

## Reading Well for children – books to help you feel better

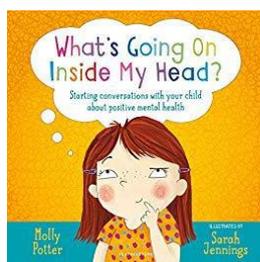
Please find below a booklist targeted at children in Key Stage 2 (aged 7-11) to support emotional wellbeing. It includes a wide range of reading levels to support less confident readers, and to encourage children to read together with their families. The books are all categorised for different aged children (e.g. Age range 0+, Age Range 9+, Age range 3+) and relate to the following subjects / topics:

### Healthy minds, feelings, worries and the world around you

***What's Going on Inside my Head?* by Molly Potter, illustrated by Sarah Jennings**

**ISBN:** 9781472959232 **Format:** Hardback **Publication date:** February 2019 **Age range:** 4+ **Extent:** 32 pages **Other format:** ebook 9781472966254, XML ebook 9781472959218

We all know that healthy minds are really important but how do we make sure we look after our



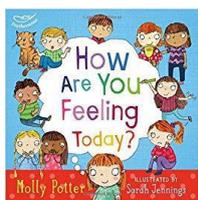
mental health from a very young age? *What's Going On Inside My Head?* is a book for children that explores practical ways we can keep our minds in good shape as well as our bodies. By talking about positive self-image, emotional intelligence, relationships, and mindfulness, this book will help children develop healthy habits and good coping strategies from the start. Presented in a warm, child-friendly but no-nonsense way, it will help establish solid foundations for every child's current and future wellbeing.

***How Not to Lose It: Mental Health Sorted* by Anna Williamson, illustrated by Sophie Beer**

**ISBN:** 9781407193144 **Format:** Paperback **Publication date:** March 2019 **Age range:** 9+ **Extent:** 176 pages **Other format:** ebook 9781407194264

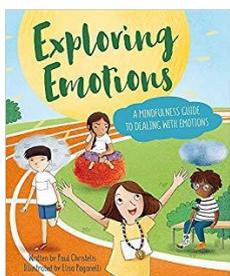
Family. Friends. Exams. Are you finding life a struggle? At times, it can feel like nothing but problems and pressure. But the good news is that even if you're struggling to think straight, you can learn to be the boss of your brain. Creating healthy habits. Staying in the moment. Breaking negative thought patterns. Finding things to be happy about. Tricks like this are like taking your mood to the gym – helping you feel good and bounce back from obstacles. Attitudes, fears, stress levels: take charge of yours right now!





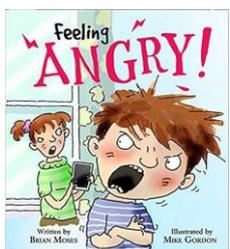
***How Are You Feeling Today?* by Molly Potter, illustrated by Sarah Jennings**  
**ISBN:** 9781472906090 **Format:** Hardback **Publication date:** July 2014 **Age range:** 0+ **Extent:** 32 pages **Other format:** ebook 9781472961860, XML ebook 9781472961853

Children have strong feelings 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. A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. Helpful parent/carer notes at the back of the book provide more ideas for parents to use with their child and other strategies to try out together and practice the all-important skill of dealing with feelings.



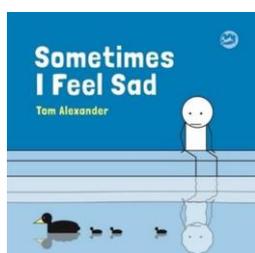
***Mindful Me: Exploring Emotions* by Paul Christelis, illustrated by Elisa Paganelli**  
**ISBN:** PB - 9781445157276, HB - 9781445157269 **Format:** Paperback and Hardback **Publication date:** January 2018 **Age range:** 5+ **Extent:** 32 pages

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. 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.



***Feeling Angry!* by Katie Douglass, illustrated by Mike Gordon**  
**ISBN:** 9781526300140 **Format:** Paperback **Publication date:** April 2019 **Age range:** 5+ **Extent:** 32 pages

This picture book story explores feelings of anger in a light-hearted way using everyday situations that children might be familiar with. This book shows different reasons why young people might become angry, illustrates scenarios of them behaving angrily, and gives advice on how to calm anger in yourself and to be able to help other people. Ideal for home or classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with feeling angry.



***Sometimes I Feel Sad* by Tom Alexander**  
**ISBN:** 9781785924934 **Format:** Hardback **Publication date:** March 2018 **Age range:** 5+ **Extent:** 40 pages **Other format:** ebook 9781784508890

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 that they're not alone in feeling this way and is especially useful for children who struggle to express

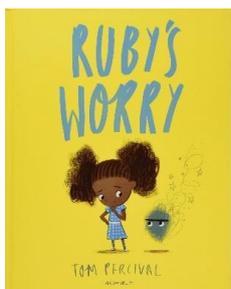
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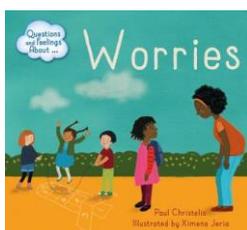


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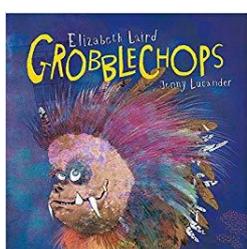
**Ruby's Worry** by Tom Percival ISBN: PB - 9781408892152 HB - 9781408892138  
**Format:** Paperback and Hardback **Publication date:** July 2018 **Age range:** 0+  
**Extent:** 32 pages **Other format:** ebook 9781408892145

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? When Ruby makes a friend – who has a worry too – and talks about what's bothering her, everything explodes with colour and the world goes back to normal. Ruby soon realises that everybody gets worries, and they are nothing to be ashamed of. This is a perceptive and poignant story about anxiety and how a problem shared is a problem halved,



**Questions and Feelings About: Worries** by Paul Christelis, illustrated by Ximena Jeria ISBN: 9781445163956 **Format:** Hardback **Publication date:** October 2018 **Age range:** 5+ **Extent:** 32 pages

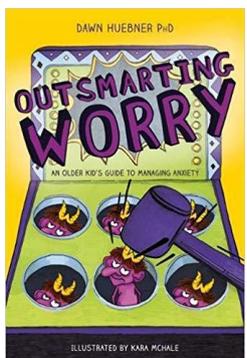
A gentle, down to earth book for addressing the things that can cause children to be anxious and worried. Mindfulness expert Paul Christelis expertly explores everyday situations in picture book form, helping children to recognise signs of worry and giving them reassurance and simple suggestions on how to cope with any worries.



**Gobblechops** by Elizabeth Laird, illustrated by Jenny Lucander ISBN: 9781910328415 **Format:** Hardback **Publication date:** February 2019 **Age range:** 5+ **Extent:** 32 pages

Amir doesn't want to go to bed. He is scared of the dark and afraid there might be a monster under his bed; a monster called Gobblechops who has huge teeth and growls like a tiger. Dad reassures Amir that if he growls louder, the monster will go away – but Amir can't help catastrophising and worrying that Gobblechops's mum and dad will join in the fight and eat him up. Luckily, Amir's dad is a bit of an expert when it comes to monsters, and can rationalise and defuse all his son's anxiety to the point where Gobblechops becomes a friend rather than a threat. Stunning, collage-style illustrations reflect the quelling of Amir's fears as Gobblechops and his parents subtly mutate from frightening to friendly.

**Outsmarting Worry** by Dawn Huebner, illustrated by Kara McHale ISBN: 9781785927829 **Format:** Paperback **Publication date:** October 2017 **Age range:** 9+ **Extent:** 112 pages  
**Other format:** ebook 9781784507022



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. *Outsmarting Worry* teaches 9-13-year olds and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears. Smart, practical, proven techniques are presented in language immediately accessible to children with an emphasis on shifting from knowing to doing,

from worried to happy and free.

**READING  
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