

Picture books which touch on emotional issues children may identify with

Fear and overcoming fears

The Monster Bed	Willis J/Varley S	Beaver
A humorous tale in rhyme of a monster who's scared to go to sleep in case there are any humans hiding under his bed! Watch for the twist in the tail when a little boy unexpectedly arrives lost in the wood, having run away from school!		
The Castle of Fear	Burston Patrick	Walker Books
An activity book where the child engages in a personal journey with choices. and discussion		
There's a Sea in my Bedroom	Wild Margaret	Picture Puffins
David is frightened of the sea; until one day he enters a friendly sea world in his imagination through holding a shell to his ear – and he finds that its fun!		
The Ghost Eye Tree	Martin Junior Bill/Archambault John	Picture Puffins
About bravery in the face of real fear. Helpful when used with care and thought – could evoke anxiety. Also touches on ridicule and support. Very evocative pictures – and story too!		
Jessica and the Wolf	Lobby Ted	Imagination press
'Helping children develop and draw upon their internal resources to overcome fears, fantasies and bad dreams..... Jessica succeeds in vanquishing the wolf in her dream.'		
Benjamin's Dreadful Dream	Baker Alan	Picture Lions
About Benjamin the hamster's fearful dream. Better used with adult support.		
The Tunnel	Browne Anthony	Red Fox Picture Book
Courage in the face of fear. Includes unexpectedly supportive sister		
Mog in the Dark	Kerr Judith	Picture Lions Collins
Mog the cat is left outside in the dark imagining sorts of things out there away from his family. He is quite relieved when they come to take him in at last. A helpful introduction to our own need for someone to care for us, and for a safe place to be too.		
I'm coming to get you	Ross Tony	Picture Puffins
Feared monster turns out to be little - and not scary after all		
Suddenly	McNaughton Colin	Picture Lions
A book to stimulate discussion of what might happen next – and turn over the page!		
Who's Afraid of the Big, Bad, Wolf.	Bradman Tony/Chamberlain Margaret	Methuen Lift the flap book
A lift the flap picture book of the famous rhyme, - turning fear into a game we can play with a friend or a 'grown-up' beside us, to help us bear it and 'come out the other side'.		
Nightmares, Poems to trouble your sleep.	Prelutsky John	Adam and Charles Black
Gory poems with gory pictures! Children can feel safe and protected and even strong when they survive their 'favourite' nightmare poem being read to them in a safe trusted atmosphere.		
The Monster and the Teddy Bear	McKee David	Red Fox Picture Books
Angela feels strong and excited playing with the monster – much better than playing with a soft little teddy - until Teddy grows stronger (and bigger too) through being brave in the face of rejection - and finding his <i>voice</i>		
Stanley in the Dark	Butler M.Christina/Rutherford Meg	Simon and Schuster young books
Stanley's scary journey to find the 'cheese'. Things working out in the end.		
Be Brave Billy	Omerod Jan	Picture Lions
Fear of going to school for the first time/doing <i>big</i> things/teasing/the dark/being hunted		
My brother Sean	Brienburg Petronella	Picture Puffin 0140 502521
Also about going to school for the first time		
Timothy goes to School	Wells Rosemary	Picture Puffin
Also about starting school		

Tyrone the Horrible	Wilhelm Hans	Hippo Books Scholastic
Fear of bullying. Boland, the little dinosaur tries everything to counter the bullying behaviour of Tyrone, the big tyrannosaurus. His friends are very supportive.		
Thud	Butterworth Nick	Picture Lions
Thud sounds to be huge and scary, but he's not really		
Do I have to go to School Today	Schles Larry	Jalmar Press CA. USA
Fears relating to school		
Knock, Knock, Who's There	Grindley Sally	Magnet
Fear of nasty things in the night. Relief. Could strike a chord with abused children		
There's a nightmare in my cupboard	Mercer Mayer	Pocket Puffin
Overcoming fears		
Kipper and the Giant	Hunt Roderick/Brychta Alex	Oxford Reading Tree
Kipper is brave and very helpful in the face of the village's much feared giant. Children love to identify with Kipper as they (are helped to) read the story with their teacher.		
A dark, dark, tale	Brown Ruth	Anderson Press
A scary journey to discuss together, which turns out not too bad after all		
The Lion and the Rat	Wildsmith Brian	Oxford University Press
Despite his size the little rat is not afraid to offer help to the lion when he's in trouble. Later the rat reaps his reward when the lion remembers his help and returns the favour.		
Teeny Weeny in a Too Big World	Sunderland Margot	Speechmark Publishing Ltd
Teeny Weeny becomes more and more overwhelmed by the chaos, bigness, and hurtfulness of the world around her. She just can't take any more, and ends up digging herself a hole to escape to. Her situation is desperate until a friendly Hoggie sensitively helps her to experience the helpfulness of sharing and supporting <i>togetherness</i> .		
How Hattie Hated Kindness	Sunderland Margot	Speechmark Publishing Ltd
Hattie had grown up in a hard world. She had learnt that to survive you just have to be tough and make sure to hurt first, and not to let anyone near you. The story illustrates the difficult journey into trust and openness, whilst acknowledging the need to keep safe.		

Dreams/bad dreams

There's a sea in my bedroom (see section on fears)

Jessica and the wolf (see section on fears)

Benjamin's dreadful dream (see section on fears)

Benjamin's Book (see section on difficulties)

Stanley in the dark (see section on fears)

There's a nightmare in my cupboard (see section on fears)

Dreams	Spret Peter	Hodder and Stoughton
Picture book (no words at all) - useful to introduce a discussion on dreams with children.		

Where The Wild Things Are (see section on anger)

When The World Sleeps	Wright Cliff	Red Fox Book
A small boy's amazing and magical adventure in the middle of the night. A cartoon picture story full of suspense, terror and excitement.		

Bullying, Being Bullied

Willy the Wimp	Browne Anthony	Magnet
Willy is bullied by the suburban gorilla gang. But supported by his friend and his growing inner strength he is able to confront them		

Willy and Hugh	Browne Anthony	Red Fox Picture Books
Willy is surprised to find a friend in BIG Hugh – and to find that there is something he can help Hugh with too. Also stimulates thinking about self esteem.		
Willy the Champ	Browne Anthony	Magnet
Its not easy for little Willy. He may be a good reader, but he gets laughed at and mocked by the big gorillas who are so much better than him at the really important things like sport. Who would have thought he could end up being called ‘Willy the Champ’.		
Benjamin and Tulip	Wells Rosemary	Picture Puffin
Being bullied		
The Fox and the Cat	Crossley Holland Kevin	Beaver Books
Grimm’s animal fairy tales re-written. Mostly about finding clever ways to overcome bullying.		
Borka	Burningham John	Picture Puffin
Borka is bullied for being different --- until he finds others who are also different, and valued for their specialness		
Tyrone the Horrible	(see section on fear)	
Thud	(see section on Fear)	
How Hattie Hated Kindness	Sunderland Margot	Speechmark Publishing Ltd
Hattie had grown up in a hard world. She had learnt that to survive you just have to be tough and make sure to hurt first, and not to let anyone near you. The story illustrates the difficult journey into trust and openness, whilst acknowledging the need to keep safe.		
I’ll take you to Mrs. Cole	Gray Nigel/Foreman Michael	Picture Mac Macmillan
Being bullied at home ----- finding love in an unexpected place. This story can be very powerful and moving for children who have difficult home lives. It can evoke a strong feeling of being understood (and cared for) when read in the context of a developing relationship with such a child.		
A Wibble called Bipley	Sunderland Margot	Speechmark Publishing Ltd
Gentle Bipley is being hurt, desperately hurt. The tough aggressive honks persuade him that being tough and building a big defensive wall around himself will solve all his problems - which it does for a while – until he notices that he is losing all his friends and the world is becoming grey and dull. How can he recover his old playful friendliness and still keep safe from bullies and taunts?		
Teeny Weeny in a Too Big World	Sunderland Margot	Speechmark Publishing Ltd
Teeny Weeny becomes more and more overwhelmed by the chaos, bigness, and hurtfulness of the world around her. She just can’t take any more, and ends up digging herself a hole to escape to. Her situation is desperate until a friendly Hoggie sensitively helps her to experience the helpfulness of sharing and supporting <i>togetherness</i> .		

Being different/being yourself

The Ugly Duckling		Ladybird ‘Tell-a-tale’ book
The Ugly Duckling		Ladybird ‘Read-it-yourself’
book Easy reading, but still engaging version of this well loved tale		
Elmer	McKee David	Dennis Dobson London
The well known story of a very special elephant who found it hard to come to terms with his differentness - with his different (multi)colour skin. An important part of this story is how much Elmer’s friends appreciated him just as he was.		
Titch	Hutchins Pat	Random Century / Picture
Puffin Being little – being the youngest in the family		
You’ll soon grow into them Titch	Hutchins Pat	Picture Puffin
Borka	(see section on Bullying)	
Willy and Hugh	(see section on bullying)	

Friendship for who you are, despite being different. We all have different strengths.

Willy the Champ (see section on bullying)

A Difficult Day Being a girl, being difficult	Fernandes Eugenie	Picture Puffin 0140 508740
Arthur Being loved for who you are	Graham A./Gynell D.	Picture Puffin
Nancy No-Size Being the one in the middle	Hoffman M./Northway J	Little Mamouth 0749 700904.
The Night Shimmy It wasn't until Eric found a friend who accepted his quiet nature just as it was, without any teasing or wish to change him; that he was able to talk openly to someone, and to manage without needing his imaginary friend to talk for him.	Browne Anthony/Strauss Gwen	Red Fox Picture Book
The Demon Kevin	Impey R/Porter S	Picture Puffin 0140 0507000
Michael Being valued for being different	Ross Tony/Bradman Tony	Beaver
Naughty Nigel	Ross Tony	Picture Puffin 0140 507388
On the day you were born CA USA Celebration of a child's birth ... rejoicing by everyone and <i>everything</i> around her. Valuing of each of us as very special human beings. .	Frasier Debra	Harcourt Bruce Jovanovich
Kit and the Magic Kite Hamilton Kit longs for excitement/to be a different sort of cat. But things are not always what they seem.	Cooper Helen	Picture Corgi Books Hamish
Cat and Canary Cat is a friend of Canary. He is different from other cats, but he still can't be a bird!	Foreman Michael	Anderson press Hutchinson
Shy Charles Everyone finds it hard to accept that Charles is just quiet and shy; but he doesn't let it stop him from being brave and helpful when its needed.	Wells Rosemary	Picture Lions
A Pea called Mildred Mildred is different. She doesn't feel comfortable being just like all the other green peas. She has a strong urge to be different which causes her lots of problems. She manages it in a surprising way.	Sunderland Margot	Speechmark Publishing Ltd

Loss/endings/bereavement

Wish you were here <i>Janey and My Grandson Lew</i> , two stories of love, and loss, and remembering	Zolotov Charlotte	BBC Longman
Amos and Boris The most evocative story of loss and ending I have ever seen. A whale and a mouse become close friends in difficult circumstances. The description of their sadness and loss at the inevitable parting will mirror many children's feelings at such times. Sadly it is currently out of print, but you may be able to order it through the library.	Steig William	Picture Puffin
Ernest and Celestine Celestine's beloved soft toy Gideon is lost, causing sleepless nights and grief. Her father Ernest tries to make a substitute.	Vincent Gabrielle	Picture Lion
Dogger The story of the loss and finding of a much beloved soft toy	Hughes Shirley	Picture Lions
Badger's Parting Gifts Much loved friend Badger reaches the end of his life. All the animals are very sad. Remembering his special gifts to each one helps to ease the sad feelings.	Varley Susan	Random Century/ and Picture Lions

I'll always love you	Wilhelm Hans	Picture Knight
The story of the love of a little boy for his dog, and the sadness of the dog's growing old and death being eased by the boy remembering that he always told his dog every night, "I'll always love you."		
The Patchwork Quilt	Flournoy Valerie	Picture Puffins
A grandmother shares with a little girl the memories evoked by the patches on a much loved patchwork quilt.		
Granpa	Burningham John	Picture Puffin
The sensitive story of the death of 'Granpa'		
Pete and Roland	Graham Bob	Picture Lions 0006 618804
A story of friendship and loss		
Annie Banannie	Komaiko L/Cornell L.	
A story of friendship, loss and endings		
Waterbugs and Dragonflies	Stickney Doris	Continuum London
A delightfully simple way of thinking about death with children through the change water bugs experience when they leave their underwater world and mysteriously become transformed into beautiful dragonflies in a whole new world of air and lightness, which the little waterbugs in their water world just can't appreciate!		
The Frog who Longed for the Moon to Smile	Sunderland Margot	Speechmark Publishing Ltd
Frog was totally preoccupied with his yearning for the moon's smile. He was closed to everything else. Slowly his friends managed to help him face reality and open to other joys and friendship.		
The Day the Sea Went Out and Never Came Back	Sunderland Margot	Speechmark Publishing Ltd
Eric the sand dragon is distraught when his beloved sea suddenly disappears for ever. He goes 'down and down', wasting away with yearning and pain. He just can't think of anything else. A friendly understanding dog brings him a drink which he spills – and miraculously a flower grows. So begins the slow transformation into memory, and having something precious to give.		

Difficulty learning/managing things

Whistle for Willie	Keats Ezra Jack	Random Century
Peter struggles and struggles to whistle, and at last, just when he needs it, he finds he can. He is delighted to see his little dog, Willie responding to his whistle.		
Willy the champ	Browne Anthony	Magnet 0416 95930X
Willie isn't very good at anything. But with courage and some good ideas, some exercise, and a friend who believes in him, he grows stronger.		
The Princess and the Moon	I keda Darsaku	OUP Oxford
The Princess lacks confidence. Through her magical interaction with the moon she discovers that we are all really special underneath that we all have an inner spark which can be found if we look hard enough.		
The Diggingest Dog	Perkins Al	Beginner books Collins
Duke's restricted life in a pet shop ended the day he went to live with Sam; - but things did not work out as he had hoped. The other dogs were all streets ahead of him in the skill of <i>digging</i> , as they didn't hesitate to point out. Duke's struggles to learn, including nearly being sent back to the 'cold hard' pet shop floor make an engaging story. Children with reading difficulties can particularly identify with Duke's helpless bumbling attempts. Both the 'Beginner Books' poetic style and Duke's success at the end make the struggle bearable and amusing.		
Benjamin's Book	Baker Alan	Picture Corgi
Things just keep going wrong for Benjamin. Messes turn into worse messes. What a struggle!		
The Magical Bicycle	Doherty Bertie/Birmingham Christian	Picture Lions
Learning to ride his new bicycle is such a struggle for little Ben. Both confidence and skill and a magical dream are needed, as well as lots of understanding help from his Dad.		
The Make a Mistake Story	Erikson K./Roffey M.	I can do it books 0416 967701
Scribble Sam	Gillham Bill	Methuen paired readers
The struggles of learning to write		
John, the mouse who learned to read	Randell B/Young N.	Picture Puffin 0141 504745

Ruby and the Rubbish Bin	Sunderland Margot	Speechmark Publishing Ltd
Ruby feels useless – just like rubbish. She just can't take any more put downs and humiliation. Things get worse and worse until Dot, the dinner lady befriends her.		

Anger

It's not fair	Harper A./Hellard S.	Picture Puffin.
The Very Worst Monster	Hutchins Pat	Picture Puffin 0140 505652
Needing to be noticed when the new baby comes,		
Bad Boris and the New Kitten	Jenkin-Pearce Susie	Beaver 0099 513005
Feeling left out when the new kitten arrives makes Boris very angry.		
I hate my Teddy Bear	McKee David	Beaver
The new teddy bear evokes feelings of jealousy and anger.		
Angry Arthur	Oram Hiawyn	Picture Puffin
Arthur's anger explodes and compounds. It seems just impossible to contain. But his Mum still has his supper waiting for him, when it is all over.		
The Temper Tantrum Book	Preston E. Mitchell	Picture Puffin 0140 501819
Where The Wild Things Are	Sendak Maurice	Picture Puffins
A well known evocation of the harnessing of our wild shadow sides;... through the character of Max, who goes on a wild , but not after all such a scary, adventure.		

Nightmares, Poems to trouble your sleep, (see section on fear)

Lulu and the flying babies	Simmonds Posy	Picture Puffins
A cartoon story about the angry, rivalrous and wild antics of little Lulu, who in the end just wants her Mum and Dad.		
The Elephant and the Bad Baby	Ulpont Elfrida/Briggsn Raymond	Picture Puffins
Nothing pleases the Bad Baby, who just wants more and more. Maybe teaming up with the elephant makes her feel big. But the elephant sticks with her and in the end he manages to help her put things right.		
The I was so mad I could split book	Frisen Gisela/Ekholm Per	Black
Angry and hurt children readily identify with the very direct and powerful way Mary expresses her anger and hurts - at the way she feels grown-ups treat her and ignore her. The only character she really feel loves her is Kitty, her cat.		
Bad Mood bear	Richardson John	Red Fox
Bad mood bear is a grumpy grouch, stamping, crying and shouting at everybody. Mum knows what's up, and one nap later, he's feeling much better.		

Feeling left out/rejected

Jamaica Tag-Along	Havill Juanita	Mammouth 0749 704063
Little Jamaica is not allowed to join in her elder's games.		
The Very Worst Monster	(see section on anger)	
It's hard needing to be noticed when the new baby comes		
Titch	(see the section on being different)	
Being the youngest isn't easy		
Too Big	Keller Holly	Hippo 0590n70334X
Feeling 'too big' when the new baby is born		
Not Now Bernard	McKee David	Beaver
We all want to be noticed. In this well known story Bernard's parents don't even notice when he is replaced by a monster.		

- Noisy Nora** Wells Rosemary Picture Puffin
Nora goes to great lengths to get noticed. Its not easy being stuck in the middle.
- Gorilla** Anthony Browne Magnet
Wanting to be noticed by Dad 0416 524605
- My Dad doesn't even notice me** Dickinson Mike Andre Deutch
Often just the title of this simple picture book can evoke strong resonances.
- The Velveteen Rabbit** Williams Margery Little Mammoth
The very moving tale of a once loved toy which had fallen on hard times and become forgotten and rejected – compared with the newer flashier toys. The story continues with the rediscovery of the Velveteen Rabbit who in the end 'becomes *real*' because of the love he has received. This is a longer, more sophisticated book suitable for older children than most in this list.
- John Brown, Rose and the Midnight Cat.** Wagner Jenny Picture Puffins
John Brown had been Rose's beloved dog and companion for as long as he could remember. Perhaps understandably then Rose's interest in the arrival of the 'Midnight Cat' in the garden was just more than he could bear. A very sensitive portrayal of jealousy in the 'family'.
- The Ugly Duckling** (see section on being different)
- Hangdog** Round Graham Beaver Picture Book
Hangdog was depressed, rejected and lonely, so lonely that he ran away to sea. His search for a friend ended up on a desert island where he made the most unexpected friend.
- Hansel and Gretel** rewritten by ... Browne Anthony Julia McRae Books
The famous fairy tale beautifully enhanced with Anthony Browne's evocative and slightly disturbing pictures.
- Bad Boris and the New Kitten** (see section on anger)
- A Nifflenoo Called Nevermind** Sunderland Margot Speechmark Publishing Ltd
Nevermind buried all his hurts and tried to stay OK, but in the end his feelings exploded out in a great big "NO!" He needed help.

The difficult journey into Life/Transformation

The Velveteen Rabbit (see section on rejection)

- The Star Child** Wilde Oscar Evans Bros. London
A magical tale of a foundling reputed to be born of a star, who becomes a proud and arrogant bully, refusing to recognise his poor mother when she comes to find him. For his arrogance he loses his looks, his status and his friends, who start to mock him when they see how ugly he has become. Realizing what he has done he resolves to search the whole world till he finds her. Through his difficult journey he learns humility, and he finds he has a special place in the world after all.
- Elmer** (see section on being different)
- The Secret Shoemakers** James Reeves Young Puffin
The famous story of the shoemaker and his wife whose life is transformed with the help of the little elves.
- Willy and the Wobbly House** Sunderland Margot Speechmark Publishing Ltd
Everything wobbled in Willy's world. He just longed for things to be calm and predictable. Whilst Tim lived in a restrictive tight world of straight lines. They both found a newer more comfortable and playful way to be through the help of the 'puddle king and queen'!
- The Selfish Giant** Wilde Oscar Picture Puffins
The selfish giant wants to keep his beautiful garden all to himself. The children long to play in it, but he thunders against them when they try, leaving the garden very sad and stuck in its winter garb. Until one day when the giant is away they creep in and the garden is transformed into blossom and sunshine, like the children. The sight of them so happy and his garden so transformed melts then giant's heart when he returns. This well known story is both sad and beautiful – like the ending – which you'll have to read for yourself.
- The Tunnel** (see section on fears)
- Jorinda and Joringel** Ash Jutta Anderson Press London

A traditional fairy tale of the wicked witch's capture and petrification of Jorinel, who is only released by the courageous and persistent efforts of Jorinda.

The Monster and the Teddy Bear (see section on Fears)

The Moon's Revenge Aitken Joan/Lee Alan Red Fox Picture Book
A magical and beautifully written fairy tale of trauma, struggle, wonder and transformation. This story can be understood on many levels and is full of metaphorical meaning.

The Very Hungry Caterpillar Carle Eric Picture Puffin
The well known story of a hungry caterpillar's growth ending with his transformation into a beautiful butterfly.

If at first you do not see Brown Ruth A Sparrow book Hutchinson
A cleverly illustrated picture book showing how things can change when looked at from a different point of view.

The Princess and the Moon (see section on being different)
This beautiful fairy story is also very much about transforming how we see people and how we feel about ourselves.

Grimm's fairy Tales
Most Grimm's fairy tales (available in versions of differing complexities and reading levels) are about the difficult struggle which is life, and how courage and humility and a little bit of help from various magical characters can lead to happiness and transformation in the end. There are often tests and tasks to complete on the way. Particularly in their original versions they can be appreciated at different levels, speaking to us both consciously and unconsciously and often being remembered and loved throughout life.

The Princess and the Frog Langley Jonathan Collins Picture Lions
The well known fairy tale of the princess who promised friendship and love to a frog, in return for his retrieving her precious golden ball. Although she was reluctant to fulfil her promise, her love eventually brought rich rewards both for her and for the frog.

Changes Browne Anthony Walker Books
A picture fantasy showing all sorts of surprising and (ridiculous!) transformations.
For children who are coming up to a difficult change in their lives this book (including the title!) can be a helpful way into discussing possibilities, hopes and fears.

The Ugly Duckling (see section on being different)

Being Loved/Needing love

John Brown, Rose and the Midnight Cat (See section on being left out/rejected)
A sensitive story also touching on jealousy and the difficulty sharing an adult.

Horton hatches the egg
Horton the elephant finds an egg and nurtures it until it hatches. But who is it? Horton loves it and cares for it.

Wish you were here (see section on loss and endings)
Losing a much loved friend or relative highlights just how much they mean to us.

Amos and Boris (see section on loss and endings)
The story focuses on the close friendship built up between Amos, the mouse and Boris, the whale in their short time together on the perilous (for the mouse) ocean.

The Rabbits Wedding Williams Garth Picture Lions
The touching story of the love between a white rabbit and a black rabbit, ending in their wedding.

I'll take you to Mrs. Cole (see section on bullying)
The story of a boy who is exploited and threatened at home finding love in an unexpected place. The theme of love and acceptance being more important than tidiness and even cleanliness comes through strongly in this engaging story, which can be particularly powerful for children who have difficult home lives.

Ernest and Celestine (see section on loss)
Both Celestine's love for her toy duck Gideon, and Celestine's father's love for her in his thoughtful efforts to make up for her loss, are portrayed sensitively in this short picture book.

Old Bear	Hissey Jane	Random Century
There is rejoicing in the nursery when much loved Old Bear is rediscovered in the attic. After many deliberations and great effort, he is rescued and returned to his rightful place amongst his friends.		
Hoot	Hissey Jane	Ted Smart
A beautiful story of friendship and warmth' as the bears discover a strange new friend living on top of the cupboard in the nursery.		
Alban	Lindgren Barbro	Adam and Charles Black
The story of Alban the dog's life, through love, and puppies, to old age and death.		
On the day you were born	Fraser Debra	Harcourt Bruce Jovanovich CA USA
Celebration of a child's birth rejoicing by everyone and everything around her.		
The Happy Prince and other stories	Wilde Oscar	Ladybird Children's Classics
A simplified version of Oscar Wilde's famous stories of love, devotion and sacrifice, set in a world of cruelty and inequality.		
Where is Ben	Russo Marisabina	Julia McRae Books
All children want to be found and remembered by those they love. The game of hide and seek is often a way of playing this out. Reading this picture book with children evokes the warm happy feelings which come after the tension of waiting and hoping.		
A kiss for little bear	Holmlund Minarck Elsie	I can Read Book World's
Work, Tadworth A touching story of the love little bear is held in by his family.		
Mr. Bear Babyminder	Kuratomi Chizuko	Macdonald
A touching story of Mr. Bear who cares thoughtfully and kindly for a lost little rabbit, and the rejoicing when the rabbit finds his home at last.		
Lots of Love	Newman Nanette	Collins
Letters, poems and short pieces of writing written by children about their families, their thoughts and their feelings, ranging from the amusing to the touching to the very frank.		
Heckedy Peg	Wood Audrey	Child's Play International
A fairy tale of seven poor children who each ask for special foods from their mother when she goes out to market. While she is out they are persuaded to go against her warning and are kidnapped by a wicked witch. Her memory of the special things they each asked for leads in the end to her finding and rescuing them. This story can resonate with children's need to be remembered and thought about on a deeper metaphorical level.		
Outside Over There	Sendak Maurice	Picture Lions
Ida neglects to watch over her baby sister properly, leading to her being spirited away by the goblins. Ida's perilous journey into 'Outside Over There', and the delight and hugs when the baby is found resonates with our need to be loved and cared for properly.		

Neediness/hunger

The Very Hungry Caterpillar (see section on transformations)

John Brown, Rose and the Midnight Cat (see section on being loved)
The midnight cat is outside needing food. John Brown is inside feeling jealous and needing love

The Ugly Duckling (see section on being different)
The ugly duckling is hungry and cold, and needing somewhere to stay and keep warm

Borka (see section on being different)
Borka is also like an ugly duckling, hungry, cold and rejected.

Not Now Bernard (see section on feeling rejected)

Wake Up Dad Grindley Sally Simon and Schuster Young
Book
The little boy wants some attention, but dad just won't wake up.

Fantasy

- Waldo** Burningham John Red Fox Picture Books
About a boy with an imaginary friend
- In the Night Kitchen** Sendak Maurice Picture Lions
A strange dream turns into a fantasy about food and being drowned (or fed?) with milk.
- There's a sea in my bedroom** (see section on fear)
- Inside outside over there** (see section on needing love)
- The Treasure Chest** Roderick Hunt Oxford Reading Tree
The idea of finding hidden treasure can resonate with of our hopes and dreams that things will work out well in the end.
Children love these Oxford Reading Tree easy reading fantasy stories based on a magic key opening up a wonderful world of adventure. They can also provide a helpful introduction into the subject of wishes, hopes, fears and reality.
- Where the Wild Things Are** (see section on anger)

Bad Moods

- Bad Mood Bear** Richardson John Red Fox Picture Books
Bear wakes up in a bad mood. Everything is going wrong. He has no friends and he doesn't want to be friendly to anyone. Things don't get better till the next day
- The I was so mad I could Split Book** (see section on anger)
- Badger's bad mood** Oram Haiwyn Anderson Press London
Badger won't see or talk to anyone. Everyone was suffering from his snappy closed up mood. But his best friend Mole remembers something he said which gives him a clue to helping and understanding him.

Conflict/rivalry

- Rainbow fish and the big blue whale** Pfister Marcus North south books Inc. London
The conflict between the rainbow fish and the whale starts to escalate threatening degradation and famine, until the fish grows courage to speak to the whale and discovers that they don't need to be in conflict after all.
- Long Neck and Thunderfoot** Piers Helen Picture Puffin
Long Neck and Thunderfoot are both terrified when they each catch a glimpse of the other thundering through the forest. After much preparation and planning they feel ready to face the fight. But it all ends surprisingly when they both crash down helplessly into a pit! A story which illustrates how we can sometimes feel so differently inside from the tough exterior we might need to display.
- Look what I've got** Browne Anthony Magnet
- The Two Monsters** McKee David Red Fox Picture Book
A conflict develops between the two monsters over how to describe the ending of the day-or the starting of the night. They start throwing rocks over the mountain at each other.....until the mountain itself has all been thrown away....and for the first time they come face to face..... and they discover they can each see the other's point of view after all.

Family themes

- Big Brave Brother Ben** (see section on fear)
- Harriet and Walt** Carlson Nancy Picture Puffins
About sibling rivalry
- Wake Up Dad** (see section on neediness) Grindley Sally Simon and Schuster Young
Book
- The Trouble with Mum** Cole Babette Picture Lions

An amusing fantasy story about a mum with weird supernatural powers which the other mums don't like. This story is often chosen by children with ambivalent feelings towards their mums, or children whose mums have their own problems. Its lighthearted jokey nature make it an unthreatening approach to something which may be quite impossible to talk about openly.

- The Trouble with Dad** Cole Babette Mamouth
A similar story about a dad.
- The Big Baby** Browne Anthony Red Fox Picture Book
John Young's Dad looked young for his age – so young in fact that he turned into a baby! An opportunity to think how we all have a baby part inside us, which needs caring for and looking after.
- My Dad doesn't even notice** (see section on rejection)
- Titch** (see section on being different)
- When Lana was away** Tadpole Books
A very easy reading book about a child who was very much felt to be the 'pain' of the class. Although it is set in school it could resonate with children who have sibling rivalry problems, as well as being a useful introduction to why Lana might be like that, and how it feels to have a 'Lana' in your class.
- Harriet and Walt** Carlson Nancy Picture Puffins
A story of sibling difficulties through the eyes of animal characters. Resenting and coping with a younger brother – until your friend can become the scapegoat for a change!
- Lulu and the flying babies** (see section on anger)
Cartoon picture book which powerfully addresses sibling and family issues.
- Tunnel** (see section on fear)
The other side of an ambivalent relationship with a sibling finds expression in this story of a brother who really needs, and comes to appreciate his sister when he finds himself in a 'tight' situation.
- The Ghost Eye Tree** (see section about fear)
As well as being about what seems a scary task, this story also touches on the bickering between a brother and a sister.
- One big family** Onyefulu Ifeoma Frances Lincoln Ltd. London
A unique insight into African village life, showing their special way of sharing, supporting, celebrating and making things together. Helpful to evoke respect for other cultures.

Stories which might resonate with children who have been abused

(Sometimes the overall theme might resonate with the child's experience, sometimes it might be the title, and sometimes it might be a particular part or aspect of the story which rings an uncomfortable, but bearable bell.- because it is set in the once removed situation of a story)

- Hansel and Gretel** (see section on rejection)
- The Monster Bed**(see section on fear)
- Jessica and the Wolf** (see section on dreams)
Saying 'No' to bad/frightening things which happen in the night
- Thud** (see section on fear)
- The Princess and the Frog** (see section on transformation)
- Gorilla** (see section on feeling left out/rejected)
The 'gorilla' could resonate with a frightening dad.
- The I was so mad I could split book** (see section on anger)
Abused children often identify strongly with the powerful 'naked' anger expressed by the little girl in the story
- Angry Arthur** (see section on anger)
- The Trouble with Mum** (see section on family themes)
- The Trouble with Dad** (see section on family themes)

Sometimes just the titles of these stories can allow the unthinkable subject of difficulties with, and ambivalent feelings about mums and dads to come to the surface.

Pinocchio (see Ward Lock Play Books)

The enactment of the harsh and even cruel treatment of Pinocchio by his father Gepetto and by the puppet master can be a powerful, but bearable ‘working through’ for abused children in the context of a trusting relationship. The opportunity to swap roles gives an added dimension to this.

I’m Coming to Get You (see section on fear)

Teeny Weeny in a Too Big World Sunderland Margot

Speechmark Publishing Ltd

Teeny Weeny becomes more and more overwhelmed by the chaos, bigness, and hurtfulness of the world around her. She just can’t take any more, and ends up digging herself a hole to escape to. Her situation is desperate until a friendly Hoggie sensitively helps her to experience the helpfulness of sharing and supporting *togetherness*.

Easy reading fairy tale Playreading books

- with two or more characters which give the opportunity for a child to be angry (etc.) with an adult through the voice of a character in a play (when they are read by an adult and a child together). They are all in the ‘Ward Lock Take Part Series’, published by Ward Lock. The character’s parts are set at different reading levels which gives an opportunity for very beginning readers to take part.

Pinocchio

How the Rabbit lost its Tail, and other stories

The Sun and the Great North Wind

How the Elephant got his Trunk

The Ugly Duckling

The Magic Powder

William Tell

Aladdin

The Touch of Gold, and other stories

The Clever Little Tailor, and other stories

Stories from Grimm

Margot Sunderland’s stories which touch on difficult issues in a particularly accessible and creative way, are a must for anyone who works with vulnerable children.

A Wibble called Bipley

Sunderland Margot

Speechmark Publishing Ltd

Gentle Bipley is being hurt, desperately hurt. The tough aggressive honks persuade him that being tough and building a big defensive wall around himself will solve all his problems - which it does for a while – until he notices that he is losing all his friends and the world is becoming grey and dull. How can he recover his old playful friendliness and still keep safe from bullies and taunts?

Ruby and the Rubbish Bin

Sunderland Margot

Speechmark Publishing Ltd

Ruby feels useless – just like rubbish. She just can’t take any more put downs and humiliation. Things get worse and worse until Dot, the dinner lady befriends her.

A Pea called Mildred Sunderland Margot Speechmark Publishing Ltd
Mildred is different. She doesn't feel comfortable being just like all the other green peas. She has a strong urge to be different which causes her lots of problems. She manages it in a surprising way.

Teeny Weeny in a Too Big World Sunderland Margot Speechmark Publishing Ltd
Teeny Weeny becomes more and more overwhelmed by the chaos, bigness, and hurtfulness of the world around her. She just can't take any more, and ends up digging herself a hole to escape to. Her situation is desperate until a friendly Hoggie sensitively helps her to experience the helpfulness of sharing and supporting *togetherness*.

How Hattie Hated Kindness Sunderland Margot Speechmark Publishing Ltd
Hattie had grown up in a hard world. She had learnt that to survive you just have to be tough and make sure to hurt first, and not to let anyone near you. The story illustrates the difficult journey into trust and openness, whilst acknowledging the need to keep safe.

Willy and the Wobbly House Sunderland Margot Speechmark Publishing Ltd
Everything wobbled in Willy's world. He just longed for things to be calm and predictable. Whilst Tim lived in a restrictive tight world of straight lines. They both found a newer more comfortable and playful way to be through the help of the 'puddle king and queen'!

The Frog who Longed for the Moon to Smile Sunderland Margot Speechmark Publishing Ltd
Frog was totally preoccupied with his yearning for the moon's smile. He was closed to everything else. Slowly his friends managed to help him face reality and open to other joys and friendship.

A Niffleloo Called Nevermind Sunderland Margot Speechmark Publishing Ltd
Nevermind buried all his hurts and tried to stay OK, but in the end his feelings exploded out in a great big "NO!" He needed help.

The Day the Sea Went Out and Never Came Back Sunderland Margot Speechmark Publishing Ltd
Eric the sand dragon is distraught when his beloved sea suddenly disappears for ever. He goes 'down and down', wasting away with yearning and pain. He just can't think of anything else. A friendly understanding dog brings him a drink which he spills – and miraculously a flower grows. So begins the slow transformation into memory and having something precious to give.