



Emotional regulation is an integral part of Nursery. We are here to support and teach children to except and express their feelings and show them an appropriate way to manage them.

Due to recent events we have seen a rise in new big emotions that children are unable to manage without an adult there to support them.

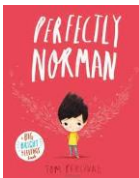
We have a range of books that we share with the children in nursery and have put together a list of books that can support your child at home.



Ruby's Worry: A Big Bright Feelings Book by Tom Percival



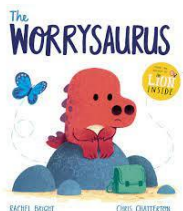
Ravi's Roar: A Big Bright Feelings Book by Tom Percival



Perfectly Norman: A Big Bright Feelings Book by Tom Percival



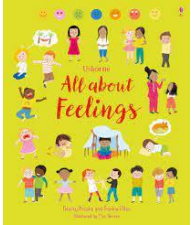
Meesha Makes Friends: A Big Bright Feelings Book by Tom Percival



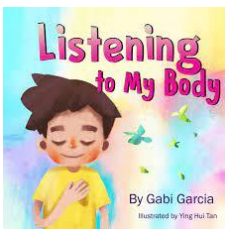
The Worrysaurus



The Colour Monster



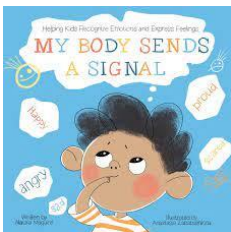
All About Feelings: 1



Listening to My Body



The Huge Bag of Worries



My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings