



READING WELL

Reading Well for Children - helpful reading to support children’s mental health and wellbeing. The booklist is targeted at children in Key Stage 2 (aged 7-11), but includes a wide range of reading levels to support less confident readers, and to encourage children to read together with their siblings and carers.

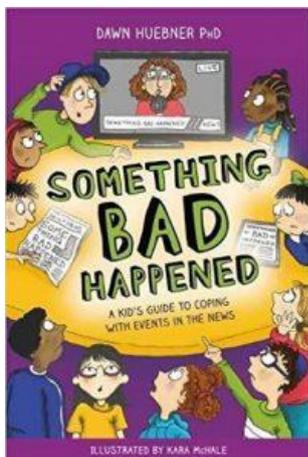
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The world around you – including school, online and in the news

- In the news



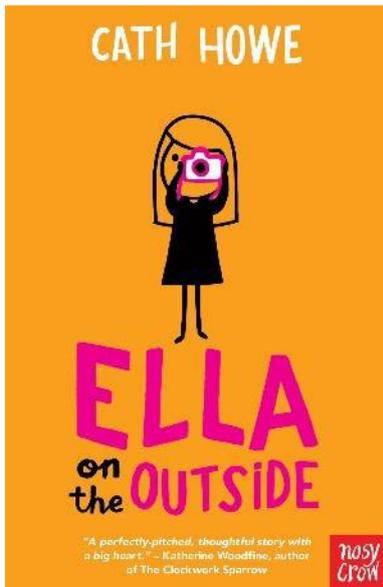
	<p><u>Something Bad Happened: A kid's guide to coping with events in the news</u> by Dawn Huebner and Kara McHale</p>	
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Full of advice for children who may be worried about events in the news, this guide from best-selling author Dawn Huebner offers 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.



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- School

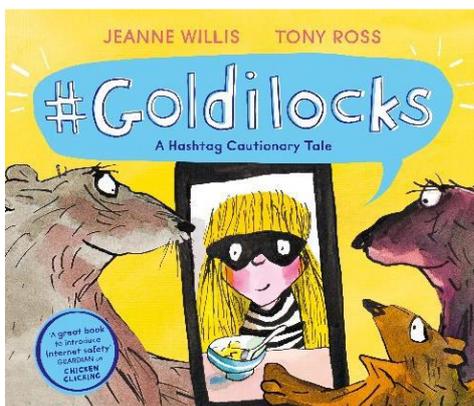


	<p><u>Ella on the Outside</u> by Cath Howe</p>	
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Ella is facing some big changes. She's just had to start at a new school, she's moved away from her best friend Grace, her eczema is acting up, and on top of all that, she has a huge secret to keep about her family. So, when Lydia, the most popular girl in school, wants to start hanging out, things must be on the up... right?

The only problem is, Lydia really wants to know what Ella's hiding and she's also desperate for intel on the quiet girl in class, Molly. So just how far will Ella go to keep her new friendship? Ella on the Outside is a hugely relatable tale that will strike a chord with anyone who has felt the pressure to please a new friend or has struggled to fit in. Ella makes mistakes, but she's also hugely likeable, and author Cath Howe perfectly captures her anxieties and worries.

- Online



	<p><u>#Goldilocks</u> by Jeanne Willis and Tony Ross</p>	
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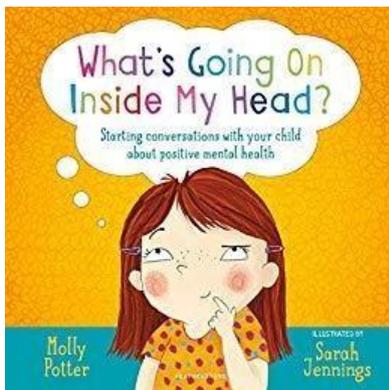
Everyone loves Goldilocks' hilarious online videos, but in her quest to get more likes, more laughs and more hits, she tries something a little more daring: stealing porridge #pipinghot, breaking chairs #fun, and using someone else's bed #sleep. What will Daddy Bear do when he sees that online?

A hilarious cautionary tale for a new generation of internet-users from the prize-winning partnership of Jeanne Willis and Tony Ross, the third of its kind following Chicken Clicking and Troll Stinks.



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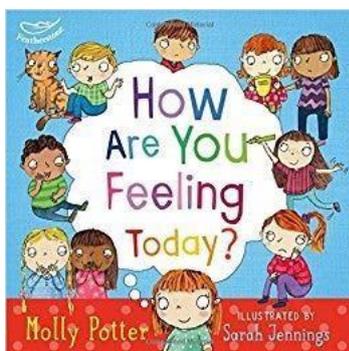
Healthy Minds – information about maintaining good mental health



	<p><u>What's Going On Inside My Head?</u> by Molly Potter and Sarah Jennings</p>	
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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 – understanding and managing feelings

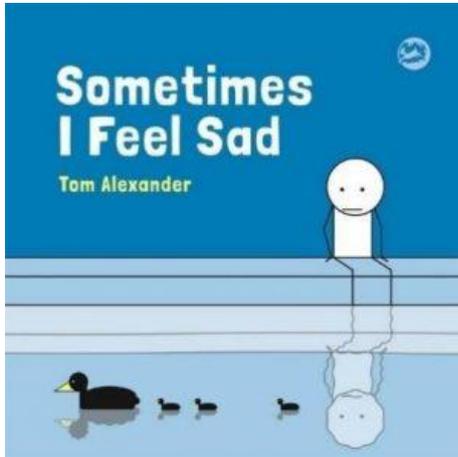


	<p><u>How Are You Feeling Today?</u> by Molly Potter and Sarah Jennings</p>	
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Children have strong feelings and they can't always handle them very well. Perfect for sharing, *How Are You Feeling Today?* is packed with fun, imaginative ways to help children 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.



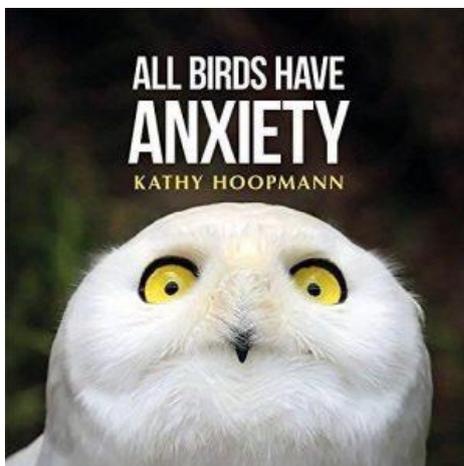
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	<p><u><i>Sometimes I Feel Sad</i></u> by Tom Alexander</p>	
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Feeling sad is, unfortunately, a part of everyone's life, and there's not always an easy fix. This touching book helps explain to children that they're not alone in feeling this way and is especially useful for children who struggle to express their feelings.

Dealing with worries

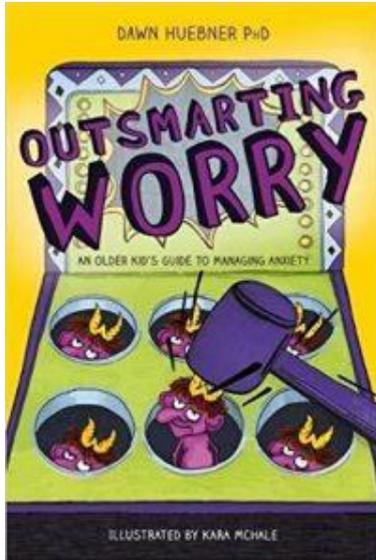


	<p><u><i>All Birds Have Anxiety</i></u> by Kathy Hoopmann</p>	
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Life as a bird can be stressful! From worrying about airplanes, windows, and getting enough worms to eat, it is clear that birds can be anxious beings. Through a light-touch, quizzical 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.

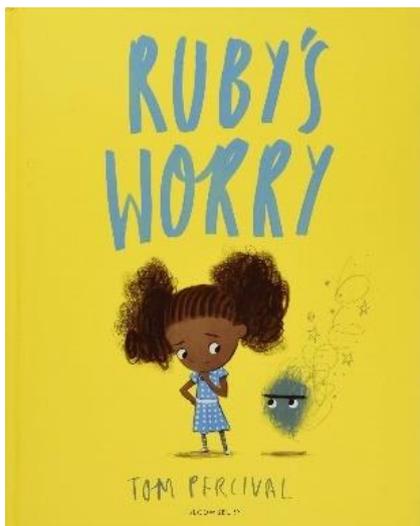


READING WELL



	<p><u>Outsmarting Worry</u> by Dawn Huebner and Kara McHale</p>	
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Worry has a way of growing, shifting from not-a-big-deal to a VERY BIG DEAL in the blink of an eye. This big-deal Worry is tricky, luring children into behaviours that keep the anxiety cycle going. Children often find it hard to fight back against Worry, but not anymore. *Outsmarting Worry* teaches 9-13-year olds and the adults who care about them a specific set of skills that makes it easier to face – and overcome – worries and fears. Smart, practical, proven techniques are presented in language immediately accessible to children with an emphasis on shifting from knowing to doing, from worried to happy and free.

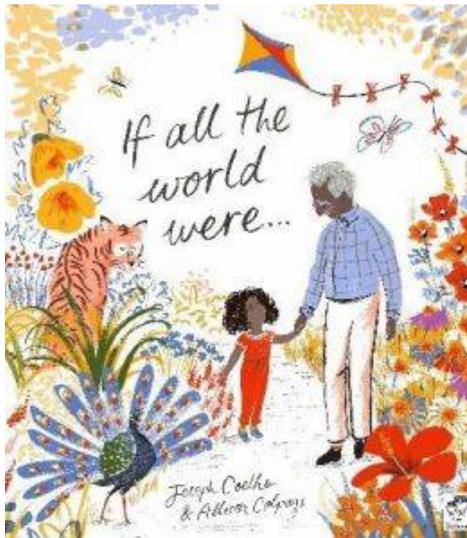


	<p><u>Ruby's Worry</u> by Tom Percival</p>	
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Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's alright, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of her worry 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.

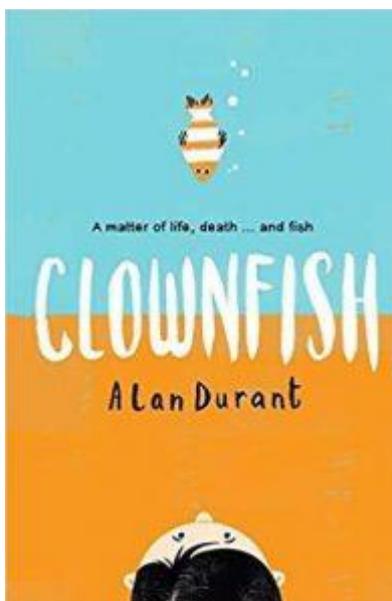
Dealing with tough times

When someone dies



	<p><u><i>If All The World Were</i></u> by Joseph Coelho</p>	
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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.



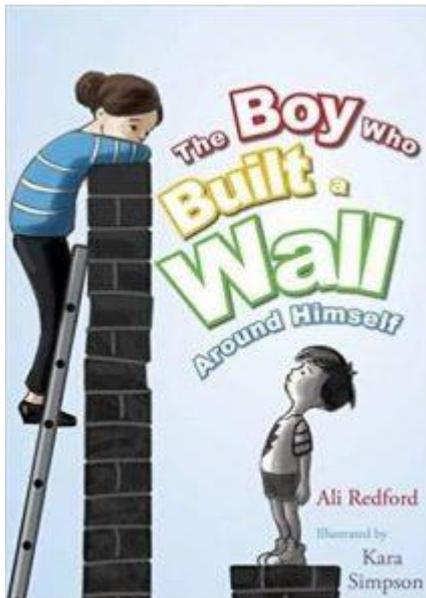
	<p><u><i>Clownfish</i></u> written by Alan Durant, read by Piers Hampton</p>	
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Dak's dad has been dead for seven days when suddenly he reappears. He's the same in almost every way, with one startling exception: Dad has turned into a clownfish, and now lives in a tank at their local aquarium. Dak is delighted by the news – he has Dad back, even if he isn't quite as he was before. Deciding to keep Dad's transformation a secret, Dak visits him at the aquarium as often as he can and ends up spending so much time there that they offer him a job. This is how he comes to meet Violet, the owner's prickly but kind-hearted niece; when the aquarium is threatened with closure, the pair must work together to save it. For Dak, the stakes couldn't be higher... after all, if the aquarium shuts down, what will happen to the fish?



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Getting through a tough time

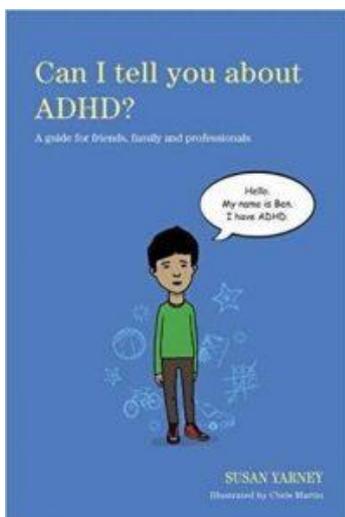


	<p><u><i>The Boy Who Built a Wall Around Himself</i></u> by Ali Redford and Kara Simpson</p>	
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Boy built a wall to keep himself safe. Behind it he felt strong and more protected. Then Someone Kind came along. She bounced a ball, sang and painted on 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 a diagnosed condition

Attention Deficit Hyperactivity Disorder (ADHD)

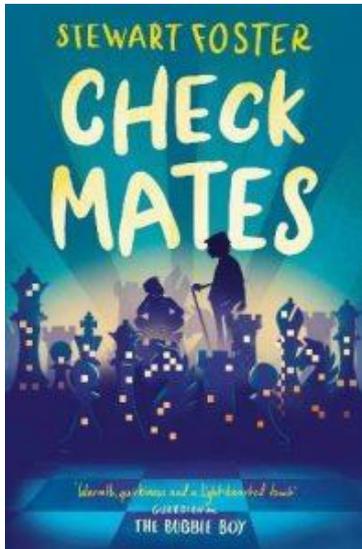


	<p><u><i>Can I Tell You About ADHD?</i></u> by Susan Yarney and Chris Martin</p>	
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Meet Ben – a young boy with ADHD. Ben invites readers to learn about ADHD from his perspective. He helps children understand what it means to have ADHD and describes what it is and how it feels. Ben explains how he was diagnosed and what he has learnt about ways to relieve his ADHD symptoms, and how friends and adults can help at home and school. This illustrated book is full of useful information and will be an ideal introduction for young people, aged 7 upwards, as well as parents, friends, teachers and professionals working with children with ADHD. It is also an excellent starting point for family and classroom discussions.



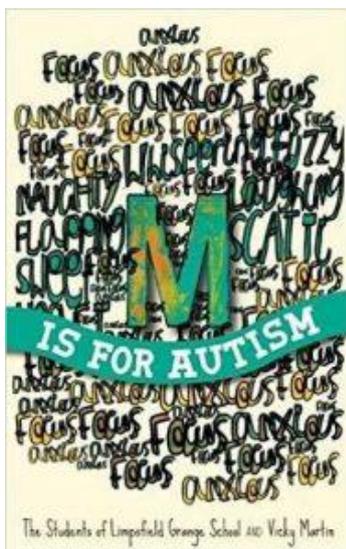
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	<p><u>Check Mates</u> by Stewart Foster</p>	
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Felix is struggling at school. His ADHD makes it hard for him to concentrate and his grades are slipping. Everyone keeps telling him to try harder, but no one seems to understand just how hard he finds it. When Mum suggests Felix spends time with his grandfather, Felix can't think of anything worse. Granddad hasn't been the same since Grandma died. Plus, he's always trying to teach Felix boring chess. But sometimes the best lessons come in the most unexpected of places, and Granddad soon shows Felix that there's everything to play for.

Autism Spectrum Disorders (ASD)



	<p><u>M is for Autism</u> by The Students of Limpsfield Grange School, and Vicky Martin</p>	
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“M. That’s what I’d like you to call me please. I’ll tell you why later.” Welcome to M’s world. It’s tipsy-turvy, sweet and sour, and the beast of anxiety lurks outside classrooms ready to pounce. M just wants to be like other teenagers her age who always know what to say and what to do. So why does it feel like she lives on a different plane of existence to everyone else? Written by the students of Limpsfield Grange, a school for girls with Autism Spectrum Disorder with communication and interaction difficulties, *M is for Autism* draws on real life experiences to create a heartfelt and humorous novel that captures the highs and lows of being different in a world of normal.



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Dyslexia



	<p><u><i>The Illustrated Guide to Dyslexia and Its Amazing People</i></u> by Kate Power & Kathy Iwanczak Forsyth</p>	
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Use this guide to weed out what dyslexia means for you and discover the tools you need to blossom! Dyslexia comes to life with visual imagery and colourful text in this new book on what dyslexia means, how it feels, what to do about it, and how to learn to embrace it. This beautifully designed book, complete with stunning visuals and gentle humour, approaches the subject of dyslexia in a simple and encouraging way for all age groups. By showing what dyslexia is and asking the reader how it applies to them, this book offers a fun and engaging means of working out how dyslexia affects the individual specifically, with a multitude of learning 12 tools and tips, and a gallery of inspirational dyslexics who have used their particular skills to do something amazing with their lives.