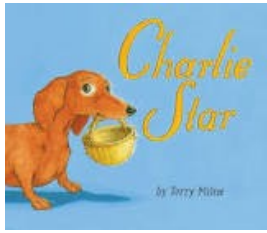
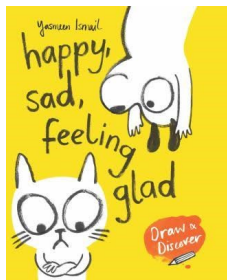


CHILDREN'S HAPPINESS AND WELLBEING SUGGESTED BOOK LIST—KS1



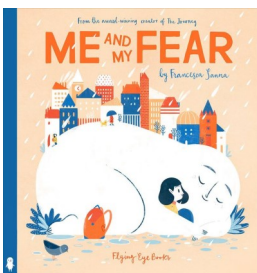
This book addresses the issue of anxiety in a light-hearted and reassuring manner.



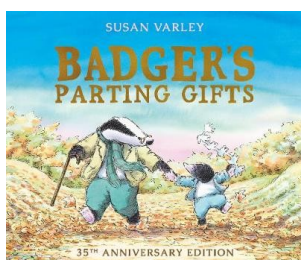
An endearing and engaging look at emotions and how different situations cause different feelings.



Mariella loves nothing more than inventing but bedtime keeps getting in the way of all her brilliant ideas!

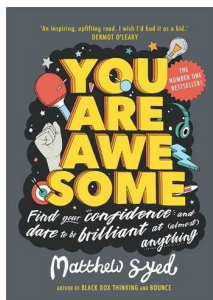


This book shows the importance of sharing your Fear with others - after all, everyone carries a Fear with them, even if it's small enough to fit into their pocket!

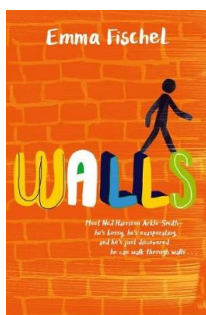


Badger is so old that he knows he must soon die, so he does his best to prepare his friends. When he finally passes away, they are grief-stricken, but one by one they remember the special things he taught them during his life.

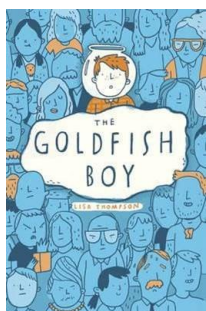
CHILDREN'S HAPPINESS AND WELLBEING SUGGESTED BOOK LIST—KS2



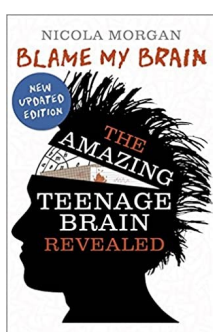
This book is a positive and empowering guide to help children build resilience, fulfil their potential and become successful, happy, awesome adults.



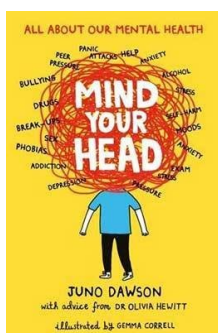
Original and quirky, this story will help children understand the impact of family difficulties and how we all can choose how we behave, even in the most difficult and unusual of circumstances.



The reality of struggling with mental health is depicted in a convincing yet accessible manner, and the reader cannot fail to be drawn in by this absorbing mystery and its thoroughly engaging protagonist.



A humorous examination of the ups and downs of the teenage brain - the book deals with powerful emotions, the need for more sleep, the urge to take risks, the difference between genders, the reasons behind addiction and depression, and what lies ahead.



We all have a mind, so we all need to take care of our mental health as much as we need to take care of our physical health. And the first step is being able to talk