



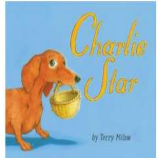


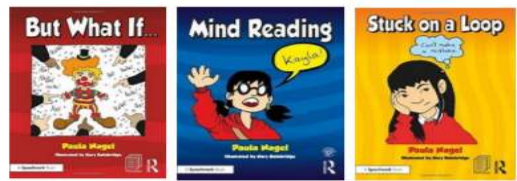





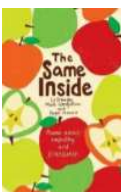


## Mental health and wellbeing can be a challenging topic to broach with your child.

Take a look at our book list, full of titles for children and young adults dealing with issues such as friendships, family stress, happiness, grief, anxiety and mindfulness.

<p><b>The Huge Bag of Worries</b> By Virginia Ironside</p>  <p>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!</p>	<p><b>No Longer Alone</b> Joseph Coelho</p>  <p>Sensitive exploration of the whirlwind of emotions that can come with grief. Highlights the healing power of a good listener and the importance of allowing space and time. Touching, subtle, heart-warming.</p>
<p><b>Pass It On</b> By Sophy Henn</p>  <p>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!</p>	<p><b>All About Feelings</b> Felicity Brooks and Frankie Allen</p>  <p>A great starting point to talk about feelings, why we have them and how we express them. Especially useful for supporting children finding it difficult to understand emotions.</p>
<p><b>Charlie Star</b> By Terry Milne</p>  <p>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.</p>	<p><b>Mum's Jumper</b> Jayde Perkin</p>  <p>A wonderful, tear-jerking book about grief and eventual recovery, with a message that lingers. Helps both adults and children understand the experience of any child who has lost a parent.</p>
<p><b>Happy, Sad, Feeling Glad</b> By Yasmin Ismail</p>  <p>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?</p>	<p><b>But What If... Mind Reading Stuck on a Loop</b></p>  <p>Rollercoaster series: <b>But What If, Mindreading, Stuck on a loop</b> By Paula Negal These are therapeutic stories focusing on exam anxiety, worrying about transitioning to secondary school and social isolation.</p>
<p><b>Me and My Fear</b> By Francesca Sanna</p>  <p>A beautifully illustrated book about new beginnings and the anxieties that come along with them.</p>	<p><b>You Are Awesome: Find Your Confidence and Dare to be Brilliant at (Almost) Anything</b> By Matthew Syed</p>  <p>help young readers do just that, inspiring and empowering them to find the</p>
<p><b>When Sadness Comes to Call</b> Eva Eland</p>  <p>Being able to recognise, name and share emotions is a key empathy skill. This lovely book personifies sadness, and gently walks the reader through how it feels. A reminder that sadness is not to be feared.</p>	<p><b>Ravis Roar</b> Tom Percival</p>  <p>Ravi's anger makes him feel like a roaring tiger. This beautifully illustrated book offers a creative way to explore how unaddressed anger can build up and the impact this can have on relationships and social dynamics.</p>
<p><b>It's a No-Money Day</b> Kate Milner</p>  <p>It is a painful reality that families are having to use food banks and cope with poverty. This book deals with the subject sensitively and without stigma.</p>	<p><b>The Same Inside: Poems about Empathy and Friendship</b></p>  <p>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. confidence to realise their potent</p>