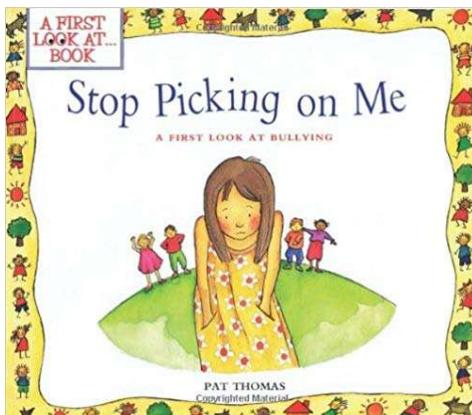
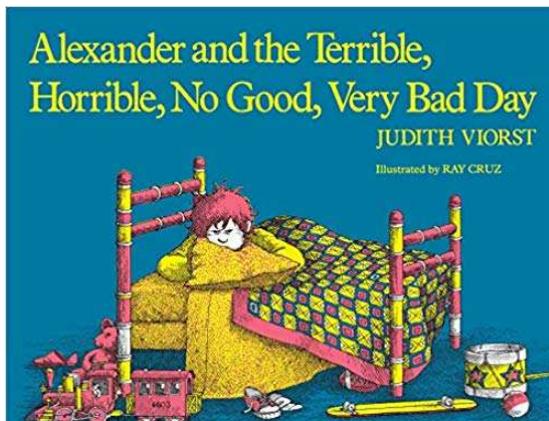


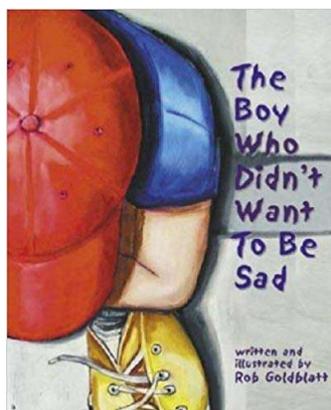
This book is intended for ages 1 to 6 years. The colourful illustrations and simple text make this story perfect for toddlers. Every facet of God's world provides a reason for a child to be thankful: from the glorious sunset to the beauty of the seashore, trees, and flowers.



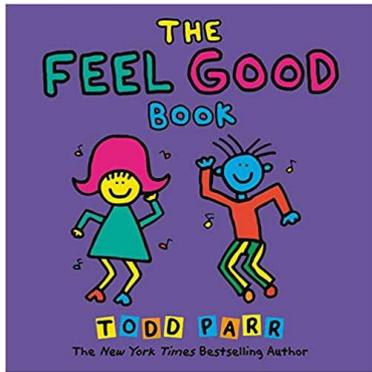
B.E.S.'s A First Look At books explore the dynamics in relationships among children of preschool through early school age, and encourage kids to understand personal and social problems as a first step toward solving them. Written by an experienced psychotherapist and counsellor, these books promote positive interaction among children, parents, and teachers. The language in each book is simple and direct--easy for younger children to understand



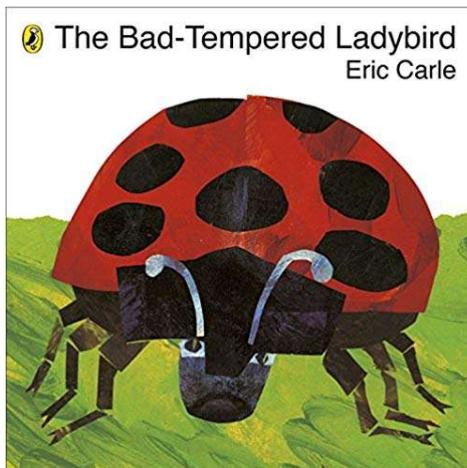
Alexander knew it was going to be a terrible day when he woke up with gum in his hair. His best friend deserted him. There was no dessert in his lunch bag. And, on top of all that, there were lima beans for dinner and kissing on TV! This handsome new edition of Judith Viorst's classic picture book is sure to charm readers of all ages.



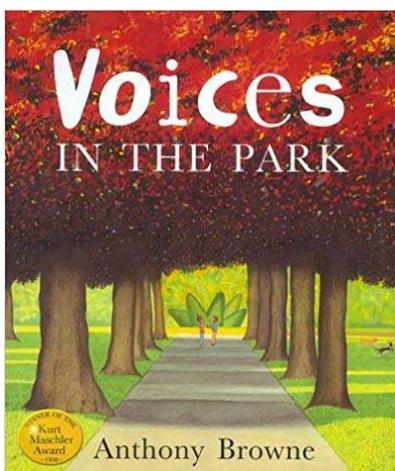
A boy who doesn't want to be sad tries eliminating all sources of sadness from his life, including toys (they can get broken), pets (they can't live forever), friends (what if they don't call?), even his own family (sometimes they get mad at him). Ultimately, he realizes that all sources of sadness are also his sources of happiness, and he reclaims them all.



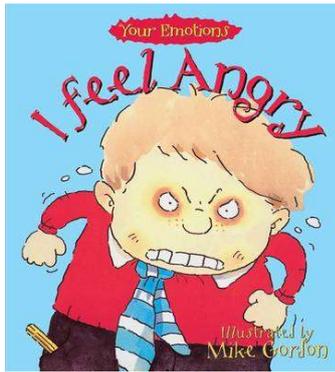
Todd Parr celebrates all the feel-good things that tickle kids and adults alike, from rubbing noses and rubbing a dog's belly, to giving a great big hug, and seeing fireflies outside your window. With Parr's trademark bold, bright colours and silly scenes, children will be inspired to feel good about things they do every day. Targeted to young children first beginning to read, this book will inspire kids to celebrate the range emotions that make them feel good. Along with the four other bestselling Todd Parr picture books debuting in paperback this season, The Feel Good Book is designed to encourage early literacy, enhance emotional development, celebrate multiculturalism, and promote character growth.



The bad-tempered ladybird picks fights with every animal he meets, but soon learns the importance of friends and turns into a far nicer, happier bug.

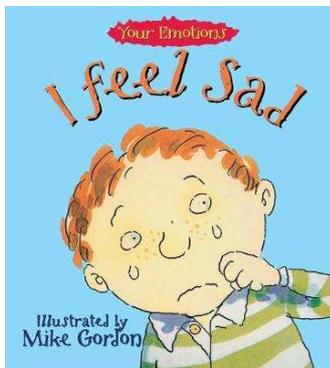


Four different voices tell their own versions of the same walk in the park. The radically different perspectives give a fascinating depth to this simple story which explores many of the author's key themes, such as alienation, friendship and the bizarre amid the mundane.



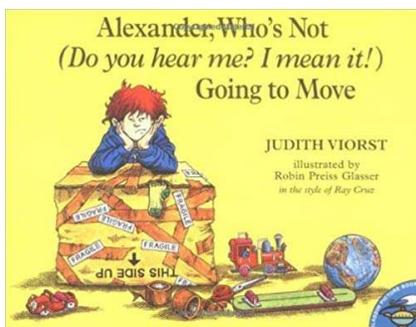
Young children experience many confusing emotions in their early years and *I feel Angry* looks at the emotion anger, in light-hearted but ultimately reassuring way. This picture book examines how and why people get angry, illustrates scenarios of people behaving angrily, and the best way to deal with it with age-appropriate content.

Ideal for home or the classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with anger.

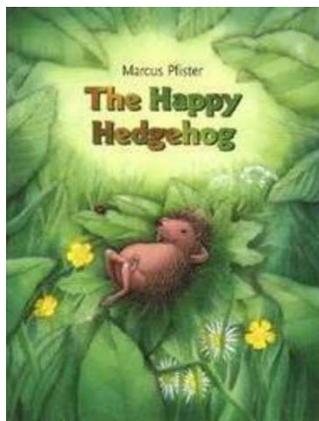


Young children experience many confusing emotions in their early years and *I feel Sad* looks at sadness, in light-hearted but ultimately reassuring way. This picture book examines how and why people feel sad, illustrates scenarios of people feeling sad and upset, and the best way to deal with it with age-appropriate content.

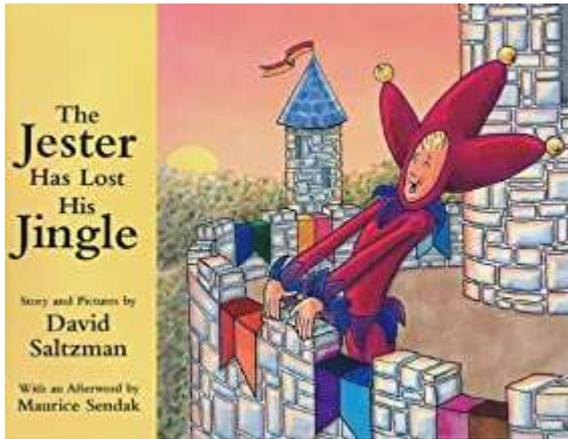
Ideal for home or the classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with being sad.



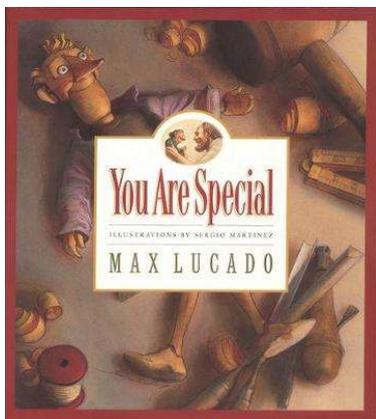
Alexander is not going to leave his best friend Paul. Or Rachel, the best babysitter in the world. Or the Baldwins, who have a terrific dog named Swoozie. Or Mr. and Mrs. Oberdorfer, who always give great treats on Halloween. Who cares if his father has a new job a thousand miles away? Alexander is not---DO YOU HEAR HIM? HE MEANS IT!.....going to move.



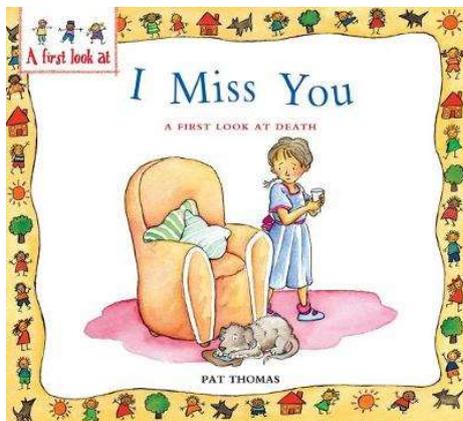
Mikko the hedgehog is happy with his life until Grandfather Tarek challenges him to accomplish something more. Mikko seeks out other animals to learn whether he needs to make a change in his life.



In this charming tale, the Jester awakes one morning to find laughter missing in his kingdom and he and his helpmate, Pharley, set off on a quest to find it. They ultimately discover that not only can laughter redeem a weary world, it also can provide the best tonic for anyone facing seemingly insurmountable obstacles.

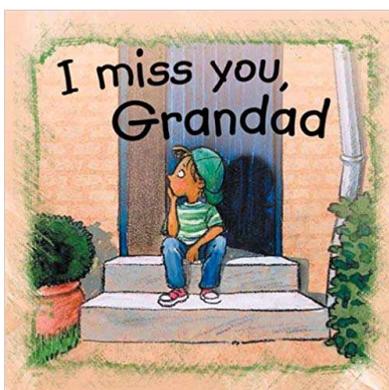


Every day the small wooden people called Wemmicks do the same thing: stick gold stars or grey dots on one another. In this children's tale, Eli the woodcarver helps Punchinello understand how special he is - no matter what other Wemmicks may think. It's a vital message for children everywhere: that they are all special in God's eyes

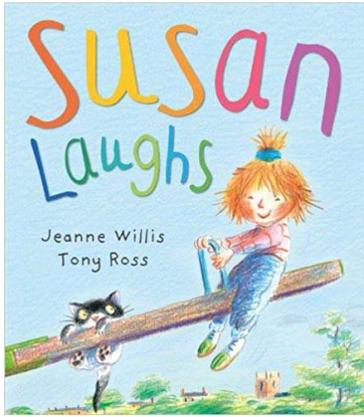


This reassuring picture book explores the difficult issue of death for young children. Children's feelings and questions about this sensitive subject are looked at in a simple but realistic way. This book helps them to understand their loss and come to terms with it.

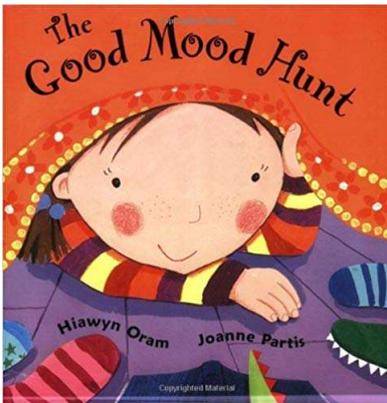
Written by a trained psychotherapist, journalist and parent, and illustrated by an experienced children's book artist, this is part of an acclaimed and successful series of picture-book non-fiction for Early Years.



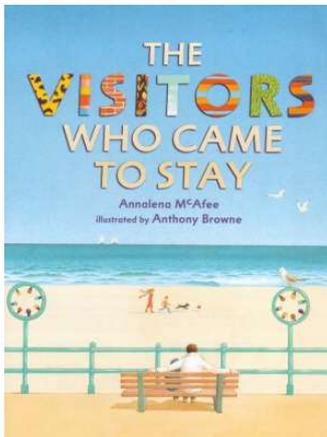
When Tom arrives home from school one day, he learns that something very sad has happened - his grandfather has died. His family try to answer all his questions, but no one seems able to tell him where Grandad is. But Tom wants to find him, to tell him what has happened to him... Side by Side is a fabulous 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.



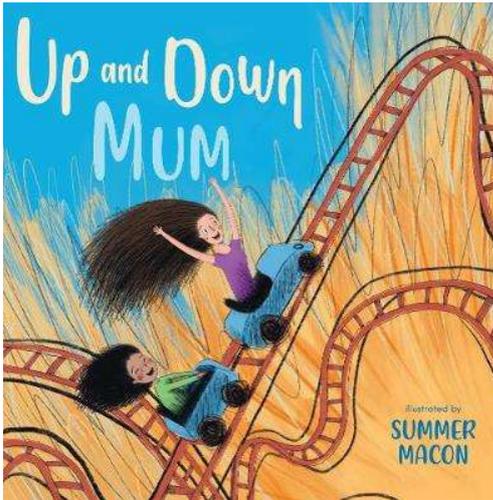
Susan laughs, she sings, she flies, she swings. She's good, she's bad, she's happy and she's sad. In fact, Susan is just like everybody else, even though she is in a wheelchair.



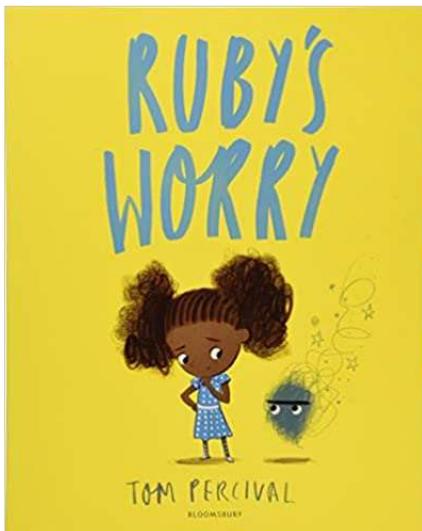
Hannah wakes up so happy that everyone around her catches her good mood...until she remembers something that makes her good mood crumble away. So she sets out on a good mood hunt - and as she searches under stairs, inside pockets and in the garden shed, she finds all the ingredients for a perfectly wonderful day! Conveys a light-hearted message that sometimes the best things in life are the simplest



Katy lives alone with her dad by the sea and she likes it that way. Then, one day, the visitors come to stay, Mary and her son Sean. Now Katy has to share her house, her toys, her walks, her dad and she doesn't like it at all. Her hostility drives the visitors away, but eventually she comes around to accepting them.

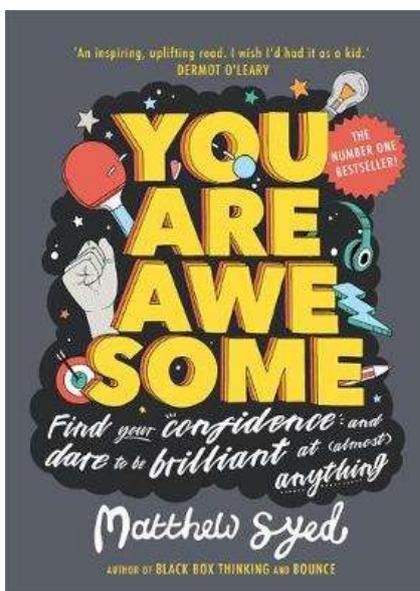


Living with Mum is a bit like a roller coaster ride. At times, she is excited and full of energy, but at others, she is tired and withdrawn. But she's always my mum, and we're sharing the ride. For children who grow up in the care of a parent who has bipolar disorder, life can be filled with anxiety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



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?

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.

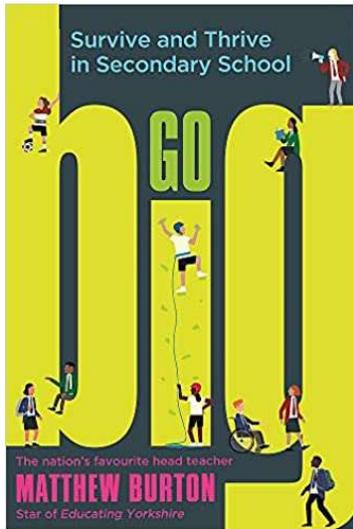


I'm no good at sport ... I can't do maths ... I really struggle with exams ... Sound familiar?

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 you do just that, inspiring and empowering young readers to find the confidence to realise their potential.

Practical, insightful and positive, this is the book to help children build resilience, embrace their mistakes and grow into successful, happy adults.



'If you have kids transitioning from primary to secondary school, this book is for you (well, for your kids!) ... Helpful, funny and encouraging' - Sarah Turner AKA The Unmumsy Mum

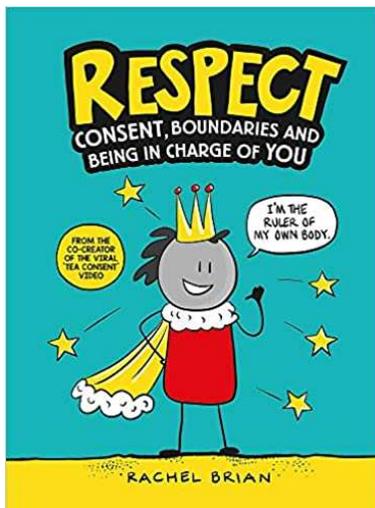
'Find great friends. Boost your confidence. Build towards your brilliant future.'

Secondary school can seem scary. Corridors are wide, older students look terrifying and there's homework, messy friendships and stressful exams to deal with.

But, whether you're about to land at secondary school or you're still settling in, Mr Burton is here to guide you through your journey - worry-free.

From your first day to your final exams, this handbook will have you achieving, succeeding and being the best you can be!

Written by head teacher and star of Educating Yorkshire, Mr Matthew Burton, this is the ultimate secondary school survival guide.



From the co-creator of the viral 'Tea Consent' video, this is the perfect introduction to consent for kids and families everywhere.

Your body belongs to you and you get to set your own rules, so that you may have boundaries for different people and sometimes they might change. Like when you hi-five your friends and kiss your kitten, but not the other way round!

But consent doesn't need to be confusing. From setting boundaries, to reflecting on your own behaviour and learning how to be an awesome bystander, this book will have you feeling confident, respected, and 100% in charge of yourself and your body

Brought to life with funny and informative illustrations, this is the smart, playful and empowering book on consent that everyone has been waiting for.

Useful websites for books and more resources



<https://www.booktrust.org.uk/news-and-features/features/2018/august/how-books-could-help-mental-health-and-ease-anxiety-in-children/>



<https://childmind.org/article/best-childrens-books-about-mental-health/#bullying>

**READING
WELL**

This scheme is recommended by the NHS. They are books recommended by NHS professionals and by people living with the health problems covered in books. Reading well books are available free from your local library and all ages are covered from children to adults.

<https://reading-well.org.uk/about>

<https://reading-well.org.uk/>