

READING FOR WELLBEING

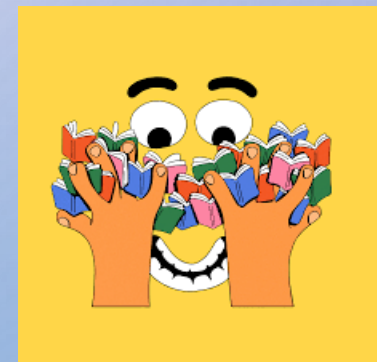
WE HAVE A WHOLE NEW RANGE OF
WELLBEING BOOKS FOR OUR
YOUNGER PUPILS





25 NEW BOOKS!!

WHICH ALL
STUDENTS
WOULD ENJOY -
BUT ESPECIALLY
OUR YOUNGER
STUDENTS



A LIST OF THE NEW BOOKS.....

Wellbeing book selection for younger students

Top Row – Left to right

1. Ruby's Worry – Tom Percival
2. Michael Rosen's Sad Book – Michael Rosen & Quentin Blake.
3. The Colour Thief (A Family's Story of Depression) – Andrew Fusek Peters & Polly Peters
4. Up & Down Mum – Illustrated by Summer Macon
5. Self-Esteem & Mental Health – Anna Claybourne

Next Row – Left to Right

1. How Are You Feeling Today? – Molly Potter
2. What's Going On Inside My Head? – Molly Potter
3. If All The World Were... - Joseph Coelho & Allison Colpoys
4. Grobblechops – Elizabeth Laird – Jenny Lucander
5. Worry Angels – Sita Brahmachari

Next Row – Left to Right

1. Mum's Jumper – Jayde Perkin
2. All Birds Have Anxiety – Kathy Hoopmann
3. Sometimes I Feel Sad – Tom Alexander
4. Feeling Angry – Katie Douglass
5. The Boy Who Built A Wall Around Himself – Ali Redford

Next Row – Left to Right

1. Questions & Feelings about Autism – Louise Spilsbury
2. Planet Omar – Zanib Main
3. Check Mates – Stewart Foster
4. M is for Autism – The Students of Limsfield Grange School & Vicky Martin
5. Outsmarting Worry – Dawn Huebner PhD

Next Row – Left to Right

1. Clownfish – Alan Durant
2. Ella On The Outside – Cath Howe
3. The Illustrated Guide to Dyslexia & It's Amazing People – Katie Power & Iwanczak Forsyth
4. Can I Tell You About ADHD? – Susan Yarney
5. Something Bad Happened – A Kids Guide To Coping With Events In The News – Kara McHale



THIS IS WHERE YOU WILL FIND THE BOOKS IN THE NURTURE BASE



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A REMINDER OF THE PREVIOUS WELLBEING BOOKS FOR TEENS

Wellbeing book list for teens

Going from left to right in the picture

Top Row

1. Booked - Kwane Alexander
2. Be Resilient - Nicola Morgan
3. My Intense Emotions Hand Book - Sue Knowles, Bridie Gallagher & Hannah Bromley
4. The Mental Health & Wellbeing Workout For Teens - Paula Nagel
5. The Body Image Book For Girls - Charlotte Markey
6. Being You - Body Image For Boys - Charlotte Markey
7. Wired Differently - Jo Wells

Next Row

1. A Book About Depression - Healthy Minds
2. Anxiety is really Strange - Steve Haines
3. Teenage Guide- Be Happy Be You - Penny Alexander & Becky Goddard-Hill

Next Row

1. You will Be Okay - Julie Stokes
2. My Anxiety Handbook - Sue Knowles Bridie Gallagher & Phoebe McEwen
3. Frankie's World - Aoife Dooley
4. You Can Change The World - Margaret Rooke

Next Row

1. Jemima Small Versus The Universe - Tamsin Winter
2. Social Anxiety - Relief for Teens - Bridget Flynn-Walker PHD
3. The Year I Didn't Eat - Samuel Pollen
4. Coming Out Stories - Emma Goswell & Sam Walker

Next Row

1. Stay A Little Longer - Bali Rai
2. Welcome To St. Hell - Lewis Hancox
3. Social Media Survival Guide - Usborne Books
4. A Monster Calls - Patrick Ness

Next Row

1. When Shadows Fall - Sita Brahmachari
2. Appearance Anxiety - Maudsley Hospital
3. One I A Hundred Thousand - Linni Ingmundsen



