



**Schools can play a pivotal role in building the strong emotional foundations that all of us need in order to thrive and be mentally healthy.**

**Mentally Healthy Schools Website**

## **B&NES Virtual School**



01225 396932



[virtual\\_school@BATHNES.gov.uk](mailto:virtual_school@BATHNES.gov.uk)



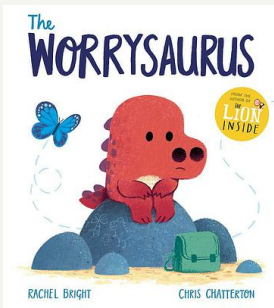
<https://virtualschool.bathnes.gov.uk/vs-home>



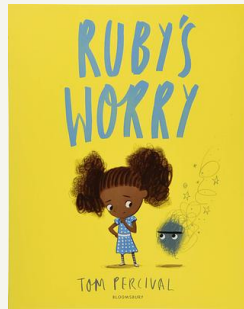
**Books to help children with their emotions and mental health**



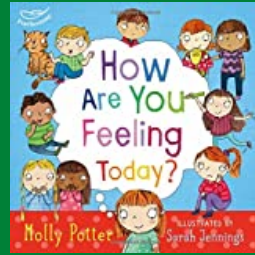
For Primary 4-11 yrs



**Chris Chatterton  
Rachel Bright  
The Worrysaurus**



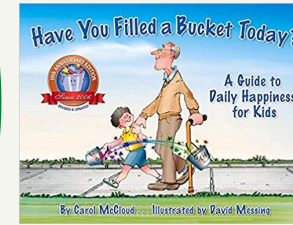
**Tom Percival  
Ruby's Worry**



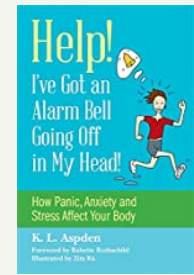
**Molly Potter  
How are you Feeling  
Today?**



**Jion Sheibani  
The Worries - Sohal  
finds a Friend**



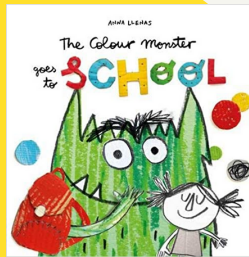
**Carol McCloud  
Have you Filled  
a Bucket Today?**



**K.L. Aspden  
Help! I've got an  
Alarm Bell going  
off in my Head**



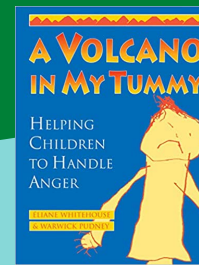
**Anna Llenas  
The Colour Monster**



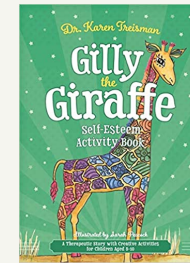
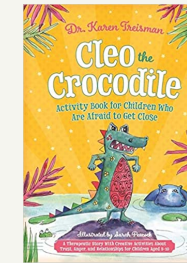
**Anna Llenas  
The Colour Monster  
goes to School**



**Dr Laura Meek  
Be your own  
Superhero**



**A Volcano in my Tummy  
Helping Children to  
Handle Anger**



**Dr Karen Treisman - Big Feelings Stories series**



**Libby Walden  
Feelings**



**L. Johnny Lambert  
The Big Angry Roar**



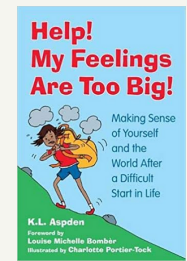
**Robert Starling  
Fergal is Fuming**



**Elizabeth Cole  
I am Stronger  
than Anger**



**Lauren Stockly  
Be Mindful of Monsters**



**K.L. Aspden  
Help! My Feelings  
are Too Big!**