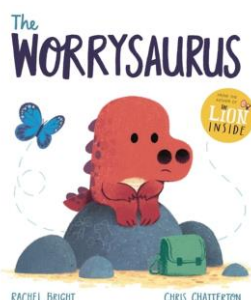
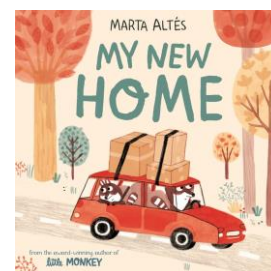


Children's books about refugees and war

To support empathy and understanding, as well as dealing with general worries

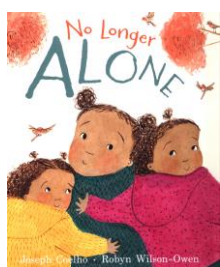
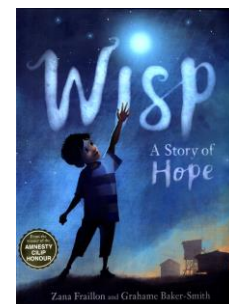
0-5 year olds

Marta Altes – My new home Moving to a new home can sometimes feel scary and a little bit lonely, but this little racoon soon discovers that wherever you go adventures soon follow. Simple exploration of how it feels for small children to move somewhere different; could be useful for helping young refugee children process feelings about leaving their old home as well as explaining to children from this country how new arrivals might be feeling.



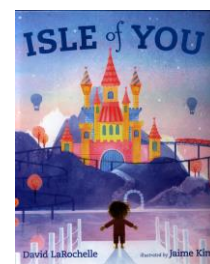
Rachel Bright/Chris Chatterton – The Worrysaurus It's a beautiful day and Worrysaurus has planned a special picnic. But it isn't long before a small butterfly of worry starts fluttering in his tummy. What if he hasn't brought enough to eat? What if he gets lost in the jungle? What if he trips and falls? What if it rains? Can Worrysaurus find a way to chase his fears away and have fun?

Zana Fraillon/Grahame Baker-Smith – Wisp, a story of hope Idris is a child refugee, born into a world of tents and fences. He has known no other life than this. He has no memories of the world outside. Then the Wisp arrives, floating in on the evening breeze. Everyone who holds it finds their memories reawakened, their hopes of freedom reborn. But what about Idris, who has no memories? What will happen when he holds the magical Wisp?



Joseph Coelho/Robyn Wilson-Owen – No longer alone This touching picture book subtly deals with big emotions such as loss, with an uplifting and hopeful message about being yourself and the importance of family and talking about worries. Told through the voice of a little girl who is labelled as quiet and shy, 'No Longer Alone' follows her tumult of emotions as she navigates the world around her. But when she finally shares her feelings and tells her Dad all the things that are worrying her, she no longer feels so alone.

David LaRoche/Jamie Kim – Isle of you Some days are harder to get through than others. Whenever you're sad, or lonely, or angry, there's one place you can always go: the Isle of You. Take a moment to shake off your worries, then set sail to a land where your dreams can come true. Soar on the back of an eagle, hunt for treasure, watch dancing polar bears on roller skates - anything you can imagine is yours.



Tom Percival – Ruby’s worry Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's alright, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of her worry and feel like herself again?

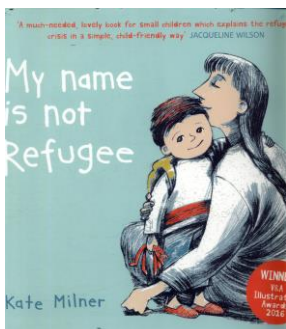


5-7 year olds



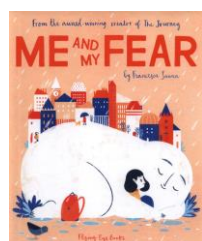
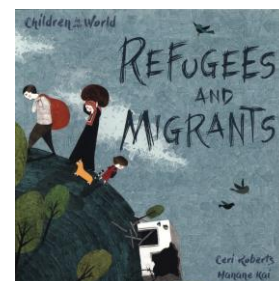
Nicola Davies/Rebecca Cobb – The day war came A heart breaking picture book that perfectly explains the displacement of people, and especially children, in war, and the trauma experienced by people forced to leave their homes.

Mary Hoffman/Karin Littlewood – The colour of home On Hassan's first day at school he paints a colourful picture of his home and family in Somalia, but then adds soldiers, flames and bullets.



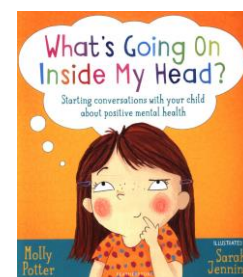
Kate Milner – My name is not refugee A young boy discusses the journey he is about to make with his mother. They will leave their town, she explains, and it will be sad but also a little bit exciting. They will have to say goodbye to friends and loved ones, and that will be difficult. They will have to walk and walk and walk, and although they will see many new and interesting things, it will be difficult at times too. This powerful and moving story draws young readers into each stage of the journey, inviting the chance to imagine the decisions he or she would make.

Ceri Roberts – Refugees and migrants With relatable comparisons, carefully researched text and striking illustrations, children can begin to understand who refugees and migrants are, why they've left their homes, where they live and what readers can do to help those in need. Where issues aren't appropriate to describe in words, Hanane Kai's sensitive illustrations help children visualise who refugees and migrants are, in images that are suited to their age and disposition

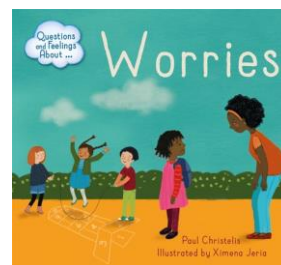


Francesca Sanna – Me and my fear When a young refugee girl has to travel to a new country and start at a new school, she is accompanied by her Fear who tells her to be alone and afraid, growing bigger and bigger every day with questions like 'how can you hope to make new friends if you don't understand their language?' But this little girl is stronger than her Fear.

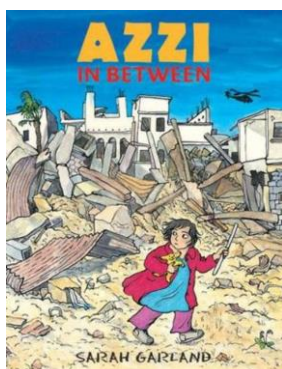
Molly Potter - What's going on inside my head? We all know that healthy minds are really important but how do we make sure we look after our mental health from a very young age? This is a book for children that explores practical ways we can keep our minds in good shape as well as our bodies. By talking about positive self-image, emotional intelligence, relationships and mindfulness, this book will help children develop healthy habits and good coping strategies from the start.



Paul Christelis – Worries A gentle, down-to-earth book for addressing the things that can cause children to be anxious and worried. Mindfulness expert Paul Christelis expertly explores everyday situations, helping children to recognise signs of worry and giving them reassurance and simple suggestions on how to cope with any worries.



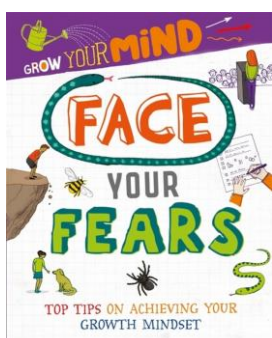
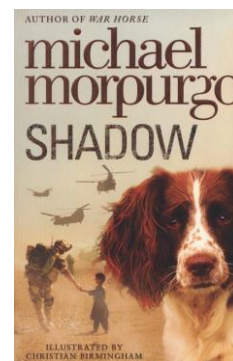
7-9 year olds



Sarah Garland – Azzi in between

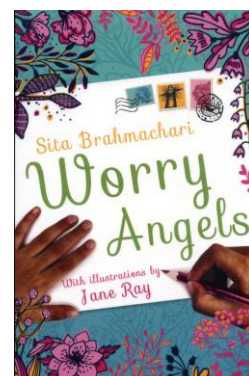
Azzi and her parents are in danger. They have to leave their home and escape to another country on a frightening journey by car and boat. In the new country they must learn to speak a new language, find a new home and Azzi must start a new school. With a kind helper at the school, Azzi begins to learn English and understand that she is not the only one who has had to flee her home. She makes a new friend, and with courage and resourcefulness, begins to adapt to her new life. But Grandma has been left behind and Azzi misses her more than anything. Will Azzi ever see her grandma again?

Michael Morpurgo – Shadow When Shadow, a bomb-sniffing spaniel, goes missing in the middle of wartorn Afghanistan, his soldier-owner is devastated. Meanwhile, Shadow makes friends with a local Afghan boy, and sees a whole other side of the war. As Christmas draws ever closer, will Shadow and his trainer ever be reunited?

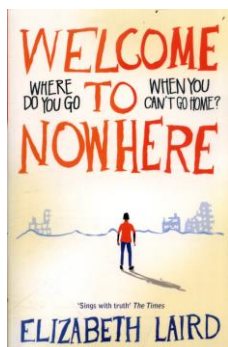


Alice Harman – Face your fears Help children, aged 7 plus, face their fears and worries! This book is packed with fun and varied ways for children to improve positivity, confidence and mental well-being in a way that works for them. The book has ideas for overcoming all sorts of issues with tips and practical activities.

Sita Brahmachari – Worry Angels Amy May knows about webs of worries - so many people she meets are caught in them, from her own artist dad to newly arrived refugee Rima and her family. By being brave enough to open up her worry box, Amy May helps all those around her find a way forward.



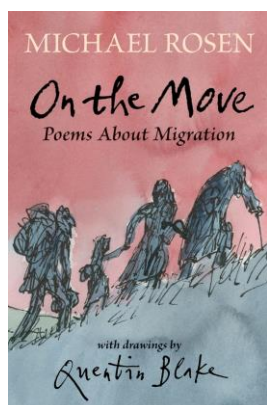
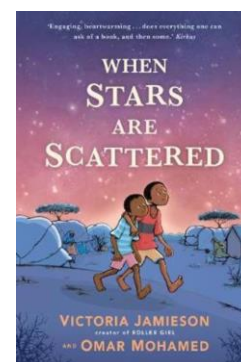
9-11 year olds



Elizabeth Laird – Welcome to nowhere 12-year-old Omar and his brothers and sisters were born and raised in the beautiful and bustling city of Bosra, Syria. Omar doesn't care about politics - all he wants is to grow up to become a successful businessman who will take the world by storm. But when his clever older brother, Musa, gets mixed up with some young political activists, everything changes. Before long, bombs are falling, people are dying, and Omar and his family have no choice but to flee their home with only what they can carry. Yet no matter how far they run, the shadow of war follows them - until they have no other choice than to attempt the dangerous journey to escape their homeland altogether. But where do you go when you can't go home?

Victoria Jamieson/Omar Mohamed – When stars are

scattered Omar and his brother Hassan, two Somali boys, have spent a long time in the Dadaab refugee camp. Separated from their mother, they are looked after by a friendly stranger. Life in the camp isn't always easy. The hunger is constant, but there's football to look forward to - and now there's a chance Omar will get to go to school. With a heart-wrenching fairytale ending, this incredible true story depicts life in a refugee camp.

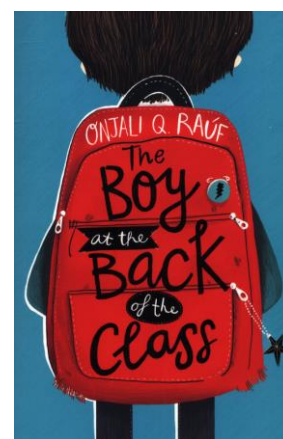


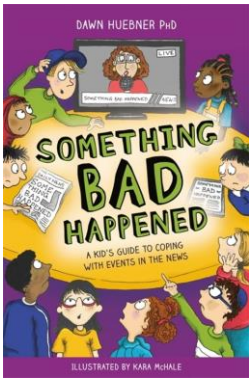
Michael Rosen/Quentin Blake – On the move

a personal and uniquely affecting collection of poems about migration and displacement. Michael's poems are divided into four: in the first series, he draws on his childhood as part of a first-generation Polish family living in London; in the second, on his perception of the War as a young boy; in the third, on his 'missing' relatives and the Holocaust; and in the fourth, and final, on global experiences of migration. By turns charming, shocking and heart-breaking, this is an anthology with a story to tell and a powerful point to make.

Onjali Q Rauf - The Boy at the Back of the Class

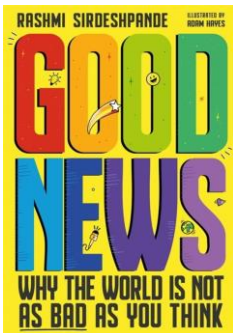
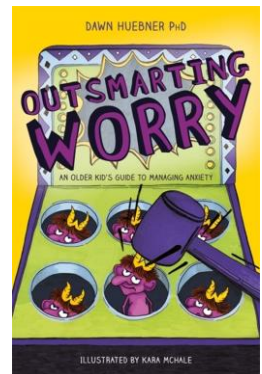
There used to be an empty chair at the back of my class, but now a new boy called Ahmet is sitting in it. He's nine years old (just like me), but he's very strange. He never talks and never smiles and doesn't like sweets - not even lemon sherbets, which are my favourite! But the truth is, Ahmet really isn't very strange at all. He's a refugee who's run away from a war. A real one. With bombs and fires and bullies that hurt people. And the more I find out about him, the more I want to be his friend. That's where my best friends Josie, Michael and Tom come in. Because you see, together we've come up with a plan.





Dawn Huebner - Something bad happened When children learn about something big and bad - even when they hear only bits and pieces - their brains get busy trying to make sense of it. Where did it happen? Why did it happen? And especially, will it happen again? 'Something Bad Happened' guides children ages 6 to 12 and the adults who care about them through tough conversations about national and international tragedies. The non-specific term 'bad thing' is used throughout, keeping this a flexible tool, and so children are never inadvertently exposed to events their parents have chosen not to share. Fear, sadness and uncertainty about the 'bad thing' all are normalised, and immediately usable coping tools provided.

Dawn Huebner – Outsmarting worry This easy to follow illustrated book presents strategies for 9-13 year olds with anxiety. It teaches them about a specific set of skills that makes it easier to face and overcome worries and fears and normalises their symptoms providing a set of concrete steps to overcome them. The tried and tested techniques are based on the most up-to-date psychological treatments of anxiety, including CBT and ACT.



Rashmi Sirdeshpande – Good news 'Good News' is a positive, reassuring and anxiety-eliminating book designed to help children change the way they think about the world.

**All books free to reserve from
any Wiltshire library**

SH March 2022