

# Early Years Book List

Stories that explore emotions will help children express and understand their own feelings and those of others. We encourage you to select a book per week from this list to read with the whole class as part of our Early Years PSED programme.



Children are supported to identify, recognise and name basic emotions such as happiness, sadness and anger.



Children are supported to understand what being a friend means and how to make relationships with others.

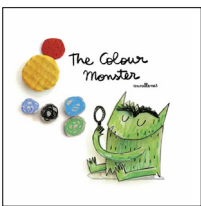


Children are supported to show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.



Children are supported to develop a personal belief of resilience and positivity.

## WEEK 1 - Managing feelings and behaviour



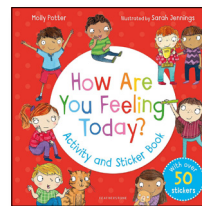
### The Colour Monster

**Author:** Anna Llenas  
**Publisher:** Templar Publishing  
**ISBN:** 1783704233  
**Read aloud:** [youtu.be/M-6W6yk5gb4](https://youtu.be/M-6W6yk5gb4)



### In My Heart: A Book of Feelings

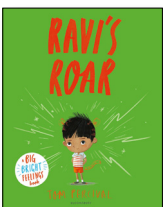
**Author:** Jo Witek  
**Illustrator:** Christine Roussey  
**Publisher:** Abrams Appleseed  
**ISBN:** 9781419713101  
**Read aloud:** [youtu.be/xlfLgHBwYx4](https://youtu.be/xlfLgHBwYx4)



### How Are You Feeling Today?

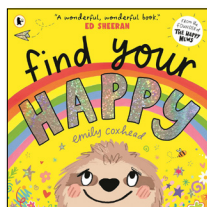
**Author:** Molly Potter  
**Illustrator:** Sarah Jennings  
**Publisher:** Featherstone  
**ISBN:** 1801992274  
**Read aloud:** [youtu.be/h42Z25WYk5o](https://youtu.be/h42Z25WYk5o)

## WEEK 2 - Managing feelings and behaviour



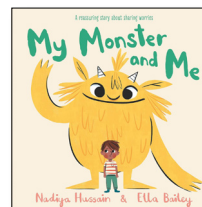
### Ravi's Roar

**Author:** Tom Percival  
**Publisher:** Bloomsbury Children's Books  
**ISBN:** 1408892189  
**Read aloud:** [youtu.be/4Gs9D4SMCdS](https://youtu.be/4Gs9D4SMCdS)



### Find Your Happy

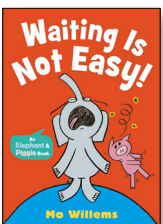
**Author:** Emily Coxhead  
**Publisher:** Walker Books  
**ISBN:** 1529501474  
**Read aloud:** [youtu.be/JMWLHRBneuU](https://youtu.be/JMWLHRBneuU)



### My Monster and Me

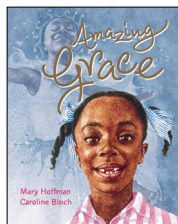
**Author:** Nadiya Hussain  
**Illustrator:** Ella Bailey  
**Publisher:** Hodder Children's Books  
**ISBN:** 1444946447  
**Read aloud:** [youtu.be/8sR7R-iOuEg](https://youtu.be/8sR7R-iOuEg)

## WEEK 3 - Emotional self-regulation



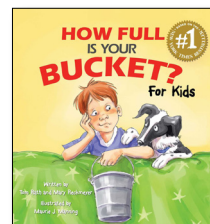
### Waiting is Not Easy!

**Author:** Mo Willems  
**Publisher:** Hyperion Books for Children  
**ISBN:** 1529525268  
**Read aloud:** [youtu.be/hGGsB-jBTlo?feature=shared](https://youtu.be/hGGsB-jBTlo?feature=shared)



### Amazing Grace

**Author:** Mary Hoffman  
**Illustrator:** Caroline Binch  
**Publisher:** Frances Lincoln Children's Books  
**ISBN:** 1845077490  
**Read aloud:** [youtu.be/GB41Q6osJZE](https://youtu.be/GB41Q6osJZE)



### How Full is Your Bucket?

**Author:** Tom Rath, Mary Reckmeyer  
**Illustrator:** Maurie J. Manning  
**Publisher:** Gallup Press  
**ISBN:** 1595620273  
**Read aloud:** [youtu.be/IA3\\_BKXeSn8](https://youtu.be/IA3_BKXeSn8)