

Wellness Hub 2019

Introducing the Wellness Hub 2019!

The Wellness Hub aims to provide all students and parents with a variety of books which can be used as a continued support toward your child's social and emotional growth. These resources are available for all students and parents belonging to the Matthew Gibney Catholic Primary School community.

When can I access a book resource?

All books will be ready for loan from Week 3 Term 1, 2019.

Booklists will be sent home with the eldest child of each family in Week 2 Term 1 and will also be available through the school newsletter and via the school website soon.

How do I access these books?

1. Request a book via email to amy.blaszczyk@cewa.edu.au
2. Request a book through the 'Wellness Hub Book Request Form' (print off, fill in book requested, student name and year level and hand in to admin staff). This form can be located at the end of this document.

Please note - A request form can be handed in on any school day, however, books will only be sent home on a Thursday or Friday.

Duration of book loan?

Student resource = 2 weeks

Parent resource = 3 weeks

***Renewals will be permitted for a further 2 weeks if it has not been requested by another student/family.**

Please note – If a book you have loaned is a workbook for children please **DO NOT write within the workbook. Please feel free to photocopy pages and/or use the workbook as a guide to follow.**

Thank you ☺



Wellness Hub Booklist

Emotional Regulation – including Anxiety, Anger-Management and Social Skills

1. The Invisible String
2. What to Do When You Worry too Much
3. The Kids Guide to Staying Awesome and in Control – Simple Stuff to Help Children Regulate their Emotions and Senses
4. Please Explain “Anxiety” to Me! Simple Biology and Solutions for Children and Parents
5. A Terrible Thing Happened
6. The Huge Bag of Worries
7. The Kissing Hand
8. Hey Warrior – A book for Kids About Anxiety
9. The Panicosaurus – Managing Anxiety in Children Including Those with Asperger Syndrome
10. Brave As Can Be – A book of Courage
11. Beautiful Oops!
12. The Girl Who Never Made Mistakes
13. But It’s Not My Fault
14. Have You Filled a Bucket Today?
15. My Mouth is a Volcano!
16. The Red Beast – Controlling Anger in Children with Asperger’s Syndrome
17. What Do You Do with A Problem?

Grief & Loss – Including Parent Divorce/Separation

1. It’s Not Your Fault Koko Bear – A read-together book for parents and young children during divorce
2. Two Homes
3. My Family’s Changing – A First Look at Family Break-Up
4. I Miss You – A First Look at Death
5. I Miss My Pet – A First Look at When a Pet Dies
6. I’ll Always Love You
7. Saying Goodbye to Lulu
8. Always and Forever
9. The Goodbye Book
10. The Memory Tree

Mindfulness/Relaxation

1. Mindful Kids – 50 Mindfulness Activities for Kindness, Focus and Calm (ages 4+)
2. Whoever you are – diversity & Kindness
3. Your Fantastic Elastic Brain Stretch It Shape it

Parent Resources

1. A Handful of Quiet – Happiness in Four Pebbles
2. Sitting Still Like a Frog – Mindfulness Exercises for Kids (and their parents) Simple mindfulness practices to help your child deal with anxiety, improve concentration, and handle difficult emotions **Comes with an audio CD**
3. Exploring Feelings – for Young Children with High-Functioning Autism or Asperger's Disorder
4. Helping Children to Cope with Change, Stress and Anxiety – A Photocopiable Activities Book – Suitable for children aged 7+
5. Helping your Anxious Child – A step-by-step guide for parents
6. Helping your Child Overcome Separation Anxiety or School Refusal – A step-by-step guide for parents
7. Raising Girls – *From babyhood to womanhood – helping your daughter to grow up wise, warm and strong*
8. Raising Boys in the 21st Century – *How to help our boys become open-hearted, kind and strong men*
9. The 5 Love Languages of Children
10. Starving the Anxiety Gremlin – A Cognitive Behavioural Therapy Workbook on Anxiety Management – Suitable for children ages 5-9 years
11. Starving the Anxiety Gremlin – A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People
12. Socially Speaking – A pragmatic social skills programme for primary pupils

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Book Loan Form

Book Requested: _____

Student Name: _____

Student Year Level: _____

Date Checked out: _____

Return Date: _____

☺ Thank you for supporting the Wellness Hub ☺

