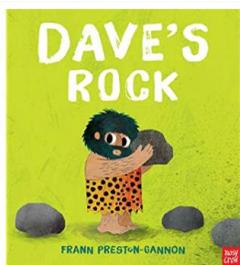


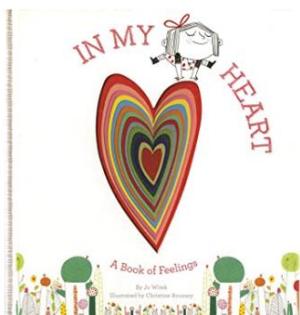
Books available for PSHE and wellbeing topics

EYSF/ KS1



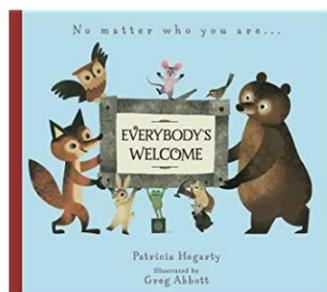
Friendships and working through fall outs

In this funny and stylishly illustrated follow-up to Dave's Cave, two lovable cavemen endeavour to make their rocks the very best they can – inventing, in the process, something rather remarkable.



Understanding and naming how we feel

Starring the same little girl in the same charming illustration style as Hello In There!, In My Heart explores emotions--happiness, sadness, bravery, anger, shyness and more. Unlike other feelings books that tend to oversimplify, In My Heart lyrically explains what an emotion feels like, physically, inside. For example: "When I get really angry, my heart feels like it's going to explode! Don't come near me! My heart is yelling, hot and loud. This is when my heart is mad." Toddlers will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions. On the cover and the right side of each spread, a die-cut heart decreases in size, creating a multi-coloured heart the depth of the entire book.

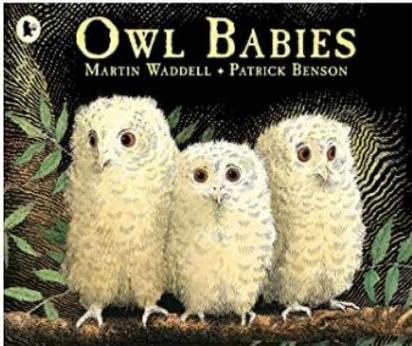


Inclusion, equality

Poor Frog's pond has dried up and he has nowhere to live. Luckily, he meets friendly Mouse, who is just starting to build a new house. "Everybody's welcome, no matter who they are," explains Mouse. "Wherever they may come from, whether near or far." As Frog and Mouse build a house

together, they meet more animals without a place to live. Soon, they all join in to build a big, beautiful home where everyone is welcome, safe, and warm.

In this sweet forest setting, children will learn how important it is to extend a generous hand to those in need, whether neighbors in crisis, a friend with a problem, or a family immigrating to a new country. It's a timely, vital, and comforting story that will inspire useful conversations about caring, charity, and empathy.

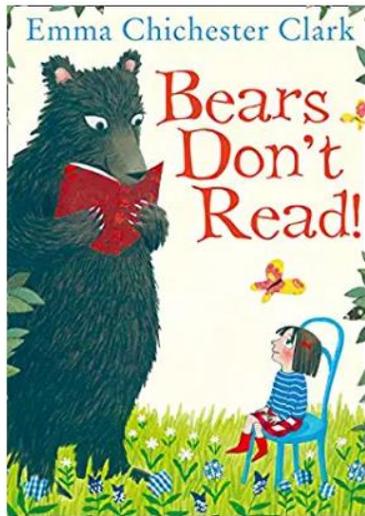


Dealing with worries and the anxiety of being apart from those we love

A gentle tale of three baby owls reassures young children that Mummy will always come home.

A gentle tale of three baby owls reassures young children that Mummy will always come home. Three baby owls, Sarah, Percy and Bill, wake up one night in their hole in a tree to find that their mother has gone. So they sit on a branch and wait... Darkness gathers and the owls grow anxious, wondering when their mother will return. But, at last, she does and they bounce up and down with joy, welcoming her home.

KS1/ Lower KS2



Resilience

A magical story of friendship to power the imagination and encourage children (and bears!) towards a lifelong love of reading.

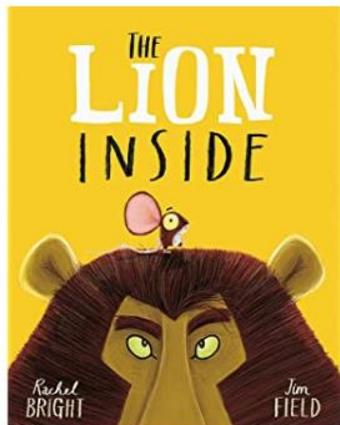
A magical story of friendship to power the imagination and encourage children (and bears!) towards a lifelong love of reading.

"That's just silly!" said his sister. "Bears don't read!"

George isn't happy doing the usual bear things like chatting and fishing. But what else is there? Then one day, he finds a book beneath a tree and knows... More than anything he wants to learn to read!

But, arriving in town, George soon discovers that it's not easy to be a bear at school! If only he could find someone to teach him the alphabet and change his life forever... Perhaps a little girl called Clementine can help?

A feel-good story of determination and friendship – sure to encourage a lifelong love of books.

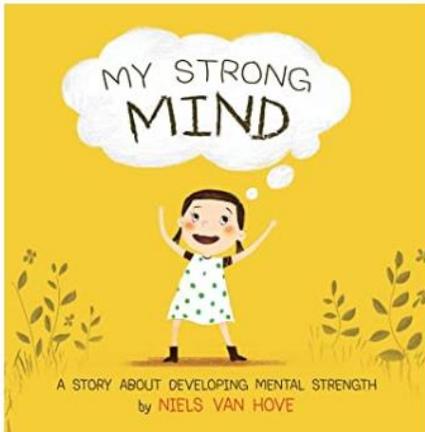


Self-esteem

A bestselling story about confidence, self-esteem, and a shy little mouse who sets out on a journey to find his roar.

In a dry dusty place where the sand sparkled gold, stood a mighty flat rock, all craggy and old. And under that rock in a tiny house, lived the littlest, quietest, meekest brown mouse.

Fed up of being ignored by the other animals, Mouse wishes he could roar like Lion. But, as he discovers, even the biggest, bossiest people are scared sometimes ... and even the smallest creatures can have the heart of a lion!



Resilience

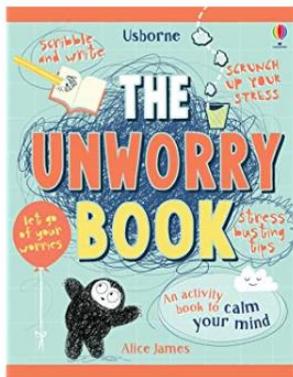
Kate is a sporty and happy girl. She does well at school and has many friends. But like every girl, she sometimes faces difficult situations at home or at school. Discover how Kate uses her strong mind to tackle her daily challenges with a positive attitude.

Kate will face several situations where she applies a positive attitude to deal with her challenge. Amongst them are getting ready in time in the morning, doing cartwheels, standing in front of the whole class with show and tell and playing basketball.

Kate applies techniques like goals setting, positive self-talk, accept failure as learning, visualisation of a problem, breathing or mindfulness exercise, gratitude, and controlled distraction. These tips to build a strong mind in children are presented in an easy to read, fun and practical way.

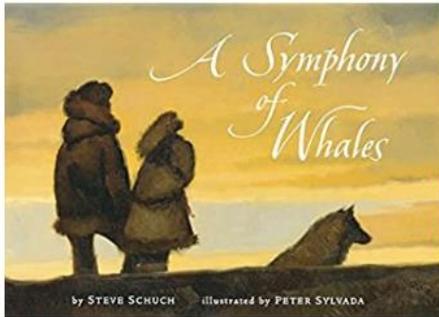
It's a great book for children, especially those at primary school, to read under their own steam. Kate's story will open the door for children to commence building their own strong mind. This awareness and knowledge will enable children to participate in an open dialogue about the importance of mental strength and how to develop it.

All of KS2



Activities for mindfulness / strategies for coping with worries and anxieties

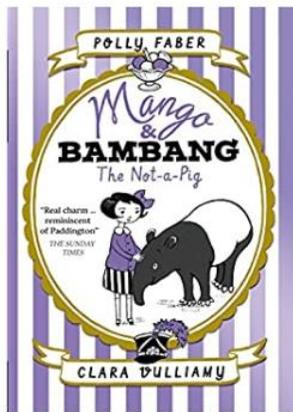
We all worry. This write-in book is an unworry toolkit, full of things to calm you down and places to put your worries. Activities include creating a worry box, making a mood grid and mindfulness activities such as colouring, doodling and mazes. Written with the help of a psychologist, there are links to websites for tips, advice and support too.



Caring and looking after things

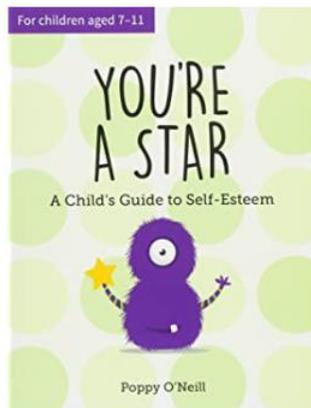
Glashka can . . . but with that mysterious power comes great responsibility. When she discovers thousands of whales trapped in a rapidly freezing inlet, she knows it is up to her to gather the people of her town to help them.

Based on an actual event, this inspiring story follows Glashka and her people as they come to understand the importance of all life.



Friendship and caring for things

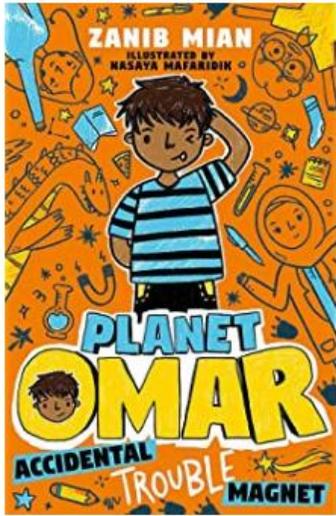
A charming collection of four beautifully illustrated stories about the unlikely friendship between Mango, a little girl, and Bambang, an Asian tapir. Mango Allsorts is good at all sorts of things, not just karate and chess. Bambang is most definitely not-a-pig and is now lost in a very busy city. When the two unexpectedly meet, a friendship begins, filled with adventures, and of course, plenty of banana pancakes. The Not-a-Pig is Book One in a brilliant series from Polly Faber and Clara Vulliamy.



Low self-esteem – identifying and improving it

This practical guide combines proven cognitive-behavioural therapy methods used by child psychologists in schools with simple activities to help your child grow their self-esteem. It's aimed at children aged 7–11 because a lot happens in these years that can impact a child's sense of self-worth, not just now but for years to come.

Your child will be guided, with the help of Bop – a friendly and supportive character they can identify with – through fun and engaging activities which are interspersed with useful tips, inspirational statements and practical information for parents.



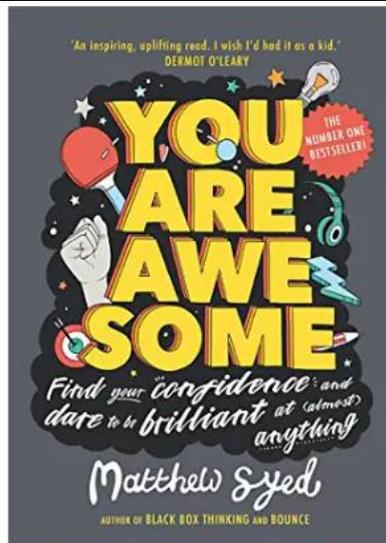
Resilience, particularly dealing with transition and changes

Omar overcomes his worries and makes friends at a new school

My parents decided it would be a good idea to move house AND move me to a new school at the same time. As if I didn't have a hard enough time staying out of trouble at home, now I've also got to try and make new friends. What's worse, the class bully seems to think I'm the perfect target.

At least Eid's around the corner which means a feast (YAY) and presents (DOUBLE YAY). Well, as long as I can stay in Mum and Dad's good books long enough...

The combination of Zanib Mian's hilarious text and Nasaya Mafaridik's fantastic cartoon-style illustrations make the PLANET OMAR series perfect for fans of Tom Gates and Wimpy Kid.



Resilience

This positive and empowering guide, by bestselling mindset author Matthew Syed, will help boys and girls build resilience, fulfil their potential and become successful, happy, awesome adults.

You Are Awesome can help inspire and empower young readers to find the confidence to realise their potential. The first children's book from *Times* journalist, two-time Olympian and best-selling mindset author Matthew Syed, it uses examples of successful people from Mozart to Serena Williams to demonstrate that success really is earned rather than given, and that talent can be acquired. With hard work and determination, practice and self-belief, and, most importantly, a Growth Mindset, there's no reason why anyone can't achieve anything.

Practical, insightful and positive, this is the book to help children build resilience, embrace their mistakes and grow into successful, happy adults.

