

**THE
READING
AGENCY**

Free at your library

Books to
help you feel
better

READING WELL

for children

All books are
recommended
by children
and health
professionals

reading-well.org.uk



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**READING
WELL**

READING WELL

for children

This book collection is
FREE to borrow from
your local library!

Books that help children deal with worries, feel better and get through tough times

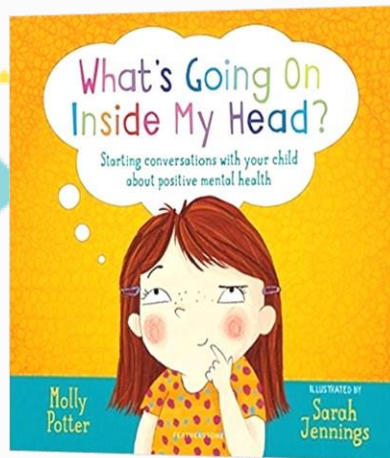
The need for this book collection:

- One in eight (12.8%) 5 to 19-year-olds had at least one mental health condition when assessed in 2017.
- Almost two thirds (60%) of children aged 8-11 say they feel stressed, sad or worried at least once a month.
- Over a third of parents of children aged 4-11 (34%) worry about their child's mental health at least once a week.
- More than a million parents believe their child could benefit from professional help in the wake of the coronavirus lockdown, a poll from Bernardo's revealed.

Many of the Reading Well titles are available to download as e-books and audiobooks for FREE via your library's e-lending service:



Healthy Minds



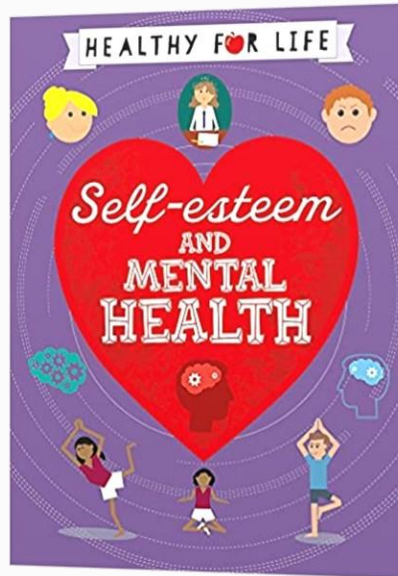
What's Going on Inside my Head?

Molly Potter
Illustrator Sarah Jennings

HB [9781472959232]
EB [9781472966254]

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 practical way, it will help establish solid foundations for every child's wellbeing.

Featherstone



Healthy for Life: Self-esteem and mental health

Anna Claybourne
Illustrator Dan Bramall

PB [9781445149806]



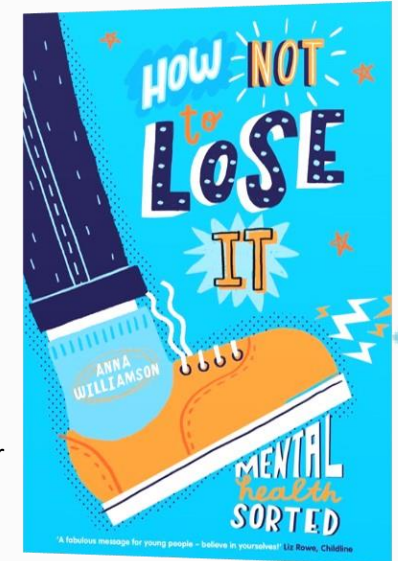
How Not to Lose It: Mental Health Sorted

Anna Williamson
Illustrator Sophie Beer

PB [9781407193144]
EB [9781407194264]

Family. Friends. Exams. Are you finding life a struggle? At times, it can feel like a lot of problems and pressure. But the good news is that you can learn to be the boss of your brain. Creating healthy habits. Staying in the moment. Breaking negative thought patterns. Finding things to be happy about. This book will help you feel good and bounce back from obstacles.

Scholastic



The collection has been co-created with children and families

Worries



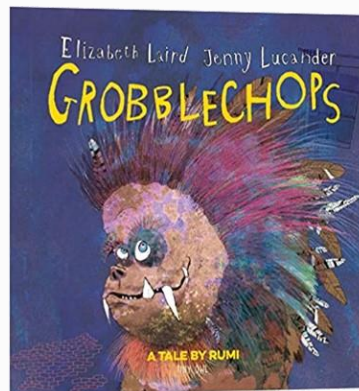
Ruby's Worry
Tom Percival
 PB [9781408892152]
 HB [9781408892138]
 EB [9781408892145]

A poignant story about anxiety. When Ruby makes a friend – who has a worry too – and talks about what's bothering her, Ruby soon realises that everybody gets worries, and they are nothing to be ashamed of.
Bloomsbury Children's Books



Worry Angels
Sita Brahmachari
 Illustrator Jane Ray
 PB [9781781126950]

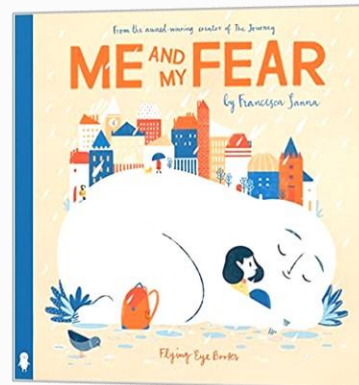
Amy May knows people caught in worries - from her dad to refugee Rima and her family. By being brave and opening up her worry box, Amy May helps all those around her find a way forward. Particularly suitable for reluctant and dyslexic readers.
Barrington Stoke



Gobblechops
Elizabeth Laird
 Illustrator Jenny Lucander
 HB [9781910328415]

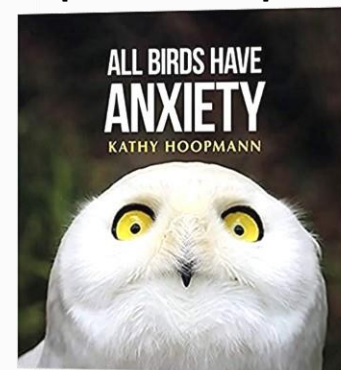
Amir is scared of the dark and afraid there is a monster called Gobblechops under his bed. Luckily, Amir's dad can defuse his son's anxiety so that Gobblechops becomes a friend rather than a threat. Stunning collage illustrations.
Tiny Owl Publishing Ltd

Me and My Fear
Francesca Sanna
 HB [9781911171539]



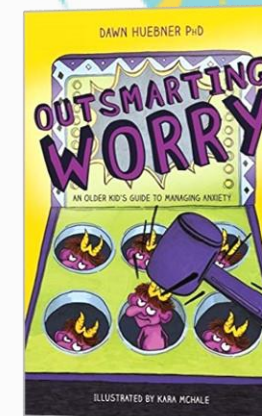
When a young girl has to move to a new country, her Fear tells her to be afraid. How can she make friends if she doesn't understand their language? A heart-warming tale which shows us the importance of sharing your Fear.
Flying Eye Books

All Birds Have Anxiety
Kathy Hoopmann
 HB [9781785921827]
 EB [9781784504540]



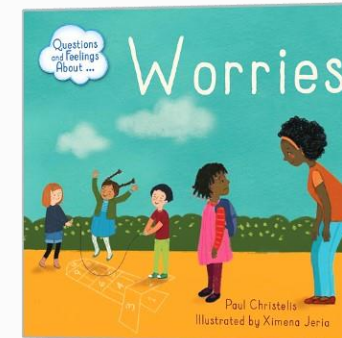
Through a quizzical depiction of bird behaviour, this book uses colourful images and gentle humour to explore living with anxiety day-to-day, and how to deal with it. An ideal introduction to anxiety for those affected, or anyone wanting to better understand anxiety.
Jessica Kingsley Publishers

Outsmarting Worry
Dawn Huebner
 Illustrator Kara McHale
 PB [9781785927829]
 EB [978178450702]



Outsmarting Worry teaches 9-13 year olds skills that makes it easier to overcome worries and fears. Practical, proven techniques in accessible language.
Jessica Kingsley Publishers

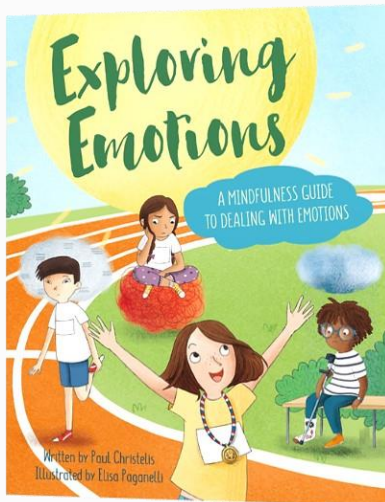
Questions and Feelings About: Worries
Paul Christeli
 Illustrator Ximena Jeria
 HB [9781445163956]



A gentle picture book from Mindfulness expert Paul Christeli, that explores everyday situations, helping children to recognise signs of worry and giving them reassurance and simple suggestions on how to cope.
Hachette

Recommended by health experts

Feelings



Mindful Me: Exploring Emotions

Paul Christelis

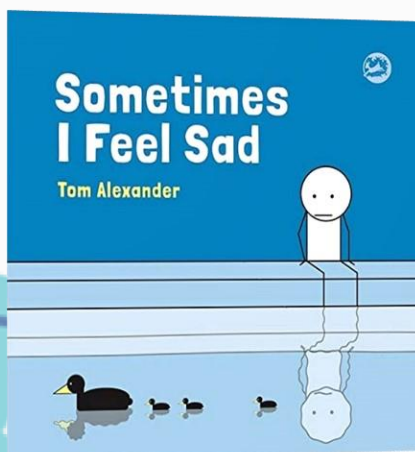
Illustrator Elisa Paganelli

PB [9781445157276]

HB [9781445157269]

This story-book includes simple mindfulness activities, which help relieve stress and anxiety and improve well-being. This book shows children how to cope with different emotions, from anger and jealousy, to sadness and disappointment.

Franklin Watts



Sometimes I Feel Sad

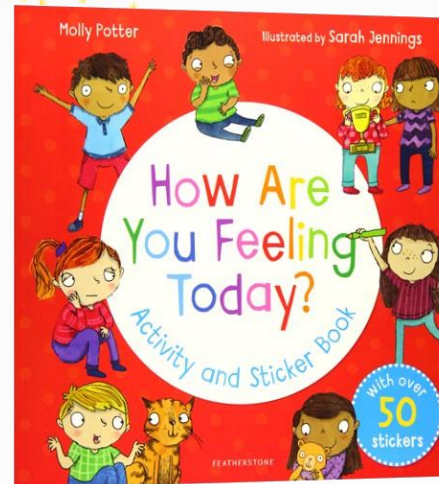
Tom Alexander

HB [9781785924934]

EB [9781784508890]

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.

Jessica Kingsley Publishers



How Are You Feeling Today?

Molly Potter

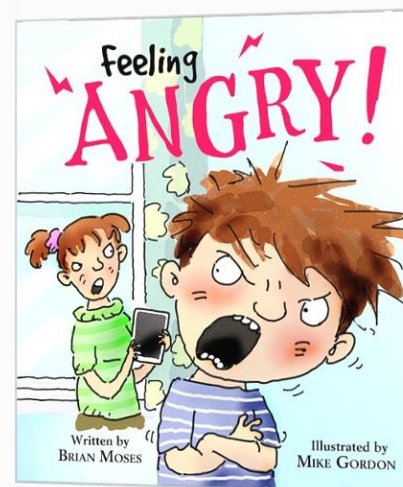
Illustrator Sarah Jennings

HB [9781472906090]

EB [9781472961860]

A great dip-in book with fun, imaginative ways to help children understand and cope with a whole range of different emotions. Helpful parent/carers notes at the back provide more ideas to try out together.

Featherstone



Feeling Angry!

Katie Douglass

Illustrator Mike Gordon

PB [9781526300140]

This picture story explores feelings of anger in a light-hearted way using everyday situations that children might be familiar with, and gives advice on how to calm anger. Ideal for home or classroom, this book contains suggestions of ways to help children deal with feeling angry.

Wayland

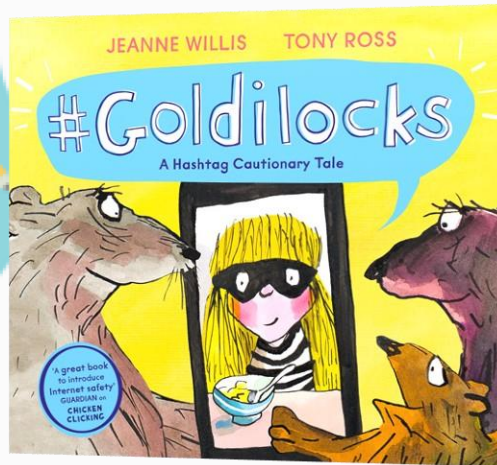


Borrow from your local library

TACKLING LIFE'S BIG CHALLENGES THROUGH THE PROVEN POWER OF READING

The world around you

Online



#Goldilocks

Jeanne Willis

Illustrator Tony Ross

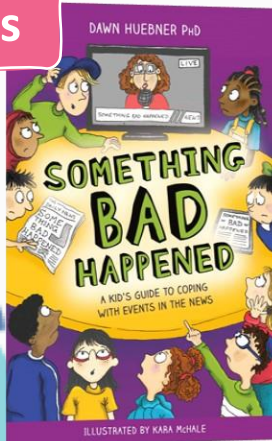
PB [9781783448784]

HB [9781783447176]

Everyone loves Goldilocks' hilarious online videos, but in her quest to get more likes, more laughs and more hits, she tries more daring things. 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.

Andersen Press

In the news



Something Bad Happened: A Kid's Guide to Coping with Events in the News

Dawn Huebner

Illustrator Kara McHale

PB [978178775074]

Full of advice for children who may be worried about events in the news, this guide from a best-selling author 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.

Jessica Kingsley Publishers

Planet Omar: Accidental Trouble Magnet

Zanib Mian

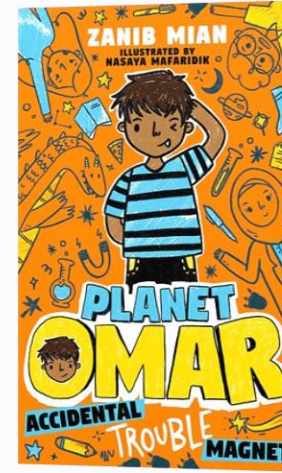
Illustrator Nasaya

Mafaridik

PB [9781444951226]

EB [9781444951233]

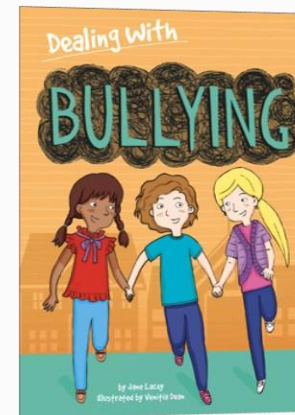
AB [9781444952018]



A book about being different, making friends and overcoming hurdles. Omar has just moved house. Going to a new school means dealing with class bully Daniel. When they get stranded on a school trip, Omar realises that Danny isn't so tough...

Hodder Children's Books

At school



Dealing With Bullying

Jane Lacey

Illustrator Venitia Dean

PB [9781445157498]

This book teaches readers how to deal with bullies and not give in to peer pressure to bully others. It features seven stories from children who have a range of bullying problems, both verbal and physical and offers practical advice. features a short playscript to act and discuss.

Franklin Watts

Ella on the Outside

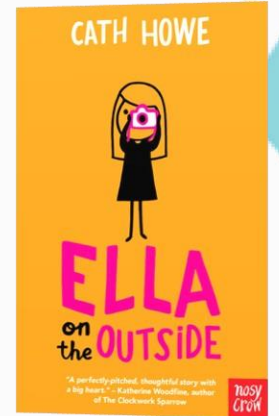
Cath Howe

PB [9781788000338]

EB [9781788000345]

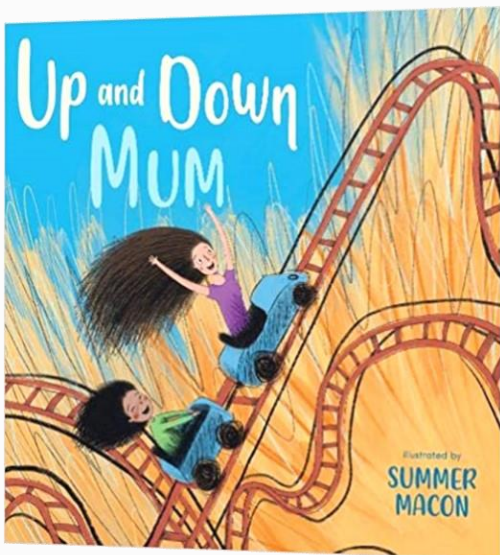
This is a hugely relatable tale that will strike a chord with anyone who has felt the pressure to please a new friend or has struggled to fit in. Ella makes mistakes, and author Cath Howe perfectly captures her anxieties and worries.

Nosy Crow



Co-created with children and families

Dealing with tough times



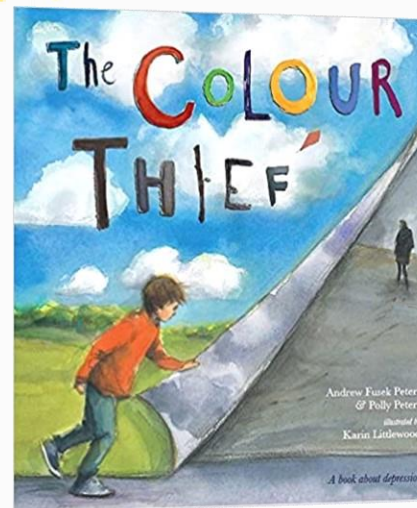
Developed in close consultation with families with parental mental health conditions and created in collaboration with the Wellcome Trust.

Up and Down Mum **Child's Play**

Illustrator Summer Macon
PB [9781786283399]

Living with Mum is 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, things can sometimes be uncertain. With a clear information spread, this story helps us to understand the causes of mental illness and how to live with someone who has it.

Child's Play (International) Ltd



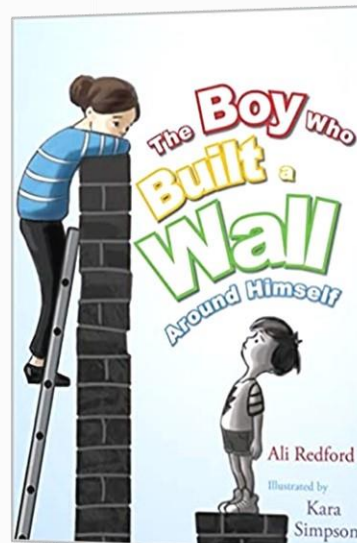
The Colour Thief: A Family's Story of Depression

Andrew Fusek Peters and Polly Peters

Illustrator Karin Littlewood
PB [9780750280532]

This is a simple, heart-warming tale which helps to open conversations around depression and support young children whose families have been affected. We follow a young boy who loves spending time with his dad. When his father becomes sad and distant, he doesn't understand. 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.

Wayland



The Boy Who Built a Wall Around Himself

Ali Redford

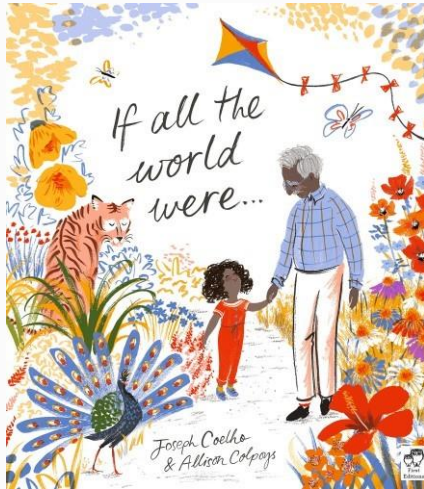
Illustrator Kara Simpson
HB [9781849056830]
EB [9781784502003]

Boy built a wall to keep himself safe. 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 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.

Jessica Kingsley Publishers

The books in the collection have been chosen and endorsed by children, carers, health experts and librarians

Coping with grief



If All the World Were

Joseph Coelho

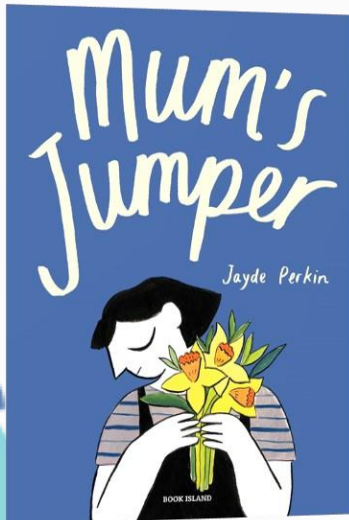
Illustrator Allison Colpoys

PB [9781786036513]

EB [9781786033925]

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

Lincoln Children's Books



Mum's Jumper

Jayde Perkin

HB [9781911496137]

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.

Book Island

Michael Rosen's Sad Book

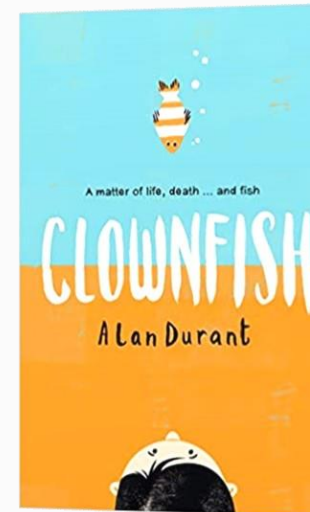
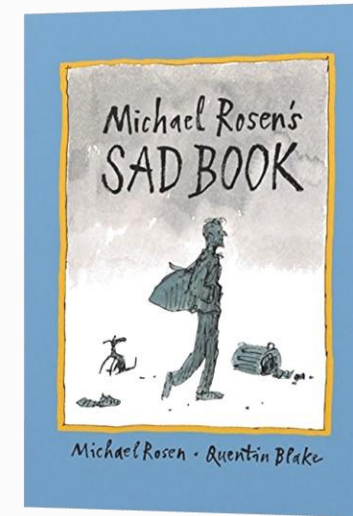
Michael Rosen

Illustrator Quentin Blake

PB [9781406317848]

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.

Walker Books



Clownfish

Alan Durant

PB [9781406374629]

EB [9781406381900]

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 visits him at the aquarium and ends up spending so much time there that they offer him a job. When the aquarium is threatened with closure, the stakes couldn't be higher for Dak.

Walker Books

When you have a diagnosis

ADHD

Can I Tell You About ADHD?

Susan Yarney

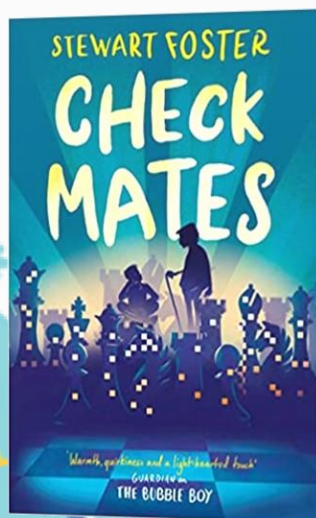
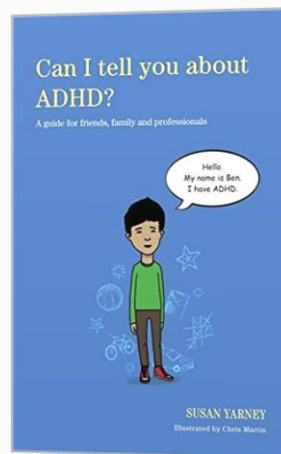
Illustrator Chris Martin

HB [9781849053594]

EB [9780857007087]

A young boy called Ben helps us understand ADHD. 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.

Jessica Kingsley Publishers



Check Mates

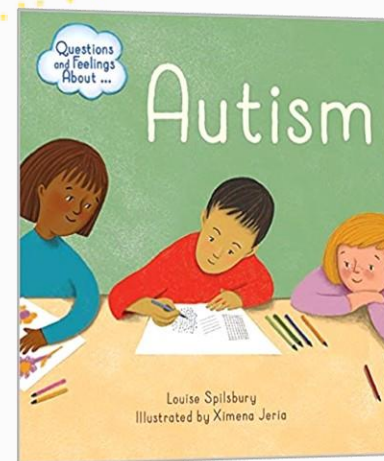
Stewart Foster

PB [9781471172236]

EB [9781471172243]

Felix's ADHD makes it hard for him to concentrate and his grades are slipping. 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, he's always trying to teach him chess. But sometimes the best lessons come in the most unexpected of places.

Simon & Schuster



Questions and Feelings About: Autism

Louise Spilsbury

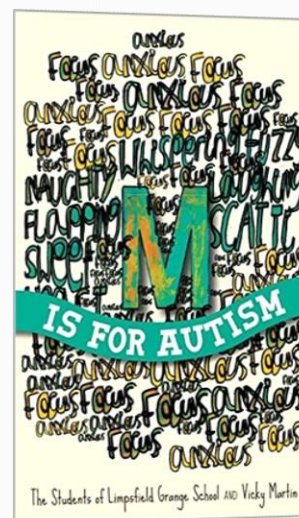
Illustrator Ximena Jeria

HB [9781445156590]

This book explores autism in a child-friendly way. It offers practical tips and advice as well as exploring everyday situations, supported by approachable illustrations to give a comforting story-book feel, particularly suited to 5-7-year olds, but with scope to appeal to both younger and older children. A perfect aid to help children open up and explore how they feel and give steps they can take to help them cope.

Franklin Watts

Autism Spectrum Disorder (ASD)



M is for Autism

**The Students of Limpsfield Grange School
and Vicky Martin**

PB [9781849056847]

EB [9781784501983]

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, 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.

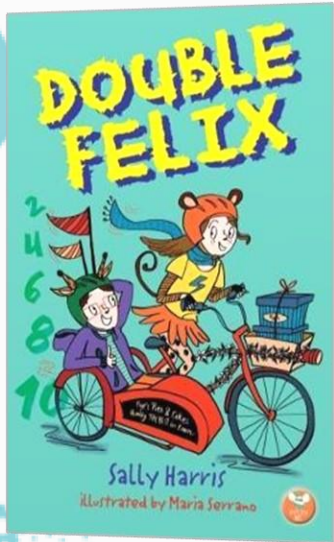
Jessica Kingsley Publishers



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When you have a diagnosis

Obsessive Compulsive Disorder (OCD)



Double Felix
Sally Harris

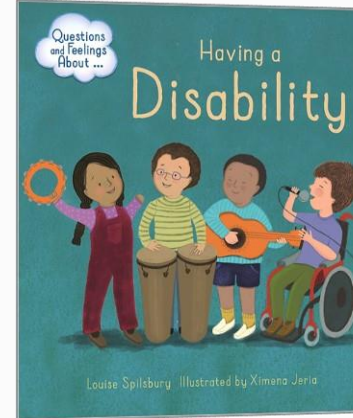
Illustrator Maria Serrano
PB [9781999903305]

He skips every second step when he takes the stairs, taps door handles twice and positions objects in pairs. The problem has become so bad that Felix is on the verge of being expelled from school because the principal has had enough of trying to run the school around his very specific rules. Then Charlie Pye arrives and turns his world upside down. She has grown up with very few rules. The question is, can Felix ever learn to be wrong when he is obsessed with being right?

Brown Dog Books



Having a disability



Questions and Feelings About: Having a Disability
Louise Spilsbury

Illustrator Ximena Jeria
HB [9781445156613]

How do you help a young child deal with disability or explain what that means? This hands-on picture book is designed to help children with their questions and feelings about topics that can be hard to talk about. The exquisite and approachable illustrations give a comforting story-book feel. A perfect aid to help children explore how they feel and learn steps they can take to help them cope.

Franklin Watts

Dyslexia



The Illustrated Guide to Dyslexia and Its Amazing People

Kate Power & Kathy Iwanczak Forsyth
HB [9781785923302]

Dyslexia comes to life with visual imagery and colourful text in this book on what dyslexia means, how it feels, what to do about it, and how to learn to embrace it. By showing with gentle humour what dyslexia is, this book offers a fun and engaging means of working out how dyslexia affects the individual specifically, with a multitude of learning tools and tips, and a gallery of inspirational dyslexics who have used their particular skills to do something amazing with their lives.

Jessica Kingsley Publishers

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