BOOK RECOMMENDATIONS

St PETER'S SCHOOL
Barcelona

Wellbeing Department

SEAL

LEARNER PROFILE	BOOK	AUTHOR	TOPIC
PRINCIPLED	Rhino is polite	Sue Graves	manners
	Pigsty	Mark Teague	responsibility
	Pirates listen too	Mike Goddard	listening skills
	Princess KIM and the lie that grew	Marian Cocca-leffler	honesty
BALANCED	The colour monster	Anna llenas	emotions
THINKERS	7 habits of happy kids	Sean Covey	social and emotional skills
	The lion and the bird	Matrianne Duboc	friendship
COMMUNICATORS	Harold B listening	Howard Binko	communication
KNOWLEDGEABLE	the girl who never makes mistakes	Gary Rubenstein	growth mindset
	The busy spider	Eric Carle	goal setting

FRIENDSHIP

BOOK	AUTHOR	TOPIC
La ovejita que vino a cenar	Steve Smallman	Hospitality, unexpected friendship
A Wibble Called Bipley.	Margot Sunderland	Friendship between different beings
Perdut i trobat	Oliver Jeffers	Loss and finding, friendship
The Rainbow Fish	Marcus Pfister	Sharing, friendship and generosity
Hilo sin fin	Marc Barnett	Generosity, sharing with others
El vestit nou de l'emperador	Conte popular (Baula)	Honesty, not judging by appearance
Soy el mejor	Lucy Cousins	Humility, recognizing the achievements of others
Grrrrr!	Rob Biddulph	Comprehension, putting oneself in another's place

ENVY

BOOK	AUTHOR	TOPIC
La ovejita que vino a cenar	Steve Smallman	Hospitality, unexpected friendship
A Wibble Called Bipley.	Margot Sunderland	Friendship between different beings
Gato Azul Gato rojo	Jenni Desmond	Envy and consequences
Mi lista de envidias	Irene Bostelmann	Envy as an emotion

COOPERATION

BOOK	AUTHOR	TOPIC
When I smile	Jo Witek	Sharing and cooperation
¡Oh, oh, la pelota!	Elisenda Roca	Conflict resolution and cooperation
The Fruit is mine	Anuska Allepuz	Ownership and sharing
¿A qué sabe la luna?	Michael Grejniec	Imagination and cooperation
Tren de invierno	Susanna Isern	Teamwork and cooperation

DIVERSITY

BOOK	AUTHOR	TOPIC
The rare, tiny flower	Kitty O meara	Nature, magic, individuality
Elmer	David McKee	Diversity, friendship
Todos somos diferentes	Tracey Turner	Celebration of diversity
Abigail the Whale	Davide Cali	Self-esteem, individuality
Orelles de papallona	Luisa Aguilar	Diversity, acceptance
Guapa	Harold Jiménez Canizales (Apila)	Beauty standards, self-love
I Don't Want Curly Hair!	Laura Ellen Anderson	Self-acceptance, individuality
Four little corners	Jérôme Ruillier	Imagination, creativity
Cuando los cuervos eran multicolores	Edith Schreiber-Wicke	Respect to others

BEREAVEMENT

BOOK	AUTHOR	TOPIC
The Day the Sea Went Out and Never Came Back	Margot Sunderland	Grief over the loss of a loved one
The Frog Who Longed for the Moon to Smile	Margot Sunderland	Yearning, loss of hope, searching for meaning
Grandad's Island	Benji Davies	Childhood grief, loss of a grandparent, finding comfort in nature
Como todo lo que nace	Elisabeth Brami	The cycle of life, death as part of life, hope
No, no i no!	Amélie Couture	Confronting grief, denial, anger

HAPINESS

BOOK	AUTHOR	TOPIC
El bosque de la bruja y los calcetines mágicos	Jutta Ritcher	The Magic of the Everyday
Tristània Imperial	Jaume Copons	Friendship and Solidarity
All my treasure	Jo Witek	Celebrating Small Pleasures

SADNESS

BOOK	AUTHOR	TOPIC
Lágrimas bajo la cama	Ana Meilán	Overcoming Fears and Imaginary Monsters
El buit	Anna Llenas (Barbara	Loss and Grief
La Berta Bonafè està trista	Magali Le Huche	Loneliness and the Desire for Companionship

FAMILY

BOOK	AUTHOR	TOPIC
Federico y sus familias	Mili Hernández Gómez	Exploring different types of families
El dia de la familia	Luis Mavisca	Celebrating family traditions, love, and togetherness.
Monica Plum's Horrid Problem	Lauren Child	Dealing with sibling rivalry and finding solutions to conflicts.

LOVE

BOOK	AUTHOR	TOPIC
T'estimo (quasi sempre)	Anna Llenas	The ups and downs of love, unconditional love, and expressing emotions.
La gran fàbrica de les paraules	Agnès de Lestrade	The power of words to express love.
Yo voy conmigo	Raquel Díaz Reguera (Thule)	Self-love, independence, and finding happiness within oneself.
How to light a dragon	Didier Lévy	Overcoming challenges.

ANGER

BOOK	AUTHOR	TOPIC
Tengo un volcán	Míriam Tirado	Expressing anger in a healthy way
Emma Enfadosàuria	Brian Moses	Dealing with frustration and disappointment
¿No hay nadie enfadado?	Toon Tellegen	Recognizing and validating different emotions
Simon and the Big, Bad, Angry Beasts: A Book about Anger	Ian de Haes	The impact of anger on others, learning to apologize, and making amends.
Grumpy Monkey	Suzanne Lang	Different expressions of anger, the cycle of anger, and finding ways to break free from negative patterns.

SEXUALITY AND GENDER

BOOK	AUTHOR	TOPIC	AGE
Agua Marina	Júlia Sánchez	Sexuality accompaniment from early childhood onwards	+4
Tu cuerpo es tuyo	Lucia Serrano	Allows us to get to know and value our body, learning that we have autonomy and decision	+3
El semen mola	Anna Salvia	What is semen?	+9
La regla mola	Anna Salvia	What is menstruation?	+8
Se llama pene	Anna Salvia	To talk naturally about penis	+3
Se llama vulva	Anna Salvia	To talk naturally about vulvas	+3
1, 2, 3...¡Culos!	Annika Leone	Diversity of bodies	+3
Tu cuerpo mola	Anna Salvia	Healthy relationship with your body	+9
A mi rollo con mi cuerpo y mis emociones	Arola Poch	A journey through the years of puberty and adolescence	+10

WARS AND REFUGEES

BOOK	AUTHOR	TOPIC
El deshielo	Kiki Blanco	The impact of war on families and communities.
El principio	Paula Carballeira	The decision to flee one's home.
El viaje	Francesca Sanna	Hope and perseverance.
Trenfugiados	Jose Campanari	The experiences of refugees traveling by train

RIGHTS

BOOK	AUTHOR	TOPIC
Derechos y deberes de la infancia	Cesar Bona	Children's rights
Un papa con delantal	Mem Fox	Gender roles and equality
Érase una vez un regalo	Tomie dePaola	Value of gifts and rights
The little prince	Antoine de Saint-Exupéry	Friendship and rights

FEARS / ANXIETY

BOOK	AUTHOR	TOPIC
El hilo invisible	Miriam Tirado	Fear of separation
Mamá ya viene...	Zaza Pinson	Fear of separation
Teenie Weenie in a Too Big World	Margot sunderland	Fears
Brave as can be	Jo Witek	Fears
Mimí «Tomatito»	Laure Monloubou (Bruño)	Fear of ridicule
Totes les pors	Tina Vallès	Fears in general
Los atrevidos dan el gran salto	Elsa Punset	Fear to changes
Mini tiene que ir al hospital	Christine Nöstlinger	Fear to hospitals
No me da miedo el médico	Larousse Editorial	Fear to hospitals
Encender la noche	Ray Bradbury	Fear to darkness
Darkness Slipped in	Ella Burfoot	Fear to darkness
Baba no quiero dormir	Miriam Tirado	Fear to darkness
Las vacaciones de Roberta	Silvia Francia	Fear to changes

EQUALTY

BOOK	AUTHOR	TOPIC
No a todas las niñas les gusta el rosa	David Pintor	Equalty and stigma
Las princesas también se tiran pedos	Ilan Brenman	Equalty and stigma
Bienvenido a la familia	Mary Hofman	Newborn arrives to the family
Rosa Caramelo	Adela Turin	Diversity
Color Carne	Desirée Bela-Lobede	Racism

LIMITS

BOOK	AUTHOR	TOPIC
«Aprender a decir que no	Mireia Canals	How to say NO
Si yo tuviera una púa	Eva Clemente	Assertiveness
El Consentimiento	Rachel Brain	Consent
Grumpy Monkey Says No!	Suzanne Lang	How to say No
Ardilla no sabe decir que no	Susana Isern	How to say No

EQUALTY

BOOK	AUTHOR	TOPIC
No a todas las niñas les gusta el rosa	David Pintor	Equalty and stigma
Las princesas también se tiran pedos	Ilan Brenman	Equalty and stigma
Bienvenido a la familia	Mary Hofman	Newborn arrives to the family
Rosa Caramelo	Adela Turin	Diversity
Color Carne	Desirée Bela-Lobede	Racism

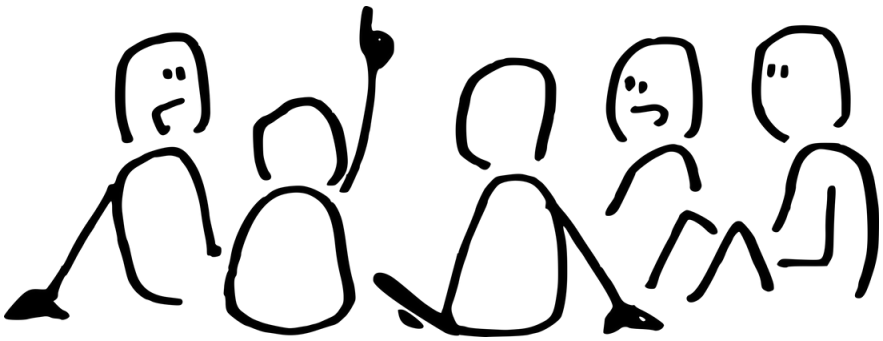
LIMITS

BOOK	AUTHOR	TOPIC
«Aprender a decir que no	Mireia Canals	How to say NO
Si yo tuviera una púa	Eva Clemente	Assertiveness
El Consentimiento	Rachel Brain	Consent
Grumpy Monkey Says No!	Suzanne Lang	How to say No
Ardilla no sabe decir que no	Susana Isern	How to say No

LIMITS

BOOK	AUTHOR	TOPIC
Aprender a decir que no	Mireia Canals	How to say NO
Si yo tuviera una púa	Eva Clemente	Assertiveness
El Consentimiento	Rachel Brain	Consent
Grumpy Monkey Says No!	Suzanne Lang	How to say No
Ardilla no sabe decir que no	Susana Isern	How to say No

CONFLIT RESOLUTION



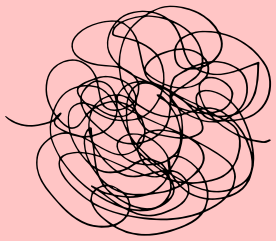
St PETER'S SCHOOL Barcelona

Wellbeing Department

The ability to resolve conflict is about social, cognitive and emotional skills.
As children mature, their strategies for dealing with conflict become more sophisticated, moving from impulsive responses to reflection and negotiation. Fostering these skills from early childhood is crucial for healthy relationships and balanced emotional development.

2 to 7 years old: Here, children begin to develop language skills and symbolic thinking. Conflict is common as children seek to assert their autonomy. Adults play a crucial role in modelling conflict resolution and fostering empathy. Conflict resolution is based on play and the use of words

7 to 11 years old: At this stage, children begin to better understand the perspectives of others. Conflict resolution involves greater use of reasoning and negotiation. They learn to collaborate and solve problems through dialogue and compromise. Social skills are developed through structured play and group activities.



SOME STRATEGIES...

Active listening: Pay attention to what your child has to say. Validate their feelings. This helps them feel understood and reduces frustration.

Model behaviour: Demonstrate how to resolve conflicts constructively. Be calm, use a soft tone of voice and express your emotions assertively. Act as a bridge.

Set clear rules: Define expectations and rules for behaviour in conflict situations

Encourage empathy: Encourage your child to put themselves in the other person's shoes.

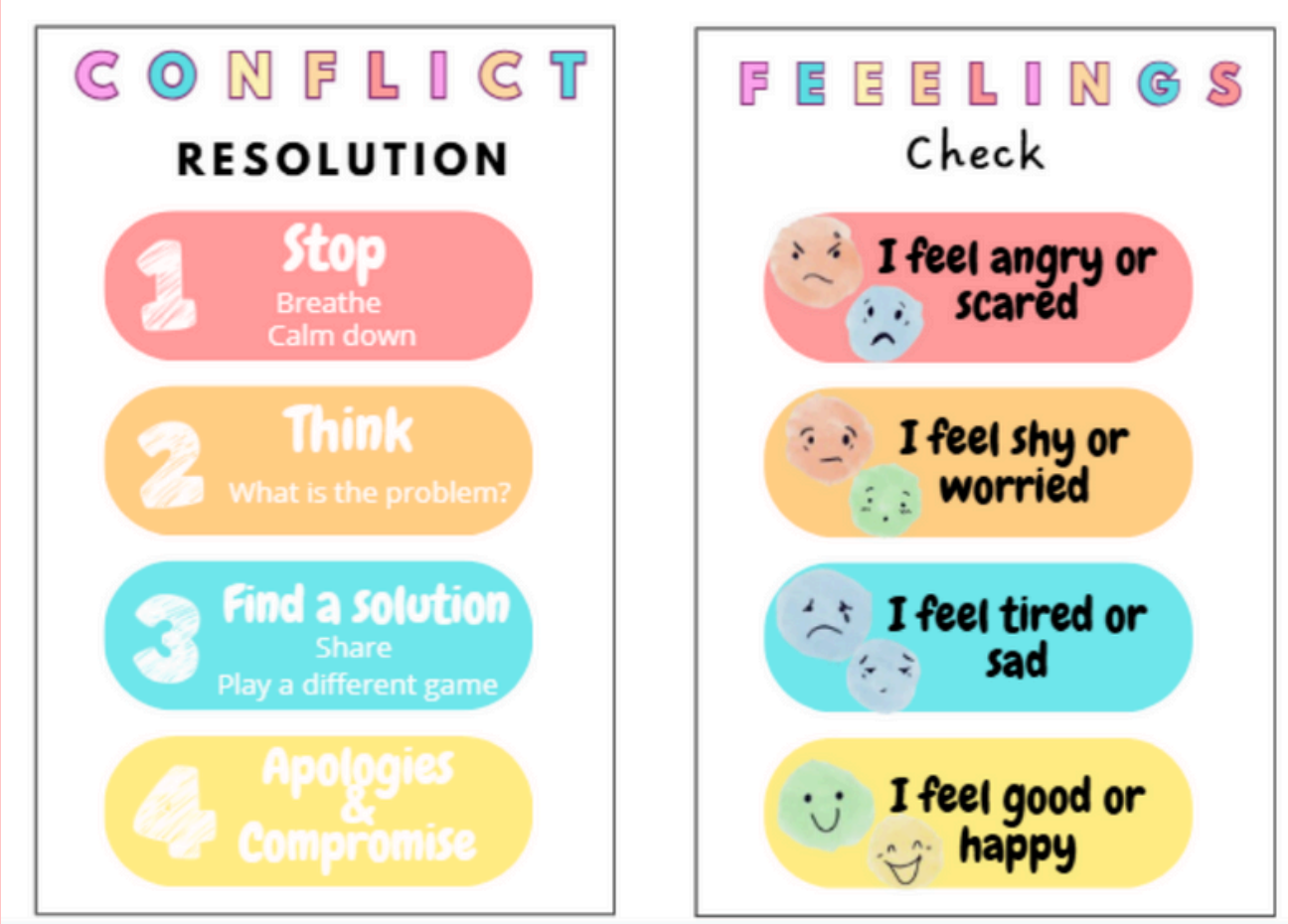
Offer choices Provide with the opportunity to choose. This gives them a sense of control and teaches them to make responsible decisions.

Guide with communication skills: Help your children express their feelings and needs effectively. Practice phrases such as 'I feel... when you...' so they learn to communicate their emotions.

Involve your children in conflict resolution: Ask them how they think the problem can be solved and work together towards a solution that works for everyone.

Stay calm: It's easy to get frustrated, but it's crucial to stay calm during conflict. This helps keep the situation from escalating and teaches children the importance of self-control. Recognize achievements, always the positive and in private.

Give you TIME: If conflict escalates, it is sometimes helpful to take a short break. Allow both of you to calm down before discussing the problem again. This can help prevent impulsive reactions. Implementing these tips will not only facilitate conflict resolution, but will also strengthen the family relationship and contribute to children's emotional and social development.


CONFLICT
RESOLUTION
1
Stop
Breathe
Calm down
2
Think
What is the problem?
3
Find a solution
Share
Play a different game
4
Apologies
&
Compromise
FEEELINGS
Check
I feel angry or scared
I feel shy or worried
I feel tired or sad
I feel good or happy