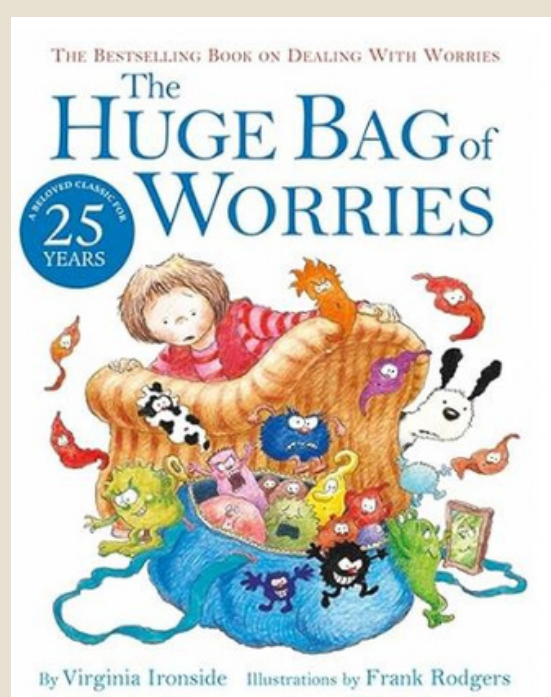


WELL-BEING NEWSLETTER



WORLD BOOK DAY

BOOKS ARE ONE OF MY FAVOURITE WAYS TO START CONVERSATIONS WITH CHILDREN ABOUT EMOTIONS AND FEELINGS. THIS WORLD BOOK DAY I AM GOING TO SHARE SOME OF MY FAVOURITES



A REASSURING PICTURE BOOK ENCOURAGING CHILDREN TO OPEN UP ABOUT THEIR FEARS AND ANXIETIES TO HELP MANAGE THEIR FEELINGS.

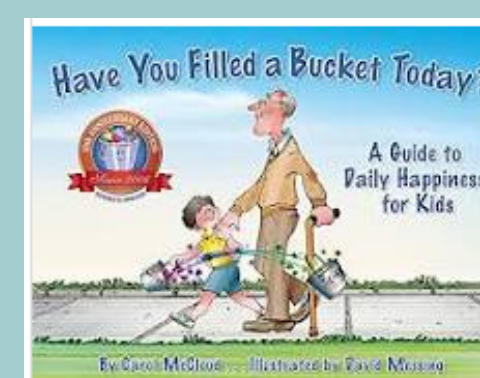
THE PERFECT BOOK TO SOOTHE WORRIES DURING STRESSFUL TIMES.

WHEREVER JENNY GOES, HER WORRIES FOLLOW HER - IN A BIG BLUE BAG. THEY ARE WITH HER ALL THE TIME - AT SCHOOL, AT HOME, WHEN SHE IS WATCHING TV AND EVEN IN THE BATHROOM! JENNY DECIDES THEY HAVE TO GO, BUT WHO WILL HELP HER GET RID OF THEM?

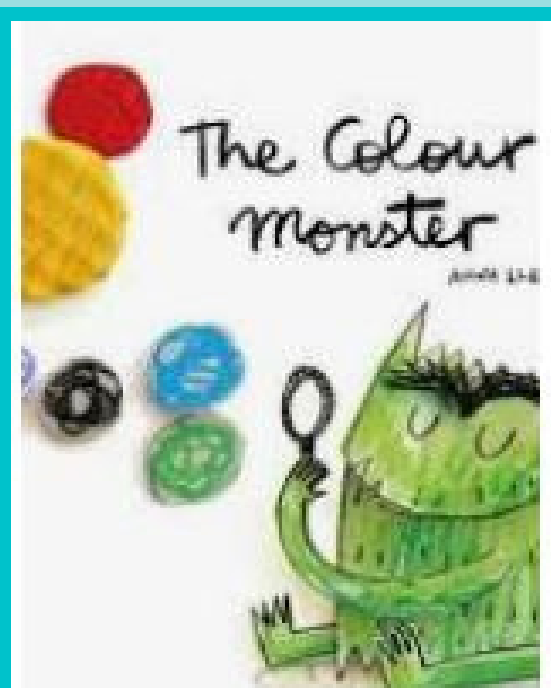
A FUNNY AND REASSURING LOOK AT DEALING WITH WORRIES AND ANXIETY, TO BE USED AS A SPRING BOARD INTO IMPORTANT CONVERSATIONS WITH YOUR CHILD.



RECOMMENDED AND ADOPTED BY PARENTING BLOGS, BEREAVEMENT SUPPORT GROUPS AND SOCIAL SERVICE AGENCIES, MILITARY LIBRARY SERVICES, CHURCH GROUPS, AND EDUCATORS, THE INVISIBLE STRING OFFERS A VERY SIMPLE APPROACH TO OVERCOMING LONELINESS, SEPARATION, OR LOSS WITH AN IMAGINATIVE TWIST THAT CHILDREN EASILY UNDERSTAND AND EMBRACE, AND DELIVERS A PARTICULARLY COMPELLING MESSAGE IN TODAY'S UNCERTAIN TIMES.



WHILE USING A SIMPLE METAPHOR OF A BUCKET AND A DIPPER, AUTHOR CAROL MCCLOUD ILLUSTRATES THAT WHEN WE CHOOSE TO BE KIND, WE NOT ONLY FILL THE BUCKETS OF THOSE AROUND US, BUT ALSO FILL OUR OWN BUCKET! CONVERSELY, WHEN WE CHOOSE TO SAY OR DO MEAN THINGS, WE ARE DIPPING INTO BUCKETS. ALL DAY LONG, WE ARE EITHER FILLING UP OR DIPPING INTO EACH OTHER'S BUCKETS BY WHAT WE SAY AND WHAT WE DO. WHEN YOU'RE A BUCKET FILLER, YOU MAKE THE WORLD A BETTER PLACE TO BE! THIS 32-PAGE PICTURE BOOK IS PERFECT FOR CHILDREN, PARENTS, GRANDPARENTS, TEACHERS AND PEOPLE THAT WANT TO TEACH EMPATHY, NURTURE, KINDNESS AND CREATE A POSITIVE ENVIRONMENT IN THEIR HOME, CLASSROOM, WORKPLACE AND COMMUNITY.



A GENTLE EXPLORATION OF FEELINGS FOR YOUNG AND OLD ALIKE. ONE DAY, COLOUR MONSTER WAKES UP FEELING VERY CONFUSED. HIS EMOTIONS ARE ALL OVER THE PLACE; HE FEELS ANGRY, HAPPY, CALM, SAD AND SCARED ALL AT ONCE! TO HELP HIM, A LITTLE GIRL SHOWS HIM WHAT EACH FEELING MEANS THROUGH COLOUR.