Bob’s Blue Period- Marion Deuchars

Bob the bird loves to paint pictures with his best friend Bat. But one day Bat goes away and Bob is sad. He tries to paint, but everything he paints is blue! Can his friends help him to find his bright colours again?

A lovely book that shows that we all have feelings of sadness and loneliness but that our friends can help us to feel better.

Augustus and His Smile- Catherine Rayner

Augustus the tiger is sad because he has lost his smile. So he sets off to find it, travelling over deserts and mountains, from the top of the trees to the bottom of the ocean. Finally, the brave tiger finds his smile reflected in a puddle and realizes that he only needed to open his eyes to the beauty of the world to find happiness.

A beautifully illustrated story that shows how we can use the beauty of nature and the outdoors to help when we are having low moments.

When Sadness Comes To Call- Eva Eland

When Sadness arrives, try not to be afraid: give it a name, listen to it and spend some time together. Maybe all it wants is to know that it’s welcome. This beautiful debut by author-illustrator talent Eva Eland takes a poignant but uplifting look at dealing with sadness.

A lovely book for opening conversations around dealing with sadness.
Sadness and Low Mood
Books for EYFS/KS1

Willy and The Cloud - Anthony Browne

From the former Children's Laureate and twice winner of the Kate Greenaway Medal comes a stunning and perceptive story about worry and anxiety, featuring his much loved chimp, Willy. One day Willy goes to the park. It’s a sunny day, but a cloud hovers over him and he can’t join in the fun. What can Willy do to make this mysterious cloud go away?

A great book for starting conversations about the days when our mood is low.

The Hug - Eoin McLaughlin and Polly Dunbar

In this clever flipbook, both a hedgehog and a tortoise are looking for a hug. They ask all the other animals they come across but for some reason no one will hug them. Until a wise owl explains: Hedgehog is too spiky; Tortoise is too bony. And that’s when they find each other!

A lovely book for young children about how a friend can help us feel better.

The Rabbit Listened - Cori Doerrfeld

When something terrible happens, Taylor doesn’t know where to turn. All the animals are sure they have the answer. The chicken wants to talk it out, but Taylor doesn’t feel like chatting. The bear thinks Taylor should get angry, but that’s not quite right either. One by one, the animals try to tell Taylor how to process this loss, and one by one they fail. Then the rabbit arrives. All the rabbit does is listen, which is just what Taylor needs.

A gentle book that demonstrates the importance of talking to someone who you can trust and who will listen to you.

www.liverpoollearningpartnership.com
Sadness, Low Mood and Depression
Books for KS2

Brilliant - Roddy Doyle

As Uncle Ben’s Dublin business fails, it’s clear to Gloria and Rayzer that something is wrong. He just isn’t his usual cheerful self. So when the children overhear their granny saying that the Black Dog has settled on Ben’s back and he won’t be OK until it’s gone, they decide they’re going to get rid of it. Gathering all their courage the children set out on a midnight quest to hunt down the Black Dog and chase it away.

Together – and with the help of magical animals, birds and rodents – the children manage to corner the Black Dog . . . but will they have the courage and cleverness to destroy the frightening creature?

A great way to open conversations about depression using the familiar image of the 'black dog'.

The Dog Who Found Sorrow - Rūta Briede and Elīna Brasliņa

The Dog Who Found Sorrow is an engrossing, unique picture book illustrated with beautifully textured artwork of city life, full of clouds and music. It is written by Rūta Briede, a leading illustrator and instructor at the Latvian Academy of Arts, and illustrated by Elīna Brasliņa.

A visually striking book in shades of black, grey and pink, which is a great way to explore themes of sadness, loss and hope.
Sadness, Low Mood and Depression

Books for UKS2

Please note: these books feature some challenging themes and may include elements that may be difficult or triggering for some children. We recommend you read these books beforehand to check suitability for your cohort/child.

Aubrey and the Terrible Yoot- Horatio Clare, illustrated by Jane Matthews

Aubrey is a rumbunctious boy who tries to run before he can walk and has crashed two cars before he's old enough to drive one. But when Aubrey's father, Jim, falls under an horrendous spell, Aubrey is determined to break it. Everyone says his task is impossible but with the help of the animals of Rushing Wood and a touch of magic, Aubrey will never give up and never surrender - even if he must fight the unkillable spirit of despair itself - the Terrible Yoot!

A beautifully written book that deals with the topic of parental depression. It looks at the darkness that some people face but ultimately ends with a message of hope.

Night Shift- Debi Gliori

With stunning black and white illustration and deceptively simple text, author and illustrator Debi Gliori examines how depression affects one's whole outlook upon life, and shows that there can be an escape - it may not be easy to find, but it is there. Drawn from Debi's own experiences and with a moving testimony at the end of the book explaining how depression has affected her and how she continues to cope, Debi hopes that by sharing her own experience she can help others who suffer from depression, and to find that subtle shift that will show the way out.

A challenging but sensitive book that expresses the experience of living with depression.
In our old house, Ma told me there was nothing to be scared of. No monsters hiding behind doors, or in wardrobes, or under beds. She said there were no dark places at all. But in the new house, under my new bed, that’s where I found Shadow.

A beautiful book exploring sadness and loneliness.

A small child awakes to find blackened leaves falling from her bedroom ceiling, threatening to overwhelm her.

‘Sometimes you wake up with nothing to look forward to…’

As she wanders around a world that is complex, puzzling and alienating, she is overtaken by a myriad of feelings. Just as it seems all hope is lost, the girl returns to her bedroom to find that a tiny red seedling has grown to fill the room with warm light.

A visually stunning book that expresses the nature of depression but has an ultimately hopeful message.

Michael Rosen’s Sad Book chronicles Michael’s grief at the death of his son Eddie from meningitis at the age of 19. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain.

A simple yet stunning book which talks openly about what it feels like to be sad.