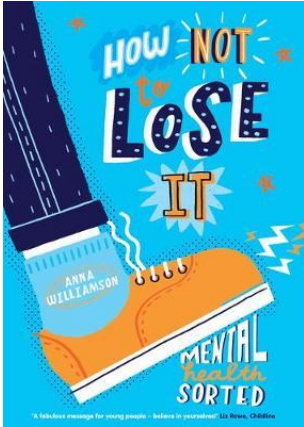


Usworth Colliery's Recommended Reads for Mental Health and Wellbeing

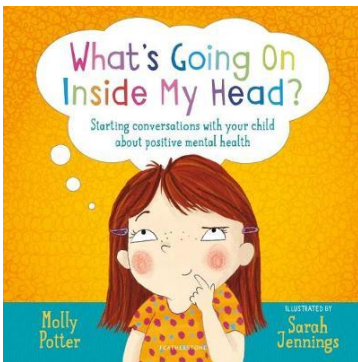
Healthy Minds



How Not to Lose It: Mental Health Sorted

Anna Williamson & Sophie Beer

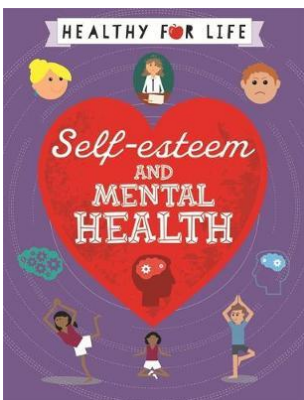
Family. Friends. Exams. Are you finding life a struggle? At times, it can feel like nothing but problems and pressure. But the good news is that even if you're struggling to think straight, you can learn to be the boss of your brain. Creating healthy habits. Staying in the moment. Breaking negative thought patterns. Finding things to be happy about. Tricks like this are like taking your mood to the gym – helping you feel good and bounce back from obstacles. Attitudes, fears, stress levels: take charge of yours right now!



What's Going On Inside My Head?

Molly Potter, Sarah Jennings

This a book for children that explores practical ways we can keep our minds in good shape as well as our bodies. By talking about positive self-image, emotional intelligence, relationships, and mindfulness, this book will help children develop healthy habits and good coping strategies from the start. Presented in a warm, child-friendly but no-nonsense way, it will help establish solid foundations for every child's current and future wellbeing.

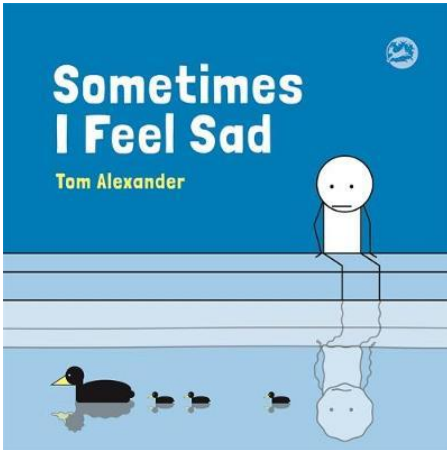


Healthy for Life: Self-esteem and Mental Health

Anna Claybourne

Growing up isn't always easy – your brain is changing and there's many things to cope with from new emotions to stress. This book explores what is self-esteem and mental health and why it's important, looking at topics such as mental illness, phobias, eating disorders and self-harm. It looks at techniques to deal with issues including stress reduction, mindfulness and assertiveness.

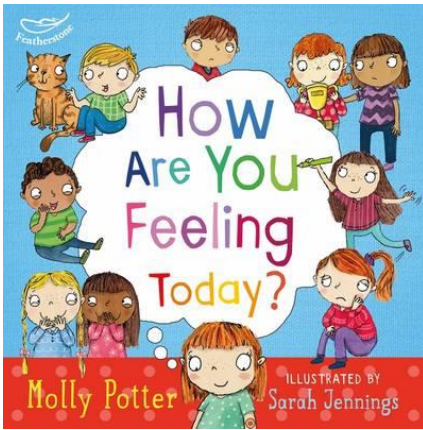
Feelings



Sometimes I Feel Sad

Tom Alexander

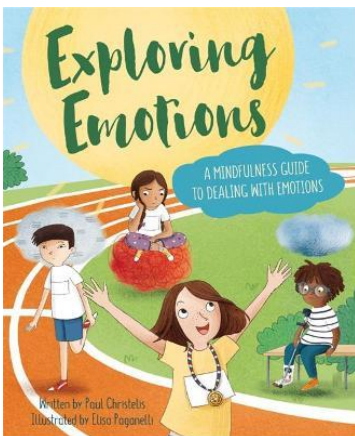
Feeling sad is, unfortunately, a part of everyone's life, and there's not always an easy fix. This touching book helps explain to children that they're not alone in feeling this way and is especially useful for children who struggle to express their feelings.



How are you feeling today?

Molly Potter

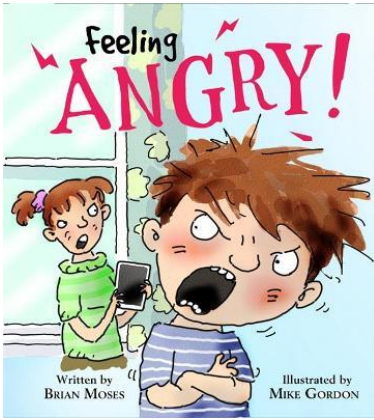
How Are You Feeling Today? is packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions. A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. Helpful parent/carer notes at the back of the book provide more ideas for parents to use with their child and other strategies to try out together and practice the all-important skill of dealing with feelings.



Mindful Me: Exploring Emotions: A Mindfulness Guide to Dealing with Emotions

Paul Christelis, Elisa Paganelli

This mindfulness story book for children includes simple mindfulness activities, which have been shown to help relieve stress and anxiety and improve health and mental well-being. This book shows children how to cope with different emotions, from anger and jealous, to sadness and disappointment. The children are gently guided into mindfulness exercises that encourage an exploration of emotions.

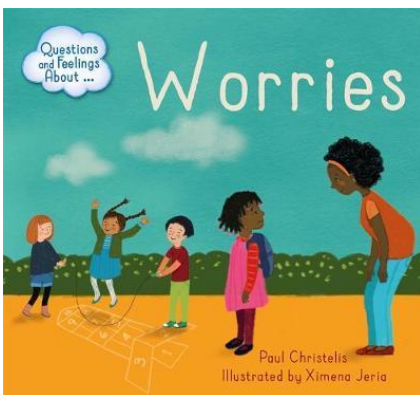


Feeling Angry!

Katie Douglass

This picture book story explores feelings of anger in a light-hearted way using everyday situations that children might be familiar with. This book shows different reasons why young people might become angry, illustrates scenarios of them behaving angrily, and gives advice on how to calm anger in yourself and to be able to help other people. Ideal for home or classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with feeling angry.

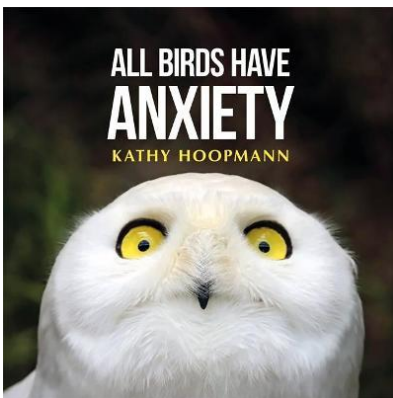
Worries



Questions and Feelings About: Worries

Ximena Jeria, Paul Christelis

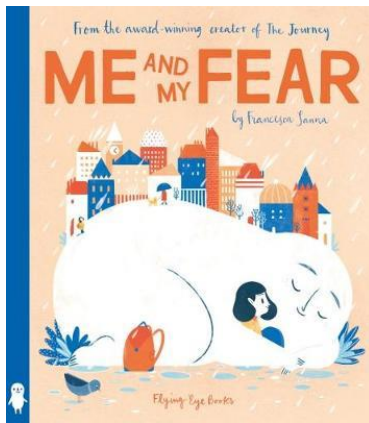
A gentle, down to earth book for addressing the things that can cause children to be anxious and worried. Mindfulness expert Paul Christelis expertly explores everyday situations in picture book form, helping children to recognise signs of worry and giving them reassurance and simple suggestions on how to cope with any worries.



All Birds Have Anxiety

Kathy Hoopmann

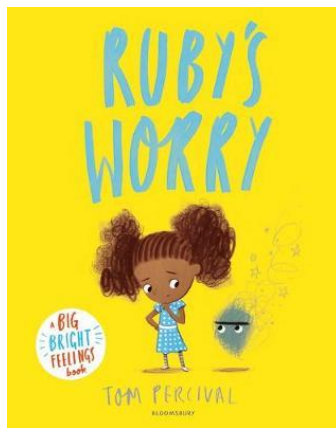
Life as a bird can be stressful! From worrying about airplanes, windows, and getting enough worms to eat, it is clear that birds can be anxious beings. Through a light-touch, quizzical depiction of bird behaviour, All Birds Have Anxiety uses colourful images and astute explanations to explore with gentle humour what it means to live with anxiety day-to-day, and how to begin to deal with it. The combination of understanding and gentle humour makes this the ideal introduction to anxiety disorder for those diagnosed with this condition, their family and friends and those generally interested in understanding anxiety.



Me and My Fear

Francesca Sanna

When a young girl has to travel to a new country and start at a new school, her Fear tells her to be alone and afraid. How can she hope to make friends if she doesn't understand their language? A heart-warming and relevant new tale from the bestselling author and illustrator of *The Journey*, this book shows us 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!

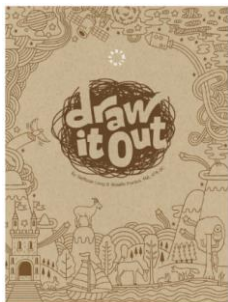


Ruby's Worry

Tom Percival, Tom Percival

Ruby loves being Ruby. Until, one day, she finds a worry. At first, it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again? When Ruby makes a friend – who has a worry too – and talks about what's bothering her, everything explodes with colour and the world goes back to normal. Ruby soon realises that everybody gets worries, and they are nothing to be ashamed of. This is a perceptive and poignant story about anxiety and how a problem shared is a problem halved.

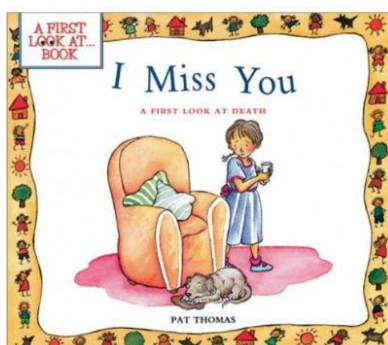
Death & Bereavement



Art with Heart Presents: Draw It Out

Steffanie Lorig & Rosalie Frankel

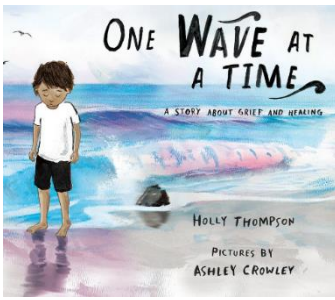
The 40-plus-page activity book uses writing and drawing to help kids work through their emotions. Activities include creating a 'Circle of Strength' and using a calendar to express feelings on different days.



I Miss You: A First Look at Death

Pat Thomas

This book explains, in realistic but reassuring language, why people die and how hard it can be to say goodbye. It normalizes the sad feelings around death.

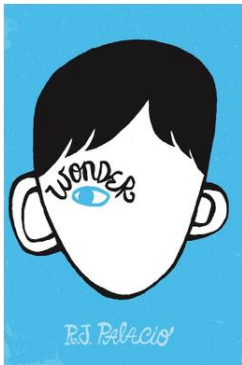


One Wave At A Time

Holly Thompson

After Kai's dad died, the boy's grief manifests itself in many ways, from crying to throwing a fit to feeling flat and robotic. The story line shows the change from struggling to recovering.

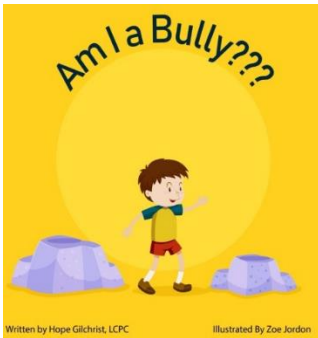
Bullying



Wonder

R.J. Palacio

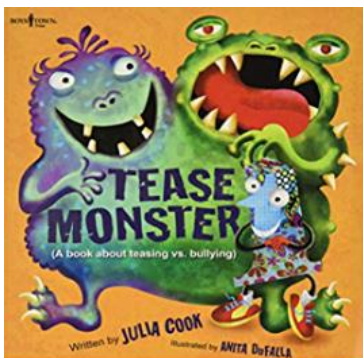
A boy with facial deformity switches to a mainstream school for the fifth grade and is bullied. But he has a strong network of family and friends to help him overcome bullying. The readers will see how differences should be celebrated.



Am I A Bully???

Hope Gilchrist

Toby makes his friends laugh when he teases a classmate over his weird clothes. He's just trying to be funny and he isn't beating anyone up, so he can't be a bully - can he? This books help children recognize when teasing crosses the line into bullying.



Tease Monster: A Book About Teasing vs. Bullying

Julia Cook

Particularly good for an anxious or literal child, this rhyming book helps distinguish between teasing and bullying. Readers will learn strategies from responding to both good-natured teasing to bullying.