

When a book may help.....New In

	<p>152 Title: Be happy be you :) Author: Penny Alexander Keywords: Adolescence, Life Skills & Ourselves Age Range: KS3/4</p>	<p>Full of sound, sensible advice in easily manageable chapters that are designed to be dipped into as necessary. A useful book to have on hand in schools.</p>
	<p>152 Title: All About Feelings Author: Felicity Brooks Keywords: Emotions, PSHE, Ourselves Age Range: KS1/KS2</p>	<p>Simple & effective introduction, well-pitched for target audience, & with expressive illustrations. Useful to aid discussion, especially 1-to-1.</p>
	<p>153 Title: Your Mind Is Like The Sky Author: Bronwen Ballard Keywords: Emotions, Ourselves, Mental Health, Psychology Age Range: KS1/KS2</p>	<p>Accessible advice, would work well with support from a teacher or carer. A good starting point for this subject. This picture book, shows children that worries and negative thoughts are normal and helps them develop healthy thinking habits. Tips on mindfulness and extra resources for parents are included at the back of the book.</p>
	<p>152 Title: Sleep Easy Author: Paul Christelis Keywords: Sleep, Ourselves, PSHE, Health Age Range: KS1/KS2</p>	<p>The story shows how they use mindfulness - the ability to pay attention to the present moment with curiosity - to help them fall asleep. Mindfulness practices (exercises) are integrated into each story and expanded on in the 'Notes to Parents and Teachers' section at the end of the books.</p>
	<p>Title: Where Happiness Begins Author: Eva Eland Keywords: :Emotions, Situations, Mental Health Age Range: KS1</p>	<p>Everyone needs happiness in their lives. It can be hard to find and sometimes it feels far away. But there is one place happiness can always be found - the place we need to come back to.</p>
	<p>152 Title: Fearless Author: Liam Hackett Keywords: PSHE, Ourselves, Fear Age Range: KS3/KS4</p>	<p>Self-help advice for achieving your full potential by the founder of the Ditch the Label youth charity. You can be fearless, you can be your true, confident self. Find out what it is that's holding you back - then use the tools provided by anti-bullying and empowerment expert Liam Hackett to uncover the true you.</p>
	<p>152 Title: Face Your Fears Author: Gill Hasson Keywords: PSHE, Ourselves, Emotions, Psychology Age Range: KS2</p>	<p>A guide for children dealing with difficult emotions, particularly fear. Inclusive and reassuring coverage, with plenty of examples and sound advice. Good for parenting and PSHE collections, would work one-on-one or with a class.</p>
	<p>362.2 Title: All Birds have Anxiety Author: Kathy Hoopman Keywords: PSHE, Ourselves, Emotions, Psychology Age Range: KS1/2</p>	<p>Through text and humorous pictures of birds, imparts information about anxiety, how it affects people and what can be done to manage it.</p>
	<p>152 Title: The Boy who Built a Wall Around Himself Author: Ali Redford Keywords: PSHE, Ourselves, Emotions, Psychology Age Range: KS1/KS2</p>	<p>A story designed to help children traumatised by experiences early in life explore the feelings they have, and find ways to break the emotional barriers they have built to keep from being hurt again.</p>
	<p>152 Title: The Fantastic Book of Feelings Author: Marcia Williams Keywords: PSHE, Ourselves, Emotions, Mental health Age Range: KS1/KS2</p>	<p>A guide to feelings and how to manage them, told through a collection of comic strip stories, each focusing on a particular emotion. Packed with top tips for mental wellbeing and a first aid box for feelings, this is a helpful and engaging guide celebrating the importance of good mental health.</p>
	<p>153 Title: Ask for Help Author: Grow Your Mind Keywords: PSHE, Ourselves, Emotions, Psychology Age Range: KS2</p>	<p>An illustrated guide to developing a growth mindset. This book is packed with fun and varied ways for children to improve positivity, confidence and mental well-being in a way that works for them. It helps them to understand when and how to speak up, who to ask and much more.</p>
	<p>152 Title: Your Mind Matters Author: Various Keywords: Emotions, Ourselves, PSHE Age Range: KS2/KS3</p>	<p>This book will help you to understand your emotions so that you can make good decisions that will shape your behaviour and allow you to build strong relationships with the people around you. There are hints and tips on quick ways to improve your emotional health.</p>
	<p>821 Title: Being Me: Poems about feelings and worries Author: Various Keywords: Emotions, Ourselves, PSHE Age Range: KS2/KS3</p>	<p>A collection of poems for children about emotions and how to manage them.</p>

