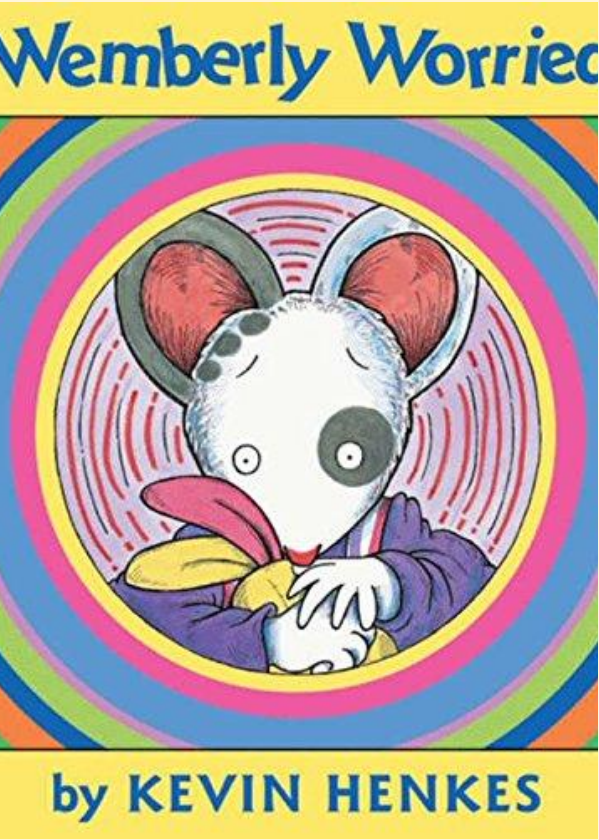
A young girl's sense of adventure and exploration vanishes when she discovers a Worry that grows and grows until she learns how to get rid of it.



Hector's Favorite Place

Jo Rooks

Hector is a shy hedgehog and aims to help kids who may not want to venture out and try new activities for fear of making mistakes. It also highlights that friendships could be affected if a child keeps saying no to invitations from friends.



Wemberly Worried

Kevin Henkes

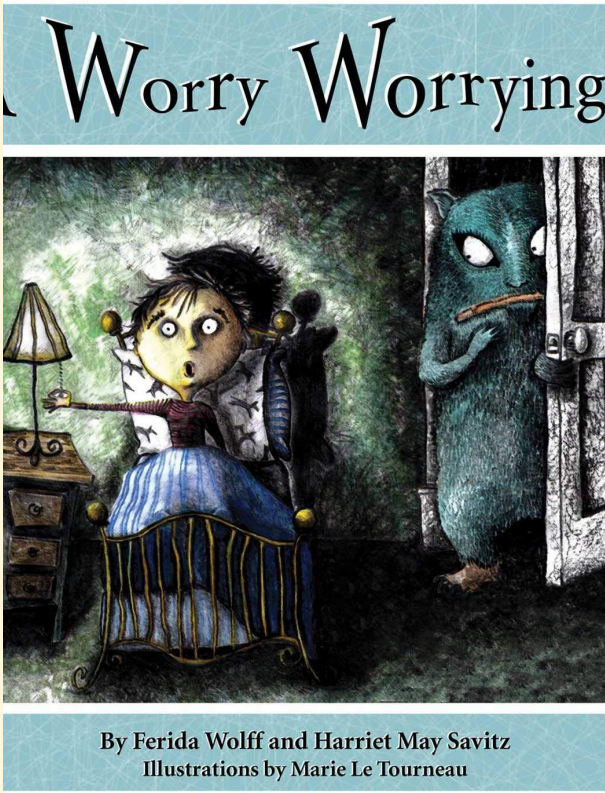
A mouse named Wemberly, who worries about everything, finds that she has a whole list of things to worry about when she faces the first day of nursery school.



Even Superheroes Have Bad Days

Shelly Becker

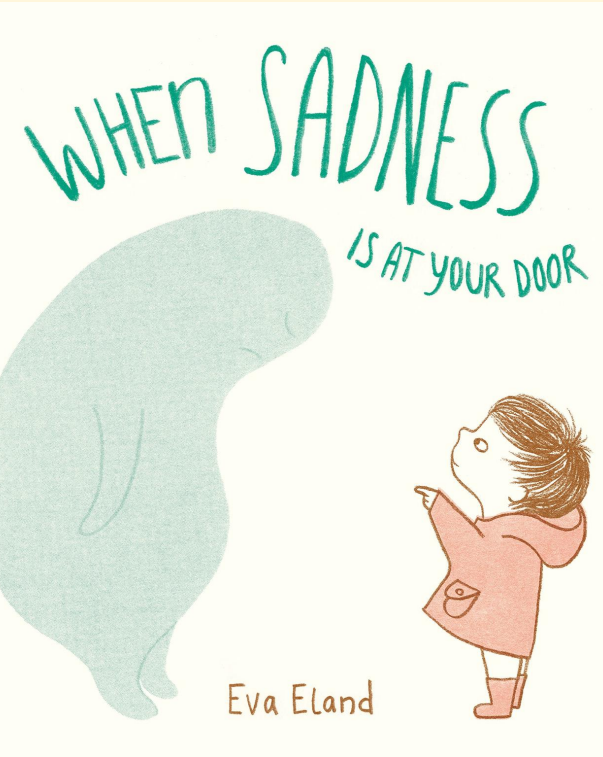
A group of superheroes are having a bad day and learn to cope with their emotions.



Is a Worry Worrying You?

Ferida Wolff

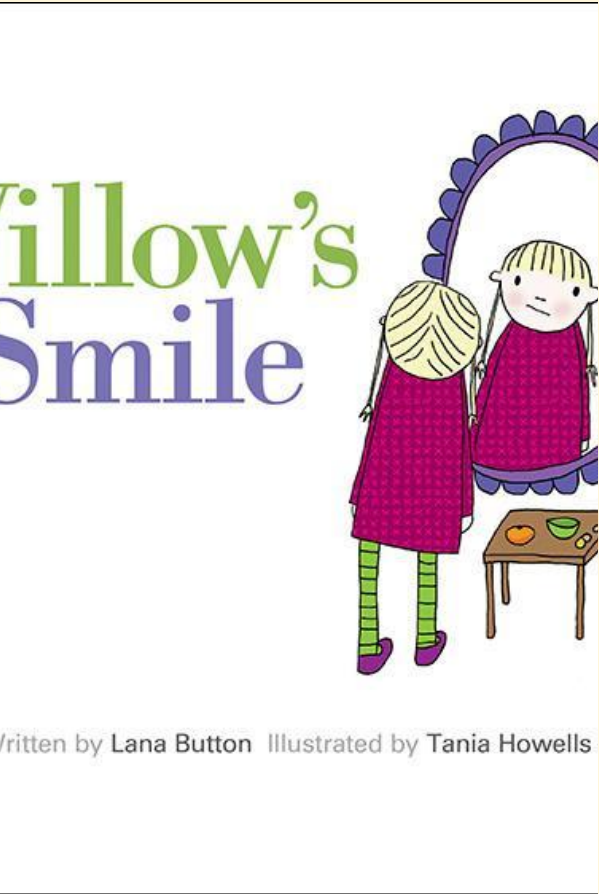
This book addresses children's worries with humor and imagination, as hilarious scenarios teach kids the use of perspective and the art of creative problem-solving.



When Sadness is at Your Door

Eva Eland

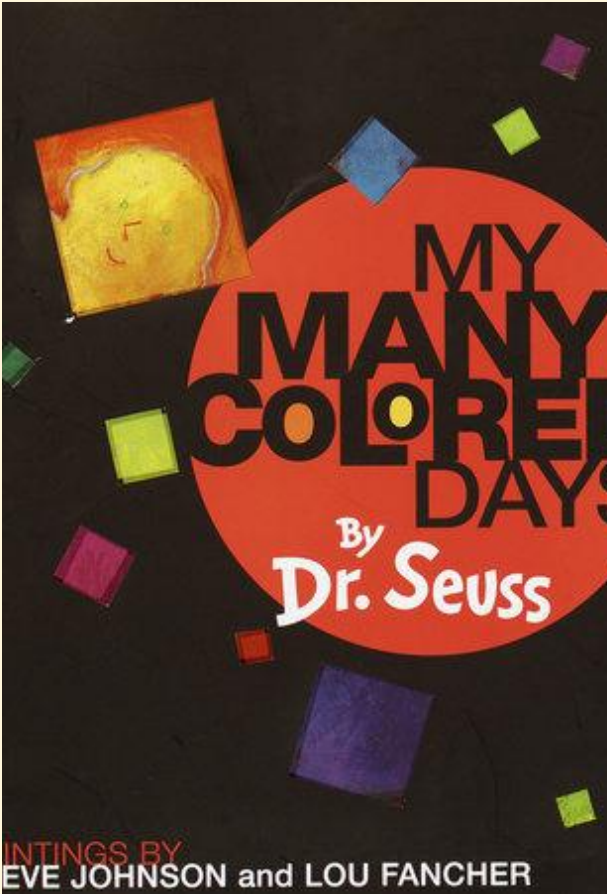
A young child experiences sadness as if it were a visitor, acknowledging the emotion and suggesting activities to do with it.



Willow's Smile

Lana Button

Norman had always been perfectly normal. That was until the day he grew a pair of wings! Norman is very surprised to have wings suddenly – and he has the most fun ever trying them out high in the sky. But then he has to go in for dinner. What will his parents think? What will everyone else think?



My Many Colored Days

Dr. Seuss

This rhyming story describes each day in terms of a particular colour which in turn is associated with specific emotions