

Wellbeing and Mental Health



Wellbeing and Mental Health

These booklists for schools will support work on Wellbeing/Mental Health. There are separate lists for EY/FS; KS1; KS2. Some books are useful across Key Stages, so it's worth having a look through all the lists.

The Schools' Library Service would love to hear from you with any questions about this booklist, other enquiries or ideas of how we can support schools and teachers at this time. Contact us at schools.library-service@scll.co.uk

Free E-books/E-audiobooks from Salford Community Libraries

Pupils can read free E-books/E-audiobooks from [Salford Community Libraries](#) using the [BorrowBox](#) app.

Some of the books suitable for KS2 pupils are available as e-books/e-audiobooks from Salford Libraries, using the [BorrowBox](#) app. Access to [BorrowBox](#) can be found [here](#). Children/teachers/parents/carers can sign up using their library membership number and PIN. The service is completely free and has something for everyone! If you are not a library member, find out more about using e-books with [Salford Community Libraries](#) and [join online](#). Children will need permission from parents/carers and must supply a parent/carer's e-mail address.

If you require any help with these services please email info@scll.co.uk.

Online Resources: guidance for parents/carers/teachers on supporting the wellbeing and mental health of children/young people

- **NSPCC:** [Children's Mental Health](#) (advice for parents/carers and people supporting children/young people)
- **Action for Children:** [The Sooner, the Better: spotting the signs of mental health issues in your child and what to do to help](#) (for parents/carers)
- **MindEd:** online training/resources for all adults working with/caring for: babies/children/young people, funded by the DoH/DfE
- **Young Minds:**
 - [Information on Looking After Yourself](#) (particularly useful for older children/young people in KS3/KS4/KS5)
 - [Find Your Feet](#) (resources for pupil/schools/parents + carers to help children cope with the changes and transitions between Year 6/7)
 - [Building Pupil Resilience in Schools](#) (support for schools interested in whole school development using the academic resilience approach)
- **Mental Health Foundation:**
 - [Children and Young People](#) (introduction to supporting mental health/wellbeing in children/young people)
 - [Mental Health in Schools: Make it Count](#) (a campaign providing useful resources/support/guides for pupils/parents + carers/teachers)

Support for children/young people/parents/carers to understand coronavirus and its impact on their mental health/wellbeing

- **NHS:** [NHS Coronavirus Support for Children and Young People](#): age-appropriate information about COVID-19 for EY/KS1/KS2 pupils, children with health conditions, parents/carers and young people
- **Young Minds:** [Coronavirus and Mental Health](#) (particularly useful for older children and young people in KS3/KS4/KS5)

E-books from well-known authors/illustrators/publishers, written to help pupils understand coronavirus:

- [Coronavirus. A book for Children](#) by Elizabeth Jenner, Kate Wilson, Nia Roberts, Axel Scheffler and Graham Medley (Professor of Infectious Disease Modelling at London School of Hygiene and Tropical Medicine). Suitable for EY/KS1/KS2. Download from the [Nosy Crow blog](#) or [Axel Scheffler's website](#).
- [Julia Donaldson](#) and [Axel Scheffler](#) have created cartoons for children in EY/KS1, featuring well-known characters from their books, updated with new rhymes, to encourage young readers to stay home, wash their hands and practice social distancing. You can see the cartoons on [The Guardian website](#).
- [The Princess in Black and the Case of the Coronavirus](#): Shannon and Dean Hale, creators of the "Princess in Black" series, have produced a free e-comic book for KS1 readers which gives tips on how to fight the coronavirus and explains why washing hands/staying home/keeping your distance is essential.
- [Staying Home](#) by Sally Nicholls, Viviane Schwarz (Andersen Press). Free e-book for EY/KS1 about a family of raccoons in "lockdown".
- [Dr. Dog](#): Lydia Monks has collaborated with Prof. James G. Logan (The London School of Hygiene and Tropical Medicine) to write/illustrate free e-books to educate and reassure children in EY/KS1: [Dr Dog Explains...COVID-19](#); [Dr Dog Explains...Back to School](#); [Dr Dog Explains... Back to Nursery](#). Children can [learn to draw Dr. Dog](#) on Lydia's YouTube channel.

E-books from well-known authors/illustrators/publishers, written to provide hope and inspiration during Spring/Summer 2020

- [Rain Before Rainbows](#) by Smriti Halls and illustrated by David Litchfield. Suitable for EY/KS1/KS2. Free e-picture book/poem published by Walker Books (June 2020) to raise awareness of Save the Children's *Save with Stories* campaign, raising funds for children/families affected by COVID-19, in the UK and around the world.
- [The Book of Hopes: Words and Pictures to Comfort, Inspire and Entertain Children in Lockdown](#). Suitable for EY/KS1/KS2/KS3. Collection of short stories, poems, essays and pictures, published as a free e-book by Bloomsbury [with support from National Literacy Trust] (May 2020) to entertain children/young people. Dedicated to the doctors, nurses, carers, porters, cleaners and everyone working in hospitals through the pandemic. Includes contributions from over 100 children's writers/illustrators. Gift Book edition to be published in Autumn 2020 in support of NHS Charities Together.

Early Years Foundation Stage

Early Years Foundation Stage: Wellbeing and Mental Health

Many of the authors/illustrators have websites with resources linked to their work. Explore the author/illustrator links for further information on the writers and artists. Links in the **NOTES** go to information on teaching resources (where available) and other information (e.g. prize-winning books/how the illustrations were created etc.)

TITLE	AUTHOR	THEME/GENRE	NOTES	Suitable for:	ISBN NUMBERS
What's in Your Mind Today?	Louise Bladen (author) Angela Perrini (illustrator)	PSHE Emotions Mental Health Stories in Rhyme	A beautifully-illustrated book, useful to introduce mindfulness principles/simple calming classroom activities to young children. Written by an Australian music teacher/mindfulness practitioner and published on a partnership publishing basis by Little Steps Publishing (Australia).	Early Years Foundation Stage Years 1-2	9781912678136 Pbk
Happy to Be Me	Emma Dodd (author/illustrator)	PSHE Diversity Ourselves Stories in Rhyme	Bright, bold, colourful illustrations and a simple rhyming text about the body/being happy make this the perfect book to share with EY groups to introduce topics on Science: My Body or PSHE: Feelings/Emotions. Watch: A family sharing Happy to be Me [received in their Bookbug Toddler Bag] and using Makaton in this video from Scottish Book Trust .	Early Years Foundation Stage	9781408355701 Pbk Hbk edition: out-of-print
Grumpy Duck	Joyce Dunbar (author) Petr Horacek (illustrator)	Emotions Friendship PSHE Animal Stories Birds Weather	Colourful, dynamic illustrations make this simple story about <i>Grumpy Duck's</i> bad mood come alive in such a vibrant way that it is sure to be well-received in EY/KS1 for PSHE: Friendship topics or to initiate discussions about emotions. [Will also support Science: Weather topics] Read: Joyce Dunbar's Guide to Writing Picture Books [BookTrust] and Petr Horacek's blog .	Early Years Foundation Stage Years 1-2	9781406378245 Hbk 9781406382969 Pbk
Blue Chameleon	Emily Gravett (author/illustrator)	Emotions Friendship Animal Stories Colour	Blue Chameleon wants to make friends and changes their appearance so that they can fit in with all the animals they meet. The limited text and detailed illustrations, against a plain, white background, will lead EY children to focus on the characters' expressions and their colours/shapes. Great to share with EY groups to develop language around colour/shape as well as emotions/feelings/friendship. Blue Chameleon colouring sheet available on Emily Gravett's website. Watch Emily Gravett draw characters from her books on YouTube. Longlisted: Kate Greenaway Children's Book Award (2011)	Early Years	9781509841264 Pbk 9781509863198 Board [Originally published in 2010 but has been re-printed and published in a board book edition]

Book recommendations from Salford Schools' Library Service: Early Years Foundation Stage

TITLE	AUTHOR	THEME/GENRE	NOTES	Suitable for:	ISBN NUMBERS
My Monster and Me	Hussain, Nadiya (author) Ella Bailey (illustrator)	Emotions Mental Health PSHE Diversity Parent/Carer Collections	Bright, vibrant illustrations with appealing characters in familiar settings combine with a simple story that conveys an important message. Good for sharing with groups to initiate discussion about anxiety/worries and the best ways to deal with them (i.e. by talking about them.) Also useful for 1:1 support work and Parent/Carer Collections. Teacher Resources for My Monster and Me available on the Hachette Schools website.	Early Years Foundation Stage Years 1-2 Years 3-6: If used along with Teacher Resource Pack and "Letter from Nadiya" - included in Hachette Teacher Resource Pack.	9781444946437 Hbk 9781444946444 Pbk
About a Bear	Holly Surplice (author/illustrator)	Emotions PSHE Bears Stories in Rhyme	Simple, jaunty, rhyming story about a bear and the things that make animals happy is brought to life by the wonderfully bright, vivid illustrations and the cute, cuddly character. Draw Along Videos for several of Holly's characters are available on Holly's website.	Early Years Foundation Stage	9780007414369 Pbk

Key Stage 1

Key Stage 1: Wellbeing and Mental Health

Many of the authors/illustrators have websites with resources linked to their work. Explore the author/illustrator links for further information on the writers and artists. Links in the **NOTES** go to information on teaching resources (where available) and other information (e.g. prize-winning books/how the illustrations were created etc.)

TITLE	AUTHOR	THEME/GENRE	NOTES	Suitable for:	ISBN NUMBERS
Odd Dog Out	Rob Biddulph (author/illustrator)	PSHE Diversity Animal Stories Dogs Journeys Stories in Rhyme	The cute, main character feels out of place and sets off to find a place to feel at home. Travelling round the world, seeing amazing things makes "Odd Dog Out" realise that it might be better to be yourself instead of following the crowd. Rob Biddulph's colourful, simple illustrations have plenty of appeal and are pleasingly gender-neutral. The cheerful, jaunty, rhyming text has a serious message and offers plenty of discussion opportunities. Highly recommended! The book was nominated for a number of local/regional book awards . There are downloadable activity sheets available on Rob's website . When COVID-19 restrictions were in place, Rob created a " Draw with Rob " section on his website where children could watch/join in with videos showing how to draw more than 20 of his characters. Rob also made a Guinness World Record Attempt to hold the World's Largest Online Art lesson . Watch Rob Biddulph draw on his YouTube channel .	Foundation Stage Years 1-2	9780007594153 Hbk 9780008184780 Pbk
The Koala Who Could	Rachel Bright (author) Jim Field (illustrator)	PSHE Emotions Animal Stories Stories in Rhyme	Kevin wants to stay in his tree, where things are predictable, but the other animals want to play. Eventually, Kevin realises that, sometimes, change is a good thing! Charming illustrations with gentle colours, lots of detail to discuss and characters that are full of personality. Jolly, rhyming story draws children into Kevin's world and the serious message will develop their empathy skills. See the artwork/character development for the book on Jim Field's website. Jim Field also illustrates the "Oi Dog/Cat/Frog etc!" series and has a " Draw Along With Jim Field " page on his website.	Foundation Stage Years 1-2	9781408331644 Pbk 9781408351482 Bd (Board Book) Hbk: out-of-print [Also published as a Board Book but the pictures/text are rather cramped in the board book edition]

Book recommendations from Salford Schools' Library Service: Key Stage 1

TITLE	AUTHOR	THEME/GENRE	NOTES	Suitable for:	ISBN NUMBERS
The Lion Inside	Rachel Bright (author) Jim Field (illustrator)	PSHE Emotions Stories in Rhyme	A little mouse admires the brave, strong lion, until they realise that everyone is afraid of something and that you don't have to be big to be courageous. Rachel Bright and Jim Field work in partnership in this book which is similar in style to " <i>The Koala Who Could</i> ". Bright illustrations, appealing characters and a jaunty rhyming story convey a serious message in an accessible way for young children. See the artwork/character development for the book on Jim Field's website. Jim Field also illustrates the "Oi Dog/Cat/Frog etc!" series of books and has a " Draw Along With Jim Field " page on his website. Longlisted: Kate Greenaway Children's Book Award (2017)	Foundation Stage Years 1-2	9781408331606 Pbk 9781408349045 Bd (Board Book) Hbk: out-of-print [Also published as a Board Book but the pictures/text are rather cramped in the board book edition]
The Worrysaurus	Rachel Bright (author) Chris Chatterton (illustrator)	PSHE Emotions Situations Stories in Rhyme	Cute little main character (who is always worried that something will spoil his day) and a jolly, rhyming story combine to make this perfect to read to groups in EY/FS/KS1. Will provide many discussion points and develop language relating to expressing emotions/feelings. Watch the author read "The Worrysaurus" on YouTube [Waterstones]. Watch Chris Chatterton draw more characters on his YouTube channel.	Early Years Foundation Stage Years 1-2	9781408356135 Hbk 9781408356128 Pbk
What If...?	Anthony Browne (author/illustrator)	Emotions Families Imagination	Anthony Browne's distinctive illustrations make this picture book about a young boy's anxiety on the way to a birthday party suitable for Lower KS2 as well as children in KS1. Discussion about the pictures is a great way to build visual literacy/empathy skills and to reassure children who feel reluctant to participate in new activities. See: Anthony Browne reading a trailer for the book and Anthony Browne talking about how he came to write the book [Random House]	Years 1/2 Years 3-4	9780552565196 Pbk Hbk: out-of-print
Willy and the Cloud	Anthony Browne (author/illustrator)	Emotions Weather	Atmospheric illustrations will provide the stimulus for discussion about feelings/moods with Year 2/Lower KS2 children. The simple plot uses weather as a metaphor for anxious feelings. Expressive artwork visually conveys the way anxiety can be overwhelming but is easy to overcome. Great for discussion activities and follow-up artwork. Included in Empathy Lab - Primary List (2018) Watch Anthony Browne talking about the character Willy on the 30th anniversary of the first book .	Years 2 Years 3-4	9781406373837 Pbk Hardback edition: [9781406366969] May be unavailable /out-of-print

Book recommendations from Salford Schools' Library Service: Key Stage 1

TITLE	AUTHOR	THEME/GENRE	NOTES	Suitable for:	ISBN NUMBERS
<i>Mindful Me</i> series	Paul Christelis (author) Elisa Paganelli (illustrator)	Wellbeing Emotions Mindfulness Parent/Carer Collections	Very useful non-fiction series with 4 titles aimed at Years 2-5: <ul style="list-style-type: none"> Breath by Breath: a mindfulness guide to feeling calm Exploring Emotions : a mindfulness guide to dealing with emotions Get Outdoors : a mindfulness guide to noticing nature Sleep Easy : a mindfulness guide to getting a good night's sleep For more detailed descriptions of each book and ISBN numbers, please see the Key Stage 2 section of this booklist.	Years 2-5	Please see the Key Stage 2 section of this booklist for ISBN numbers for each title in the <i>Mindful Me</i> series.
The Go-Away Bird	Julia Donaldson (author) Catherine Rayner (illustrator)	Friendship Emotions PSHE Stories in Rhyme	The Go-Away Bird doesn't want to make friends at all until she realises the benefits of having friends to help you out. Distinctive pace to the rhyme adds emphasis to the plot, making this great for sharing with groups. Catherine Rayner's pen/pencil/ink illustrations blend realism with expressive characterisation and add great visual appeal. The friendship message is presented in a simple, charming format that is easily understood by KS1 children. Watch Julia Donaldson and Catherine Rayner talk about creating The Go-Away Bird on the Macmillan Children's Books YouTube channel. Supporting resources for the story are on Catherine Rayner's website: Draw the Go-Away Bird (step-by-step guide) and Activity Sheets . More information on Catherine Rayner's artistic technique ; artist's studio and artist FAQ's on her website [useful for Y2/KS2 Art] projects.	Foundation Stage Years 1-2 Years 2-6 [Resource for use on Art: Artists projects]	9781509843589 Hbk 9781509843572 Pbk
When Sadness Comes to Call	Eva Eland (author/illustrator)	Mental Health Emotions Parent/Carer Collections	Debut picture book from a new author. Using a 'character' to display an emotion is well done in this book. The illustrations are simple but this emphasises the message. Teaching Resources [developed by CLPE] for <i>When Sadness Comes to Call</i> and <i>Where Happiness Begins</i> available on Eva Eland's website and the CLPE website: When Sadness Comes to Call . Included in Empathy Lab-Primary List (2020) Shortlisted: Klaus Flugge Prize (2020). Longlisted: UKLA Book Award (2020) and Kate Greenaway Children's Book Award (2020)	Years 1-2	9781783447183 Hbk 9781783447954 Pbk

Book recommendations from Salford Schools' Library Service: Key Stage 1

TITLE	AUTHOR	THEME/GENRE	NOTES	Suitable for:	ISBN NUMBERS
Where Happiness Begins	Eva Eland (author/illustrator)	Mental Health Emotions Parent/Carer Collections	Companion title to <i>When Sadness Comes to Call</i> . Subdued illustrations effectively juxtapose pages with a limited colour palette and brighter, vibrant pages. Simple text and expressive artwork offer a useful way to open discussions about emotions and the source of happy feelings with young children. Teaching Resources [developed by CLPE] for <i>When Sadness Comes to Call</i> and <i>Where Happiness Begins</i> are available on Eva Eland's website and the CLPE website: Where Happiness Begins	Years 1-2	9781783448555 Hbk
Ravi's Roar	Tom Percival (author/illustrator)	Emotions PSHE Diversity Families	Appealing character, in a situation that young children will relate to, and bright illustrations that convey emotions effectively, in a visual way. Good for sharing with groups to initiate discussion about feelings/how to deal with them and also useful for 1:1 support work. By the same author as <i>Ruby's Worry</i> . Included in Empathy Lab-Primary List (2020). Listen to Tom Percival read Ravi's Roar on Empathy Lab: Read Aloud or on Empathy Lab's YouTube channel Download Ravi's Roar: Activity Pack from Bloomsbury [Publisher].	Foundation Stage Years 1-2	9781408892183 Pbk Hbk edition: out-of-print
Ruby's Worry	Tom Percival (author/illustrator)	Emotions PSHE Diversity Families	Illustrations use colour to depict emotions and portray worries as an "invisible" presence, following Ruby around. Relatable main character makes the book useful for sharing with groups to initiate discussion about dealing with worries and for 1:1 support work. By the same author as <i>Ravi's Roar</i> . Watch Ruby's Worry: Book Trailer [Bloomsbury]. Download Ruby's Worry: Activity Pack from Bloomsbury [Publisher]	Foundation Stage Years 1-2	9781408892152 Pbk Hbk edition: out-of-print
Fergal is Fuming!	Robert Starling (author/illustrator)	Emotions Friendship Parent and Child Dragons Parent/Carer Collections	An appealing little dragon learns to deal with emotions before their fiery temper burns down the castle! Limited text, coupled with well-drawn illustrations will develop visual literacy and language skills [description/explanation/prediction]. Use to start discussions on how to deal with emotions/friendship/co-operating with other people. Watch A Message From Fergal and His Friends and read a book/watch an animation created for lockdown [2020] on Robert Starling's website . See sketches of Fergal on the author's website. Select Fergal is Fuming from Free Stuff on the Andersen Press site for resources. Shortlisted: Waterstones Children's Book Prize (2018)	Foundation Stage Years 1-2	9781783445332 Hbk 9781783445905 Pbk

Key Stage 2

Key Stage 2: Wellbeing/Mental Health

Many of the authors/illustrators have websites with resources linked to their work. Explore the author/illustrator links for further information on the writers and artists. Links in the **NOTES** go to information on teaching resources (where available) and other information (e.g. prize-winning books/how the illustrations were created etc.)

TITLE	AUTHOR	THEME/GENRE	NOTES	Suitable for:	ISBN NUMBERS
The Space We're In	Katya Balen (author) Laura Carlin (illustrator)	Families SEND: Autism Debut Author	Debut novel from a new author. Well-written tale of Frank and his family and how they deal with the challenges of daily life with Max, aged five, who has autism. Using the voice of the child, accessible style/language and an interesting layout, the book sensitively portrays the story in a way that will develop empathy in older KS2 readers. Most suitable for Upper KS2 pupils. Shortlisted: Branford Boase Award (2020); See the 2020 Branford Boase shortlist . E-book available from Salford Community Libraries [BorrowBox]. Follow links to: The Space We're In and BorrowBox Catalogue	Years 5/6	9781526601940 Hbk 9781526601971 Pbk [Pub Date: Sep2020] E-book available from Salford Community Libraries [BorrowBox]. Follow links to: The Space We're In and BorrowBox Catalogue
Boy Underwater	Adam Baron (author) Benji Davies (illustrator) [Benji Davies art blog]	Families Mental Health Swimming Accidents	Debut children's fiction title from an author who has previously written novels for adults. A funny book that will make children laugh out loud but will also develop their empathy skills with its sensitive portrayal of the impact mental health can have on individuals and their families. Longlisted for the Branford Boase Award (2019). See the 2019 Branford Boase longlist here . E-books available from Salford Community Libraries [BorrowBox]. Follow links to: Boy Underwater (E-audiobook) You Won't Believe This (sequel)(E-book) You Won't Believe This (E-audiobook) and BorrowBox Catalogue	Years 4-6	9780008267018 Pbk E-books available from Salford Community Libraries [BorrowBox]. Follow links to: Boy Underwater (E-audiobook) You Won't Believe This (sequel)(E-book) You Won't Believe This (E-audiobook) and BorrowBox Catalogue
Breath by Breath: a mindfulness guide to feeling calm	Paul Christelis (author) Elisa Paganelli (illustrator)	Wellbeing PSHE:Emotions Mindfulness Parent/Carer Collections	Non-fiction title that has accessible ideas for breathing exercises to control children's emotions and improve mental wellbeing. Useful for 1:1 work or to initiate class/group mindfulness activities. Part of a series called " <i>Mindful Me</i> ".	Years 2-5	9781445157030 Hbk 9781445157047 Pbk

Book recommendations from Salford Schools' Library Service: Key Stage 2

TITLE	AUTHOR	THEME/GENRE	NOTES	Suitable for:	ISBN NUMBERS
Exploring Emotions : a mindfulness guide to dealing with emotions	Paul Christelis (author) Elisa Paganelli (illustrator)	Wellbeing PSHE:Emotions Mindfulness Parent/Carer Collections	Non-fiction title about emotions and how different feelings occur in everyday situations. Compares pleasant/unpleasant emotions to different types of weather. Encourages children to enjoy pleasant emotions and to stay calm until unpleasant feelings have disappeared. Useful for 1:1 work and to initiate class/group discussion or "circle time" activities. Part of a series called " <i>Mindful Me</i> ".	Years 2-5	9781445157276 Pbk
Get Outdoors : a mindfulness guide to noticing nature	Paul Christelis (author) Elisa Paganelli (illustrator)	Wellbeing PSHE:Emotions Mindfulness Parent/Carer Collections	Non-fiction title with child-friendly illustrations and a relatable, story-telling approach that encourages children to be calm and thoughtful when outdoors and to develop the ability to stay in the present moment. Will inspire group activities to encourage children to use their senses/curiosity in the natural world and develop ways to remain calm/in control of their emotions. Useful for "forest school" activities or 1:1 work. Part of a series called " <i>Mindful Me</i> "	Years 2-5	9781445157245 Hbk 9781445157252 Pbk
Sleep Easy : a mindfulness guide to getting a good night's sleep	Paul Christelis (author) Elisa Paganelli (illustrator)	Wellbeing PSHE:Emotions Mindfulness Parent/Carer Collections	Non-fiction title which adopts a story-telling approach and uses varied, attractive illustrations to address sleep issues that children may experience. The story follows 2 twins with different sleep difficulties: Billy's active brain stops him from sleeping and Betty's anxious brain prevents her falling asleep. Particularly useful for Parent/Carer collections. Part of a series called " <i>Mindful Me</i> "	Years 2-5	9781445157221 Hbk 9781445157238 Pbk
My Mixed Emotions: learn to love your emotions	Elinor Greenwood	Psychology PSHE:Emotions Relationships Parent/Carer Collections	Attractive layout, varied text, an accessible approach and appealing illustrations combine into a great handbook to help children across KS2 understand emotions/feelings. Useful for: group discussion; 1:1 support or for independent reading. Good title to include in Parent/Carer collections	Years 3-6	9780241323762 Hbk
All Birds Have Anxiety	Kathy Hoopmann	PSHE:Emotions Psychology	Great book for sharing 1:1. There's plenty to talk about in the well-chosen photographs which portray different aspects of anxiety and coping strategies. A great vehicle for discussing a difficult subject in a sensitive way and promoting mental wellbeing.	Years 3-6	9781785921827 Hbk

Book recommendations from Salford Schools' Library Service: Key Stage 2

TITLE	AUTHOR	THEME/GENRE	NOTES	Suitable for:	ISBN NUMBERS
The Mystery of the Colour Thief	Ewa Jozefkowicz (author) Sophie Gilmore (illustrator)	Friendship Families Mental Health Debut Author	<p>Debut fiction title from a new author. Friendship story about a girl in lower secondary school (Izzy) who is experiencing bad dreams and guilt following a traumatic accident in which her mum was injured. One character is disabled though this isn't the main plot theme. Izzy's feelings and the way they impact upon her behaviour/character is well-handled. Most suitable for Upper KS2 pupils.</p> <p>See Ewa Jozefkowicz introduce The Mystery of the Colour Thief. Longlisted for the Branford Boase Award (2019) See the 2019 Branford Boase longlist here. Shortlisted for Waterstones Children's Book Prize (2019)</p> <p>E-book available from Salford Community Libraries [BorrowBox]. Follow links to: The Mystery of the Colour Thief and BorrowBox Catalogue</p>	Years 5-6	9781786698940 Hbk 9781786698957 Pbk E-book available from Salford Community Libraries [BorrowBox]. Follow links to: The Mystery of the Colour Thief and BorrowBox Catalogue
Calm : mindfulness for kids	Wynne Kinder	Emotions Psychology Mental Health Mindfulness PSHE	<p>Age-appropriate exercises, activities and creative ideas that are beautifully illustrated with the diverse, well-chosen photographs that are the hallmark of books published by Dorling Kindersley. It's a great starting-point for introducing mindfulness activities in the classroom and a good title to include in Parent/Carer collections.</p>	Years 3-6	9780241342299 Hbk
Be Your Own Superhero	Laura Meek	Emotions Psychology Mindfulness PSHE	<p>Straightforward advice for independent readers to use to build their confidence/positive mental attitude and find ideas to overcome anxiety. Written by a doctor who has worked for CAMHS, the book includes age-appropriate elements of CBT and mindfulness.</p> <p>E-book available from Salford Community Libraries [BorrowBox]. Follow links to: Be Your Own Superhero and BorrowBox Catalogue</p>	Years 4-6	9780241417416 Pbk E-book available from Salford Community Libraries [BorrowBox]. Follow links to: Be Your Own Superhero and BorrowBox Catalogue

Book recommendations from Salford Schools' Library Service: Key Stage 2

TITLE	AUTHOR	THEME/GENRE	NOTES	Suitable for:	ISBN NUMBERS
Can You See Me?	Libby Scott ; Rebecca Westcott	Friendship SEND: Autism PSHE	<p>Narrative account about Tally's first year at secondary school is interspersed with first-person diary entries that are inserted every few chapters. The book is co-authored by Rebecca Westcott and Libby Scott, a young blogger who is around the same age as Tally.</p> <p>Most suitable for Upper KS2 pupils.</p> <p>Watch Meet the Authors on CBBC.</p> <p>Watch Q+A with Libby Scott/Book Trailer for <i>Do You Know Me?</i> on YouTube [scholasticfilmsuk]</p> <p>NB: <i>Do You Know Me?</i> (pub: 01/04/20) is a sequel to <i>Can You See Me?</i></p> <p>Longlisted: Blue Peter Book Awards (2020) [Read about the titles on the longlist for the Blue Peter Book Awards on the BookTrust website]</p> <p>Included in Empathy Lab 2020-Secondary List</p>	Years 5-6	9781407195674 Pbk
The Girl With Space in Her Heart	Lara Williamson	Mental Health Families Friendship Astronomy	<p>Deals with complex issues so only suitable for more mature KS2 readers. The main character, Mabel, has a 'worry suitcase' of anxieties that she carries everywhere. She thinks that her dad has left home so is dealing with feelings of loss/abandonment. Later in the book, the reader realises that Mabel's father is actually in prison. Themes include: resilience, bravery and strength.</p> <p>Most suitable for Upper KS2 pupils.</p> <p>Download Teachers' Resources from Usborne [Publishers]</p> <p>E-book available from Salford Community Libraries [BorrowBox].</p> <p>Follow links to: The Girl With Space in Her Heart and BorrowBox Catalogue</p>	Years 5-6	9781474921312 Pbk E-book available from Salford Community Libraries [BorrowBox]. Follow links to: The Girl With Space in Her Heart and BorrowBox Catalogue
Mental Well-being and Mindfulness	Katie Woolley (author) Ryan Wheatcroft (illustrator)	Wellbeing Mental Health Emotions Mindfulness PSHE Parent/Carer Collections	<p>Non-fiction title introducing children to the idea that it is as important to maintain good mental health as it is to stay physically healthy.</p> <p>Contains clear, age-appropriate advice for children on topics such as; dealing with change; anxiety; self-esteem. Designed to support the Science/PSHE curricula at KS1/KS2 but particularly suitable for Y 3/4.</p> <p>Part of a series called "<i>Healthy Me</i>" (other titles include: <i>Keeping Safe; Resting and Sleeping; Exercise and Play; Keeping Clean; Eating Well.</i>)</p>	Years 3-6	9781526305640 Pbk Hbk.edn published: 2018 [out-of-print]

