

# All Saints' Mental Health Library Over 130 Recommended Reads

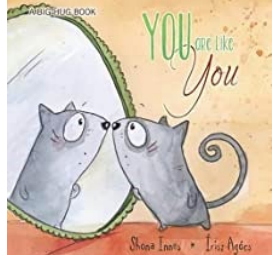
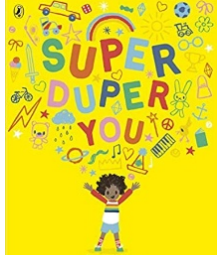
## FOR CHILDREN:

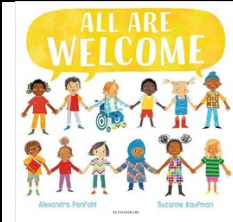
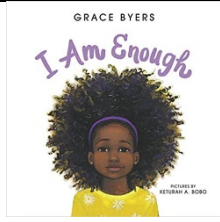
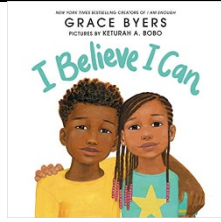
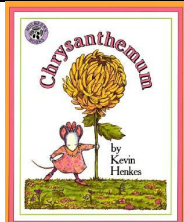
| <b>General Mental Health / Mindfulness</b>  |   |  |   |
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| <p>My little yellow book (workbook)- Campbell</p>   | <p>Looking after your Mental Health (x2)- James/Stowell</p>   | <p>My Strong Mind (power of positive thinking)- Van Hove</p>   | <p>Your Fantastic Elastic Brain – Deak/Ackerley</p>   |
| <p>Through this journal, children and young people will connect with Bible verses, practice gratitude, explore self-worth and be challenged on how they will make the world a better place.</p> | <p>We talk about our physical health - but not so much about how we're feeling. With lots of practical advice, this lively, accessible guide explains why we have emotions, and what can influence them. Covering everything from friendships, social media and bullying to divorce, depression and eating disorders, this is an essential book for young people.</p> | <p>The story is about Jack, a kind and happy boy who uses his strong mind to tackle his daily challenges with a positive attitude.</p> | <p>Did you know you can stretch and grow your own brain? Or that making mistakes is one of the best ways your brain learns? Just like how lifting weights helps your muscles get stronger, trying new things without giving up-like finding the courage to put your face in the water the first time you're at a pool-strengthens</p> |

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|   |  |  | your brain. Next time, your brain will remind you that you overcame that fear, and you will be braver!  |
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| Mental Well-being and Mindfulness – Wheatcroft/Woolley  | Get Outdoors - a Mindfulness guide to Noticing Nature – Christelis/Paganeli  | Breath by Breath – a Mindfulness guide to feeling calm – Christelis/Paganeli   | Calm Mindfulness for Kids - Kinder  |
| This simply written title explores what mental health is, why it is important, and ways to deal with some mental health problems such as stress and anxiety. The book includes mindfulness techniques and advice to help with relaxation and coping strategies. | <b>This mindfulness story book for children will help improve attention spans and observation skills. Simple mindfulness activities are interspersed throughout the story.</b> Mindfulness techniques have been shown to help relieve stress and anxiety and improve health and mental well-being. | <b>This mindfulness story book for children includes simple mindfulness activities, which have been shown to help relieve stress and anxiety and improve health and mental well-being.</b> This book teaches children to notice their breathing and use calming breaths to help deal with feelings of pain, worries and nervousness. | Mindfulness is a big word for a simple idea - it is paying attention, with care, to one moment at a time. The perfect introduction to mindfulness, this book teaches children how to be mindful by focusing their thoughts and noticing the world around them using fun activities. |
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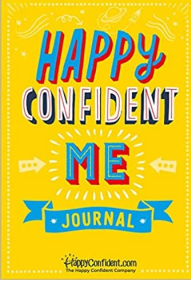
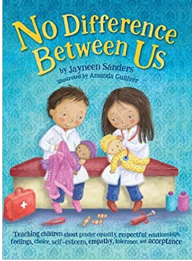
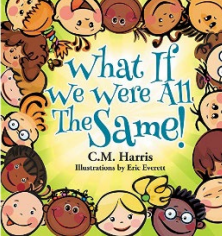
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| A time for Everything – Poole (Indoor Rainbow retreat)  | Whatever is Lovely – Poole (Indoor Rainbow retreat)   |  |  |
| <b>Susie says...</b><br>Based on Ecclesiastes 3, this board book will help prepare your children for the ups and downs of life. It has always been a great choice for toddler groups, churches and friends who want to buy a book that is full of Bible wisdom without being preachy. | <b>Susie says...</b><br>Based on Philippians 4:8-9, this board book teaches your child how to have a 'worry free' life. To think about the 'good stuff' and pray about the 'tough stuff'. This is 'a great way to live!' Something children can learn along with their grown-ups! | Sometimes we are loud, sometimes we are quiet, sometimes bold and clanky, sometimes soft and cuddly. Sophy Henn celebrates all the different, extraordinary and sometimes contradictory things we are in this joyful and colourful rhyming picture book. Perfect to read aloud - and then read again, and again! |  |

## Identity and Self Esteem

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| The tallest of Smalls – Lucado/Mones cillo  | You are special - Lucado  | You are like you – Innes/Agocs   | Super Duper You – Sophy Henn   |
| <b>An encouraging message for children: When you feel like you're the smallest of smalls, Jesus' love can make you feel like the tallest of tall.</b> | In this children's tale, Eli the woodcarver helps Punchinello understand how special he is - no matter what other Wemmicks may think. It's a vital message for children | You are Like You looks at all the different things that make up the very special person that is 'you'. From physical attributes to feelings, thoughts and ideas, this book explores the different aspects of | Sometimes we are loud, sometimes we are quiet, sometimes bold and clanky, sometimes soft and cuddly. Sophy Henn celebrates all the different, extraordinary and sometimes contradictory things we are in this joyful and colourful rhyming picture book. Perfect to read aloud - |


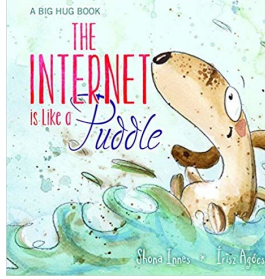


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|   | everywhere: that they are all special in God's eyes.  | what it means to be a unique individual. Beautifully illustrated picture books exploring personal and social issues faced by children. 'A note to parents and teachers from Shona' offers understanding and guidance.         | and then read again, and again!  |
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| All Are Welcome – Alexandra Penfold   | I Am Enough – Grace Byers   | I Believe I Can – Grace Byers   | Chrysanthemum – Kevin Henkes   |
| <p><i>No matter how you start your day, What you wear when you play, Or if you come from far away, All are welcome here.</i></p> <p>Follow a group of children through a day in their school, where everyone is welcome. A school where children in patkas, hijabs, baseball caps and yarmulkes play side by side. A school where students grow and learn from each other's traditions. A school where diversity is a strength.</p> | <p>This gorgeous, lyrical ode to loving who you are, respecting others, and being kind to one another comes from <i>Empire</i> actor and activist Grace Byers and talented newcomer artist Keturah A. Bobo.</p> <p><i>We are all here for a purpose. We are more than enough. We just need to believe it.</i></p> | <p><i>I Believe I Can</i> is an affirmation for boys and girls of every background to love and believe in themselves.</p> <p><i>My presence matters in this world. I know I can do anything, if only I believe I can.</i></p> | <p>Written and illustrated by Kevin Henkes, the nationally bestselling and celebrated creator of <i>Lilly's Purple Plastic Purse</i>, <i>Owen</i>, and <i>Kitten's First Full Moon</i>, <i>Chrysanthemum</i> is a funny and honest school story about teasing, self-esteem, and acceptance to share all year round.</p> <p>Chrysanthemum thinks her name is absolutely perfect—until her first day of school. "You're named after a flower!" teases Victoria. "Let's smell her," says Jo.</p> <p>Chrysanthemum wilts. What will it take to make her blossom again?</p> |



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| <p>It's Okay To Be Different – Sharon Purtill</p>   | <p>Happy Confident Me Journal – The Happy Confident Company</p>  | <p>No Difference Between Us – Jayneen Sanders</p>  | <p>What If We Were All The Same! – C.M. Harris</p>   |
| <p>Every Child is Unique! Whether they are big or small, short or tall, like to swim, dance, sing or bike. Perhaps they have a special need or are from a different ethnic background. Maybe they wear glasses or talk differently. The truth is that all children are different and their individuality should be celebrated, not shunned. By highlighting the ways kids are different from one another it helps children to accept themselves and others as the beautifully unique individuals that they are.</p> | <p>Daily journal for children aged 7-12 to promote increased happiness, self-confidence, optimism, pride, resilience and gratitude. It opens up 7 to 12 years olds' abilities to better understand themselves, reflect on the positives each day and find it easier to discuss their feelings and identify their emotions.</p> | <p>Jess and Ben are twins. Jess is a girl and Ben is a boy but in all the BIG ways, there is NO difference between them!</p> <p>This book encourages equality and respect for each other from the earliest of years. In order to reduce gender-based violence we need to teach gender equality and respectful relationships to young children. What better way than through a picture storybook? Children are visual learners and the match between illustration and text in this story will assist them to understand that we are all human - everyone feels, and everyone has hopes and dreams. Our gender should be and needs to be irrelevant.</p> | <p>The idea of this book is to help children understand that there is nothing wrong with being different. Whether they have red hair or brown hair, green eyes or blue eyes, long legs or short legs, light skin or dark skin, glasses, uses a wheelchair or anything else, it's absolutely OKAY! Our differences are what makes us unique and if we truly think about it, would you want to be the exact same as someone else? What if we all looked the same or all had only the same skills of Bill Gates? How boring would it be to have millions of techies walking around? Who would have created music? art? food? clothes? and so much more!</p> |

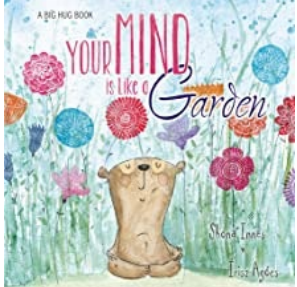
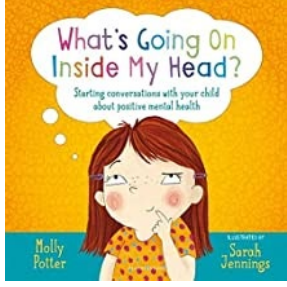
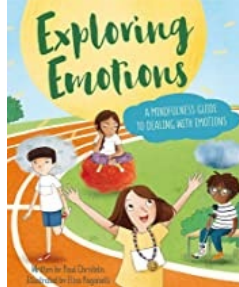
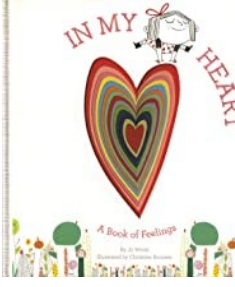
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| <p>It's A Great Big Colourful World – Tom Schamp</p>   | <p>Last Stop On Market Street – Matt de la Peña</p>   |  |  |
| <p>One winter morning, Otto the cat looks out the window and sighs, "Why is everything so grey today?" Luckily his friend Leon the chameleon is around to show him just how many colours there are in the world.</p> | <p>Sometimes when you're surrounded by dirt, CJ, you're a better witness for what's beautiful."</p> <p>CJ begins his weekly bus journey around the city with disappointment and dissatisfaction, wondering why he and his family can't drive a car like his friends. Through energy and encouragement, CJ's nana helps him see the beauty and fun in their routine.</p> |  |  |


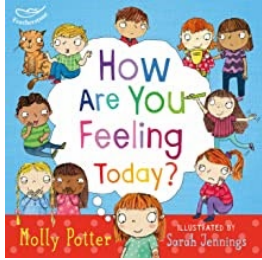
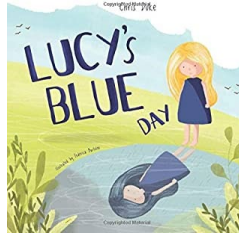

## Safety / Courage

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| <p>Keeping safe – Wheatcroft / Woolley</p>  | <p>The Internet is like a Puddle – Innes/Agocs</p>                                  | <p>Miniphant to the Rescue – Gee</p>  | <p>One Big Adventure (courage)- Gee</p>   |
| <p>Why should I wear a helmet when cycling?</p>                                     | <p>The Big Hug Book series deals with emotive issues that</p>                       | <p>Miniphant and his friends are learning to swim,</p>                              | <p>Miniphant is packing his suitcase, ready to go off on a big</p>                    |

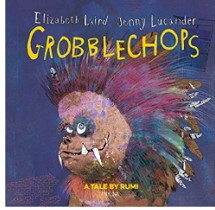

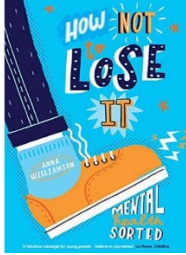
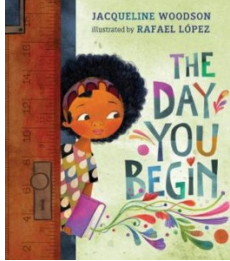
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| <p>How do I cross the road safely?<br/>How do I stay safe online?<br/>What should I do in an emergency? The answers to these and many other questions about keeping safe can be discovered in this lively and informative book. The topic of safety, whether at home, out and about, near water or online, is complemented by charming, clear illustrations.</p> | <p>children face in direct and gentle terms, allowing children's feelings and problems to be more easily shared and discussed with family and friends.</p> | <p><b>but everything changes when Cat falls in and the wind gets stronger. Will they find the confidence to become Champions of Change, and come to the rescue in time?</b></p> | <p><b>adventure! But there's one problem - how will he fit in everything that he needs to take with him? And will he have the courage to face his fears?</b></p> |
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## Feelings General

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| <p>Your Mind is like a garden – Innes / Agocs (Ms Bacon/hospital)</p>  | <p>What's going on Inside my head?<br/>Starting conversations with your child about positive mental health – Potter / Jennnings (x2)</p>   | <p>Exploring Emotions (a mindfulness guide to dealing with emotions)- Christelis/Paganelli</p>  | <p>In My heart, a book of feelings – Witek / Roussey</p>  |
| <p>Your mind is a bit like an amazing garden. A garden has lots of tracks and paths that lead in different directions. It has wide open spaces where we can create and play. A</p> | <p>We all know that healthy minds are really important but how do we make sure we look after our mental health from a very young age? What's Going On Inside My Head? is a book for children that explores practical ways we can keep our minds in</p> | <p><b>This mindfulness story book for children includes simple mindfulness activities, which have been shown to help relieve stress</b></p> | <p>In My Heart explores emotions--happiness, sadness, bravery, anger, shyness and more. Unlike other feelings books that tend to oversimplify, In</p> |



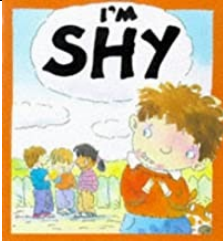

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| <p>garden has places to grow things and do work. It has clever parts that help us to grow and learn.</p>   | <p>good shape as well as our bodies.</p>   | <p><b>and anxiety and improve health and mental well-being.</b> This book shows children how to cope with different emotions, from anger and jealous, to sadness and disappointment. The children are gently guided into mindfulness exercises that encourage an exploration of emotions.</p>                                       | <p>My Heart lyrically explains what an emotion feels like, physically, inside. For example: "When I get really angry, my heart feels like it's going to explode! Don't come near me! My heart is yelling, hot and loud. This is when my heart is mad."</p>                          |
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| <p>Feelings inside my heart and in my head – Walden / Jones</p>  | <p>How are you feeling today? Potter / Jennings</p>  | <p>Lucy's Blue Day – Duke/Bartoini (Ms Bacon /hospital)</p>   | <p>Sometimes I Feel Sad – Tom Alexander</p>   |
| <p>What you feel is who you are... Explore a world of emotions with this stunning peep-through picture book. Richard Jones' enchanting illustrations and the lyrical text make each and every feeling come to life to help children understand the emotions they experience.</p> | <p>Children have strong feeling and they can't always handle them very well. Perfect for sharing, How Are You Feeling Today? is packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions. This delightful book gives parents the tools they need to help their child deal with those feelings - without it all ending in tears!</p> | <p>Lucy is a very special little girl with magical hair. It changes colour with her emotions. If she is feeling happy, it is purple. If she is jealous, it will turn green. This charming story is the tale of when Lucy wakes up and her hair is blue, and she doesn't understand why. She soon learns that it is #OKNotToBeOK</p> | <p>Feeling sad is, unfortunately, a part of everyone's life, and there's not always an easy fix. This touching book helps explain to children aged 5+ that they're not alone in feeling this way, and is especially useful for children who struggle to express their feelings.</p> |



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| <p>Grobblechops – Elizabeth Laird</p>   | <p>Something Bad Happened - Dawn Huebner</p>   | <p>How Not To Lose It – Anna Williamson</p>  | <p>The Day You Begin – Jacqueline Woodson</p>  |
| <p>There's a monster hiding under the bed! This classic bedtime fear is hilariously brought to life by award-winning author Elizabeth Laird and Finnish illustrator Jenny Luncander.</p> <p>Amir thinks that a monster will come and eat him up! And maybe the monster will have a mum and dad too! But Dad reassures Amir that if the monster family comes to play, then the parents will have a good old chat whilst Amir makes a new friend.</p> | <p>When children learn about something big and bad - even when they hear only bits and pieces - their brains get busy trying to make sense of it. Where did it happen? Why did it happen? And especially, will it happen again? Something Bad Happened guides children ages 6 to 12 and the adults who care about them through tough conversations about national and international tragedies. The non-specific term "bad thing" is used throughout, keeping this a flexible tool, and so children are never inadvertently exposed to events their parents have chosen not to share.</p> | <p>How Not to Lose It will help you be the boss of all of this, and more.</p> <p><b>Topics covered:</b></p> <p>anxiety<br/>depression stress<br/>friendship bullying<br/>relationships and sex<br/>family life and bereavement<br/>phobias peer pressure<br/>self-harm self-esteem and confidence.</p> | <p>National Book Award winner Jacqueline Woodson and two-time Pura Belpre Illustrator Award winner Rafael Lopez have teamed up to create a poignant, yet heartening book about finding courage to connect, even when you feel scared and alone.</p> <p><i>There will be times when you walk into a room and no one there is quite like you.</i></p> <p>There are many reasons to feel different. Maybe it's how you look or talk, or where you're from; maybe it's what you eat, or something just as random. It's not easy to take those first steps into a place where nobody really knows you yet, but somehow you do it.</p> <p>Jacqueline Woodson's lyrical</p> |

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|  |  |  | text and Rafael Lopez's dazzling art reminds us that we all feel like outsiders sometimes-and how brave it is that we go forth anyway. And that sometimes, when we reach out and begin to share our stories, others will be happy to meet us halfway. |
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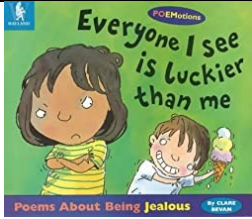
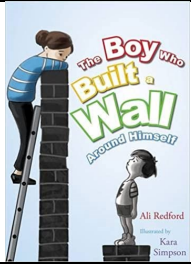
## Specific Feelings

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| Build yourself Happy, the joy of LEGO play – Headon  | Seeds, Weeds and Spaghetti Trees – Miniphant and Me (jealousy) – Gee  | I'm Shy – Bryant-Mole / Gordon  | Choices - Feeling Shy - Althea   |
| <p><b>Release your inner child and build yourself happy with LEGO® bricks.</b></p> <p>Are you failing to find inner peace on a yoga mat? Does life feel like all work and no play?</p> <p>Having fun and getting creative can boost your mood and your well-being. So if you're looking for ways to unwind and make time for yourself, then let this book guide you on a LEGO® brick road to happiness.</p> <p>With more than 50 mindful LEGO building activities, discover how you can find balance, connect with friends and</p> | <p><b>Miniphant is growing his own food - in his suitcase! But something isn't right, and he doesn't understand why his higgledy-piggledy weeds don't look like the beautiful rows of vegetables growing in the garden. With some help from his friends, will Miniphant discover how to turn his weeds of jealousy into seeds of joy?</b></p> | <p>Looks at why children sometimes feel shy and suggests ways to help them cope with this feeling. Includes notes for parents and teachers. Suggested level: junior, primary.</p> | <p>Choices is a thought-provoking series that supports the Framework for PSHE and Citizenship at Key Stage 2. In each book, children talk about their emotions, and how they cope with difficult situations. The author was involved in extensive research with children and the text was built around their responses. Difficult emotions and issues are treated seriously, but</p> |

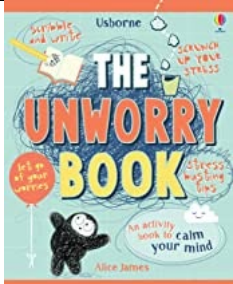
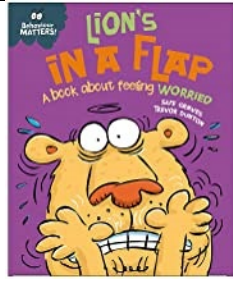
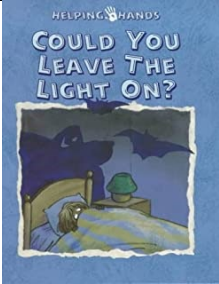
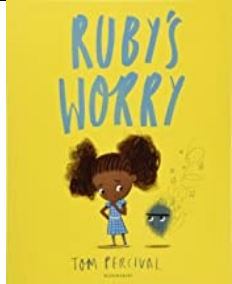
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| <p>family, relax and improve your sleep habits.</p>                               |   |  | <p>sympathetically and constructively.</p>  |
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| <p>Sad – Janine Amos</p>  | <p>A kid's guide to feelings (Holmes): Feeling Mad</p>  | <p>A kid's guide to feelings (Holmes): Feeling Lonely</p>  | <p>A kid's guide to feelings (Holmes): Feeling Jealous</p>  |
| <p>How to talk about feelings of sadness with young children.</p>                 | <p>Young readers are introduced to healthy ways to deal with anger in this engaging book, which explores the feelings one gets when they get mad. They meet a colorful character named Raging Raccoon, who helps them understand this emotion. Through the engaging main text, eye-catching comic book design, and full-color photographs and illustrations, they learn what causes anger and how to properly approach dealing with those feelings.</p> | <p>Readers will learn about experiencing feelings of loneliness and how to deal with them in a healthy way. As they are introduced to the colorful, adorable character The Lone Furball, they find tips on dealing with loneliness through this relatable and age-appropriate main text. Readers uncover strategies for approaching their own lonely emotions in a constructive way to turn gloomy feelings into positive ones. The eye-catching comic book style, engaging illustrations, and full-color photographs invite readers to connect with this material that helps them</p> | <p>Why do we get jealous? What certain things do we get jealous about? These questions and more are addressed in this important text about having feelings of jealousy. Young readers are introduced to Green Eyed Bunny, who helps them navigate such a complex emotion. In this age-appropriate and relatable main text, readers learn to recognize and evaluate their own instances of jealousy. The fun, comic book design, creative illustrations, and full-color photographs add an appealing artistic element to this important topic, which teaches readers how to become</p> |

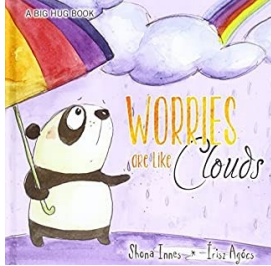
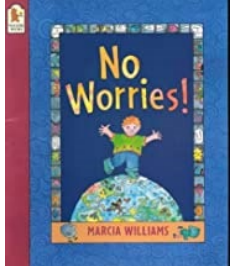

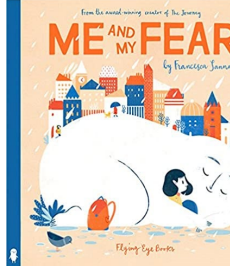
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|  |   | develop their understanding of their feelings.   | more aware of their own feelings and how they express them.  |
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| A kid's guide to feelings (Holmes): Feeling Happy (Ms Bacon/hospital)  | A kid's guide to feelings (Holmes): Feeling Sad   | A kid's guide to feelings (Holmes): Feeling Excited  | Can anyone be as gloomy as me? - Toczek  |
| <p>This fun-filled and age-appropriate book explores the ways in which we experience happiness. Young readers are introduced to the colorfully charismatic character Captain Cheerful, who exhibits happiness throughout the main text. The compelling comic book style, illustrations, and appealing, full-color photographs draw readers in, allowing them to relate more easily to this essential subject matter. They are also encouraged through the simple and accessible text to explore what causes emotional responses and how to embrace them with positivity. Readers are sure to have a smile on their face after engaging with this joyful text</p> | <p>Many things cause us to become sad, but what's important is to know how to deal with sad feelings in a healthy way. In this charming, age-appropriate book, young learners have the pleasure of meeting the colorful character Dr. Gloom. They are taken on a journey alongside Dr. Gloom through the captivating main text, which is presented in a fun comic book design that is filled with vibrant, full-color photographs and illustrations. While learning about what makes us experience feelings of sadness and how we express those feelings, readers expand their understanding of their own emotions.</p> | <p>Young learners are introduced to the colorful and charismatic Can't-Wait A-Gator in this age-appropriate and accessible book about experiencing feelings of excitement. Through this essential material they learn how to connect with and embrace their own feelings of excitement and express themselves in a healthy manner. This fun look at feelings features a unique comic book design, vibrant photographs, and adorable illustrations, that draw in readers to relate to the important subject matter. Readers recognize how to understand and</p> | <p>This collection of approximately 20 new poems looks at what it means to be unhappy and how sadness can be overcome.</p> |

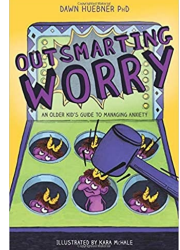
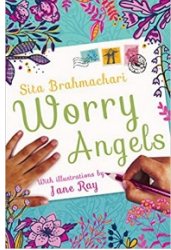
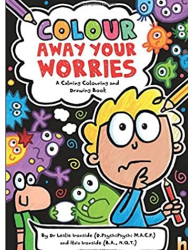


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|  |  | express their own feelings through this exciting text. |  |
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| Everyone I see is luckier than me (Jealousy) - Bevan   | The Boy Who Built a Wall Around Himself – Ali Redford (traumatic experiences)  |  |  |
| This collection of approximately 20 new poems looks at what it means to be jealous and how to overcome it. | Boy built a wall to keep himself safe. Behind it he felt strong and more protected. Then Someone Kind came along. She bounced a ball, sang and painted on the other side of the wall, and Boy began to wonder if life on the other side might be better after all. Written for children aged 4 to 9, this gentle full-colour picture book uses a simple metaphor to explain how children who have had painful or traumatic experiences can build barriers between themselves and other people. It will help children explore their feelings and encourage communication. |  |  |

## Worries

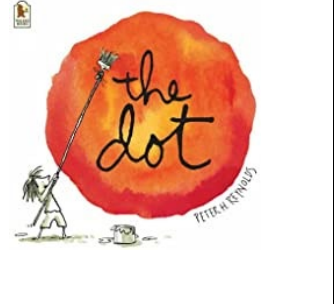

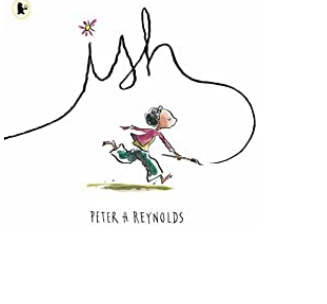
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| <p>The unworry book (workbook) – James</p>  | <p>Lion's in a flap – Graves/Dunton</p>   | <p>Could you leave the light on? – Bode / Broere</p>  | <p>Ruby's Worry – Percival (Ms Bacon/hospital )</p>   |
| <p>We all worry. This write-in book is an unworry toolkit, full of things to calm you down and places to put your worries. Activities include creating a worry box, making a mood grid and mindfulness activities such as colouring, doodling and mazes. Written with the help of a psychologist, there are links to websites for tips, advice and support too.</p> | <p>A lively picture book that examines the issue of being worried in an amusing but reassuring way through animal characters - perfect for young children who have feelings of anxiety and worry. The story offers a gentle way in to discussing the things children worry about. At the end of the story there are notes for parents and teachers with suggestions of ways to help children deal with worry.</p> | <p>Dealing with fear, this book is part of a series which helps children to understand and come to terms with the emotional experience and social aspects of illness, sadness, death, and loneliness.</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>A perceptive and poignant story that is a must-have for all children's bookshelves. From Tom Percival's bestselling Big Bright Feelings series, this is the perfect book for discussing childhood worries and anxieties, no matter how big or small they may be.</p> |
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| <p>Worries are like clouds – Innes / Agocs (Mrs Price)</p>  | <p>No worries! – Williams</p>   | <p>The huge bag of worries – Ironside / Rodgers</p>   | <p>Me and my Fear - Francesca Sanna</p>   |

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| <p>Worries are Like Clouds compares worries to the weather, acknowledging that some days are wonderful, filled with golden sunlight that calls us outside to run and jump and play with fresh air on our faces. But some days are not so wonderful and can be a bit tough.</p>  | <p>A reassuring and humorous look at common childhood worries. School, the dentist, family, friends, pets - there are so many things for a child to worry about. But every single one of them can be chased away, if you know the secret.</p>      | <p>Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them?</p> | <p>When a young girl has to travel to a new country and start at a new school, her Fear tells her to be alone and afraid. How can she hope to make friends if she doesn't understand their language? A heart-warming and relevant new tale from the bestselling author and illustrator of <i>The Journey</i>, this book shows us the importance of sharing your Fear with others - after all, everyone carries a Fear with them, even if it's small enough to fit into their pocket!</p> |
|    |   |    |  |
| <p>Outsmarting Worry -</p>  | <p>Worry Angels - Sita Brahmachari</p>   | <p>Colour Away Your Worries – Leslie Ironside</p>  |  |
| <p>Worry has a way of growing, shifting from not-a-big-deal to a VERY BIG DEAL in the blink of an eye. This big-deal Worry is tricky, luring children into behaviours that keep the anxiety cycle going. Children often find it hard to fight back against Worry, but not anymore. <i>Outsmarting Worry</i> teaches 9-13 year olds and the adults who</p> | <p>Amy May knows about webs of worries - so many people she meets are caught in them, from her own artist dad to newly arrived refugee Rima and her family. By being brave enough to open up her worry box, Amy May helps all those around her</p> | <p>Help children and young people to de-stress and relax through colouring, doodling and drawing. Everybody has worries and fears, and if we don't talk about them we can sometimes feel alone and our worries can grow and get bigger.</p>          |  |

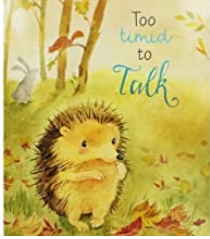
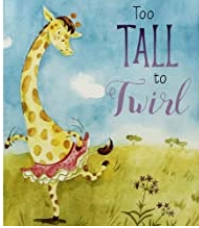
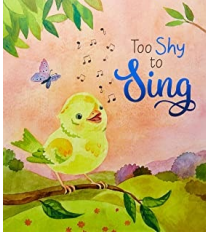

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| <p>care about them a specific set of skills that makes it easier to face - and overcome - worries and fears.</p>  | <p>find a way forward. Particularly suitable for struggling, reluctant and dyslexic readers aged 8+</p>                   |  |   |
| <h2>Perfection / Mistakes</h2>  |   |  |   |
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| <p>Mistakes that worked – Foltz Jones/O'Brien</p>   | <p>The girl who never made mistakes – Rubinstein/Pett</p>   | <p>Beautiful Oops - Saltzberg</p>  | <p>The Most Magnificent Thing – Spires</p>  |
| <p>Popsicles, potato chips, Silly Putty, Velcro, and many other familiar things have fascinating stories behind them. In fact, dozens of products and everyday items had surprisingly haphazard beginnings. <i>Mistakes That Worked</i> offers forty of these unusual tales, along with hilarious cartoons and weird and amazing facts. Readers will be surprised and inspired!</p> | <p>"Beatrice offers a lesson we could all benefit from: learn from your mistakes, let go, laugh, and enjoy the ride."</p> | <p>Every mistake can lead to a beautiful new adventure: That's the lovely life lesson behind this inspiring board book full of pop-ups, pull-the-flaps, and pretty amazing not to mention surprising feats of paper engineering.</p> | <p>Award-winning author and illustrator Ashley Spires has created a charming picture book about an unnamed girl and her very best friend, who happens to be a dog. The girl has a wonderful idea. She is going to make the most MAGNIFICENT thing! She knows just how it will look. She knows just how it will work. All she has to do is make it, and she makes things all the time. Easy-peasy!? But making her magnificent thing is anything but easy, and the girl tries and fails, repeatedly. Eventually, the</p> |



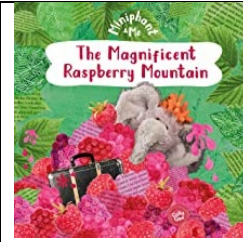
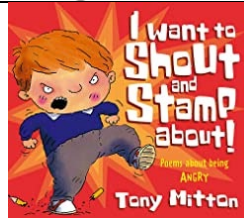
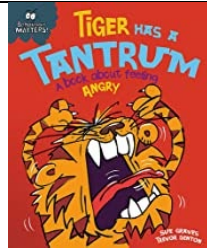
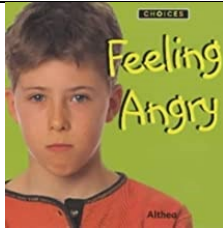
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|  |  |  | girl gets really, really mad. She is so mad, in fact, that she quits. But after her dog convinces her to take a walk, she comes back to her project with renewed enthusiasm and manages to get it just right. |
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| The dot – Reynolds   | Stuck – Jeffers  | Ish - Reynolds   |   |
| In this inspiring, award-winning story of self-expression and creativity from Peter H. Reynolds, illustrator of <i>Ish</i> and the <i>Judy Moody</i> series, Vashti thinks she can't draw. But her teacher is sure that she can. She knows that there's creative spirit in everyone, and encourages Vashti to sign the angry dot she makes in frustration on a piece of paper. This act makes Vashti look at herself a little differently, and helps her discover that where there's a dot there's a way... With wit, charm and free-spirited illustrations, Peter H. Reynolds encourages even the stubbornly uncreative among us to make a mark – and follow where it takes us. | Delightful chaos ensues when a young boy gets his kite stuck in a tree in this laugh-out-loud new picture book from award-winning, internationally best-selling author-illustrator Oliver Jeffers!<br><br>Floyd gets his kite stuck up a tree. He throws up his shoe to shift it, but that gets stuck too. So he throws up his other shoe and that gets stuck, along with... a ladder, a pot of paint, the kitchen sink, an orangutan and a whale, amongst other things!<br><br>Will Floyd ever get his kite back? | An inspiring, encouraging story for budding artists everywhere, the acclaimed illustrator of <i>The Dot</i> , <i>Sky Colour</i> and the <i>Judy Moody</i> series tells the story of Ramon, who loves to draw. Anytime. Anything. Anywhere. Drawing is what Ramon does. It's what makes him happy. But in one split second, all that changes. A single remark by Ramon's older brother, Leon, turns Ramon's carefree sketches into joyless struggles. Luckily for Ramon, though, his little sister, Marisol, sees the world differently and she opens his eyes to something a lot more valuable than getting things exactly right.. |   |

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|  | A hilarious book with a wonderful surprise ending. |  |  |
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## Being Self Conscious

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| Too Timid to Talk –<br>Lisa Regan  | Too tall to twirl –<br>Regan/Shuttlewood, Bonney Press   | Too shy to sing–<br>Regan/Shuttlewood, Bonney Press  | Too clumsy to climb–<br>Regan/Shuttlewood, Bonney Press   |
| It's Hedgehog's birthday and she is very excited! She would like to ask all of her forest friends to help her celebrate. But everyone seems so busy. The squirrels are merrily decorating the trees, Bear is sweeping up a storm and Bunny is gathering lots of delicious food. Everytime Hedgehog tries to speak, the words don't seem to come out right! | All of Giraffe's friends are good at something: Hippo is a brilliant ballerina, Ostrich is a sensational skater and Lion is a dazzling dancer. Poor Giraffe can't seem to get the hang of anything! No matter how hard she tries, she ends up in a tangled mess. | All of Canary's friends have something special about them: Hummingbird can hover in midair, Ostrich can run super fast and Peacock has a beautiful tail. Canary loves to sing, but only when he's by himself. He could never sing in front of his friends! | Today's the day Little Monkey is learning to climb by himself. He wants to play in the trees with his cousins, but he just can't seem to figure it out; he slips, slides, gets tangled and tumbles! As he and his mummy take a break to visit their friends in the jungle, they discover Baby Sloth learning to sleep safely, Little Armadillo learning how to roll and Little Flamingo trying to balance. Will Little Monkey learn from his friends and be able to join his family in the treetops, or is he simply too clumsy to climb? |

# Anger



Feeling Angry – Althea

Tiger has a Tantrum – Graves/Dunton

I want to shout and stamp about! – Mitton

The magnificent Raspberry Mountain - Gee

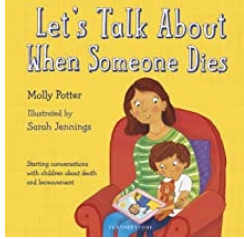
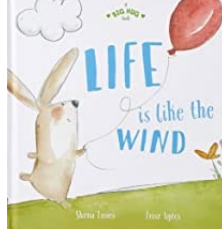
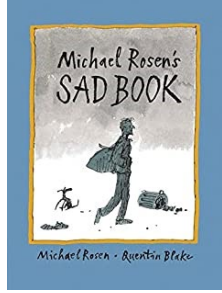
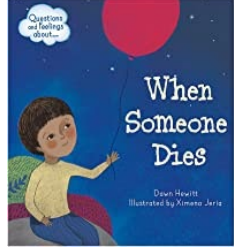
Examines the nature, causes, and effects of anger and discusses how to deal with it

A lively picture book that examines feelings of anger in an amusing but reassuring way through animal characters - perfect for young children who are experiencing angry emotions. The story offers a gentle way in to discuss this difficult emotion. At the end of the story there are notes for parents and teachers with suggestions of ways to help children deal with anger.

Ideal for use in Foundation Stage and Key Stage 1, these simple poems get to the heart of childhood emotional experience. They are hugely entertaining in their own right, wonderfully supplemented by the witty and humorous illustrations, thus making them ideal for literacy work. They also make a great starting point for discussion about feelings and behaviour.

**Miniphant is on a mission to find some food! He's not just hungry he's hangry. Will he and his friends be able to work together and conquer the magnificent raspberry mountain?**  
The **Miniphant & Me** series aims to teach young readers that they can find their security, self-worth and significance in the God who created them and loves them. Follow the adventures of Miniphant and his friends, learning with them wonderful lessons about identity and individuality, courage and perseverance, friendship and forgiveness, and managing difficult feelings.

## Bereavement / Loss

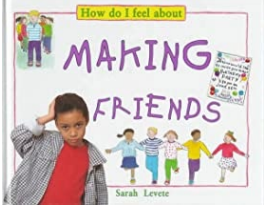
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| <p>Let's talk about when someone dies – Potter / Jennings</p>   | <p>Life is like the wind – Innes/Agocs</p>   | <p>Sad Book – Rosen/Blake</p>  | <p>When Someone Dies – Hewitt/Jeria</p>   |
| <p>When someone dies, we can feel a whole host of different emotions and explaining them to a child isn't so easy. This book uses clear, easy-to-understand language to answer complex questions about death and how a child might feel when someone dies. It covers all manner of tricky subjects with sensitivity and honesty, from what death is to why people die.</p> <p>Each double page spread takes a child through how they might feel, what they might think and how they might behave. With engaging illustrations, gentle guidance and simple advice for parents and carers, <i>Let's Talk About When Someone Dies</i> fulfils an important but difficult need for starting</p> | <p>It introduces the various things people believe happens to a life that has moved on. Endearing illustrations of animals enjoying, missing, comforting, and honoring one another do a wonderful job of conveying the message that although life is very precious, "when it is time for the life to leave, it will go."</p> | <p><b>A heartbreakingly honest account of a father's grief for his son.</b></p> <p>Very occasionally the term non-fiction has to stretch itself to accommodate a book that fits into no category at all. Michael Rosen's <i>Sad Book</i> is such a book. It chronicles Michael's grief at the death of his son Eddie from meningitis at the age of 19. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain. It wasn't made like any other book either; Michael Rosen said of the text, "I wrote it at a moment of extreme feeling and it went straight down onto the page ... Quentin didn't illustrate it, he 'realized' it. He turned the text into a book and as a result showed me back to myself. No writer could ask and get more than that." And Quentin Blake says that the picture of Michael "being sad but</p> | <p>How do you help a young child deal with death? This hands on picture book is designed to help children with their questions and feelings about tricky topics that can be hard to talk about. Written with bereavement experts CHUMS this book offers practical help, tips and advice as well as exploring everyday situations, supported by exquisite and approachable illustrations to give a comforting story book feel.</p> |



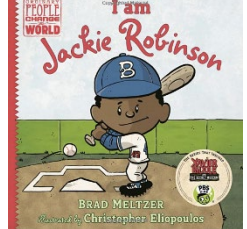
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| <p>conversations with children about death and bereavement, in an accessible and supportive way.</p>   |  | <p>trying to look happy" is the most difficult drawing he's ever done... "a moving experience."</p>  |   |
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| <p>I Miss You - Thomas</p>   | <p>Letting Go! (workbook) – Coombes</p>  | <p>Badger's Parting Gifts – Varley</p>   | <p>The heart and the bottle – Jeffers</p>   |
| <p>This reassuring picture book explores the difficult issue of death for young children. Children's feelings and questions about this sensitive subject are looked at in a simple but realistic way. This book helps them to understand their loss and come to terms with it.</p> | <p>The encouraging and simple activities and exercises tackle the feelings associated with grief, bereavement and family separation; children will enjoy using their creativity to combat negative feelings and work out how to cope with these emotions through writing, colouring, doodling and drawing.</p> | <p>Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally passes away, they are grief-stricken, but one by one they remember the special things he taught them during his life. By sharing their memories, they realise that although Badger is no longer with them physically, he lives on through his friends.</p> | <p>Award-winning picture book star Oliver Jeffers explores themes of love and loss in this life-affirming and uplifting tale.</p> <p>Once there was a girl whose life was filled with wonder at the world around her... Then one day something happened that made the girl take her heart and put it in a safe place. However, after that it seemed that the world was emptier than before. But would she know how to get her heart back?</p> <p>In this deeply moving story, Oliver Jeffers deals with the weighty themes of love and loss with an extraordinary lightness of touch and shows us, ultimately, that there is always hope.</p> |

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| <p>Always and Forever – Gliori/Durant</p>   | <p>Waterbugs and dragonflies – Doris Stickney</p>  | <p>Mum's Jumper – Jayde Perkin</p>   | <p>If All the World Were... - Joseph Coelho</p>  |
| <p>When Fox dies the rest of his family are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be, and they realise that Fox is still there in their hearts and memories.</p> | <p>To explain death to young children, Doris Stickney adapted the graceful fable about the waterbug that changed into a dragonfly. First published under the title "Death" in 'Colloquy' (December 19710</p> | <p>If Mum has gone, how do you carry on? Missing her feels like a dark cloud that follows you around, or like swimming to a shore that never comes any nearer. Memories are like a jumper that you can cuddle and wear. Mum's jumper might be a way to keep her close.</p> | <p>A moving, lyrical picture book about a young girl's love for her granddad and how she copes when he's gone, written by poet and playwright Joseph Coelho. This beautifully illustrated, powerful and ultimately uplifting text is the ideal way to introduce children to the concept of death and dying, particularly children who have lost a grandparent.</p> |
| <h2>Friendship / Bullying / Racism</h2>   |  |  |  |
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| <p>Being Friends – Althea</p>   | <p>The playground is like a jungle – Innes/Agocs</p>   | <p>How Hattie hated Kindness – Sunderland/Armstrong</p>  | <p>I feel bullied – Green / Gordon</p>   |
| <p>What is being a friend? Children talk about the good things about being friends; whether they have lots of friends they like to</p>  | <p>Going into the playground can be like setting off on an adventure in the jungle - exciting, a little bit wild and filled</p>  | <p><i>How Hattie Hated Kindness</i> is a story for children locked in rage or hate:<br/><br/>Hattie lives by herself on an island. She likes sharks, and crabs and</p>   | <p>Young children experience many confusing emotions in their early years and <i>I feel Bullied</i> looks at what it means and feels like to be bullied in</p>   |

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| <p>do things with, or just one or two close friends; and when it's important to stick up for your friends. A double page spread of notes for parents and teachers includes suggestions on how they can help a child manage difficult situations. The book is suitable for Key Stage 2 children.</p> | <p>with lots of different creatures. You'll meet lots of people having their own adventures in the playground, and sometimes you might want to play together. There's a lot to learn, but there's also lots of fun to be had.</p> | <p>stinging centipedes. She likes anything hard and spiky. Lots of people try to bring kindness to Hattie on her island, but each time she is very horrid to them, smashing and spoiling everything they try to do for her. So after a while they all stop coming to the island. Hattie is very alone. So she sits by the water's edge and tries to figure out why she hates love and loves hate. She thinks it must be because she is a very bad girl indeed. But the lapping water-over-her-toes helps Hattie to understand that because she'd been a very sad and frightened little girl in a too hard world, she had become hard too, so that the awful fear and the awful pain would go away. The lapping-water-over-her-toes helps Hattie to move from cruel to kind. In the end, Hattie builds a bridge to the warm and cosy world across the water</p> | <p>light-hearted but ultimately reassuring way. This picture books examines how and why people are bullied, illustrates scenarios of people bullying and being bullied, and the best way to deal with it with age-appropriate content.</p> |
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| <p>Making Friends (Emily learns about tolerance) – Chancellor/Parks</p>   | <p>Dealing with Racism – Green</p>  | <p>Racism – Brundle</p>  | <p>Giraffe is left out (bullying) – Graves/Dunton</p>  |
| <p>The book is a part of the <i>British Values</i> series which explores tricky</p>   | <p>This book discusses the nature of racism, possible</p>   | <p>What is racism? How does racism happen? What can we do to stop racism? Discover more</p>  | <p>This simple, engaging story is the perfect way to introduce young children to what</p>  |

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| <p>subjects such as democracy, the rule of law, mutual respect and tolerance through fun illustrated stories. Each book includes teacher notes for discussing the theme of the story.</p>  | <p>explanations for it, and ways to end it.</p>   | <p>about racist behaviour and how to spot and report it</p>  | <p>bullying is, and help them become aware of how their behaviour can impact on other children. There are even suggestions for activities and ideas to talk through together to help children understand. When Leopard arrives at Jungle School, Giraffe doesn't want to include him and tries to exclude him from joining in. So when Leopard has a birthday party he doesn't invite Giraffe, even though he has invited all his friends. Slowly Giraffe begins to understand how Leopard must have felt when he started school. Can the two of them learn to become friends after all?</p> |
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| <p>Teasing isn't funny – Higgs/Shin</p>  | <p>Pay up, or else! – Bode/Broere</p>   | <p>Loneliness and Making Friends (x2) – Levete</p>   | <p>Mud Boy – Sarah Siggs (Bullying)</p>  |
| <p>Jesse and the other animals at the bus stop make fun of Kelly's fluffy fur and plain clothes. The constant teasing makes Kelly the cat feel sad. Young readers watch Kelly struggle with the teasing and learn safe ways to make it stop. Sensitive</p> | <p>Robert is worried about his best friend Philip, who seems very quiet lately. Then he discovers that Philip seems to know the Gang, whose members</p> | <p>A book in an easy-to-read question-and-answer format explores the emotions that come with making new friends, the importance of good friendships, and how to make up after a disagreement and offers advice on dealing with shyness, rejection, and jealousy.</p> | <p>Mud Boy is an illustrated book for ages 5 and up, showing how children can go from being joyfully buoyant to totally deflated when being bullied and teased, and offering advice to get them back to their best. Mud, music and a family cat are used to conjure up the story to</p>  |



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| <p>illustrations of gender-neutral animal characters help all children relate to the issue of emotional bullying</p>  | <p>terrify the rest of the school. When he sees his friend searching other people's pockets, he fears the worst, but should he tell the teacher?</p> |  | <p>children in a very new and real way, showing that recovery happens through talking to others about our problems.</p> |
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| <p><b>I Am Jack Robinson – Brad Meltzer</b></p>   |  |  |   |
| <p>Jackie Robinson always loved sports, especially baseball. But he lived at a time before the Civil Rights Movement, when the rules weren't fair to African Americans. Even though Jackie was a great athlete, he wasn't allowed on the best teams just because of the colour of his skin. Jackie knew that sports were best when everyone, of every colour, played together. He became the first black player in Major League Baseball, and his bravery changed African-American history and led the way to equality in all sports in America. This engaging series is the perfect way to bring American history to</p> |  |  |   |

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| life for young children, providing them with the right role models, supplementing Common Core learning in the classroom, and best of all, inspiring them to strive and dream. |  |  |  |
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**Medical / hospital**

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| Jess and Joe go to the dentist – Dale/Chapman  | Peppa goes to Hospital – ladybird books  | I don't want to go to hospital – Ross  | Tomorrow I will feel better – Bode / Broere   |
| One of a series of books that will help and motivate early readers, including English Language Learners (ELL), to learn their first 100 high-frequency sight words in a meaningful context, through stories. | Pedro Pony is poorly, so Peppa Pig and her friends go with Madame Gazelle to visit Pedro in hospital. Pedro shows everyone what the hospital is like - the nurses, the doctor, and of course, the food. Peppa and her friends discover that the hospital isn't so scary after all! | The Little Princess doesn't want to go to hospital, and does everything she can to avoid it. But when she is finally forced to go, she finds that she really rather likes it. Back home again, she decides she wants to go back. After all, they treat her like a princess in there! | Rosie must go to hospital for heart surgery. She is a very positive little girl and enjoys her new pyjamas, packing her bag, and the fact that mum and teddy are going too. She doesn't like having blood tests, though, and she realises that mum is worried. Lots of procedures are shown in some detail, and as Rosie is in hospital for some time, we see her cards and presents and are told about her visitors. When she can finally come home, there is a party with chocolate cake. |

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| <p>Can you make me better – Bode</p>  |   |  |  |
| <p>Rosie goes into hospital for a heart operation. She has to get used to all kinds of treatments, and can't get out of bed for a long time. The doctors and nurses explain what is happening, her mother stays with her and, most important of all, Teddy is there helping her to be brave... Side by Side is a fabulous new series which deals with dramatic and significant events in young children's lives. Wonderful, sensitive pictures are sure to appeal to small children trying to cope with difficult situations.</p> |   |  |  |
| <h2>New Baby</h2>   |   |  |  |
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| <p>Janine and the New Baby – Thomas/Northway</p>  | <p>How do I feel about Our New Baby – Green</p>                                     |  |  |
| <p>Janine learns that she will have a new brother or sister in a few weeks and that</p>   | <p>Discusses the fun and frustration of coping with</p>                             |  |  |

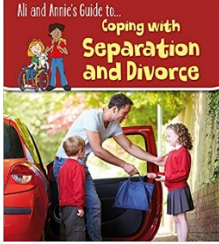
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| <p>her Auntie Carlene will stay with her while her mother is in the hospital.</p> | <p>being a big brother or sister to a new baby, the disruption to the normal family life, and the sharing of the parents' time, attention, and love</p> |  |  |
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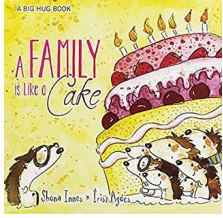
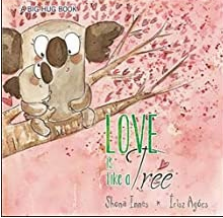
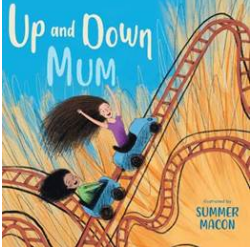
## Moving House

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| <p>Moving House – Usborne/Cartwright</p>   | <p>I want that room! – Green/ Gordon</p>   | <p>Miniphant Moves in - Gee</p>  |  |
| <p>Designed to introduce young children to unfamiliar situations in an amusing and friendly way. Features Stephen Cartwright's delightful illustrations, providing lots to look at and talk about. An ideal starting point for young children and adults to discuss first experiences.</p> | <p>This sensitive and entertaining book thoughtfully helps children to understand what happens when their family moves to a new house and the feelings that go with it. Written from a child's point of view, it shows how negative feelings about leaving one home and moving to a new one can be dealt with and how there are many good things about it too.</p> | <p>Miniphant is moving into his brand-new home! There are new friends to be made, different places to explore, and an important mystery to be solved. Will Miniphant find the missing piece of the puzzle?</p> |  |

## Separation / Divorce/ Family

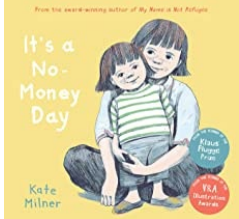


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| <p>Living with mum and living with dad - Walsh</p>  | <p>Mum and Dad Glue – Gray/Wildish</p>   | <p>When Parents Separate – Hewitt/Jeria</p>   | <p>Ali and Annie's guide to coping with Separation and Divorce – Hunt</p>  |
| <p><b>A reassuring and simple story about separation for the very youngest children.</b></p> <p>Mum and Dad don't live together any more, so sometimes this little girl lives with her mum and her cat, and sometimes she lives with her dad. She has two bedrooms and two sets of toys, but she takes her favourite toys with her wherever she goes. This simple, warm, lift-the-flap book with bold and colourful illustrations is a reassuring representation of separation for the youngest children. Melanie Walsh is sympathetically alive to the changes in routine that are familiar to many children who live with separate parents and are loved by both.</p> | <p><b>This comforting, reassuring picture book will help young children come to terms with divorce and separation.</b></p> <p>A little boy tries to find a pot of parent glue to stick his mum and dad back together. His parents have come undone and he wants to mend their marriage, stick their smiles back on and make them better.</p> <p>But, as he learns, even though his parents' relationship may be broken, their love for him is not.</p> | <p>How do you explain to a child what happens when parents separate? How will it make them feel? Written with wellbeing experts CHUMS this book offers practical help, tips and advice as well as exploring everyday situations, supported by, exquisite and approachable illustrations to give a comforting story book feel.</p> | <p>Are you trying to cope with your parents' separation or divorce? Maybe a friend of yours is going through this and you want to help him or her. This useful book gives lots of information about how to cope with your parents' separation or divorce. Characters Ali and Annie will guide you through the issues and give you advice and 'top tips', while Charlie the dog shows that he understands how you might feel.</p> |

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| <p>A Family is like a Cake – Innes/Agocs</p>                                      | <p>Love is like a tree – Innes/Agocs</p>  | <p>Up and Down Mum (Bi-Polar) – Summer Macon</p>                                  |  |

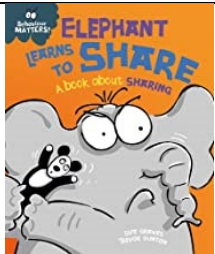
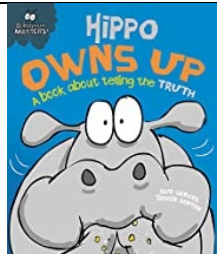
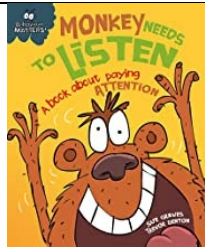
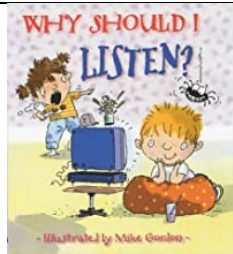
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| <p>Cakes are made from many different ingredients to create something unique, delicious and amazing. A family is a lot like a cake. Families come in all shapes and sizes. They are the people who help us feel that we belong. Families give us help, support and love... even when we are apart from them. When we are with our family, we feel like we are home.</p> | <p>Love is a special and growing thing. It's a little bit like a tree - a special magical tree - that you can climb up into, nest comfortably in its big branches, and safely watch the world go by. Love can come in different shapes and sizes. Like a tree, love can grow and grow.</p> | <p>Everyone has good days and bad days, but in some cases, it is far more extreme. Life for some families can feel like a rollercoaster ride.</p> <p>Here a child introduces us to their mum – a great storyteller and a splendid spaghetti cook. When she's happy, she's on top of the world. Other days, she seems to be trapped in a deep, dark hole. Sometimes she can't get out of bed, or her brain is thinking so hard that she's like a runaway train with no brakes.</p> <p>Fortunately, the family knows how and when to ask for help.</p> |  |
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## Finance

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| <p>It's a no-money day - Milner</p>   |  |  |  |

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| <p>Mum works really hard, but today there is no money left and no food in the cupboards. Forced to visit the local foodbank, Mum feels ashamed that they have to rely on the kindness of others, but her young daughter can still see all the good in her day like reading and drawing, and even the foodbank. Maybe one day things will be different but for now together they brighten up even the darkest of days. A moving insight into the sad rise and necessity of foodbanks from the perspective of society's most vulnerable, and an essential book to help develop empathy in younger readers</p> |  |  |  |
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## Behaviour



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| <p>Elephant learns to share - Graves/Dunton</p>                                     | <p>Hippo owns up (truth) – Graves/Dunton</p>  | <p>Monkey needs to listen – Graves/Dunton</p>  | <p>Why should I listen? – Llewellyn/Gordon</p>  |
| <p>Elephant hates sharing anything. When Gran gives him a bat and ball</p>          | <p>This funny, charming story is the perfect way to introduce</p>                   | <p>A lively picture book that examines the issue of not listening in an amusing but reassuring way</p> | <p>The boy at the centre of this book finds it hard to listen, and consequently gets into</p> |

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| <p>set, he finds it impossible to play by himself. He needs to find friends to play with, but will anyone want to join his game?</p> | <p>young children to what honesty is, and help them understand the importance of owning up to your mistakes. Also included are suggestions for activities and ideas to talk through together to help children fully understand how their behaviour can impact on others.</p> <p>Hippo is having a bad day. It all started when he missed his breakfast. He can't concentrate in class and his tummy won't stop rumbling. And when he sees Mrs Croc's special chocolate cake, he can't resist. Now somebody else is getting the blame for eating it. Will Hippo do the right thing and tell the truth and make amends for what he's done?</p> | <p>through animal characters - perfect for young children who forget to listen. The story offers a gentle way in to reinforce this good behaviour. At the end of the story there are notes for parents and teachers with suggestions of ways to help children deal with anger.</p> | <p>all sorts of trouble, such as getting lost in a museum and having to wear a really embarrassing pair of swimming trunks at a friend's party. However, he feels lonely and invisible when no one listens to him, so now he makes an extra special effort to listen, and finds that sometimes listening can bring nice things, such as ice cream!</p> |
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| <p>Why should I help? – Llewellyn/Gordon</p>   | <p>Keeping safe – Wheatcroft / Woolley</p>   |  |  |



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| <p>There are always jobs to do around the house, and sometimes the little girl at the centre of this story doesn't feel like helping. She's too busy playing. Then her dad reminds her of the times she's been helped by people, such as when she lost her pet rabbit, Squeaky, and everyone helped search for him. The little girl realises that all sorts of people need help from time to time, including herself, and she decides that from now on she will always offer to lend a helping hand.</p> | <p>Why should I wear a helmet when cycling?<br/>How do I cross the road safely?<br/>How do I stay safe online?<br/>What should I do in an emergency? The answers to these and many other questions about keeping safe can be discovered in this lively and informative book. The topic of safety, whether at home, out and about, near water or online, is complemented by charming, clear illustrations.</p> |  |  |
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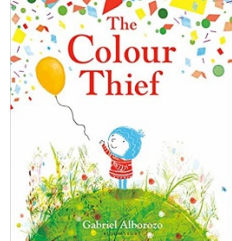
## Sleeping/Resting

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| <p>Resting and sleeping – Wheatcroft/Woolley</p>   | <p>Sleep easy – Christelis/Paganelli</p>   |  |  |
| <p>How much sleep do I need? What happens when I sleep? Why do I dream? Will screen time affect my sleep? Why should I rest? The answers to these and many other questions about resting and sleeping can be discovered in this lively and</p> | <p><b>Help your child to get a good night's sleep. This mindfulness story book for children includes simple mindfulness activities, which have been shown to help relieve stress and</b></p> |  |  |


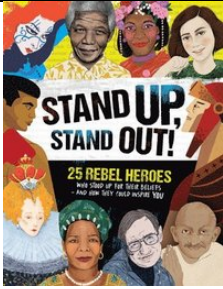
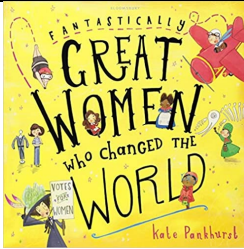
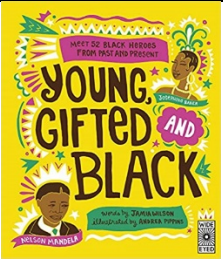
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| <p>informative series. The topics of fitness and fun are complemented by charming and humorous illustrations. This book is designed for children to begin to learn about the importance of being healthy, and the ways in which we can look after our bodies to keep fit and well.</p> | <p><b>anxiety and improve health and mental well-being.</b></p> |  |  |
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## Disabilities and Diagnosis

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| <p>(Questions and Feelings about) Having a Disability – Spilsbury/Jeria</p>  | <p>My Friend has Down Syndrome – Moore-Mallinos/Fabrega</p>   | <p>Can I tell you about ADHD? – Susan Yarney</p>  | <p>Can I tell you about Autism? - Jude Welton</p>   |
| <p>How do you help a young child deal with disability or explain what that means? This picture book is designed to help children with their questions and feelings about tricky topics that can be hard to talk about. The exquisite and approachable illustrations give a comforting story book feel, particularly aimed at 5-7 year olds, while also appealing to both younger and older children. A perfect aid to help</p> | <p>My friend has Down's syndrome is a sensitively written story about two children who meet at a summer Fun Club. A warm friendship develops between them as the young narrator comes to understand Ella's Down's syndrome. Both girls learn that everybody is good at something, and</p> | <p>Meet Ben - a young boy with ADHD. Ben invites readers to learn about ADHD from his perspective. He helps children understand what it means to have ADHD and describes what it is and how it feels. Ben explains how he was diagnosed and what he has learnt about ways to relieve his ADHD symptoms, and how friends and adults can help at home and school.</p> | <p>Meet Tom - a young boy with autism. Tom invites readers to learn about autism from his perspective, helping them to understand what it is and explaining the challenges he faces with issues such as social communication, sensory overload and changes in his routine. Tom tells readers about all the ways he can be helped and supported by those around him. This beautifully-illustrated book is ideally suited for readers aged 7 and upwards.</p> |


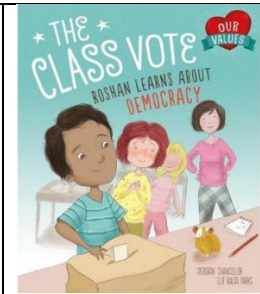

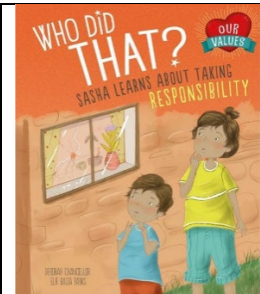
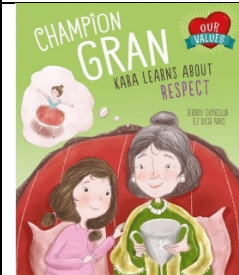
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| <p>children open up and explore how they feel and give them steps they can take to help them cope.</p>  | <p>that by helping each other overcome their fears and difficulties, they can accomplish a great deal. My friend has Down's syndrome inspires and encourages children to overcome barriers that can exist between children with Down's syndrome and their playmates.</p>                             |  |  |
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| <p>Can I tell you about Dyslexia? – Adam Hultquist</p>  | <p>The Colour Thief – Gabriel Alborozo (Depression)</p>  |  |  |
| <p>Meet Zoe - a young girl with dyslexia. Zoe invites readers to learn about dyslexia from her perspective. She helps readers to understand the challenges faced by a child with dyslexia, explaining what dyslexia is and how it affects her at home and at school. Zoe describes exactly why she finds reading, writing and words so difficult, and how other people can help her in these areas.</p> | <p>Zot lives in a world without colour - no green grass, no blue sky, no yellow sun and no red flowers. From his lonely mountaintop, he gazes at Earth, sparkling with brilliant colour, and thinks it must be a very happy place. He sets off to steal some of that happiness for himself . . .</p> |  |  |

# Inspiration / Inspirational people

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|  <p>Written by Kobi Yamada / Illustrated by Mae Besom</p>   |   |    |   |
| <p>What do you do with an idea? – Yamada/ Besom</p>  | <p>Stand up, Stand out (25 Rebel Heros) x 2 – Woodward</p>   | <p>Fantastically Great Women who changed the World – Pankhurst</p>   | <p>Young Gifted and Black – Jamia Wilson</p>   |
| <p>This is the story of one brilliant idea and the child who helps to bring it into the world. As the child's confidence grows, so does the idea itself. And then, one day, something amazing happens.</p>   | <p>Meet 25 of the bravest humans of all time! Stand Up, Stand Out! is filled with the incredible and inspiring stories of rebel heroes who stood up for what they believed in, spoke out against injustice, and overcame impossible obstacles.</p> | <p>Bursting full of beautiful illustrations and astounding facts, Fantastically Great Women Who Changed the World is the perfect introduction to just a few of the most incredible women who helped shaped the world we live in.</p> | <p>Meet 52 icons of color from the past and present in this celebration of inspirational achievement—a collection of stories about changemakers to encourage, inspire and empower the next generation of changemakers.</p> |
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| <p>Nelson Mandela: Long Walk To Freedom – Chris Van Wyk</p>  |  |  |  |
| <p>Nelson Mandela's autobiography, LONG WALK TO FREEDOM, offers a glimpse into the mind of a great leader, admired across the globe for his dedication to the struggles against apartheid in South Africa. Now the youngest readers can discover the remarkable story of</p> |  |  |  |

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| <p>Mandela's long walk from ordinary village boy, to his dynamic leadership of the African National Congress, to his many long years in prison-and, at last, his freedom and astonishing rise to become the leader of his country.</p> |  |  |  |
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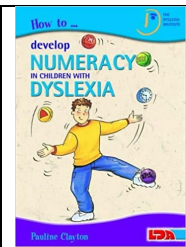
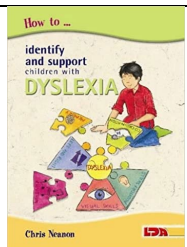
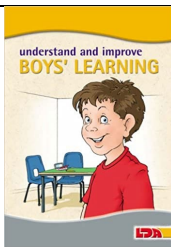
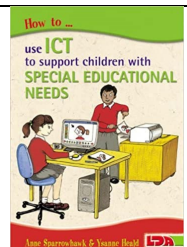
## British Values

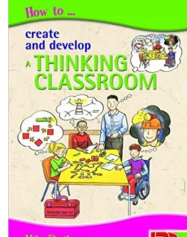
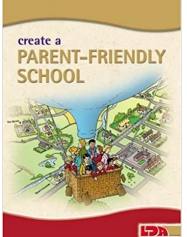
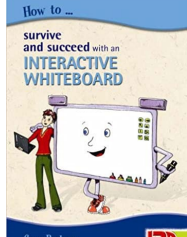
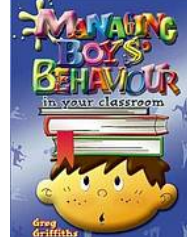
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| <p>The Town Makeover: Noah learns about community pride. – Chancellor/Parks (Pride)</p>   | <p>The Class Vote – Chancellor/Parks (Democracy)</p>  | <p>The Red Flag – Chancellor/Parks (Rules)</p>  | <p>Who Did That? – Chancellor/Parks (Responsibility)</p>   |
| <p>Noah is really looking forward to his favourite magician visiting his town but he thinks his town needs a makeover before he comes. He and his family and friends get to work clearing litter and decorating the town. But how do they all feel when it looks like the magician can't make it after all?</p> | <p>The book is a part of the British Values series which explores tricky subjects such as democracy, the rule of law, mutual respect and tolerance through fun illustrated stories. Each book includes teacher notes for discussing the theme of the story.</p> | <p>The story follows Josh who decides to ignore the red warning flag at the beach and sets off in his boat alone. He gets into danger and has to be rescued by lifeboat and realises why the safety rule was in place. The story is suitable for children aged 5+ who are learning to read or to explore with an adult.</p> | <p>In the story, seven-year old Sasha smashes a window by accident but blames her little brother Henry. When Henry runs away Sasha has to confess and say how sorry she is. Sasha's grandma explains how we should always face the consequences of what we've done and things will turn out better that way.</p> |
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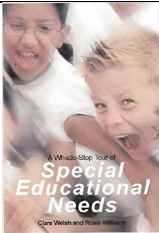
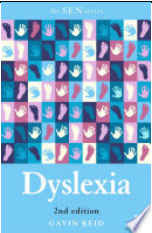
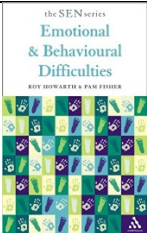

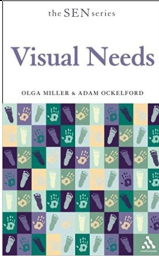

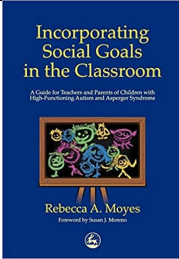


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| Champion Gran<br>Chancellor/Parks<br>(Respect)  |  |  |  |
| This story explores the issue of respect - if we don't respect other people we miss the chance to learn from them and enjoy their friendship. In the story, seven-year old Kara doesn't want to visit her gran because she thinks it will be boring. But Sally at the care home takes Kara on a tour and she learns all about the lives of the residents - which are not boring at all. Kara even finds out that she and her gran have something in common. |  |  |  |

## SEND information and guidance.

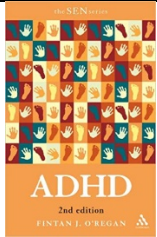
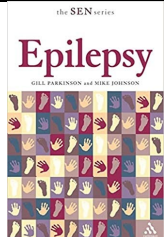
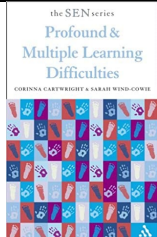
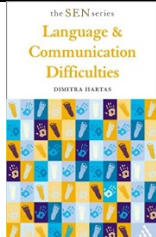
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| How to Develop Numeracy in the Classroom – Pauline Clayton   | How to Identify and Support Children with Dyslexia – Chris Neanon  | How to Understand and Improve Boys' Learning – Mike Fleetham   | How to Use ICT to Support Children with Special Educational Needs – A. Sparrowhawk and Y. Heald   |
| How to Develop Numeracy in Children with Dyslexia Pauline Clayton is the principal tutor for mathematics at the Dyslexia Institute in London. Based upon her vast experience, this guide explores practical ideas and teaching techniques that can support children with dyslexia in the | Written by an experienced Dyslexia Adviser, this practical new book offers help and advice to those providing and supporting the learning process of dyslexic children within the primary school classroom. Packed with valuable advice and ideas, Chris | The book is organised clearly into two main parts. Part one focuses on the background knowledge on how boys brains work, what boys value and how boys function within their family, school and society. I feel this background knowledge is important in identifying key factors on how boys think | ICT can be a powerful means to serve the needs of all children, including those with special educational needs, if implemented effectively. This book highlights the ways in which ICT can be made accessible to all children, and outlines specific solutions that facilitates the learning of those with special educational needs. |

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| <p>mathematics classroom.</p>  | <p>Neanon aims to address those questions that are most frequently asked by teachers and to build confidence.</p>   | <p>and how as teachers we can gain a deeper understanding on how we can support their learning.</p> <p>The second part of this book focuses on how educators can support boys with their learning needs.</p>  |  |
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| <p>How to Create and Develop a Thinking Classroom – M. Fleetham and P. Wilks</p>   | <p>How to Create a Parent-Friendly School – Susanna Pinkus</p>  | <p>How to Survive and Succeed with an Interactive Whiteboard – Greg Braham</p>  | <p>Managing Boys' Behaviour in the Classroom – Greg Griffiths</p>  |
| <p>The interest in different thinking skills and learning styles has grown over the last few years. Many books have been written introducing such tools as: brain-based teaching; individual learning styles; multiple intelligence; thinking skills; brain-friendly classrooms; accelerated learning; VAK; How to Create and Develop a Thinking Classroom will show you how to integrate the best of these new teaching methods with the finest traditional classroom practice.</p> | <p>Susanna Pinkus is an academic associate of the Faculty of Education, University of Cambridge. Her research interests include working with families, special educational policy and practice and the role of happiness in education. This practical book is an essential resource for anyone in schools wanting to develop their relationships with parents. It includes sections that will explain why working with parents is essential, help schools tackle conflicts with</p> | <p>How to Survive and Succeed with an Interactive Whiteboard Offers practical advice on how to use an introduction of interactive whiteboards (IWB) effectively in your classroom. This book helps you to make informed decisions about the hardware and what it is capable of; to understand and use the basic IWB functions; to develop your use of an IWB as an interactive tool with your children; and more.</p> | <p>This book includes steps that classroom teachers can make in most school environments about classroom management in their own classrooms that might assist the learning of both boys and girls. Here are a series of techniques and procedures that can make classroom life a little easier. Some is relevant to infant and primary classrooms, while others are more pertinent to the secondary classroom; either can be adapted with little effort or time.</p> |

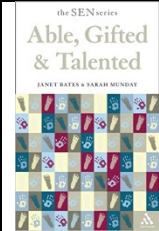
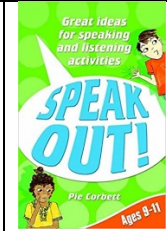
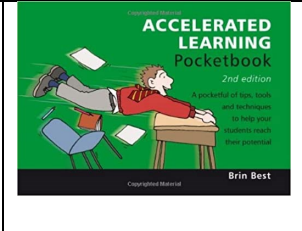
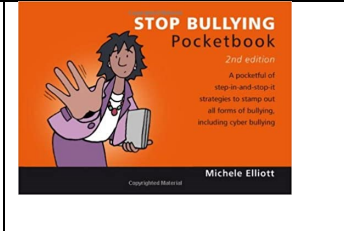

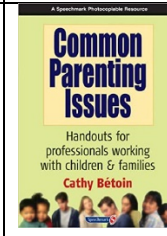
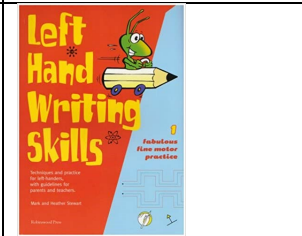
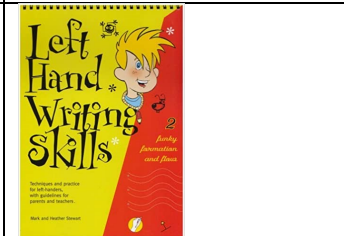
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|   | parents and how to build strong and lasting relationships with them.   |  |   |
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| <b>Speed Up! A kinaesthetic Programme to Develop Fluent Handwriting – Lois Addy</b>   | <b>A Whistle-stop Tour of Special Educational Needs – C. Welsh and R. Williams</b>   | <b>Dyslexia (2<sup>nd</sup> Edition) – Gavin Reid</b>  | <b>Emotional and Behavioural Difficulties – R. Howarth and P. Fisher</b>  |
| Speed Up! is a tried-and-tested programme designed specifically for children aged 8-13, whose handwriting is slow, illegible, or lacking in fluency. Whether the problems are associated with a developmental coordination disorder (such as dyspraxia), dyslexia or ADHD, or whether they are the result of poor handwriting habits acquired early on, this book will provide an effective source of help. | An easy to read broad overview of the world of Special Educational Needs, this excellent title looks at the nature of the most common difficulties affecting children with SEN in mainstream schools today. Invaluable for the NQT and experienced teacher alike. Barrington Stoke specialise in books for reluctant, struggling and dyslexic readers. | Dyslexia is a specific learning difficulty that affects the ability to read and spell. Affecting about ten per cent of children, it is the special educational need that teachers are most likely to encounter. This lively and interesting book provides advice on the most effective teaching and learning strategies that can be used in the classroom. Highly readable, practical and informative, Gavin Reid's book will prove invaluable for teachers, trainees, SENCOs and teaching assistants. | Children with emotional and behavioural difficulties can be some of the most difficult for teachers to manage. Containing advice on such key areas as managing the classroom, involving parents, and developing strategies for dealing with the most extreme cases, this book will prove indispensable for every teacher. |
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| <b>100+ Ideas For Managing Behaviour – Johnnie Young</b>  | <b>Visual Needs – Olga Millar</b>  | <b>Surviving and Succeeding in SEN – Fintan O' Regan</b>   | <b>Incorporating Social Goals in the Classroom – Rebecca A. Moyes</b>   |

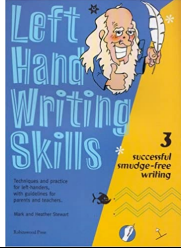
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| <p>Section 1 - Getting to know them<br/> Section 2 - How to keep cool when the going gets tough<br/> Section 3 - Keeping things on track in the classroom<br/> Section 4 - Dealing with common problems<br/> Section 5 - Giving out sanctions and rewards<br/> Section 6 - The big picture<br/> Section 7 - Managing yourself</p>  | <p>Fazed by the difference between an optometrist and an ophthalmologist? Want to find out what the most common visual problems in children are? This lively and interesting book provides advice on exactly that.</p>   | <p>This is a general introduction to special needs for teachers, trainees, teaching assistants, SENCOs, and in fact anyone who works with young people in a learning environment. It provides readers with helpful hints and strategies for dealing with a wide range of difficulties, including those in the areas of communication, learning, behavioural, sensory/physical, and medical.</p>  | <p>Hands-on strategies to teach social skills to children with high-functioning autism and Asperger Syndrome. It includes a detailed description of the social deficits of these children as they appear in the classroom - difficulties with such things as understanding idioms, taking turns in conversation, understanding and using tone of voice and body language - and ways to address them.</p> |
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| <p>The Survival Guide for Kids with ADD or ADHD – John F. Taylor</p>   | <p>ADHD A Teenagers Guide – James J. Crist Ph.D</p>  | <p>Socially Speaking - Alison Schroeder</p>  | <p>Building Learning Power in Action – Gornall/Chambers/Claxon</p>   |
| <p>Do you have a hard time paying attention or staying still? Do you sometimes get yelled at for talking in class or moving around? Do you often zone out? Lose assignments? Fall behind in school? Have trouble controlling your behaviour? Maybe you have ADD or ADHD. These are labels grown-ups use to understand and help kids with these types of challenges. If you've been labelled ADD or ADHD, this book is for you. Look inside to find: What ADD and ADHD mean - and don't mean.</p> | <p>Being a teenager is hard enough, with many competing pressures and expectations from parents, teachers, coaches, etc. For teenagers who suffer from ADHD, these pressures can be overwhelming. Written for a teenager who is tired of hearing, "You're just lazy!" and "I know you can do better!" this comprehensive guide features everything teens want to know about ADHD. The question and answer format</p> | <p>Effective social interaction does not come naturally to many children with learning disabilities and yet is vital for developing and maintaining relationships and for independent living outside the school context. This social skills programme for pupils with mild to moderate learning disabilities, physical and/or medical disabilities and for those with special needs in mainstream education is divided into three units: let's communicate; let's be friends and let's practice. It aims to increase self-esteem and improve listening</p> | <p>Building Learning Power in Action shows how some schools have embraced BLP and captures the exciting effects it is having in classrooms. Case studies and examples illustrate how BLP transforms learning and teaching, giving students a language to talk about, understand and grow their learning habits.</p>  |



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|  | <p>makes the book engaging and easy to read. Chapters address such concerns as getting through high school and college, depression, learning disabilities, and life after school is completed.</p>  | <p>skills and expressive language abilities. Teacher's notes, photocopiable illustrated pupil worksheets and assessment and evaluation forms are included.</p>  |   |
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| <p>ADHD 2<sup>nd</sup> Edition – Fintan O'Regan</p>  | <p>Epilepsy – G. Parkinson and M. Johnson</p>   | <p>Profound and Multiple Learning Difficulties – C. Cartwright and S. Wind-Cowie</p>  | <p>Language and Communication Difficulties - Dimitra Hartas</p>   |
| <p>DHD is a term used to classify extreme symptoms of inattention, impulsivity, and hyperactivity. It is one of the most challenging and controversial areas of special education facing teachers in schools today. This informative guide equips teachers with a wide variety of strategies for teaching and managing pupils who are diagnosed with ADHD.</p> | <p>Epilepsy is neither an illness or a disease, but rather a tendency of the brain to be triggered to cause a spasm, a seizure or a fit, when neurones malfunction temporarily. Seizures can vary from major attacks which involve the whole brain to very minor, momentary 'absences.' This lively and interesting book provides advice on the most effective teaching and learning strategies that can be used in the classroom to help students with epilepsy.</p> | <p>This invaluable guide provides teachers and trainees with practical tips for teaching children with profound and multiple learning difficulties. Well-written and informative, the authors' specialist knowledge of working with those with PMLD and SLD is apparent on every page. Containing advice on diagnostic techniques, teaching strategies, social and emotional considerations and how parents can help, this book will prove essential reading for every teacher.</p> | <p>Although often termed the 'invisible disability', up to ten per cent of school children experience some degree of difficulty with their language and communication skills. This book provides teachers with practical strategies for supporting such children in the classroom. Topics covered include scaffolding communication and how language and communication difficulties relate to other special educational needs. Accessible and informative, this book will be of interest to teachers and trainees everywhere.</p> |



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| <p><b>Able, Gifted and Talented – Janet Bates</b></p>   | <p><b>Speak Out! – Pie Corbett</b></p>   | <p><b>Accelerated Learning Pocketbook – Brin Best</b></p>   | <p><b>Stop Bullying Pocketbook – Michele Elliott</b></p>  |
| <p>This well-written and highly informative guide provides teachers and trainees with practical strategies for teaching gifted and talented children. Containing advice on key areas such as successful identification, developing a whole school working policy,</p> | <p>Could you give a successful talk? What makes people listen? How do you hold a class debate? This book offers inspiration and advice for 9-11 year olds on all aspects of speaking and listening, from giving a talk to putting on a play. Inside you will find suggestions for effective group work, lists of persuasive techniques, advice on interviewing skills, great drama games and ideas for telling riveting stories. Children can test how well they've done with a fun quiz at the end of the book.</p> | <p>Teachers who are using accelerated learning methods in their classrooms are finding pupils more motivated, engaged, and successful. This new edition of the Accelerated Learning Pocketbook draws together in a handy pocket-size format all of the tried and tested techniques that are revolutionising teaching. This book is about how to teach in a way that maximises your pupils' chances of reaching their potential.</p> | <p>This second edition of the Stop Bullying Pocketbook is about what to do to prevent and stop all forms of bullying in schools. This extensively illustrated book is full of practical suggestions for both teachers and students. For teachers there are in-service training exercises; advice to give parents; practical tips about creating an environment that deters bullies; what to say to bullies and victims and an action plan for creating a bully-free school.</p> |
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| <p><b>Assessment and Learning Pocketbook – Ian Smith</b></p>  | <p><b>Common Parenting Issues (Handouts for Professionals Working with Children and</b></p>  | <p><b>Left Hand Writing Skills 1. Fabulous Fine Motor Practise – Mark and Heather Stewart</b></p>   | <p><b>Left Hand Writing Skills 2. Funky Formation and Flow – Mark and Heather Stewart</b></p>   |

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|   | Families) - Cathy Bétoin  |   |  |
| <p>The 2nd edition of this Pocketbook begins by explaining the difference - and the tensions - between formative and summative assessment. It contains chapters on sharing learning intentions; tuning into learners' minds; feedback; marking; self- and peer assessment; and getting started in your own school/classroom. Cartoons, diagrams, and visual prompts support the text.</p> | <p>An invaluable asset for health centres, children's centres, playgroups, nurseries or schools, these leaflets cover the full range of issues encountered by parents of children age up to sixteen, the leaflets provide clearly written guidance on how to help children with some of the common problems encountered in family life.</p> <p>Each of the handouts deals with one issue in detail.</p> | <p>The objectives of Book 1 are to establish good basic habits of paper positioning and pencil hold, and to develop the fine motor skills needed for accurate, consistent writing. The book takes the young writer from basic pencil handling and co-ordination exercises through to formation of letters and simple short words. The 28 worksheets contain an entertaining mix of games and puzzles, which parents (or grandparents!) and child will enjoy doing together.</p> | <p>The second book of the Left Hand Writing Skills series, containing a further 28 worksheets, begins with revision of the essential letter formation exercises in Book 1. The following worksheets focus on the flow of letters into word formation. Through extensive practice with patterns, different forms of letter-joining and full word formation, the left-handed writer should have begun to establish the fundamental good habits of hold, position and control which handwriting requires.</p> |
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| <p>Left Hand Writing Skills 3. Smudge-free Writing – Mark and Heather Stewart</p>   |   |   |  |
| <p>The third book of the Left Hand Writing Skills series consolidates the development of good writing habits. The writer can now apply all that has been learned to writing with a pen. Ink is the real test of success for the left-handed writer! First, to create words</p>  |   |   |  |

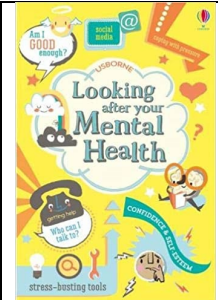
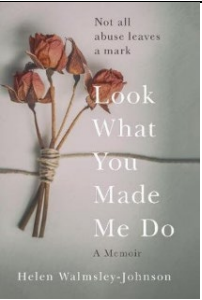
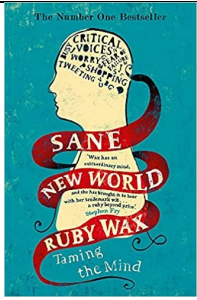
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| which are accurately formed and legible, and then to avoid spoiling them by smudging as the left hand follows the pen across the page. |  |  |  |
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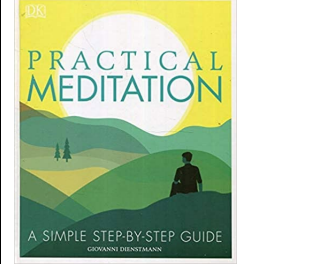

## To consider buying in future/ new budget

- Check Mates
- Ella on the outside
- All birds have anxiety
- Double Felix
- Illustrated guide for dyslexia and its amazing people
- M is for autism
- Questions and feelings about autism

\*\* Add all the adult books into their own section of mental health catalogue\*\*

## FOR ADULTS:

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| Looking After Your Mental Health – James/Stowell   | Look What You Made Me Do - Helen Walmsley-Johnson   | Sane New World – Ruby Wax   | Good Mornings – Linnea Dunne  |
| We talk about our physical health - but not so much about how we're feeling. With lots of practical advice, this lively, accessible guide explains why we have emotions, and what can influence them. Covering everything from friendships, social media and bullying to | For more than two years, BBC Radio 4's The Archers ran a disturbing storyline centred on Helen Tichener's abuse at the hands of her husband Rob. Not the kind of abuse that leaves a bruise, but the sort of coercive control that breaks your spirit and makes it almost impossible to walk away. As she | Ruby Wax - comedian, writer and mental health campaigner - shows us how our minds can jeopardize our sanity. With her own periods of depression and now a Masters from Oxford in Mindfulness-based Cognitive Therapy to draw from, she explains how our busy, chattering, self-critical | Whether it's a dedicated yoga practice at sunrise, mindfulness meditation just after waking, journalling while you sip your morning coffee, or listening to birdsong in the back garden before you tackle your daily commute, a morning ritual can enhance your |

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| <p>divorce, depression and eating disorders.</p>  | <p>listened to the unfolding story, Helen Walmsley-Johnson was forced to confront her own agonizing past.</p>   | <p>thoughts drive us to anxiety and stress. If we are to break the cycle, we need to understand how our brains work, rewire our thinking and find calm in a frenetic world. Helping you become the master, not the slave, of your mind, here is the manual to saner living.</p>   | <p>health and wellbeing, and bring increased contentment, clarity and purpose to your day.</p> <p>With countless ideas for nourishing morning practices and invaluable advice on how to create a morning ritual that is unique to you and takes your individual needs, circumstances and time constraints into account, this book will help you to make the most of the peace and promise of the first moments of every day.</p> |
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| <p><b>Calm – Fearné Cotton</b></p>  | <p><b>Energize – Jo Salter</b></p>  | <p><b>Practical Meditation - Giovanni Dienstmann</b></p>  | <p><b>Never Too Old – Allsorted</b></p>  |
| <p><i>CALM</i> is Fearné's mission to find the simple things that can inch us away from stress and over to the good stuff. Including expert advice, conversations with wise friends from all walks of life, easy ideas to try, activities to complete - and the little things that have made a difference to her own, sometimes-bumpy life - this book is a friendly reminder that <i>Calm</i> is a place</p> | <p>Energy levels can be affected by a variety of factors. Working too hard, relationship difficulties or simply the change in weather or season can all take their toll. Whatever is causing your energy slump, help is at hand with <i>Energize!</i> In this book Jo Salter describes six energy areas (physical, emotional, intellectual, personal, creative and spiritual) and includes a detailed</p> | <p>Meditation guides you through your first taste of meditation, to how to master the key techniques and deepen your practice. Find the styles that suit you by exploring over 30 step-by-step meditations, from Mindfulness Meditation to Tai Chi. Discover the benefits of meditation on your mind and body, examining how it works and the scientific evidence</p> | <p>Living life when you are 'over the hill.'</p>   |

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| <p>that exists in us all, we just have to find our way back to it.</p>   | <p>questionnaire for each so that you can work out your own personal energy profile. She then suggests the appropriate exercise techniques, visualisation methods and ways to boost and sustain your energy, in addition to tips and strategies to help you take charge of your physical, emotional and mental wellbeing.</p>   | <p>behind its effects. Use the short "mini-meditations" to fit meditation into a busy lifestyle, or to sample a range of different styles, then learn how to set up a practice that works for you.</p>  |   |
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| <p>Sticker Yourself Calm - Esmée Rotmans</p>   | <p>How Not To Lose It – Anna Williamson</p>   | <p>Sunny Side Up – Susan Calman</p>   | <p><i>This Book Will Send You to Sleep</i> – Ebury Press</p>  |
| <p>Sticker Yourself Calm is a book of colour-by-number templates and stickers for creating fourteen pieces of artwork that fit right into a standard 8 x 10-inch frame. Special features include removable pages (convenient for lefties and righties), artwork with inspiring messages, a soothing colour palette, and gold metallic stickers. For anyone who loves colouring, crafting, and doing puzzles, Sticker Yourself Calm provides everything you need to relax and make some cool-looking art!</p> | <p>How Not to Lose It will help you be the boss of all of this, and more. It's not just your body that should be fit and healthy - your mind needs to be, too! <i>How Not to Lose It</i> is the go-to guide for achieving a balanced mind and strong emotional well-being. With immediate, heart of the matter advice and a chatty yet honest tone, Anna Williamson addresses all of the key issues affecting children today.</p> | <p>Susan Calman's enthusiasm at being on <i>Strictly Come Dancing</i> was an inspiration to all of us. <i>Cheer Up Love</i>, Susan's first book, had a clear aim: to help people understand depression. <i>Sunny Side Up</i> has a similarly clear path: to persuade people to be kinder to each other and spread more joy. These are extremely difficult and confusing times - people are cross and shouty. It's exhausting! But more than anything, people like Susan, people who don't hate other people, are apologising for the way that they think. Susan wants to make sure that they don't.</p> | <p><i>This Book Will Send You to Sleep</i> makes no claims to be fun or interesting. It is a book you can read in full confidence that you will find absolutely nothing to stimulate your brain. A book, like any other, that will afford you much sleep and copious amounts of pointless knowledge. Where else will you read about the political crisis in Belgium 2007–2011 or the recent developments in the taxonomy of molluscs? And where else can you find, in one place: a summary of the</p> |



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|  |  | She wants them to know that it's ok to love people and that kindness is something wonderful and brilliant. Above all, she wants them to bring on the joy.   | administrative bureaucracy of the Byzantine Empire? A world almanac of pickled cucumbers? The measurement of the linear density of fibre?   |
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| Every Day Hope: 365 Ways to a Positive Life – Octopus Publishing Group Ltd   | How to Make Children Laugh – Michael Rosen   | How To Survive The End Of The World (When it's in your head) – Aaron Gillies  | Everyday Calm: 365 Ways to a Tranquil Life – Octopus Publishing Group Ltd   |
| Everyone has goals and dreams, or decisions and dilemmas they need a bit of hope for. With a tip, exercise or inspirational quote for each day of the year, Everyday Hope is the little book that will encourage to you open up, dare to dream and find your way to a more positive and hopeful life. About the Everyday series Get to grips with a single subject in small, manageable steps with the Everyday series. From inspirational quotes to professional tips, the short daily entries fit perfectly into the hustle and bustle of everyday life. | Jokes, a jack-in-the-box, jelly and jumping beans make children laugh. As do practical jokes, peekaboo, pantomime and poetry that makes no sense. Why and how does this work? And why does it matter? Writer and Professor of Children's Literature Michael Rosen, whose books - from We're Going on a Bear Hunt to Chocolate Cake - have made millions of children rock with laughter, gives us the tools for this greatest of gifts. | There are plenty of books out there on how to survive a zombie apocalypse, all-out nuclear war, or Armageddon. But what happens when it feels like the world is ending every single time you wake up? That's what having anxiety is like - and How to Survive the End of the World is here to help. Or at least make you feel like you're not so alone. From helping readers identify the enemy, to safeguarding the vulnerable areas of their lives, Aaron Gillies will examine the impact of anxiety, and give readers some tools to fight back - whether with medication, therapy, CBT, coping techniques, or simply | In today's world of meetings, brunch dates, and the pressure to keep a busy diary, it can be hard to maintain a daily sense of calm. With a tip, exercise or inspirational quote for each day of the year, Everyday Calm is the little book that will encourage to you pause, take a breath and find your way to a calmer and more centered life. |

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|  |   | with a dark sense of humour.   |  |
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| <p><b>Change Your Life One Day at a Time</b><br/>- Dr Patricia MacNair</p>   | <p><b>Sleep: The Secrets of Slumber – Lisa Varadi</b></p>   | <p><b>I Had A Black Dog – Matthew Johnstone</b></p>  |  |
| <p>Here at last is the ultimate manual for living a long, healthy and happy life. Two esteemed experts in the field of health and psychology shares a year's worth of wisdom to nourish your body, mind, and spirit. Featuring accessible and practical advice, organised by season and backed by the latest medical research, Change Your Life One Day at a Time also includes brain-training exercises, inspirational quotes, healthy recipes. Perfect for bringing into your daily routine, the cumulative power of these simple changes aims for overall holistic improvement and a longer life.</p> | <p>"Think in the morning. Act in the noon. Eat in the evening. Sleep in the night." William Blake<br/>Sleep invites you to explore the benefits gained from the simple act of sleeping. The body's natural way of re-energising and healing, sleep nourishes the mind and body with it's numerous health benefits. Whether you sleep like a baby or are a perennial insomniac, Sleep will guide you through the cultural and historical perspectives of shut-eye, explain why our body clocks are so important, and delve into the four stages of sleep, from shallow to deep. You'll learn about why it's so important to nourish the mind, what really goes on when you're dreaming and how to tackle the perpetual problem of insomnia. So pyjamas at ready...it's time to get the best night's sleep you've ever had.</p> | <p><b>'I Had a Black Dog says with wit, insight, economy and complete understanding what other books take 300 pages to say. Brilliant and indispensable.' - Stephen Fry</b></p> <p><b>'Finally, a book about depression that isn't a prescriptive self-help manual. Johnston's deftly expresses how lonely and isolating depression can be for sufferers. Poignant and humorous in equal measure.'</b> <i>Sunday Times</i></p> <p>There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel.</p> <p>It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life.</p> |  |

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|  |  | Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel. |  |
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