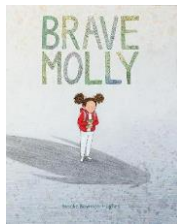
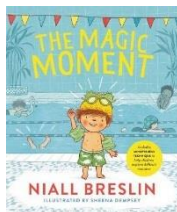


Mental Health and Resilience Primary Booklist 2020

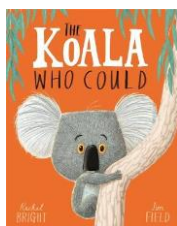
KSI



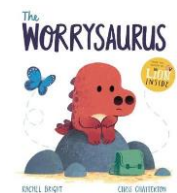
Boynton-Hughes, Brooke **Brave Molly** **Y**
 A wordless picture book about a little girl who overcomes her fears about making new friends.



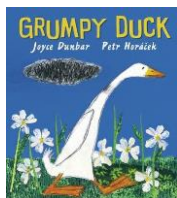
Breslin, Niall **The Magic Moment** **Y**
 When a little boy is too scared to go to the local swimming pool, his Nana teaches him a mindfulness technique to help him conquer his fear.



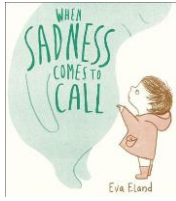
Bright, Rachel **The Koala Who Could** **Y**
 Koala likes to keep things the same. Exactly the same. But when change comes along uninvited one day, he discovers life can be new and wonderful. A tale for anyone who finds change just a little bit worrisome. Available as a Group Set



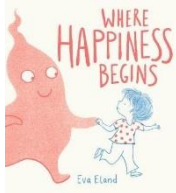
Bright, Rachel **The Worrysaurus** **Y**
 Despite meticulous planning, little dinosaur worries about all the things that might ruin his picnic instead of having fun while he can. A fun and reassuring tale about dealing with worries. Useful to prompt discussion and sharing.



Dunbar, Joyce **Grumpy Duck** **Y**
 Duck is in a very grumpy mood. The pond is dry and she doesn't want to join any of the other animals in their pastimes. The grey cloud which follows her grows bigger until eventually she cheers up with the help of her farmyard friends.



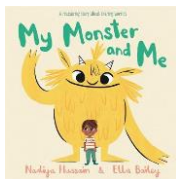
Eland, Eva **When Sadness Comes to Call** **Y**
This poignant but uplifting picture book looks at dealing with the emotion of sadness.



Eland, Eva **Where Happiness Begins** **Y**
Sometimes it can feel that happiness is really far away, and sometimes you might have so much you can't help but share. A book to encourage empathy and to help young children understand their feelings.



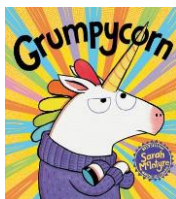
Henn, Sophy **Almost Anything** **Y**
A bear gives his rabbit friend the confidence to try activities he thinks he can't do by giving him a 'magic' hat to help him.



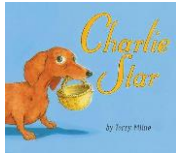
Hussain, Nadiya **My Monster and Me** **Y**
A story of how a boy has learnt how to deal with his worries. He knows that worries will always be part of him, but he has learnt that sharing those worries makes them manageable.



Kuo, Fifi **I Can Fly** **Y**
A small penguin sees all the birds in the sky and wants to fly like them. Penguin tries everything he can but to no avail. But he soon learns from his dad that he can fly - underwater! A picture book about perseverance and realising your dreams.



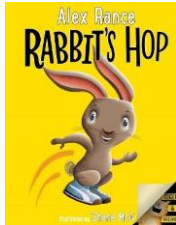
McIntyre, Sarah **Grumpycorn** **Y**
Unicorn wants to write the most fabulous story in the world. He has a fancy notebook and a special fluffy pen. Everything is just perfect. But Unicorn has no idea what to write and that makes him grumpy. A funny and feisty picture book celebrating teamwork, friendship, and the joys of storytelling.



Milne, Terry Charlie Star

Y

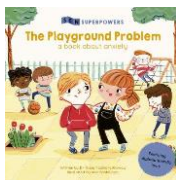
Charlie is an anxious dachshund who worries that something terrible might happen if he doesn't keep to his daily rituals. However, he is forced to forego the rituals of his daily routine when a friend in trouble needs his help.



Rance, Alex Rabbit's Hop

Y

Jack is the best at everything on the island. He is then invited to another island and this will be a much bigger challenge and he may not be successful. A wonderfully entertaining picture book about self-belief, determination, being kind, and having fun.



**Alloway, Tracy Packiam The Playground Problem :
A Book About Anxiety**

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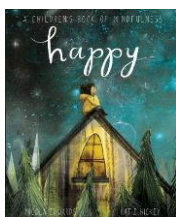
Ruby feels anxious about her show and tell presentation. The "SEN Superpowers" series celebrates the positive traits associated with a range of common Special Education Needs conditions including autism and ADHD.



Brooks, Felicity; Allen, Frankie All About Feelings

152

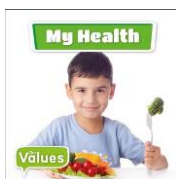
Covers a whole range of emotions. It acknowledges the complexity of feelings all people experience and there are notes for adults at the back. A good reference guide. For KSI and KS2.



**Edwards, Nicola Happy : A Children's Book of
Mindfulness**

152

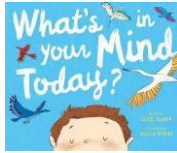
Each double page spread focusses on a different aspect of mindfulness. There is a rhyming phrase and then a question is posed making it perfect to use on a one to one basis.



Holmes, Kirsty My Health

613

This information book on first experiences looks at the importance of physical and mental health. Part of the "Our Values" series.

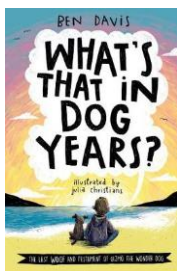


Bladen, Louise **What's In Your Mind Today?** **616.8**
A simple guide to using mindfulness techniques to deal with stress and anxiousness. A good book to share.

KS2



Davies, Nicola **Butterflies for Grandpa Joe** **CF**
Ben's grandfather suffers from depression after the death of his wife. He doesn't want to go outside or talk or smile. Ben uses his grandfather's love of butterflies to bring him back to life.



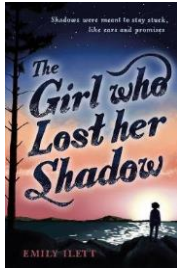
Davis, Ben **What's That in Dog Years?** **CF**
George decides to create a bucket list for his dog who he knows is getting old. Simultaneously hilarious and heart-breaking this hugely empathetic tale also gently tackles mental health, divorce, bullying and friendship.



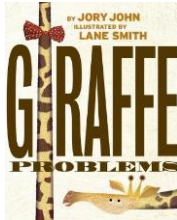
Foster, Stewart **Check Mates** **T**
Felix has ADHD and struggles at school and is often in trouble. His grandmother has recently died, and his parents suggest he spends more time with his grandad. Part of this involves him learning how to play chess. Lovely relationship as Felix discovers a whole new set of strengths and talents within himself.



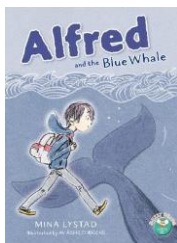
Haworth-Booth, Emily **The King Who Banned the Dark** **P**
A king bans the dark from his kingdom, but his citizens revolt against him when they realise that they do not want to live in perpetual daylight. A modern fairy tale about conquering your fears. Shortlisted for Hampshire Illustrated Book Award 2019. Available as a Group Set



Ilett, Emily The Girl Who Lost Her Shadow CF
A girl embarks upon an adventure to find her sister's missing shadow, and in doing so to find the happiness which their family has lost. A fantasy story that tells of bravery, the effect of mental health issues and being strong enough to ask for help.



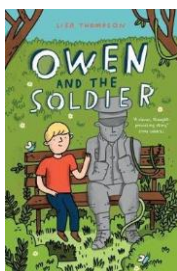
John, Jory Giraffe Problems P
A giraffe can't understand why his neck is as bendy and ridiculous as it is. He tries disguising it until he realises it has a purpose and it looks wonderful in a bow tie. A hilarious look at being comfortable with your own body.



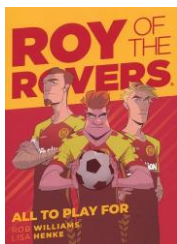
Lystad, Mina Alfred and The Blue Whale CF
Alfred learns to become braver as he researches about blue whales for a class presentation he has to do. His increased knowledge gives him the courage to talk to his peers.



Santat, Dan After the Fall P
Humpty Dumpty strives to overcome his fear of heights after his fall so that he can enjoy his hobby of bird watching again. A fantastic picture book to show perseverance. Available as a Group Set



Thompson, Lisa Owen and the Soldier CF
Owen and his mum are struggling. It's just the two of them at home now and they're finding it difficult to ask for the help they need. Owen decides to rescue a statue in a park and this gives him courage. Touches on mental health issues caused by grief.

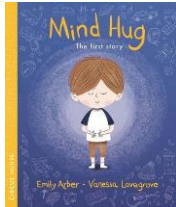


Williams, Rob All to Play For CF
A graphic novel about a football team that have sunk to the bottom of the table thanks to their dodgy owner incurring a huge point deduction for the club. The sub plot deals with a mental health issue which is well handled.



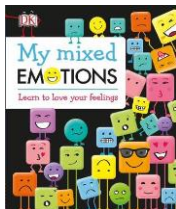
Williamson, Lara **The Girl with Space in Her Heart**
Mabel uses her love of space and astronomy to help overcome her loss after her father walked out on the family. A moving story of resilience, courage and perseverance.

CF



Arber, Emily **Mind Hug**
A first look at how children can use mindfulness, a superpower, to control their feelings. Could be used with Upper KS1 and Lower KS2 pupils.

152



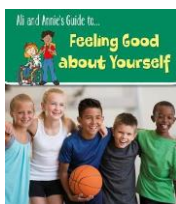
Greenwood, Elinor **My Mixed Emotions**
Introduces the four main feelings: happy, angry, fear and sad. Includes strategies for coping with feelings. A useful book for every Primary School to have in their PSHE collections.

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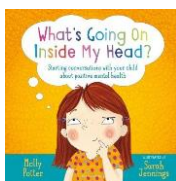
Head, Honor **12 Hacks to Worry Less**
12 simple steps to start to worry less and build resilience. For upper KS2.

152



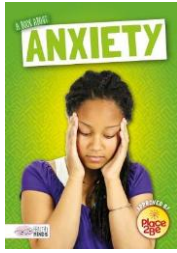
Hunt, Jilly **Feeling Good About Yourself**
A guide to self-esteem and confidence building with helpful tips and suggestions for good mental health. Could be used with upper KS1 and KS2 pupils.

152

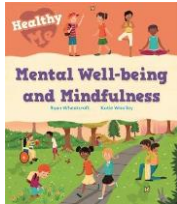


Potter, Molly **What's Going On Inside My Head?**
A great resource that carefully spells out mental health issues and ways to resolve them in a friendly, considered tone by talking about positive self-image, emotional intelligence, relationships and mindfulness. Lower KS2.

152



Duhig, Holly **A Book About Anxiety** **616.8**
This book covers anxiety and ways of coping with the situation. Other titles in the series explore conditions such as ADHD, OCD and depression.



Woolley, Katie **Mental Well-Being and Mindfulness** **616.8**
Looks at the importance of good mental health from finding time to have fun with friends, eating well, exercising and trying some easy mindfulness techniques.



Christelis, Paul **Get Outdoors : A Mindfulness Guide to Noticing Nature** **790**
An exploration of the benefits of spending time outdoors and how appreciating the natural world can be beneficial to our physical and mental well-being. Upper KS1 and KS2.

Y = Picture Book/ P = KS2 Picture Book
CF = Children's Fiction T = Younger Teen Reads



= Available as an eBook

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