



# Read my Mind Read my Mood



## Summer Emotional Literacy Sessions Hosted by St Albans Library

The St Albans Mental Health Support Team would like to welcome you to St Albans Library, where we'll be exploring lots of different thoughts and feelings throughout the Summer Holidays.

These interactive story sessions are perfect for children to enjoy with their parents/carers. We request that parents/carers join us for the session to support engagement and to carry on the conversations about each topic at home.

All our sessions will run for approximately 45 minutes, this will involve time to get settled, reading through our book of the week and then time afterwards for discussion and going through a workbook together for you to take home as a reminder.

Every session will run 10am - 11am @ St Albans Library, Level 2, The Maltings, St Albans.

We look forward to welcoming you throughout the summer holidays.

	<p><b>Ruby's Worry - Wednesday 31st July</b></p> <p>Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?</p>
	<p><b>Ravi's Roar - Wednesday 7th August</b></p> <p>Ravi never minded being the smallest in his family. Until one day, his short arms can't reach the monkey bars, he can't find anyone during hide-and-seek, AND he's too little to ride the big slide. Ravi is so mad -- so <i>furious</i> -- that he can't control his temper anymore . . . and he turns into a ferocious, roaring <i>TIGER</i>! Ravi is about to discover something important about voicing his feelings.</p>
	<p><b>Tilda Tries Again - Wednesday 14th August</b></p> <p>Tilda doesn't like change. Why would she, when her life is great just the way it is? But one day, Tilda's world turns completely UPSIDE DOWN. All of a sudden, everything is topsy-turvy, and nothing feels right. Things that were once easy now seem incredibly challenging. Everything is just so different and hard. Can Tilda discover a way to move forward &amp; embrace all this change?</p>
	<p><b>Milo's Monster - Wednesday 21st August</b></p> <p>Milo loves spending time with his best friend, Jay. But when a new girl called Suzi moves in next door, Milo starts to feel left out. The jealous feeling gets stronger and stronger – until suddenly, a GREEN-EYED MONSTER pops up beside him! Soon, the monster is poisoning Milo's thoughts. It won't leave him alone! Can Milo find a way to free himself from the monster and repair his friendship?</p>
	<p><b>The River - Wednesday 28th August</b></p> <p>Rowan loves the river; it's just like he is. On some days, it's quiet and calm, on others it's light and playful, and then there are the days when it roars along, wild and angry. But when Rowan goes through a particularly difficult winter, the river freezes – just like Rowan. Can Rowan find a way to release his frozen feelings, and allow the river to flow freely once more?</p>