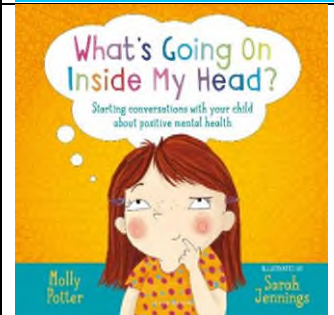


Children's Reading Well

Reading Well for children provides quality-assured information, stories and advice to support children's mental health and wellbeing. Books have been chosen and recommended by leading health professionals and co-produced with children and families.

The booklist is targeted at children in Key Stage 2 (aged 7-11), but includes titles aimed at a wide range of reading levels to support less confident readers, and to encourage children to read together with their siblings and carers.


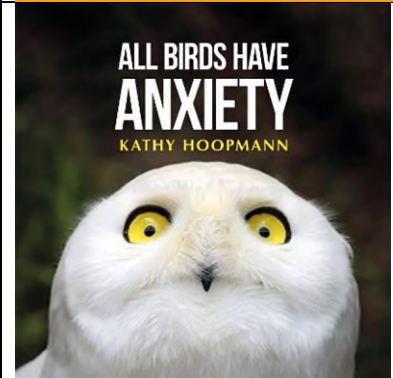
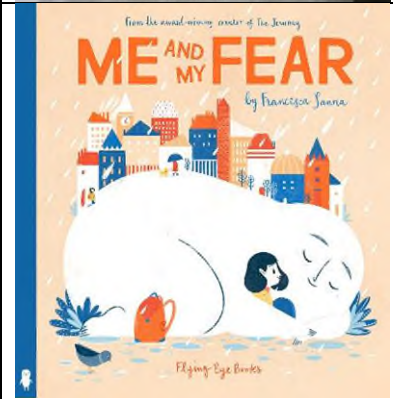
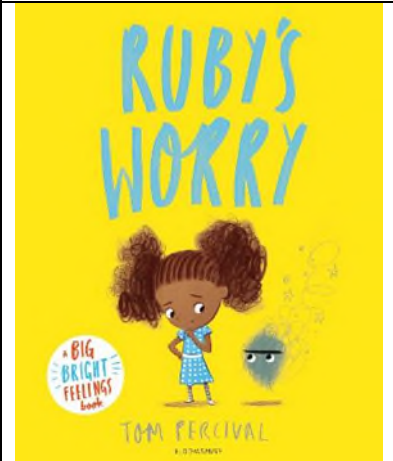
Healthy Minds

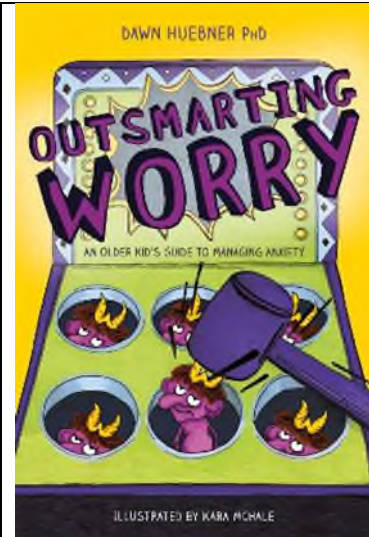
	<p>How Not to Lose It: Mental Health Sorted by Anna Williamson</p>
	<p>What's Going on Inside my Head? By Molly Potter & Sarah Jennings</p>
	<p>Self-esteem and Mental Health By Anna Claybourne</p>

Feelings

 <p>Sometimes I Feel Sad Tom Alexander</p>	<p>Sometimes I Feel Sad By Tom Alexander</p>
 <p>How Are You Feeling Today? Molly Potter Illustrated by Sarah Jennings</p>	<p>How are you Feeling Today? By Molly Potter</p>
 <p>Exploring Emotions A MINDFULNESS GUIDE TO DEALING WITH EMOTIONS Written by Paul Christelis Illustrated by Elisa Paganelli</p>	<p>Exploring Emotions Paul Christelis & Elisa Paganelli</p>
 <p>Feeling ANGRY! Written by Katie Douglass Illustrated by Mike Gordon</p>	<p>Feeling Angry! Katie Douglass</p>

Worries

	<p>Questions and Feelings About: Worries by Ximena Jeria & Paul Christelis</p>
	<p>All Birds Have Anxiety By Kathy Hoopmann</p>
	<p>Me and My Fear by Francesca Sanna</p>
	<p>Ruby's Worry by Tom Percival</p>



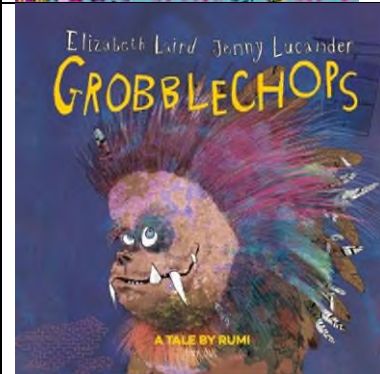
[Outsmarting Worry: An Older Kid's Guide to Managing Anxiety](#)

Dawn Huebner, PhD, Kara McHale



[Worry Angels](#)

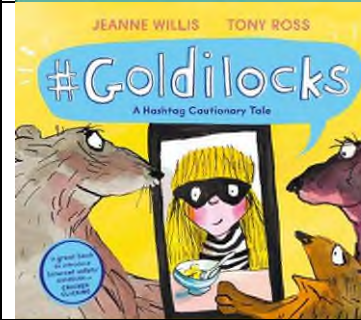
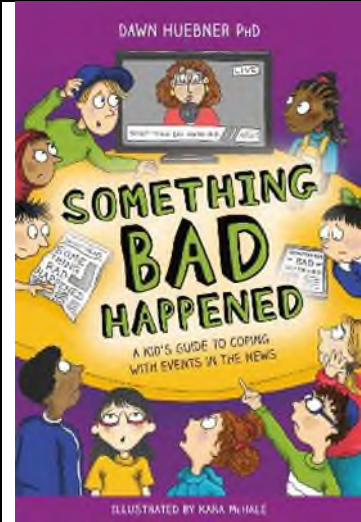
Sita Brahmachari

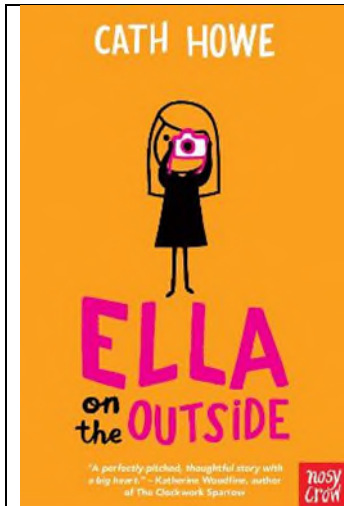


[Gobblechops](#)

Elizabeth Laird

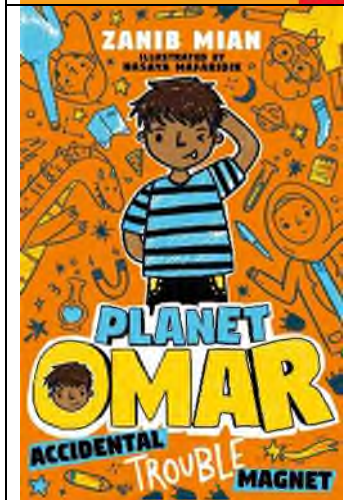
The World Around You

 <p>Dealing with BULLYING by Jane Lacey Illustrated by Venitia Dean</p>	<p>Dealing with Bullying Jane Lacey, Venitia Dean</p>
 <p>JEANNE WILLIS TONY ROSS #Goldilocks A Hashtag Cautionary Tale</p>	<p>#Goldilocks (A Hashtag Cautionary Tale) Jeanne Willis, Tony Ross</p>
 <p>DAWN HUEBNER PhD SOMETHING BAD HAPPENED A KID'S GUIDE TO COPING WITH EVENTS IN THE NEWS ILLUSTRATED BY KARA MCHALE</p>	<p>Something Bad Happened: A Kid's Guide to Coping with Events in the News Dawn Huebner, PhD, Kara Mchale</p>



[Ella on the Outside](#)

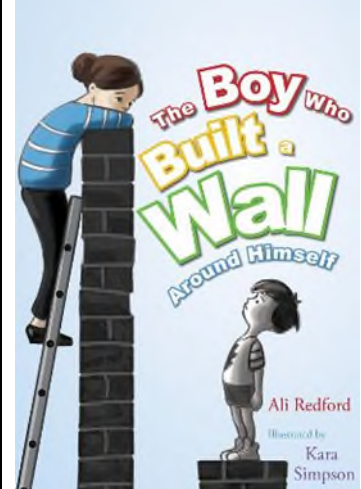
Cath Howe



[Planet Omar: Accidental Trouble Magnet: Book 1](#)

Zanib Mian, Nasaya Mafaridik

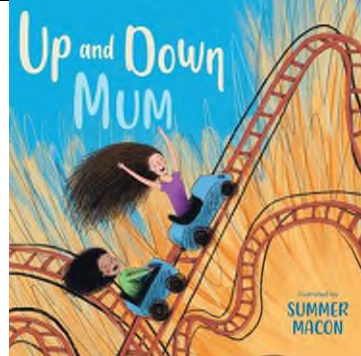
Dealing with Tough Times

	<p>The Boy Who Built a Wall around Himself Kara Simpson, Ali Redford</p>
	<p>Mum's Jumper Jayde Perkin</p>
	<p>Michael Rosen's Sad Book Michael Rosen, Quentin Blake</p>



[If All the World Were...](#)

Joseph Coelho, Allison Colpoys



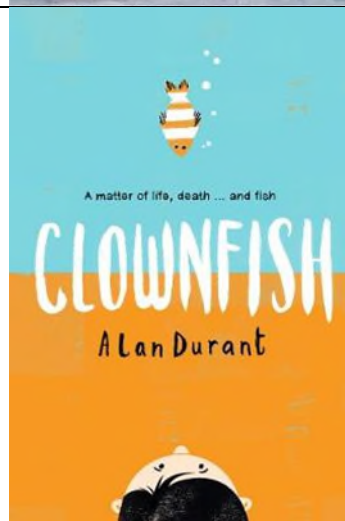
[Up and Down Mum](#)

Child's Play, Summer Macon



[The Colour Thief: A family's story of depression](#)


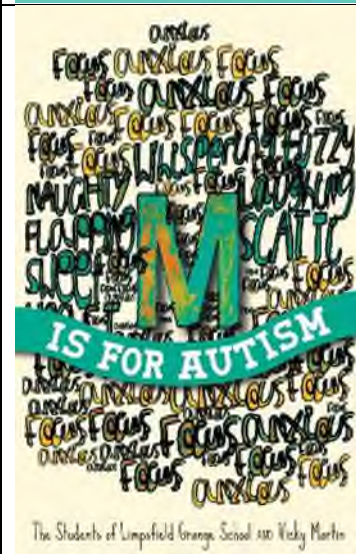
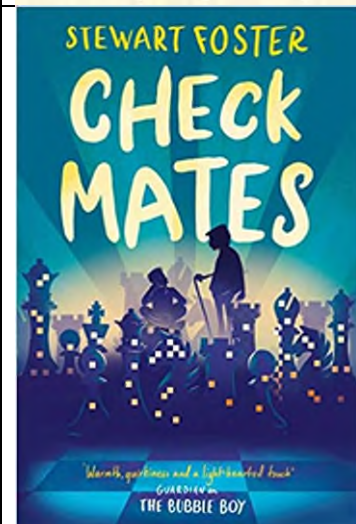
Andrew Fusek Peters, Karin Littlewood, Polly Peters

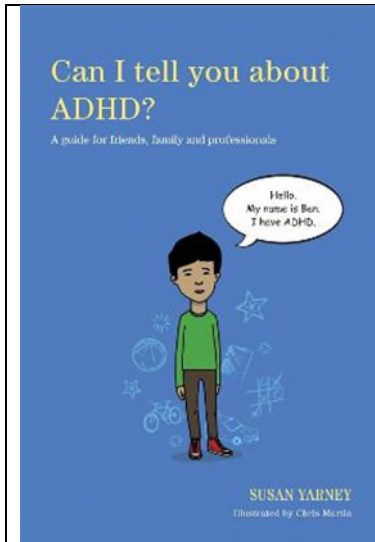


[Clownfish](#)

Alan Durant, Helen Crawford-White

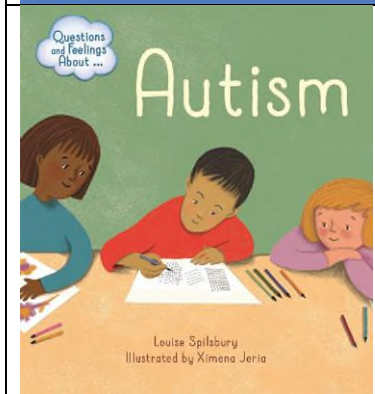
When you have a condition

	<p>Double Felix</p> <p>Sally Harris, Maria Serrano</p>
	<p>M is for Autism</p> <p>The Students of Limpsfield Grange School, Vicky Martin, Robert Pritchett</p>
	<p>Check Mates</p> <p>Stewart Foster</p>



[Can I tell you about ADHD?: A Guide for Friends, Family and Professionals](#)

Susan Yarney, Chris Martin



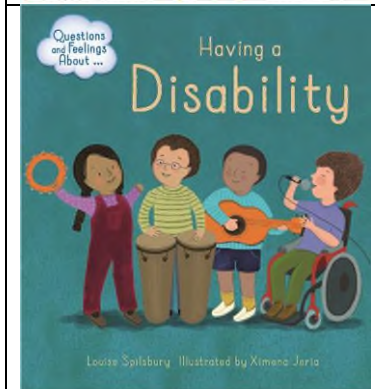
[Questions and Feelings About: Autism](#)

Louise Spilsbury



[The Illustrated Guide to Dyslexia and Its Amazing People](#)

Kate Power, Kathy Iwanczak Forsyth, Richard Rogers



[Questions and Feelings About: Having a Disability](#)

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