

READING WELL

Did you know that reading and writing can be beneficial to your child's wellbeing, and help them have a happy and healthy outlook on life?



National Literacy Trust research shows that children who enjoy reading are three times more likely to have good mental wellbeing than children who don't enjoy reading. **Reading broadens their vocabulary so they can express their feelings more accurately**, while writing - whether that's stories, poems, a diary or even notes to friends - gives them an outlet for their emotions.

Take a look at our book list full of titles designed to help your children's wellbeing and feel peaceful, happy and relaxed.

Reading Well for Children - Reading list

Age 3 to 5



The Huge Bag of Worries

By Virginia Ironside

Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is on the loo! Jenny decides they will have to go. But who can help her?



Badger's Parting Gift

By Susan Varley

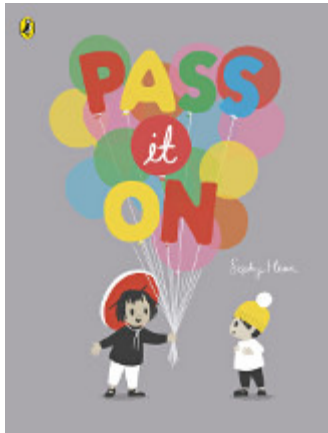
Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally passes away, they are grief-stricken, but one by one they remember the special things he taught them during his life. By sharing their memories, they realise that although Badger is no longer with them physically, he lives on through his friends. This title is endorsed by Child Bereavement UK.



Kaya's Heart Song

By Diwa Tharan Sanders and illustrated by Nerina Canzi

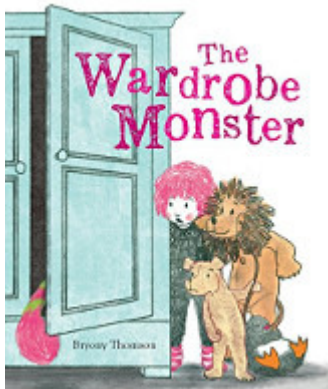
Kaya is looking for her heart song - the song that happy hearts sing. Her search takes her on a journey deep into the jungle where a broken down carousel waits for a very special song to make it turn again. This joyful story set in the vibrant jungles of Malaysia is grounded in the principles of mindfulness, with a helpful information section at the back of the book.



Pass It On

By Sophy Henn

A joyful and uplifting picture book about finding happiness in the smallest of things. Here's a fun idea: when you laugh or smile - pass it on!



The Wardrobe Monster

By Bryony Thomson

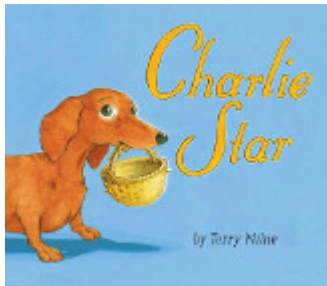
A wonderful reassuring story for children who might imagine monsters in their bedroom at night time. What's that knocking sound coming from the wardrobe? Every night, it makes Dora and her toy friends afraid to go to bed and every morning they are grumpy through lack of sleep. Eventually, they summon up the courage to face their fear together and open the wardrobe door to find it's not as bad as they thought.



The Red Dread

By Tom Morgan-Jones

A picture book about worries and fears told through woodland creatures. The Red Dread is on the loose and Shrew and the other animals are afraid. From stolen nuts to missing rabbits, they whisper of the terrible actions of the Red Dread. As panic increases, logic and team spirit evaporate and soon it's every creature for itself.



Charlie Star
By Terry Milne

This book addresses the issue of anxiety in a light-hearted and reassuring way. Charlie is an anxious dachshund who worries that something terrible might happen if he doesn't keep to his daily rituals. After he is called upon to help rescue a friend and in the rush forgets his rituals, Charlie discovers that he doesn't have to be ruled by them and that change can have really positive outcomes.



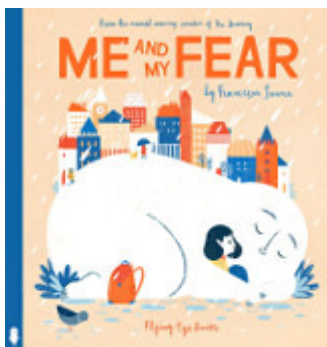
Happy, Sad, Feeling Glad
By Yasmin Ismail

An endearing and engaging look at emotions and how different situations cause different feelings. What has made Dog happy? Do you know what Cat is scared of? And why is Donkey so excited? A range of fun art activities encourages young readers to explore their feelings and express themselves with drawings, doodles and decorations.



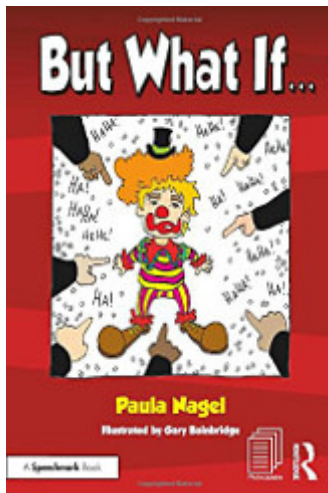
Mariella Queen of the Skies
By Eoin Colfer and Katy Halford

Mariella loves nothing more than inventing, but bedtime keeps getting in the way of all her brilliant ideas! But everyone needs sleep, and without it all of Mariella's brilliant ideas might just disappear...



Me and My Fear
By Francesca Sanna

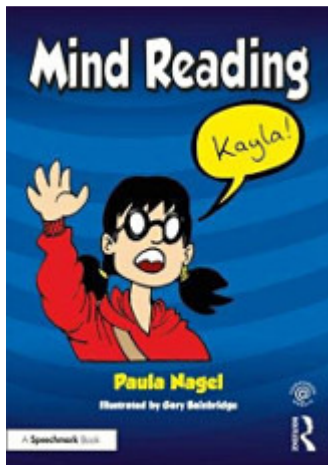
A beautifully illustrated book about new beginnings and the anxieties that come along with them. When a young girl has to travel to a new country and start at a new school, her Fear tells her to be alone and afraid. How can she hope to make friends if she doesn't understand their language?



Rollercoaster series: But What If...

By Paula Nagel

These are therapeutic stories focusing on exam anxiety, worrying about transitioning to secondary school and social isolation. Paula Nagel has worked as an education psychologist for 17 years and is currently Principal Educational Psychologist (North) for the national children's mental health charity, [Place2Be](#).



Rollercoaster series: Mindreading

By Paula Nagel

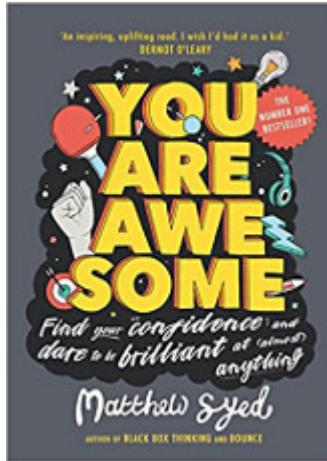
These are therapeutic stories focusing on exam anxiety, worrying about transitioning to secondary school and social isolation. Paula Nagel has worked as an education psychologist for 17 years and is currently Principal Educational Psychologist (North) for the national children's mental health charity, [Place2Be](#).



Rollercoaster series: Stuck on a loop

By Paula Nagel

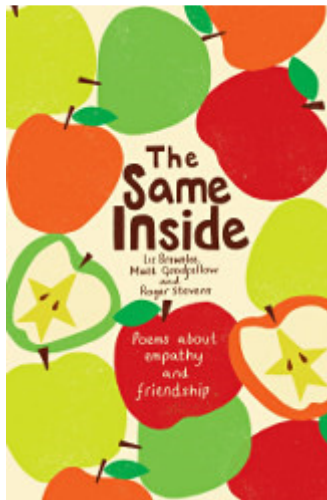
These are therapeutic stories focusing on exam anxiety, worrying about transitioning to secondary school and social isolation. Paula Nagel has worked as an education psychologist for 17 years and is currently Principal Educational Psychologist (North) for the national children's mental health charity, [Place2Be](#).



You Are Awesome: Find Your Confidence and Dare to be Brilliant at (Almost) Anything

By Matthew Syed

An inspiring book with lots of motivating messages! If you believe you can't do something, the chances are you won't try. But what if you really could get better at maths, or sport or exams? In fact, what if you could excel at anything you put your mind to? You Are Awesome can help young readers do just that, inspiring and empowering them to find the confidence to realise their potential.



The Same Inside: Poems about Empathy and Friendship

Liz Brownlee, Roger Stevens and Matt Goodfellow

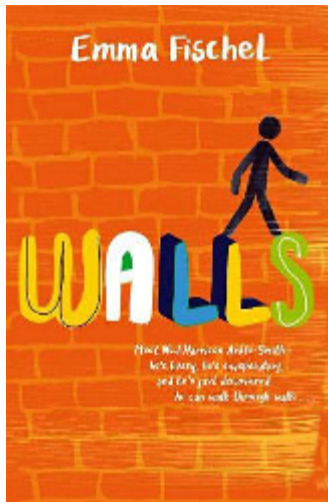
These fifty poems deal sensitively with feelings, empathy, respect, courtesy, bullying, disability and responsibility. They are the perfect springboard to start conversations about these topics.



The Land of Neverendings

By Kate Saunders

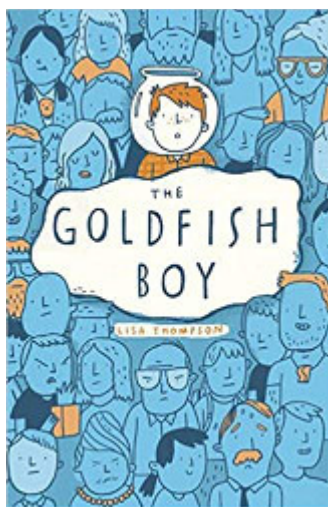
Moving, raw and funny in all the right ways, The Land of Neverendings is a rip-roaring adventure, but it also gives an honest portrayal of grief for young readers. The book shows that whilst sadness does exist in the world, it doesn't have to cancel out happiness, or silliness, even when you lose someone you love.



Walls

By Emma Fischel

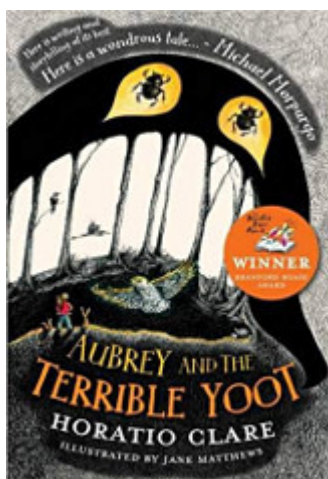
A moving, funny and heart-warming tale featuring Ned Harrison Arkle-Smith - whose world is falling apart - even discovering he can walk through walls isn't helping. Original and quirky, this story will help children understand the impact of family difficulties and how we all can choose how we behave, even in the most difficult and unusual of circumstances.



The Goldfish Boy

By Lisa Thompson

A life-affirming story about a boy suffering from OCD, exploring friendship, loneliness and how to find hope even when it seems impossible.



Aubrey and the Terrible Yoot

By Horatio Clare

A brilliant, imaginative tale about Aubrey, whose father is suffering from depression and how he is determined to help make his dad better. Everyone says his task is impossible, but Aubrey will never give up and never surrender. With the help of some wonderful animal friends, Aubrey sets out on a spell-binding adventure to fight the Terrible Yoot!



The Book of No Worries

By Lizzie Cox

This guide covers a multitude of worries and anxieties that a young person may face while growing up, such as transitioning to secondary school and getting good grades while making and maintaining friendships. The book also looks at the non-stop nature of social media and the added pressure that it brings.



<http://www.wordsforlife.org.uk/wellbeing/tips>

