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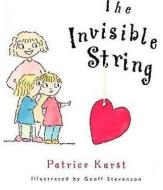
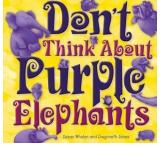
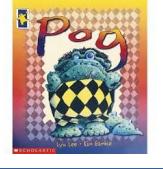
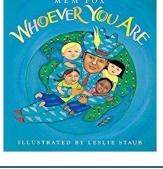
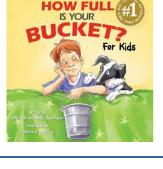
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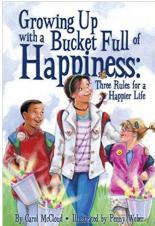
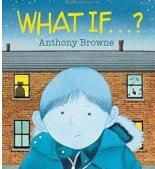
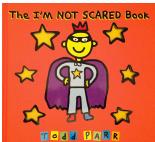
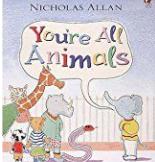
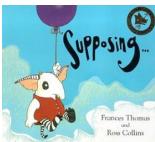
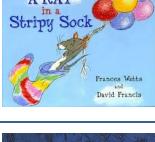
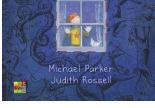
BOOK LIST

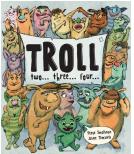
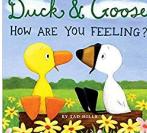
Dear Parents,

Enjoy this book list! Please note, not all books in this list were used to reinforce the skills and strategies taught in Fun FRIENDS or FRIENDS for Life with Resilience Kit. We suggest you Google the book title to find out more about the content of the book before deciding whether the book may be suitable for your child. If you have any questions, or have any difficulty obtaining a book please contact us.

This book list is for information purposes only and should not be used to replace the advice of a mental health professional.

	TITLE	DESCRIPTION
	The invisible string	This delightful book illustrates a new way to cope with something all children and parents confront sooner or later; a child's fear of loneliness and separation. Here is a warm and delightful lesson teaching young and old that we aren't ever really alone.
	Don't think about purple elephants	Sometimes Sophie worries - especially at night when everything is calm and quiet. Her family all try to help, but somehow they just make things worse. Until her mother thinks of a new approach... that might just involve an elephant or two!
	Pog	Pog is a little monster, and he's as brave as a bathtub full of sharks! He is terrified of just one thing - children. One day Pog comes face to face with his worst nightmare. What will he do?
	Whoever you are	Every day all over the world, children are laughing and crying, playing and learning, eating and sleeping. They may not look the same. They may not speak the same language. Their lives may be quite different. But inside, they are just like you.
	How full is your bucket?	Every moment matters. Felix begins to see how every interaction in a day either fills or empties his bucket. Follow along with Felix as he learns how easy it can be to fill the buckets of his classmates, teachers and family members. Before the day is over, you'll see how Felix learns to be a great bucket filler, and in the process, discovers that filling someone else's bucket also fills his own.

	Growing up with a bucket full of happiness	<p>The concepts of an invisible bucket, dipper, and lid encourage kind and considerate behaviour, discourage poor behaviour and teach resilience, courage and compassion.</p> <p>There are several chapters in this book, so this book may be more suited to upper primary school children.</p>
	Have you filled a bucket today?	<p>This heartwarming book encourages positive behaviour by using the concept of an invisible bucket to show children how easy and rewarding it is to express kindness, appreciation and love by filling buckets.</p>
	Fill a bucket	<p>When children have their buckets filled and learn how they can fill other people's buckets, they understand how special, valuable, and capable they are.</p>
	What if...?	<p>As Joe and his mum walk down the darkening street, his imagination starts to run wild. As they search for the right house and wonder 'what if...?' they make surprising discoveries along the way.</p>
	The I'm not scared book	<p>Beloved author Todd Parr inspires readers to face their fears and declare 'I'm not scared!'</p>
	It's okay to make mistakes	<p>It's Okay to Make Mistakes embraces life's happy accidents, the mistakes and mess-ups that can lead to self discovery.</p>
	You're all animals	<p>Young Billy Trunk has just started at his new school - but there's a problem right from the beginning. He longs for a friend just like himself - one who isn't scaly, or furry, or green! But Billy is in for a surprise when he finally finds his best friend.</p>
	Supposing	<p>A skillfully sensitive book about a little monster's nightmares, until his mother soothes him and lays all his fears to rest reminding the little monster that his worries were just bad dreams. A loving and touching book that deals with a subject common to all parents and children.</p>
	A rat in a stripy sock	<p>A rain-swept day...a heart-lifting flash of colour! A story about the joy to be had in life's simplest pleasures - especially when they are shared - and finding happiness in the most unexpected places.</p>
	You are a star	<p>Take a trip out of this world, into the sky, past the moon, through the universe...and discover how we are all made of stars.</p>

	Troll two...three... four	<p>The trolls are coming! When the trolls march from Troll Land into People World, everyone runs to hide. Can one little boy help the trolls and humans get along? Follow the trolls in this funny yet heart warming rhyme of fear, acceptance and friendship presented in a fun way.</p>
	The disappointment dragon	<p>Learning to cope with disappointment (for all children and dragon tamers, including those with Asperger syndrome). This book brings to life the issue of dealing with disappointment through the endearing characters of the Disappointment Dragon and the Dragon of Hope who help children learn about the best ways to manage life's difficult times.</p>
	Duck & Goose How are you feeling?	<p>This book consists of one word per page to help preschoolers learn and identify familiar feelings like happy, sad, scared and proud.</p>
	Hey warrior	<p>A book for kids about anxiety. Understanding why anxiety feels the way it does, and where the physical symptoms come from, is a powerful step in turning anxiety around. Anxiety explained, kids empowered!</p>
	When I'm feeling... (various titles)	<p>Trace Moroney's 'When I'm feeling...' series has been a worldwide success. Titles include 'When I'm feeling...' angry, kind, jealous, happy, nervous, scared, lonely, disappointed, loved and sad. They may be purchased individually or as a boxed set.</p>
	The things I love about... (various titles)	<p>Trace Moroney's 'The things I love about...' series introduces the concepts of love, gratitude, and shows examples of creating positive thought. Titles include 'The things I love about...' school, bed time, play time, family, friends and me.</p>