

Why social and emotional development is important?

Positive social and emotional development is important. This development influences a child's self-confidence, empathy, the ability to develop meaningful and lasting friendships and partnerships, and a sense of importance and value to those around him/her. I have listed below some websites and books that can help with the development of children's social and emotional needs.

Useful Websites

www.childmind.org

www.youngminds.org.uk

- Two websites that want to see a world where no young person feels alone with their mental health, and gets the mental health support they need, when they need it, no matter what.

www.gonoodle.com

- A website that provides movement and mindfulness videos created by child development experts. It is also an app.

Some mindfulness stories for children on YouTube

Mindfulness helps in connecting and being rooted in life as it flows by. It involves getting your mind back to the present and paying attention to yourself and your needs.

The Magic Book - <https://www.youtube.com/watch?v=fkmmQawCgmk>

The Clever fox - <https://www.youtube.com/watch?v=xtMHCVBgV00>

Little Blue Frog - <https://www.youtube.com/watch?v=4KF4rWQE8HU>

The Secret Treehouse - <https://www.youtube.com/watch?v=DWOHcGF1Tmc>

The Snow Village - https://www.youtube.com/watch?v=r_OLHG5faTE

Books that could be useful

- **Don't Worry, Be Happy - A Guide to overcoming Anxiety by Poppy O'Neill**

This is a book with simple, fun and engaging activities to help overcome anxiety. It is aimed at 7-11-year-olds. It also contains practical information for parents.

- **The Knot by Helen Cousins**

The knot is written in rhyming prose which makes it a delight to read aloud. Written for pupils in Key Stage 1 and 2, it features a range of characters who are all worried about something - from an unexpected test at school through to their parents' divorce - creating a knot inside them which they don't know how to deal with.

- **Your fantastic, elastic brain, stretch I, shape it by Joann Deak**

Did you know you can stretch and grow your own brain? Or that making a mistake is one of the best ways for your brain to learn? This book provides a fun and engaging introduction on how the anatomy and functions of the brain.

- **Beautiful Oops by Barney Saltzberg**

Every mistake can lead to a beautiful new adventure. That is the lovely lesson behind this inspiring board book full of pop ups and pull the flap.

- **The dot by Peter H Reynolds**

The Dot is a beautiful story about a girl named Vashti who is encouraged by her teacher to take a risk. She is filled with self-doubt until her teacher gently persuades her to, "just make a mark and see where it takes you." This inspirational story shows how one reluctant learner gains self-esteem with just one dot.

- **Colour Monster by Anna Llenas**

Unpack feelings with colour in this international bestseller that helps young readers identify emotions and feel more in control. One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad, and scared all at once! To help him, a little girl shows him what each feeling means through colour. As this adorable monster learns to sort and define his mixed-up emotions, he gains self-awareness and peace as a result. Everyone will enjoy sharing this concept book that taps into both socio-emotional growth and colour concepts in a simple, friendly way.