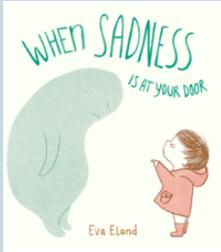


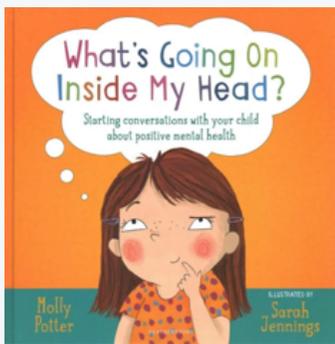
Book Suggestions: Pre-K & Kindergarten



When Sadness is at Your Door

By Eva Eland

This story poetically evokes sadness in a personified form, so that children know how to simply welcome this emotion and walk serenely with it until a new day makes it vanish.

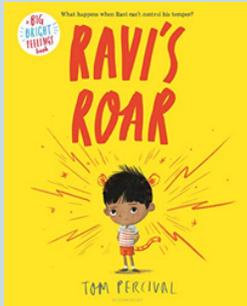


What's Going On Inside My Head? : Starting conversations with your child about positive mental health

By Molly Potter

Illustrated by Sarah Jennings

Having a healthy body is essential, but you also need to take care of your mental health from an early age. This book describes practical ways to keep your mind and body healthy. By talking about self-esteem, emotional intelligence, relationships and mindfulness, children will learn to develop good habits and coping strategies. Presented in a warm and appropriate way for children, What's Going On Inside My Head? will help young people establish a solid foundation for their mental well-being.

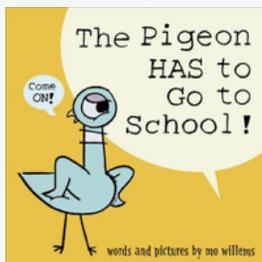


Ravi's Roar (Big Bright Feeling series)

By Molly Potter

Illustrated by Sarah Jennings

Most of the time, Ravi is good at controlling his emotions, but one day he lets his inner tiger go ... and BIG! It's fun being a tiger: he can do whatever he wants! But who wants to have fun with a fierce tiger, especially if he refuses to share and play nicely? Ravi will discover the importance of remaining calm and asking for forgiveness. A smart book about emotions and how to express them. The ideal story for bad days and hot anger.



The Pigeon HAS to Go to School

By Mo Willems

The story of a pigeon who doesn't want to go to school and who thinks he knows everything. A beautiful tale that demonstrates the fear of the unknown and the new.



All About Feelings

By Felicity Brooks and Frankie Allen

Illustrated by Mar Ferrero

A storybook presenting and explaining the main emotions to children, as well as how to recognize and name them.