



My elephant is blue by Melinda Szymanik

Published Puffin 2021

Isbn 9780143775645

Suit ages: 5 - 99

A warm and empathetic picture book for children about having **BIG HEAVY** Feelings. It tells of a child who has 'the blues'. She wakes one morning to find an elephant sitting on her chest. How she and her family help to make her feel light and free again is told in a quirky and hopeful way with charming bright illustrations. This book will create conversation and strategies to help young ones explore and understand living under the weight of a big sadness.