

PSHE Book list

If you recognise that your child is experiencing:

behaviour concerns

social issues

emotional needs

friendship troubles

questions on growing

up internet safety grief

separation

divorce

Here is a list of books to help!

These books aim to open up discussion with your child and are a relaxed and informative way of giving ideas and support together.

SOCIAL ISSUES

Giraffe is left out by Sue Graves

This simple, engaging story is the perfect way to introduce young children to what bullying is, and help them become aware of how their behaviour can impact on other children. There are even suggestions for activities and ideas to talk through together to help children understand.

Marshall Armstrong is New to Our School' by David Mackintosh

Quirky, witty and brilliant, Marshall Armstrong is new to school and he definitely stands out from the crowd; but will he find it easy to make friends? A quirky and witty 'first day at school' story from a brilliant new talent.

Feather Boy' by Nicky Singer

Essential Modern Classics are relaunched in gorgeous new covers bringing this timeless story to a new generation. Robert is a boy who can do anything - or so old Edith Sorrel at the nursing home tells him. Robert doesn't think so, knowing as he does that he is the school geek. But something compels him to do what Edith asks - to visit old Chance House, where a boy once fell to his death from the top floor flat, to confront his fears and find some answers. Niker the bully thinks this is a great laugh.

The Rainbow Fish' by Marcus Pfister

The Rainbow Fish is an international best-seller and a modern classic. Eyecatching foil stamping, glittering on every page, offers instant child appeal, but it is the universal message at the heart of this simple story about a beautiful fish who learns to make friends by sharing his most prized possessions that gives the book its lasting value.

Aldo by John Burningham

A young girl, an only child, is often lonely but she has a secret friend, Aldo, who is a giant rabbit. He comes to her when things get tough and together they face the world. On the bright side, she does have some good times with other children and then she doesn't need Aldo.

Growing Friendships by Eileen Kennedy-Moore

From psychologist and children's friendships expert Eileen Kennedy-Moore and parenting and health writer Christine McLaughlin comes a social development primer that gives kids the answers they need to make and keep friends. Friendship is complicated for kids. Almost every child struggles socially at some time, in some way. Having an argument with a friend, getting teased, or even trying to find a buddy in a new

classroom...although these are typical problems, they can be very painful. And friendships are never about just one thing.

TALKING ABOUT ILLNESS AND GRIEF

Goodbye Mog by Judith Kerr

Mog was tired. She was dead tired...Mog thought, 'I want to sleep for ever.' And so she did. But a little bit of her stayed awake to see what would happen next. Mog keeps watch over the upset Thomas family, who miss her terribly, and she wonders how they will ever manage without her. Nothing happens for some time...

A monster calls by Patrick Ness

Thirteen-year-old Conor awakens one night to find a monster outside his bedroom window, but not the one from the recurring nightmare that began when his mother became ill--an ancient, wild creature that wants him to face truth and loss.

Sad Book by Michael Rosen

We all have 'sad stuff' to deal with in life. What makes Michael Rosen most sad is thinking about his son, Eddie, who died. In this book he writes about his sadness, how it affects him, and some of the things he does to try to cope with it.

No Matter What by Debi Gliori

When Small is in a big bad mood, it's up to Large to help. But what if Small were a grizzly bear, or a scary crocodile - would Large still love him? Of course! A heartfelt story about the unconditional love each parent feels for their child.

When my parents forgot how to be friends by Jennifer Moore-Mallinos

Youngsters become confused and hurt when their parents constantly argue, then decide to divorce. This sensitively written book assures boys and girls that children are in no way responsible for their parent's inability to get along together.

Tell Me About Heaven, Grandpa Rabbit!: A book to help children come to terms with losing someone special by Jenny Album

This gentle and uplifting story is designed to help young children come to terms with losing someone special. The book follows the story of Bradley Bunny and his grandfather, Grandpa Rabbit. At one stage, Bradley asks Grandpa Rabbit what heaven is like.

I miss you by Pat Thomas

When a close friend or family member dies, it can be difficult for children to express their feelings. This book helps children understand that death is a part of life. Thomas, a psychotherapist and counselor, promotes positive interaction among children, parents, and teachers. Full-color illustrations.

Toug Topics – Death by Patricia Murphy

Read 'Death' to learn about the feelings many people experience when they are grieving for a loved one. This sensitive book explores the ways people remember their loved ones and provides reassurance to any reader who has lost someone close to them.

I Remember by Jennifer Moore

Eventually, every little boy and girl learns about death, and it is normal for children to be troubled by thoughts about death. Here is the story of a little boy and his dog, Jake. The child recalls how he and his dog first became friends when Jake was still a puppy. But as time passed, Jake grew from a puppy to a dog— and still later, the dog grew old and tired. Now, the little boy remembers how sad he felt on the day Jake died, then later, how he learned to cope with his loss and recall the good times that he and Jake had together.

Secret C – Talking about Cancer by Julie Stokes

When someone special dies by Marge Heegaard (not to write in)
A practical format for allowing children to understand the concept of death and develop coping skills for life, this book is designed for young readers to illustrate.

When someone has a very serious illness by Marge Heegaard

This book will help families communicate and evaluate a child's understanding and feelings about family change while teaching basic concepts of illness and healthy coping skills.

When something Terrible Happens by Marge Heegaard

Creates ways for children to explore the fright, confusion, and insecurity caused by traumatic events in their lives. A workbook to help children work out feelings about a traumatic event.



FAMILIES AND DIFFERENCES

***My Daddy's Going Away* by Christopher MacGregor and Emma Yarlett**

Children whose parents often work away from home in the military, or in other professions, could benefit from this book, which is sensitively written by Colonel Christopher MacGregor, based on his own experiences of deployment.

***'Mum and Dad Glue'* by Kes Gray**

A little boy searches for a pot of parent glue to paste his mom and dad's marriage back together. He soon realizes that even though his parents' marriage is broken, their love for him remains as strong as ever. Divorce is an unhappy fact that affects many children's lives, and the story told in this book was written for those little boys and girls. Its message can help soothe their feelings and make them understand that their parents' separation is in no way their fault.

***Moving house* by Anne Civardi and Stephen Cartwright**

Introduces young children to unfamiliar situations in a friendly way. This book features illustrations, providing lots to look at and talk about. It provides a starting point for young children and adults to discuss first experiences.

***All about families* by Felicity Brooks**

Families come in all shapes and sizes and from all sorts of backgrounds. They speak various languages, eat different sorts of food, live in different kinds of homes and celebrate special occasions in a variety of ways. An entertaining and gently informative book that portrays diverse families and helps children think, talk about and understand difference.

***Black Dog* by Levi Pinfold**

The youngest and bravest member of the Hope family is the only person who tames the Black Dog, a metaphor for depression, which grows bigger and bigger each time you try to ignore it. A particularly useful book for children who live with parents with mental health problems.

Family Book by Todd Parr

There are so many different types of families, and THE FAMILY BOOK celebrates them all in a funny, silly, and reassuring way. Todd Parr includes adopted families, step-families, one-parent families, and families with two parents of the same sex, as well as the traditional nuclear family

And Tango Makes Three by Simon Schuster

Roy and Silo are just like the other penguin couples at the zoo - they bow to each other, walk together and swim together. But Roy and Silo are a little bit different - they're both boys.

King and King by Linda De Haan and Stern Nijland

Once there lived a lovelorn prince whose mother decreed that he must marry by the end of the summer. So began the search to find the prince's perfect match and lo and behold... his name was Lee. You are cordially invited to join the merriest, most unexpected wedding of the year. King & King is a contemporary tale about finding true love and living happily ever after, sure to woo readers of any age.

Elmer by David McKee

Elmer is different. Elmer is patchwork. The grey elephants all love him, but he soon starts to wonder what it would be like to be just the same as them...

Wonder by R.J Palacio

Auggie wants to be an ordinary ten-year-old. He does ordinary things - eating ice cream, playing on his Xbox. He *feels* ordinary - inside. But ordinary kids don't make other ordinary kids run away screaming in playgrounds. Ordinary kids aren't stared at wherever they go. Born with a terrible facial abnormality, Auggie has been home-schooled by his parents his whole life. Now, for the first time, he's being sent to a real school - and he's dreading it. All he wants is to be accepted - but can he convince his new classmates that he's just like them, underneath it all?

The Great Big Book of Families by Mary Hoffman and Ros Asquith

What is a family? Once, it was said to be a father, mother, boy, girl, cat and dog living in a house with a garden. But as times have changed, families have changed too, and now there are almost as many kinds of families as colours of the rainbow - from a mum and dad or single parent to two mums or two dads, from a mixed-race family to children with different mums and dads, to families with a disabled member.



GROWING UP

'Counting Kisses' by Karen Katz

A best-selling book, introduces preschoolers to counting as all the loving phrases shared between a mother and her child are tallied as the day progresses.

'True Love' by Babette Cole

Truelove loves his family more than anything, but when a new baby arrives he feels left out. He loses his spot on the bed, gets in trouble for trying to share his mouse with the baby, and even gets sent outside to sleep in the doghouse. With nowhere left to turn, Truelove runs away. When Truelove's family discovers he is missing, they understand what real love is all about.

'Mummy Laid an Egg' by Babette Cole

Mum and Dad decide it's time to tell the kids about the facts of life. But do they dare? And do they really know everything about the birds and the bees?

Guy stuff: the body book for boys by Cara Natterson

Your body is about to start growing and changing big-time - or maybe this has already begun. You probably feel excited that you're growing up, but all these changes can feel awkward and uncomfortable.

Flour babies by Anne Fine

When the annual school science fair comes round, Mr Cartwright's class don't get to work on the Soap Factory, the Maggot Farm or the Exploding Custard Tins. To their intense disgust they get the Flour Babies - sweet little six-pound bags of flour that must be cared for at all times.

Let's talk about where babies come from by Robie Harris

This title for children covers all the main areas - babies, reproduction, bodies, genes, growing up, love, and health. The information is imparted with humorous commentary from an inquisitive bird and a squeamish bee together with cartoon-strip illustrations.

Let's Talk About Girls, Boys, Babies, Bodies, Families and Friends (Paperback) by Robie Harris

Young children ask so many questions about their bodies and how they were made. With lively language, engaging art and clear, accurate information, this book answers those perfectly normal questions and will help even pre-school children feel proud and comfortable about their own bodies.

Growing up Usbourne book (facts of life) by Susan Meredith and Robyn

Gee "Now revised and updated, this ... book explains important aspects of the human body in an approachable and straightforward way for anyone aged 10 or over"

What's happening to me? 2 Books: GIRLS pink, BOYS blue)

Growing up is a whole lot easier if you have some idea what to expect. This book describes exactly what will happen to your body in a straightforward, easy-to-understand way, and it explains some of your feelings too - all you need to know for this important time in your life.

I don't want to wash my hands by Tony Ross

The Little Princess loves getting her hands dirty. The trouble is . . . she hates washing them. Until she learns all about the nasties and the dirties and all the other horrible things that lurk and make you ill . . .

There's a house inside my mummy by Giles Andreae

Waiting for a new brother or sister to arrive can be a confusing and worrying time for young children. Sharing this simple rhyming story together is the perfect way to reassure your little one and involve them in all the excitement.

Growing up for boys by Alex Frith

Covers all the topics that boys want to find out about, including moods and feelings, what happens to girls, diet, exercise, body image, sex and relationships, contraception, sexual health, self-confidence, drink and drugs, exam stress, cyberbullying, and staying safe both out and about and online.

It's Perfectly Normal by Robie Harris

When young people have questions about sex, real answers can be hard to find. Providing accurate, unbiased answers to nearly every imaginable question, from conception and puberty to birth control and AIDS, *It's Perfectly Normal* offers young people the information they need -- now more than ever -- to make responsible decisions and to stay healthy.

I Said No! by Kimberly King

Helping kids set healthy boundaries for their private parts can be a daunting and awkward task for parents, counselors and educators. Written from a kid's point of view, *I Said No!* makes this task a lot easier.

Going Up!: No Worries Guide to Secondary School

Going Up! addresses the most common anxieties children have about moving from primary to secondary school.

Moving On Up by Molly Potter

Transition from Year 6 to Secondary School.

INTERNET SAFETY

'Chicken Clicking' by Jeanne Willis and Tony Ross

One night Chick hops onto the farmer's house and has a browse on his computer - CLICK - soon she's shopping online for the whole farm! But when she arranges to meet up with a friend she's made online, she discovers all is not as it seems...

Not for Kids! By Liz Walker

Milly loves to explore and learn. One day while using her friend's phone, she sees images that make her feel sick. Milly was lucky to have a safe adult to help her through this experience and she now teaches children that some adult behaviours can be harmful for kids to see.

Social media savvy: facts and figures about selfies, smartphones and standing out by Elizabeth Raum

How many girls your age have a social media account? What are the most popular social media websites? How many followers does the average teenager have? Find the answers to these questions and more while learning how to make a statement on social media!

Once upon a Time Online by David Bedford

"Once upon a time, a laptop arrived in Fairy-tale Land. Join Jack and his friends as they discover the ups and downs of going online!"

Not for Kids! Protecting Kids Online

It's not a matter of if your kids see online pornography - it's when. The best thing we can do is prepare them in advance so they know what to do. Like most children, the character in the book, Milly, loves to explore and learn. One day while using her friend's phone, she sees images that make her feel sick. Milly was lucky to have a safe adult to help her through this experience and she now teaches children that some adult behaviours can be harmful for kids to see. Milly lets kids know that coming across these images is not their fault and she reminds them to always seek help from an adult if they see things that are not meant for kids eyes. Not for Kids! is the perfect tool for parents to teach their children what to do when they are exposed to explicit content, and for parents to learn how to best help their kids cope with what they've seen.

Staying Safe Online by Louie Stowell

The internet is full of amazing possibilities but, just like the real world, there are a lot of potential dangers and difficulties too. You need to know what to watch out for and how to protect yourself. Whether you're worried about oversharing on social media or coming across dangerous people, this guide gives you tips and tools to take control and stay safe online.

EMOTIONS

Anger Management Workbook by Samantha Snowden

These books are available to have certain parts photocopied.

50 Fun activities to help children stay calm and make better choices

Starving the Anger Gremlin for children aged 5-9.

A therapy workbook to help children deal with their Anger Gremlin

Angry Arthur by Hiawyn Oram

Once there was a boy called Arthur, who wanted to stay up and watch TV, but his mother wouldn't let him. "I'll get angry," said Arthur, and he did. Very, very angry...

***The Huge Bag of Worries* by Virginia Ironside and Frank Rodgers**

Jenny carries a huge bag of worries with her wherever she goes and is desperate for someone to help her. This book shows children that a problem shared is a problem halved.

***Hello Happy! and No Worries!* in association with Child and Family Psychotherapist Sharie Coombes**

These books are available to have certain parts photocopied.

These are activity books aimed at young people who might feel sad, angry or worried. I use these books a lot with children who could do with some TLC. They love the activities, which include drawing what makes them happy, sad and mad, so they can discuss these things later.

***Bob's Blue Period* by Marion Deuchars**

Bob's best friend Bat has to go away for a while and Bob feels so sad that he paints everything in blue. However, his other friends get together to show that there are many other beautiful colours in the world and Bob starts to feel better. A perfect book about expressing emotions and how to feel better when you're "blue".

***You, Me and Empathy* by Jayneen Sanders and Sofia Cardoso**

One of the most important social skills a child can learn is empathy. Being able to understand how another person is feeling and recognizing their needs helps people to connect to one another across race, culture and the diversity that is ever-present and so important to our world. Showing empathy towards others is a learnt trait, and one to nurture and cherish with the children in our care. Also included are Discussion Questions for parents, caregivers and educators, and suggested activities to promote empathy and kindness.

***Happy, Sad, Feeling Glad* by Yasmeen Ismail**

This is part picture book and part activity book. Children are asked to help draw illustrations of things that might make the animal characters feel happy, thereby reinforcing their own stores of good memories.

***Tiger has a Tantrum* by Sue Graves**

A lively picture book that examines feelings of anger in an amusing but reassuring way through animal characters - perfect for young children who are experiencing angry emotions. The story offers a gentle way in to discuss this difficult emotion. At the end of the story there are notes for parents and teachers with suggestions of ways to help children deal with anger.

***Silly Billy* by Anthony Browne**

Billy worries obsessively about everything until Grandma suggests that worry dolls might help him to cope better. This book takes a sensitive and gentle approach to dealing with childhood anxiety. Many of Browne's other books are also good for supporting discussion around emotions.

***Augustus and His Smile* by Catherine Rayner**

Augustus the tiger has lost his smile and is feeling sad. However, as he starts looking for it, he gradually discovers that joy can be found in all sorts of everyday situations.

***My Many Coloured Days* by Dr Seuss**

This title explores the different moods and emotions a person can feel on any given day and helps children understand how common those moods are and how to identify them.

***'So Much'* by Trish Cooke**

Mom and baby are home alone when--DING DONG!--Auntie and then Uncle and Nannie and Gran-Gran and the cousins come to visit. And they all want to hug and kiss and squeeze and eat the baby right up--because everybody loves the baby SO MUCH!

***Worries Go Away!* By Kes Gray**

When a little girl feels worried she goes into a world of her own. At first the world is full of cream cakes and cola but soon the worries begin to take hold... Only her family and friends can help. The gentle rhymes and imaginative illustrations give a difficult subject a wonderfully light touch.

***Being Me* by Wendy Moss**

Do you like being you? Do you have confidence in yourself? Do you believe that there are kids who can like you for who you are and want to hang out with you? If you answered 'no' to any of these questions, how about turning those no's into know-how? Being Me is loaded with tips and advice for taking on everyday challenges and for building up your confidence and self-esteem.

***Lion's in a Flap* by Sue Graves**

A lively picture book that examines the issue of being worried in an amusing but reassuring way through animal characters - perfect for young children who have feelings of anxiety and worry. The story offers a gentle way in to discussing the things children worry about. At the end of the story there are notes for parents and teachers with suggestions of ways to help children deal with anger.

