

Do-BeMindful Readers - Early Years

Book	Skill	Quote	Teaching Idea
The Huge Bag of Worries by Virginia Ironside	Self-regulation, Managing Emotions	“There’s nothing a worry hates more than being seen. If you have any worries, however small, the secret is to let them out slowly, one by one, and show them to someone else. They’ll go away soon.”	Make a ‘rock monster’ for children to carry around in their pockets – they can feel them when they are worried.
Wibbly Pig is Happy, Mick Inkpen	Managing Emotions, Resilience	“Wibby Pig is upset, he needs a hug.”	Draw what makes you happy.
Take the Time, Mindfulness for Kids by Maud Roegiers	Attention Awareness	“slow down and take the time to be with my friends”	Explore what we could take the time to do.
Mindful Monkey, Happy Panda by Lauren Alderfer	Attention, Awareness	Oh, I get it! Said Monkey. ‘Mind-full, like your mind is full of the present, full of right now. That’s definitely how I want to be!’	Draw a picture of what you can see, smell or hear right now.

