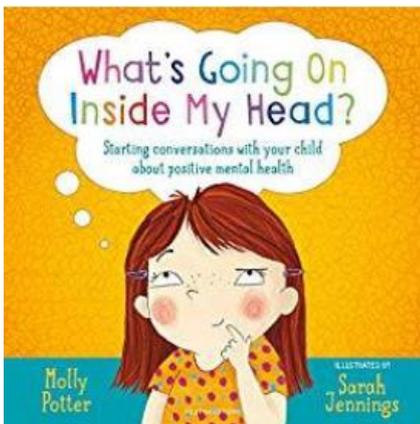


READING WELL FOR CHILDREN

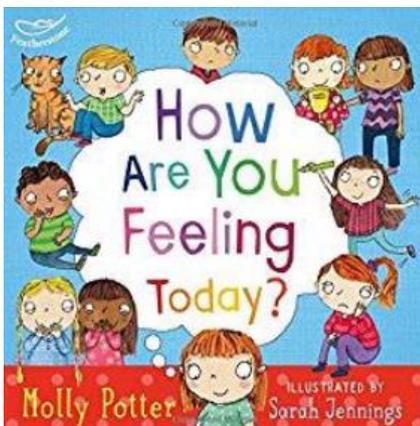
Overview of titles

Healthy Minds

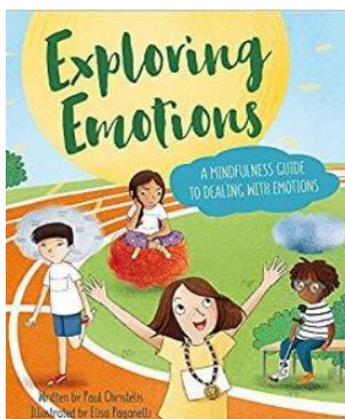


We all know that healthy minds are really important but how do we make sure we look after our mental health from a very young age? *What's Going On Inside My Head?* is a book for children that explores practical ways we can keep our minds in good shape as well as our bodies. By talking about positive 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.

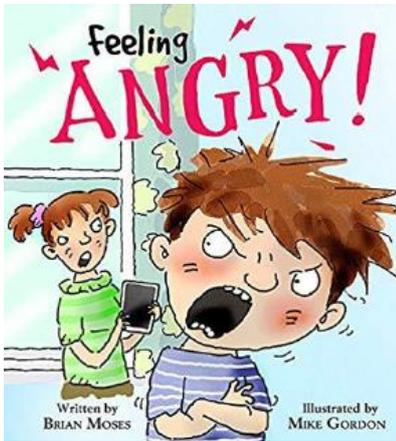
Feelings



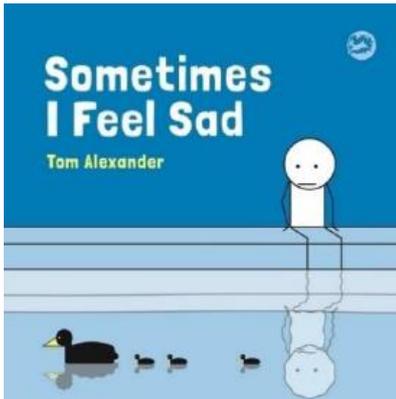
Children have strong feelings and they can't always handle them very well. Perfect for sharing, *How Are You Feeling Today?* is packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions. A great dip-in book where children can choose a feeling that 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.



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.

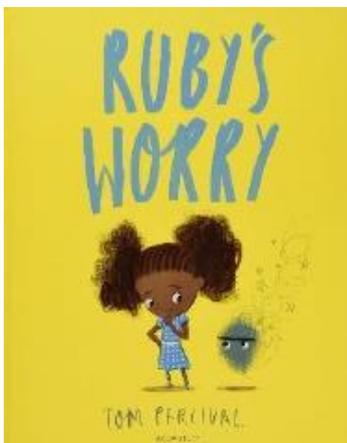


This picture book story explores feelings of anger in a light-hearted way using everyday situations that children might be familiar with. This book shows different reasons why young people might become angry, illustrates scenarios of them behaving angrily, and gives advice on how to calm anger in yourself 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.

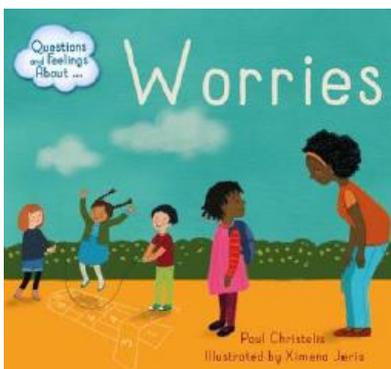


Feeling sad is, unfortunately, a part of everyone's life, and there's not always an easy fix. This touching book helps explain to children that they're not alone in feeling this way and is especially useful for children who struggle to express their feelings.

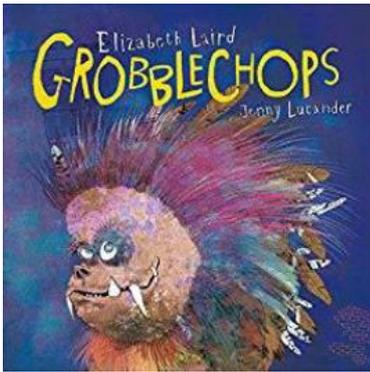
Worries



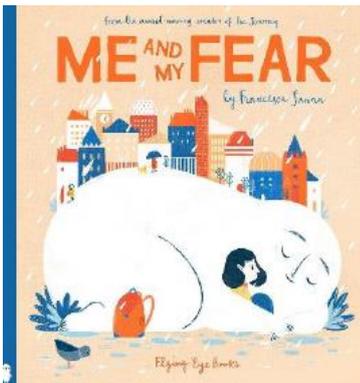
Ruby loves being Ruby. Until, one day, she finds a worry. At first, it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again? When Ruby makes a friend – who has a worry 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.



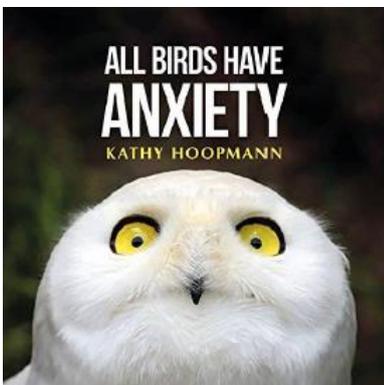
A gentle, down to earth book for addressing the things that can cause children to be anxious and worried. Mindfulness expert Paul Christelis expertly explores everyday situations in picture book form, helping children to recognise signs of worry and giving them reassurance and simple suggestions on how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



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 Grobblechops 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 Grobblechops'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 Grobblechops becomes a friend rather than a threat. Stunning, collage-style illustrations reflect the quelling of Amir's fears as Grobblechops and his parents subtly mutate from frightening to friendly.

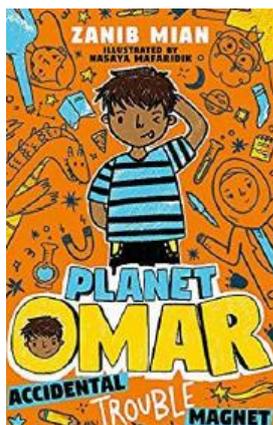


When a young girl has to travel to a new country and start at a new school, her Fear tells her to be alone and afraid. How can she hope to make friends if she doesn't understand their language? A heart-warming and relevant new tale from the bestselling author and illustrator of *The Journey*, this book 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!



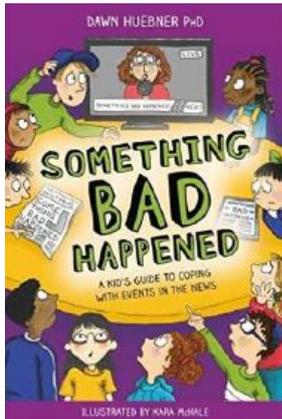
Life as a bird can be stressful! From worrying about airplanes, windows, and getting enough worms to eat, it is clear that birds can be anxious beings. Through a light-touch, quizzical depiction of bird behaviour, *All Birds Have Anxiety* uses colourful images and astute explanations to explore with gentle humour what it means to live with anxiety day-to-day, and how to begin to deal with it. The combination of understanding and gentle humour makes this the ideal introduction to anxiety disorder for those diagnosed with this condition, their family and friends and those generally interested in understanding anxiety.

The world around you - At School



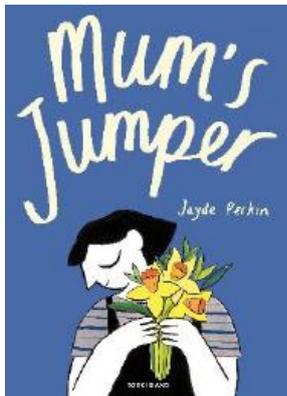
Planet Omar is a book about being different, growing friendships and overcoming hurdles. Omar has just moved into a new house with his family: sticky-fingered little brother Esa, snooty older sister Maryam and his scientist parents. Going to a new school turns out to be okay, apart from the fact that class bully Daniel tells Omar that because he's a Muslim, he's going to be kicked out of the country and will have to go and live in Pakistan. Understandably worried, Omar asks his cousin if that's true, and both hope it isn't, because there's a distinct lack of good pizza there. Plus, there's mean Mrs Rogers next door who complains loudly about Omar's mum frying onions. Yet when mean Mrs Rogers has an accident, Omar's family is there to help. And when Omar and bully Daniel get stranded on a school trip in London, Omar realises that Danny isn't so tough after all...

The world around you – In the News

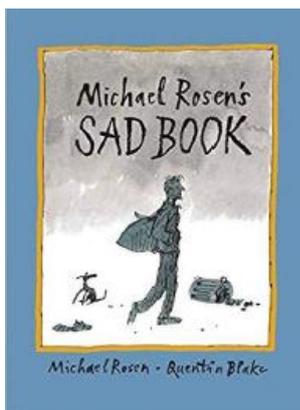


Full of advice for children who may be worried about events in the news, this guide from best-selling author Dawn Huebner offers advice for having tough conversations with 6-12 year olds about world events such as natural disasters, terrorism and war. It addresses common questions and provides tools to calm fears.

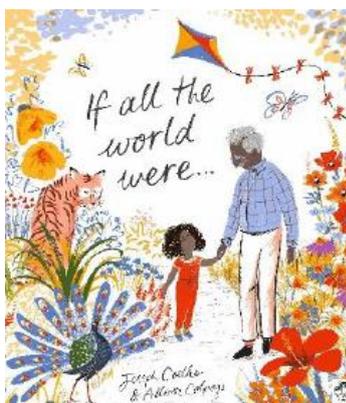
Dealing with tough times – When someone dies



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. But memories are like a jumper that you can cuddle and wear. And Mum's jumper might be a way to keep her close. A simple, heartfelt and ultimately uplifting book for anyone coping with loss.



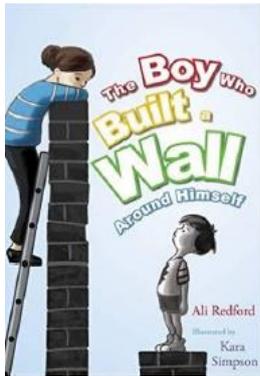
Michael Rosen's Sad Book chronicles Michael's grief at the death of his son Eddie from meningitis at the age of 19. A moving combination of sincerity and simplicity, it acknowledges that sadness is not always avoidable or reasonable and perfects the art of making complicated feelings plain.



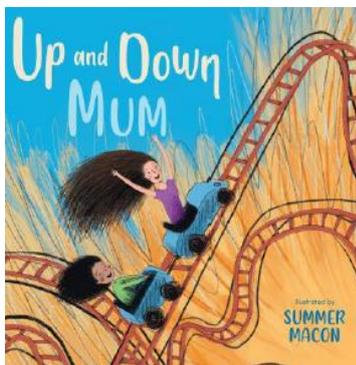
A moving, lyrical picture book about a young girl's love for her granddad and how she copes when he dies, written by poet and playwright Joseph Coelho.

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.

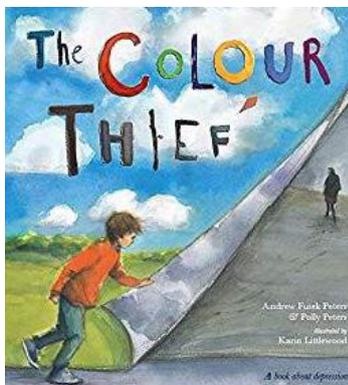
Getting through tough times



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.



Living with Mum is a bit like a roller coaster ride. At times, she is excited and full of energy, but at others, she is tired and withdrawn. But she's always my mum, and we're sharing the ride. For children who grow up in the care of a parent with mental health problems, life can be filled with anxiety and uncertainty. With the aid of a clear and simple information spread, this story helps us to understand the causes of mental illness and how we can learn to live with someone who has it. Developed in close consultation with families with parental mental health conditions and created in collaboration with the Wellcome Trust.



The Colour Thief is a simple, heart-warming tale which helps to open up the conversations around depression and to support young children whose families have been affected.

We follow a young boy who loves spending time with his dad, doing fun things together. When his father becomes sad and distant, he doesn't understand and believes he has done something to make his dad so, despite being told otherwise. Narrated from the child's perspective, this is the perfect book to read with children who are trying to understand the cause and effects of depression and reassure them that depression passes, and their parents are not lost to them.