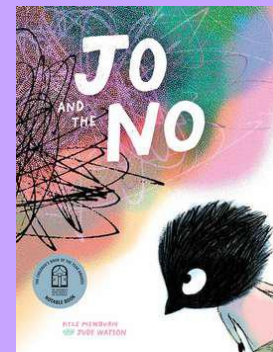
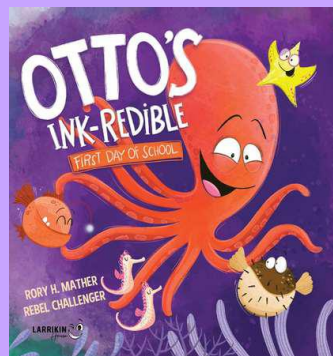
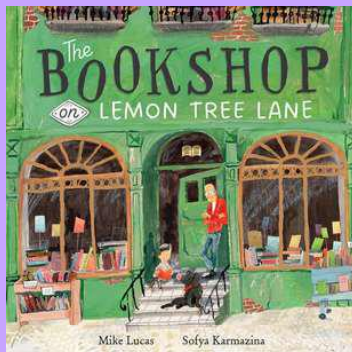
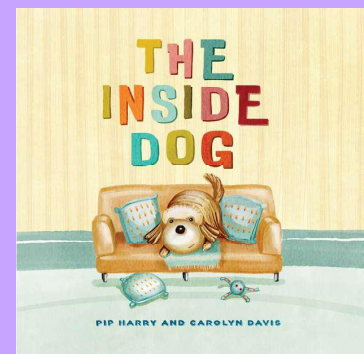
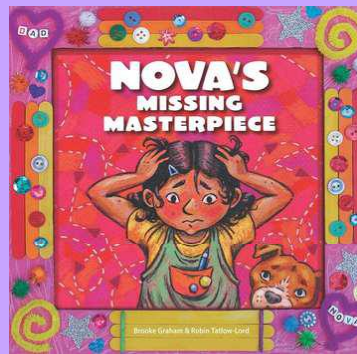
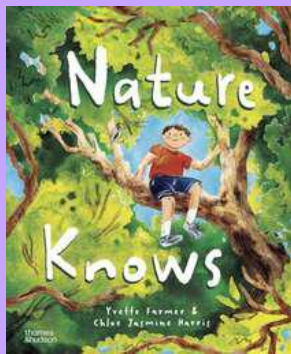
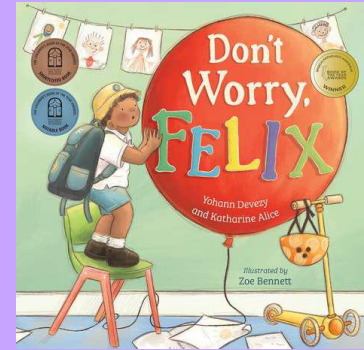
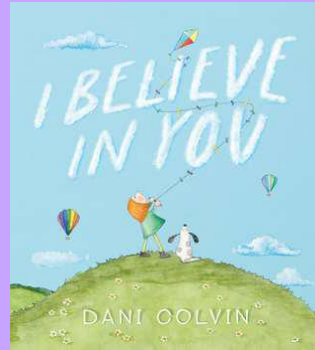
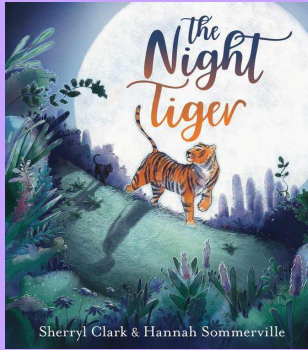




Are you feeling worried today?



Includes picture books that:



Normalise worry as a common and manageable feeling



Model reassurance, listening or emotional validation



Have an encouraging and positive narrative



Inspire conversations about strategies to calm the mind

Reading Opens Doors with Elise Ellerman