

Well-being - books about feelings/worries/anxiety

How Big Are Your Worries Little Bear? by Jayneen Sanders

KS1/FS <https://www.youtube.com/watch?v=m2eLPah7fDs>

The Colour Monster Anna Llenas

KS1/FS <https://www.youtube.com/watch?v=Ih0iu80u04Y>

While we can't hug Eoin Mclaughlin

KS1/FS <https://www.youtube.com/watch?v=tarq5nkkG1k>

KS2 <https://www.youtube.com/watch?v=2PnnFrPaRgY>

Ruby's worry Tom Percival

KS1/FS <https://www.youtube.com/watch?v=LWS0Q5oCUNE>

The huge bag of worries Virginia Ironside

KS1/FS <https://www.youtube.com/watch?v=NbcswBYnmeQ>

Too many pants Ruth Drury

KS1/FS <https://www.youtube.com/watch?v=FFXrnREQWAQ>

Everybody worries

KS1/FS /KS2 <https://en.calameo.com/read/000777721945cfe5bb9cc...>

Hey Warrior by Karen Young

The first clip is a short video explaining anxiety in a child friendly way. The second link is the story.

KS2 <https://www.youtube.com/watch?v=fzhka72RV30>

KS2 [https://www.youtube.com/watch?v=HE4\\_FH2ySQo](https://www.youtube.com/watch?v=HE4_FH2ySQo)

When My Worries Get Too Big by Kari Dunn Buron

KS2 <https://www.youtube.com/watch?v=T7WlYQ7RMZw&t=10s>

What to do when you worry too much by Dawn Huebner

KS2 <https://www.youtube.com/watch?v=gOJMPTONVYA>

Is a worry worrying you by Ferida Wolfi

KS2 <https://www.youtube.com/watch?v=sc3ioOeSHbQ>

A Little Spot of Anxiety by Diane Alber

KS2 <https://www.youtube.com/watch?v=9cISEuzriLI>

I'm calm by Jayneen Sanders

KS1/FS <https://e2epublishing.info/im-calm-uk-english-version>