

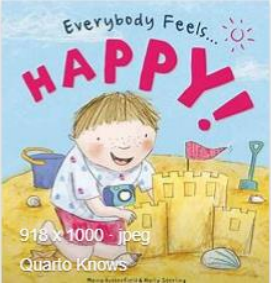
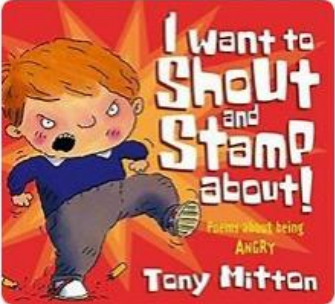


St Ralph
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Catholic Multi Academy Trust

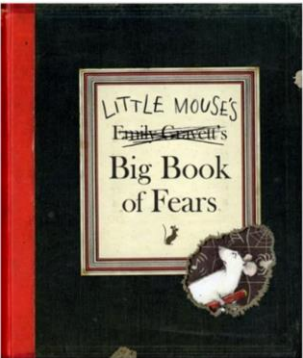
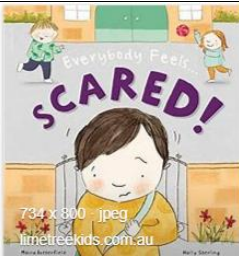

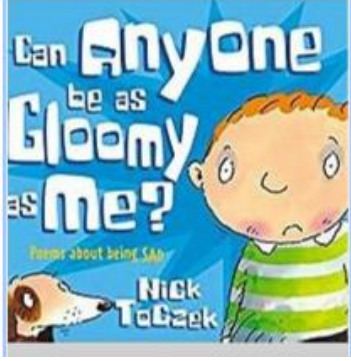
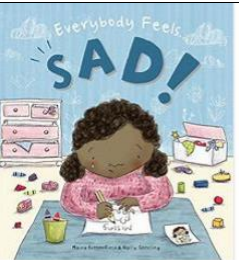
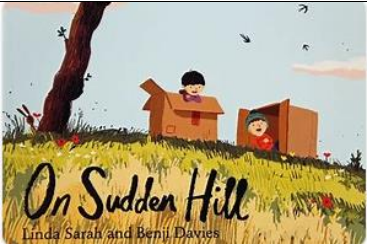
St. Mary's Well-being Library

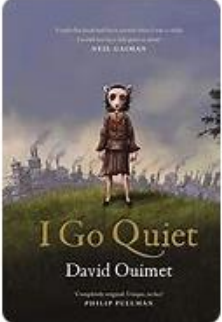
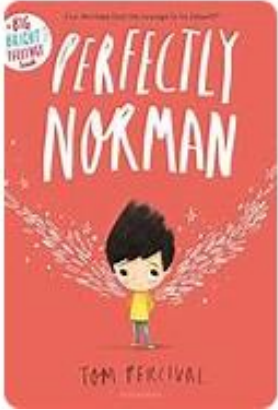
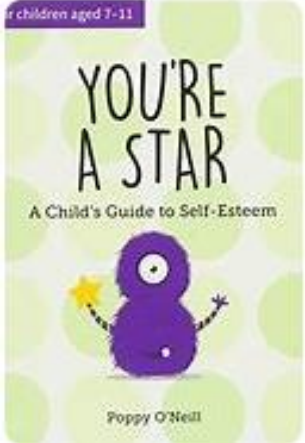
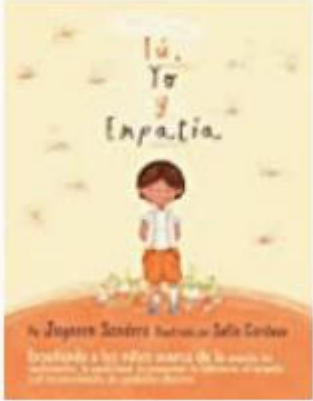


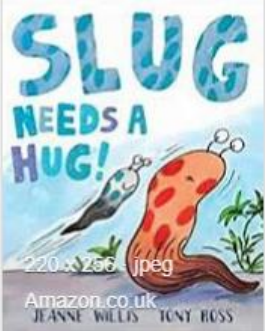
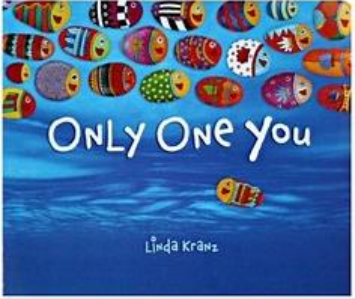
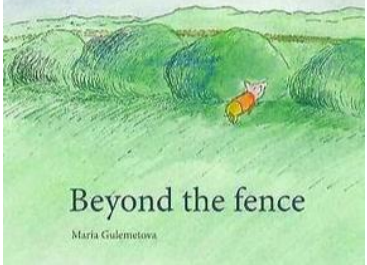
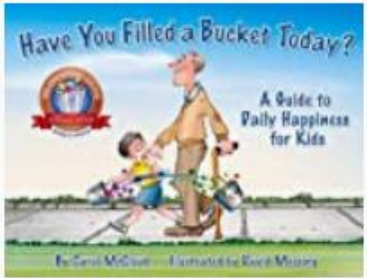

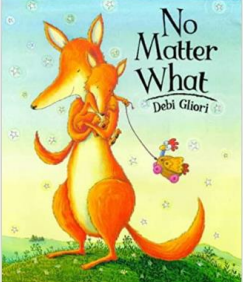
Book Catalogue

<p><u>'Everybody feels Happy' by Holly Sterling</u></p> <p>Have you ever been really excited about a holiday? Have you ever made someone else happy? How did you feel? Was your smile really wide? Read about Ethan and Sophie, and what they did when they felt happy.</p>	<p>Emotions - Happiness</p>	
<p><u>'Augustus and His Smile' by Catherine Rayner</u></p> <p>In this stunning, remarkable book, talented new author and illustrator Catherine Rayner celebrates the beauty of the world and the simple happiness it brings us when we open our eyes to it.</p>	<p>Emotions - Happiness</p>	
<p><u>'Hello Happy - An Activity Book for Young People Who Sometimes Feel Sad or Angry' by Dr. Sharie Coombes</u></p> <p>Hello Happy! is an interactive self-care activity book for children aged 7+ to colour and doodle their way to happiness, calm and confidence.</p>	<p>Emotions - Anger</p>	
<p><u>'I Want to Shout and Stamp About!' by Tony Mitton.</u></p> <p>Poems about being angry -Ideal for ages 3-7, these simple poems get to the heart of childhood emotional experience. They are hugely entertaining in their own right, wonderfully supplemented by the witty and humorous illustrations, thus making them ideal for literacy work. They also make a great starting point for discussion about feelings and behavior.</p>	<p>Emotions - Anger</p>	
<p><u>'Ravi's Roar' by Tom Percival</u></p> <p>A beautiful book about helping deal with emotions and learning to express feelings. Ravi's Roar is a clever and engaging book about temper tantrums, dealing with emotions and learning to express and understand your feelings.</p>	<p>Emotions - Anger</p>	
<p><u>'Everybody feels Angry' by Holly Sterling</u></p> <p>Have you ever been angry and shouted? How did you feel? Read about Sophie and Ethan, and what they did when they felt angry. With a mix of stories, questions for the reader, and advice, this focuses on why children may feel a certain way and how they can deal with those feelings.</p>	<p>Emotions - Anger</p>	

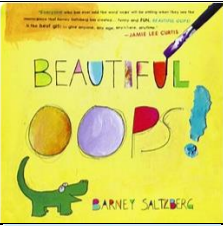
<p><u>'When My Worries Get Too Big!' by Kari Dunn Buron</u></p> <p>The thought of losing control can cause major problems for children who live with anxiety. Now, parents, teachers and children have a helpful tool that gives young children an opportunity to explore their own feelings with parents or teachers as they react to events in their daily lives.</p>	<p>Emotions - Worry</p>	
<p><u>'Ruby's Worry' by Tom Percival</u></p> <p>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? A perceptive and poignant story that is a must-have for all children's bookshelves.</p>	<p>Emotions - Worry</p>	
<p><u>'No Worries – An Activity Book for Young People Who Sometimes feel Anxious or Stressed' by Dr. Sharie Coombes</u></p> <p>No Worries! is an interactive self-care activity book for children aged 7+ to colour and doodle their way to happiness.</p>	<p>Emotions - Worry</p>	
<p><u>'Silly Billy' by Anthony Browne</u></p> <p>A funny, sympathetic antidote to worry from a Hans Christian Andersen Medalist Billy worries about everything, from shoes that might march out the window to giant birds that might carry him away. One night on a visit to Grandma's, Billy is so anxious that he can't sleep. But Grandma has just the thing for a boy like Billy – tiny, colorful worry dolls, made to do his worrying for him.</p>	<p>Emotions - Worry</p>	
<p><u>'The Huge Bag of Worries' by Virginia Ironside</u></p> <p>A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings. The perfect book to soothe worries during stressful times.</p>	<p>Emotions - Worry</p>	

<p><u>'Little Mouse's Big Book of Fears' by Emily Gravett</u></p> <p>"Little Mouse's Big Book of Fears" is part of a growing literature on children's fears and worries. Such books are very welcome for parents coping with little worriers. This book focuses on the fears of Little Mouse, with each feared object or situation depicted in word and picture.</p>	<p>Emotions - Fear</p>	
<p><u>'Everybody feels Scared' by Holly Sterling</u></p> <p>Did you feel scared on your first day of school? Have you ever felt nervous talking in class? Did your heart beat really fast? Read about Omar and Chloe, and what they did when they felt scared.</p>	<p>Emotions - Fear</p>	
<p><u>'Black Dog' by Levi Pinfold</u></p> <p>An enormous black dog and a very tiny little girl star in this offbeat tale about confronting one's fears. When a huge black dog appears outside the Hope family home, each member of the household sees it and hides. Only Small, the youngest Hope, has the courage to face the black dog, who might not be as frightening as everyone</p>	<p>Emotions - Fear</p>	
<p><u>'Can Anyone Be As Gloomy As Me?' by Nick Toczek</u></p> <p>Poems about being sad Ideal for ages 3-7, these simple poems get to the heart of childhood emotional experience. They are hugely entertaining in their own right, and wonderfully supplemented by the witty and humorous illustrations, thus making them ideal for literacy work. They also make a great starting point for discussion about feelings and behavior.</p>	<p>Emotions – Sadness</p>	
<p><u>'Everybody feels Sad' by Holly Sterling</u></p> <p>Have you ever lost a favorite toy? Were you sad when a pet you loved died? How did you feel? Did your eyes fill with tears? Read about Chloe and Omar and what they did when they felt sad.</p>	<p>Emotions – Sadness</p>	
<p><u>'On Sudden Hill' by Linda Sarah and Benji Davies</u></p> <p>Birt and Etho are best friends, they play on Sudden Hill, making marvellous contraptions out of cardboard boxes. But then a new boy, Shu, wants to join in too. Birt isn't sure that he wants Shu to</p>	<p>Emotions & Behaviours - Accepting Others</p>	

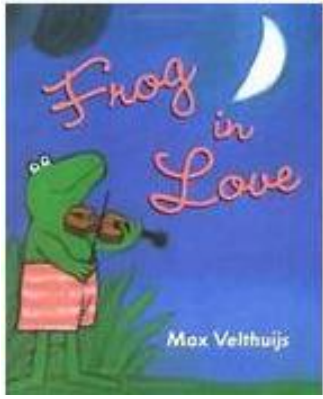
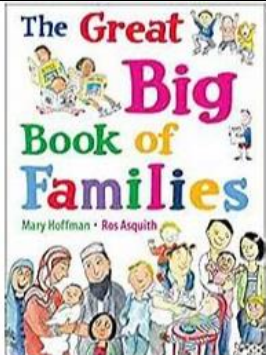
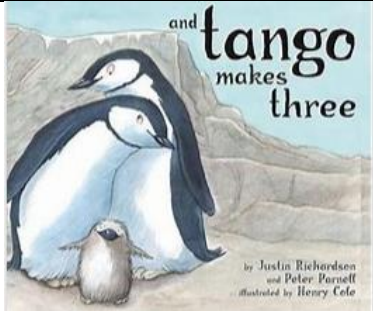
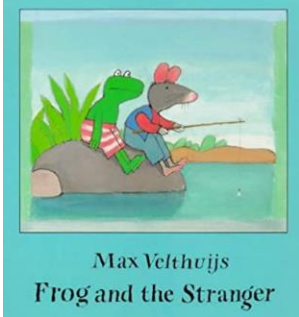
<p>join them. A compelling, poignant story about accepting someone new.</p>		
<p><u>'I Go Quiet' by David Quimet</u></p> <p>I Go Quiet is the exquisite story of an introverted girl, struggling to find her place in a noisy world. Through the power of books, creativity and imagination, she begins to see possibilities for herself beyond the present, to a future where her voice will finally be heard.</p>	<p>Emotions & Behaviours - Self-confidence</p>	
<p><u>'Perfectly Norman' by Tom Percival</u></p> <p>A book about daring to be different and having the courage to be yourself. Norman is normal-- perfectly normal. That's until he grows a pair of wings! Norman loves his new wings, but he's worried about everyone will think. After all, they're definitely NOT normal. Norman decides to cover them with a big coat, but hiding such a big part of his life makes him feel miserable. Can Norman find the courage to be himself?</p>	<p>Emotions & Behaviours - Self-confidence</p>	
<p><u>'You're A Star – A Guide To Self-Esteem' by Poppy O'Neill</u></p> <p>Does your child often feel isolated and do they struggle to get involved in social situations? Are they nervous about what people think of them, or maybe they're just a little unsure of how they feel about themselves? These could be signs that your child is experiencing low self-esteem. This practical guide combines proven cognitive-behavioural therapy methods used by child psychologists in schools with simple activities to help your child grow their self-esteem.</p>	<p>Emotions & Behaviours - Self Esteem</p>	
<p><u>'You, Me and Empathy' by Jayneen Sanders</u></p> <p>A book about empathy, feelings, kindness, compassion, tolerance, respect and recognising bullying behaviours. This charming story uses verse, beautiful illustrations and a little person called Quinn to model the meaning of empathy. Throughout the story, Quinn shows an abundance of understanding, compassion and kindness towards others. Showing empathy towards others is a learnt trait, and one to nurture and cherish with the children in our care.</p>	<p>Emotions & Behaviours - Empathy</p>	

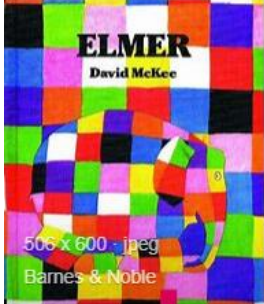
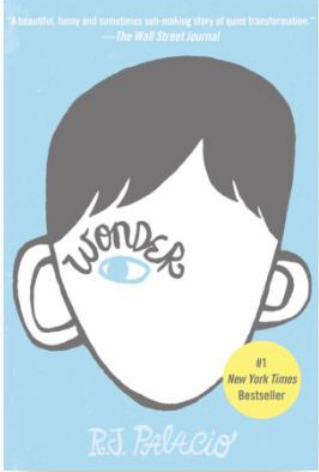
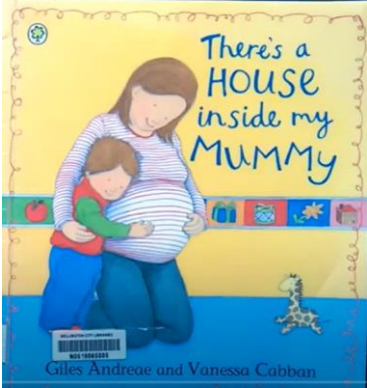

<p><u>'Slug Needs A Hug' by Jeanne Willis & Tony Ross</u></p> <p>When it begins to bug slug that his mummy doesn't hug him, he leaves home to find out why. Kitten suggests he should be furrier, so he puts on a woolly hat, while Bird suggests he needs a beak. Soon, Slug has a new look, will his mummy hug</p>	<p>Emotions & Behaviours - Self-confidence</p>	
<p><u>'Only One You' by Linda Kranz</u></p> <p>Only One You, by Linda Kranz, focuses around a mother and father fish providing life advice to their young fish. They advise their child to look for friends in all places, find their way to stand out instead of always following the crowd and to learn to listen as much as you learn to speak up.</p>	<p>Emotions & Behaviours - Self-confidence</p>	
<p><u>'Beyond the Fence' by Maria Gulemetova</u></p> <p>A small pig lives in a large house with a boy who tells him how to dress and what to do. One day, he meets a wild pig who introduces him to life "beyond the fence." This charming debut contains important messages about individuality and making one's own choices. Full color.</p>	<p>Emotions & Behaviours - Self-confidence</p>	
<p><u>'Have You Filled A Bucket Today' by Carol McCloud</u></p> <p>Children are not the only ones that need to learn how to be truly happy. It's all in the bucket, that invisible bucket that follows you everywhere... teaches young readers valuable lessons about giving, sharing, and caring. This guide to daily happiness, though, is not just for kids. We all need reminders of the benefits of positive thinking and positive behavior.</p>	<p>Emotions & Behaviours - Kindness</p>	
<p><u>'The Rainbow Fish' by Marcus Pfister</u></p> <p>The book is best known for its message about selfishness and sharing and for the distinctive shiny foil scales of the Rainbow Fish.</p>	<p>Emotions & Behaviours - Sharing</p>	
<p><u>'No Matter What' by Debi Gliori</u></p> <p>Small is feeling grumpy and in need of some answers. Does Big really love Small...no matter what? What if Small is a squishy bug, a crocodile, or even just a grouch? Debi Gliori's sweet prose and colorful illustrations remind us that a parent's love is always there, no matter what,</p>	<p>Emotions - Love (Parent's Love)</p>	

<p><u>'You're A Rude Pig, Bertie!' by Claudia Boldt</u></p> <p>Bertie is the most vain, rude and outspoken pig you'll ever meet. He can't help offending his friends and pretty soon he doesn't have any left. But a beautiful bunny and a disastrous party all lead Bertie to a startling realization, and a change of heart.</p>	<p>Emotions & Behaviours - Rudeness</p>	
<p><u>'Everyone I See Is Luckier Than Me' by Clare Bevan</u></p> <p>Poems about jealousy - Ideal for ages 3-7, these simple poems get to the heart of childhood emotional experience. They are hugely entertaining in their own right and wonderfully supplemented by the witty and humorous illustrations, thus making them ideal for literacy work.</p>	<p>Emotions & Behaviours - Jealousy</p>	
<p><u>'Pumpkin Soup' by Helen Cooper</u></p> <p>"Pumpkin Soup" is a children's book by Helen Cooper and it is about how three best friends (a duck, a cat, and a squirrel) all made pumpkin soup in harmony until the duck wanted to stir the soup and chaos ensues!</p>	<p>Emotions & Behaviours - Friendship & Sharing</p>	
<p><u>'Jack's Amazing Shadow' by Tom Percival</u></p> <p>Jack and his amazing magical shadow are the VERY best of friends. But sometimes even best-friends fall out...A lively story that's perfect for anyone who's ever wondered what their shadow gets up to when they're not looking.</p>	<p>Emotions & Behaviours - Making Good Choices</p>	
<p><u>'Happy, Sad, Feeling Glad' by Yasmeen Ismail</u></p> <p>An endearing and engaging look at emotions and how different situations cause different feelings.</p>	<p>Emotions - Mixed</p>	
<p><u>'Listening To My Body' by Gabi Garcia</u></p> <p>Buy Listening to My Body: A guide to helping kids understand the connection between their sensations (what are those?) and feelings so that they can get better at figuring out what they need.</p>	<p>Emotions - Mixed</p>	

<p><u>'My Many Coloured Days' by Dr. Seuss</u></p> <p>My Many Coloured Days by Dr Seuss. An innovative concept book that introduces children to colours, feelings and all the fun of Dr Seuss. Some days are yellow. Some days are blue. On different days I am too. Maybe on some days you feel sort of brown, like a bear; you feel slow and low, low down. But then comes a yellow day and wheeeeeee!</p>	<p>Emotions - Mixed</p>	
<p><u>'Beautiful Oops!' by Barney Saltzberg</u></p> <p>This interactive book demonstrates how every mistake is an opportunity to make something beautiful.</p>	<p>Emotions & Behaviours - Dealing with mistakes</p>	
<p><u>'Aldo' by John Burningham</u></p> <p>Very sweet story, illustrated in John Burningham's signature style, about a little girl who is sometimes picked on and frequently lonely, who conjures up a rabbit friend named Aldo</p>	<p>Emotions & Behaviours - Imaginary Friends</p>	
<p><u>'The Bear Who Stared' by Duncan Beedie</u></p> <p>Nobody likes being stared at—as Bear soon finds out! This is a fun book that introduces children to manners. There once was a bear who liked to STARE. Bear doesn't mean to be rude, he's just curious. . . but nobody likes being stared at and it soon gets Bear into trouble.</p>	<p>Emotions & Behaviours – Manners</p>	
<p><u>'Don't Be A Bully, Billy' by Phil Roxbee Cox</u></p> <p>A Cautionary tale - Everyone has told Billy to stop picking on his neighbors and classmates, but he just will not listen until it is too late.</p>	<p>Bullying</p>	
<p><u>'Bad Girls' by Jacqueline Wilson</u></p> <p>A book about overcoming bullies. The book revolves around a ten-year-old girl called Mandy being bullied by three girls called Kim, Sarah and Melanie. She later befriends a wayward teenage girl called Tanya who is in foster care and battling her own personal demons.</p>	<p>Bullying</p>	

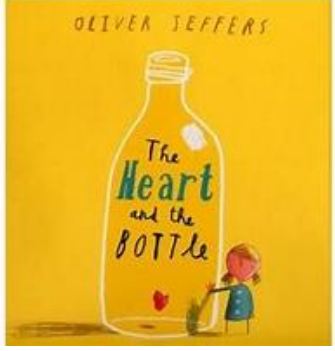
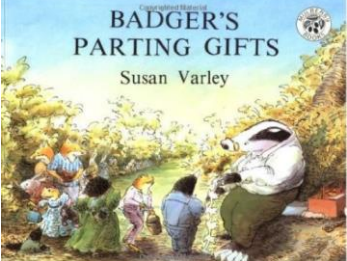

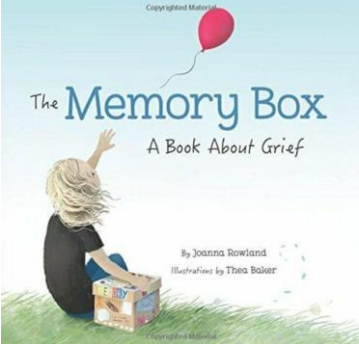
<p><u>'You Make Your Parents Super Happy' by Richy K. Chandler – A book about parents separating</u></p> <p>This simple graphic story helps children whose parents are separating to feel better. The book says why some parents have to live in different places, reminds the child how special they are to both parents, and reassures them that both parents will keep looking after them, and love them just as before.</p> <p>Getting to the heart of what children need to hear in what can be a confusing time, the story lets your child know that they are loved and safe, and that this will not change.</p>	<p>Divorce / Separation</p>	
<p><u>'When My Parents Forgot How To Be Friends' by Jennifer Moore-Mallinos</u></p> <p>Young children 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 parents' inability to get along together. It lets kids know that although one parent chooses to move away from the home, both parents continue to love their little boy or girl</p>	<p>Divorce / Separation</p>	
<p><u>'Mum and Dad Glue' by Kes Gray</u></p> <p>A little boy tries to find a pot of parent glue to stick his mum and dad back together. His parents have come undone and he wants to mend their marriage, stick their smiles back on and make them better. This story is brilliantly told with a powerful message that even though his parents may be broken, their love for him is not.</p>	<p>Divorce / Separation</p>	
<p><u>'My Daddy's Going Away' by Christopher McGregor</u></p> <p>My Daddy's Going Away was written to help young children and their absent parents. Whether Mum or Dad is an astronaut, Olympic athlete, CEO, soldier, actor or pop-star, their children will feel and behave differently when that parent prepares to and leaves home and is then away for some time.</p>	<p>Absent Parent</p>	

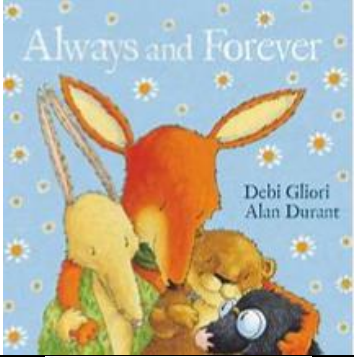
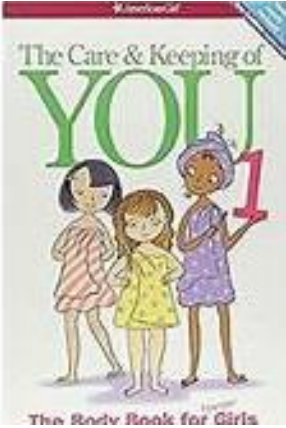
<p><u>'Frog in Love' by Max Velthuijs</u></p> <p>A book about different people loving each other "Hello Frog," said Piglet. "You don't look very well. What's the matter with you?" "I don't know," said Frog. "I feel like laughing and crying at the same time. And there's something going thump-thump inside me, here." It's not easy to be in love-but it's easy to be in love with Frog! Frog is worried because his heart is beating too fast-could he be in love? But who is he in love with? This enchanting mini-book will delight children of all ages and strike a chord with anyone who knows what it is to be in love.</p>	<p>Difference & Diversity</p>	
<p><u>'The Great Big Book of Families' by Mary Hoffman & Ros Asquith</u></p> <p>This fun and fascinating treasury features all kinds of families and their lives together. Each spread showcases one aspect of home life - from houses and holidays, to schools and pets, to feelings and family trees.</p>	<p>Difference & Diversity</p>	
<p><u>'The Family Book' by Todd Parr</u></p> <p>The Family Book is a 2003 children's book written by Todd Parr that details the daily lives of all kinds of families. The book has been praised for its diversity in Parr's representation of different family units such as same sex families, and was placed on the summer reading list for the District of Columbia Public School system</p>	<p>Difference & Diversity</p>	
<p><u>'and Tango Makes Three' by Justin Richardson</u></p> <p>And Tango Makes Three is a 2005 children's book written by Peter Parnell and Justin Richardson and illustrated by Henry Cole that tells the story of two male penguins, Roy and Silo, who create a family together.</p>	<p>Difference & Diversity</p>	
<p><u>'Frog and the Stranger' by Max Velthuijs</u></p> <p>When a rat comes to live at the edge of their wood, the animals decide they don't like having a stranger in their midst. But Frog is friendly by nature, and decides to find out if Rat is really as unpleasant as he is made out to be. As Frog discovers, Rat is intelligent and good hearted, and proves in a series of unexpected emergencies that</p>	<p>Difference & Diversity</p>	

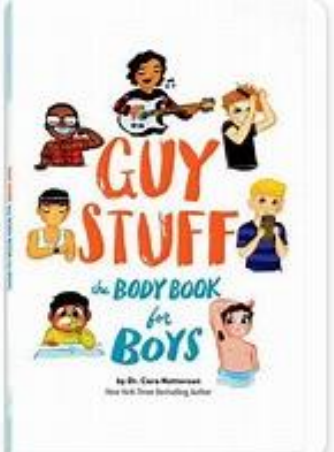
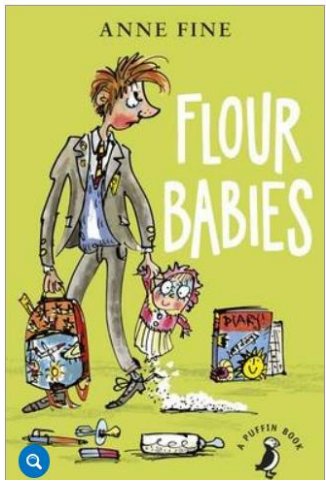
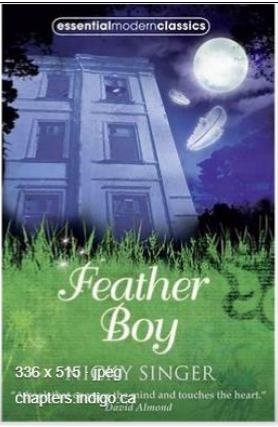
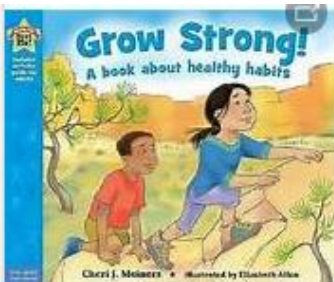
<p>the other animals have been too quick to condemn him.</p>		
<p><u>'Elmer' by David McKee</u></p> <p>The book encourages each of us, young and old, to embrace who we are. We are encouraged to celebrate our differences. In this short tale, McKee reminds us that by accepting our special gifts and talents, we can bring joy and happiness to those around us.</p>	<p>Difference & Diversity</p>	
<p><u>'Wonder' by R. J. Palacio</u></p> <p>August (Auggie) Pullman was born with a severe facial difference that, up until now, has prevented him from going to a mainstream school.</p> <p>Starting 5th grade at Beecher Prep, Auggie wants nothing more than to be treated as an ordinary kid—but his new classmates can't get past his extraordinary face. Wonder begins from Auggie's point of view, but soon switches to include the perspectives of his classmates, his sister, her boyfriend, and others. These voices converge to portray a community as it struggles with differences, and challenges readers, both young and old, to wonder about the true nature of empathy, compassion, acceptance, friendship, and—ultimately—kindness.</p> <p>UKS2</p>	<p>Difference & Diversity</p>	
<p><u>'There's A House Inside My Mummy' by Giles Andreae and Vanessa Cabban</u></p> <p>There's a house inside my Mummy Where my little brother grows, or maybe it's my little sister No-one really knows. A gentle and tender story of a little boy waiting for his little brother or sister to arrive. Told with humour and a simple rhyming text, this is the perfect picture book for all expectant brothers and sisters!</p>	<p>New Baby</p>	
<p><u>'Mummy Laid an Egg!' by Babette Cole</u></p> <p>Mummy Laid an Egg is about a mum and dad who decides it is time to tell their children how babies are made. They come up with some very funny explanations. The children just laugh when they are told dinosaurs deliver some babies. Theirs are grown in the greenhouse and they decide to tell their parents how it really works.</p>	<p>New Baby</p>	


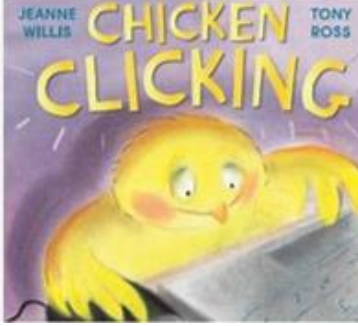
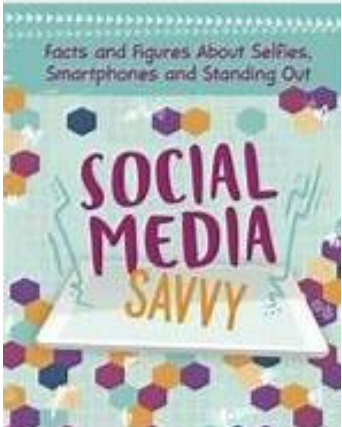
<p><u>'Moving House' – Usborne First Experience</u></p> <p>Designed to introduce young children to unfamiliar situations in an amusing and friendly way.</p>	<p>First Experiences – Moving House</p>	
<p><u>'Going to the Doctors' – Usborne First Experiences</u></p> <p>Designed to introduce young children to unfamiliar situations in an amusing and friendly way.</p>	<p>First Experiences – Doctors</p>	
<p><u>'Going to School' – Usborne First Experiences</u></p> <p>Designed to introduce young children to unfamiliar situations in an amusing and friendly way.</p>	<p>First Experiences – Starting School</p>	
<p><u>'Going to a Party' – Usborne First Experiences</u></p> <p>Designed to introduce young children to unfamiliar situations in an amusing and friendly way.</p>	<p>First Experiences – Going to a Party</p>	
<p><u>'The Sea Saw' by Tom Percival</u></p> <p>A story about loss that shows nothing is ever truly lost if you keep it in your heart. The key themes which are threaded throughout are: hope, determination and the belief that 'nothing is ever truly lost if you keep it in your heart' which has stuck with me.</p>	<p>Loss/Grief</p>	
<p><u>'Tell Me About Heaven, Grandpa Rabbit!' by Jenny Alburn</u></p> <p>A charming book designed to reassure children by helping them to understand about bereavement in a thoughtful positive way. 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. When Bradley asks Grandpa Rabbit what heaven is like, Grandpa tells Bradley to imagine 'a place in the sky that feels special'. Bradley Bunny imagines a carrot themed carnival in the sky! Grandpa Rabbit says that he imagines a beautiful garden, full of old friends and</p>	<p>Loss/Grief</p>	

<p>delicious food. Either way, when Grandpa Rabbit eventually goes to Heaven, Bradley is secure in the knowledge that that Grandpa will be very happy there.</p>		
<p><u>'The Dragonfly Story' by Kelly Owen</u></p> <p>Using the experience of the death of her eldest child, the author, Kelly Owen, has retold the fable in simple terms to encourage children and families to talk about death and what happens when we die. The book does not shy away from the subject of death, but aims to explain it in a real and loving way.</p>	<p>Loss/Grief</p>	
<p><u>'Till We Meet Again' by Julie Muller</u></p> <p>A book about death and grieving. Till We Meet Again is a story about death & grieving for children. This book provides comfort to families when they experience the loss of a loved one. The book is meant to help a grieving child remember and share their special memories with those around them, to help them grow to see how they can honor and cherish their loved ones through their own actions.</p>	<p>Loss/Grief</p>	
<p><u>'Goodbye Mog' by Judith Kerr</u></p> <p>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...then suddenly, one day, Mog sees a little kitten in the house</p>	<p>Loss/Grief</p>	
<p><u>'The Invisible Strings' by Patrice Karst</u></p> <p>The Invisible String by Patrice Karst is a heartwarming story that reassures children that even though they can't always be with a loved one, they're always in each other's hearts.</p>	<p>Loss/Grief</p>	

<p><u>'The Heart and the Bottle' by Oliver Jeffers</u></p> <p>The Heart and the Bottle by Oliver Jeffers is a moving picture book that deals with wellbeing, grief, reflective and emotions. "Once there was a girl, much like any other, whose head was filled with all the curiosities of the world." The girl along with her grandfather explore the world and discover new things.</p>	<p>Loss/Grief</p>	
<p><u>'Badger's Parting Gift' by Susan Varley</u></p> <p>This classic tale about a group of forest animals is a gentle and touching lesson about loss, mourning, and the ongoing power of friendship.</p>	<p>Loss/Grief</p>	
<p><u>'The Memory Tree' by Britta Teckentrup</u></p> <p>A beautiful and heartfelt picture book to help children celebrate the memories left behind when a loved one dies. Fox has lived a long and happy life in the forest, but now he is tired. He lies down in his favourite clearing, and falls asleep for ever. Before long, Fox's friends begin to gather in the clearing. One by one, they tell stories of the special moments that they shared with Fox. And so, as they share their memories, a tree begins to grow, becoming bigger and stronger with each memory, sheltering and protecting all the animals in the forest, just as Fox did when he was alive.</p>	<p>Loss/Grief</p>	
<p><u>'The Memory Box' by Joanna Rowland – a book about grief</u></p> <p>"I'm scared I'll forget you..." From the perspective of a young child, Joanna Rowland artfully describes what it is like to remember and grieve a loved one who has died. The child in the story creates a memory box to keep mementos and written memories of the loved one, to help in the grieving process. Heartfelt and comforting, The Memory Box will help children and adults talk about this very difficult topic together.</p>	<p>Loss/Grief</p>	

<p><u>'Always and Forever' by Debi Gliori</u></p> <p>When Fox dies the rest of his 'family' are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be, and they realise that Fox is still there in their hearts and memories.</p>	<p>Loss/Grief</p>	
<p><u>'Michael Rosen's Sad Book' – by Michael Rosen</u></p> <p>Sad Book is a book by Michael Rosen and illustrated by Quentin Blake. The book's topic is dealing with grief. Although it is marketed as a children's book, Rosen explicitly mentions on the inside book jacket that it is for everyone</p> <p>UKS2</p>	<p>Emotions - Sadness</p>	
<p><u>'What's Happening To Me?' Usborne</u></p> <p>(Male & Female Version Available)</p> <p>A sensitive, detailed and informative guide to male and female puberty. These books will prove invaluable information for both male and female young adults.</p> <p>UKS2 ONLY - PARENTAL GUIDANCE REQUIRED: Contains Detailed Information about Puberty & Teenage Changes</p>	<p>Adolescence & Changing Bodies</p>	
<p><u>'The Body Book for 'Younger' Girls – The Care & Keeping of You'</u></p> <p>"Our best-selling body book for girls just got even better! With all-new illustrations and updated content for girls ages 8 and up, it features tips, how-tos, and facts from the experts. You'll find answers to questions about your changing body, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between.</p> <p>UKS2 ONLY - PARENTAL GUIDANCE REQUIRED: Contains Detailed Information about Puberty & Teenage Changes</p>	<p>Adolescence & Changing Bodies</p>	

<p><u>'Guy Stuff – The Body Book for Boys' by Dr. Cara Natterson</u></p> <p>The book is a great resource for curious boys. It explains a lot of things that seem like common sense to an adult, but are yet that way for a 10 yr old. The content is laid out so that it can become common sense for the young man. It does a great job of explaining that there are several different types of experiences, unique to each boy.</p> <p>UKS2 ONLY - PARENTAL GUIDANCE REQUIRED: Contains Detailed Information about Puberty & Teenage Changes</p>	<p>Adolescence & Changing Bodies</p>	
<p><u>'Flour Babies' by Anne Fine</u></p> <p>Flour Babies is a day school novel for young adults, written by Anne Fine and published by Hamilton 1992. It features a group "science experiment" in a classroom full of poor students. "When his class of underachievers is assigned to spend three torturous weeks taking care of their own "babies" in the form of bags of flour, Simon makes amazing discoveries about himself while coming to terms with his long-absent father. Many year 6 students will do this project to teach them about responsibilities.</p> <p>UKS2</p>	<p>Growing Up & Responsibilities</p>	
<p><u>'Feather Boy' by Nicky Singer</u></p> <p>A boy who has difficulties with a classmate becomes (in a way) friends with an old lady which he gets to know over a school project in an elderly home. Her crazyness but true stories make him revise his own thinking and let him "grow". The promise is not that all problems can be solved, but that it sometimes is up to you to make things get better.</p> <p>UKS2</p>	<p>Growing Up & Responsibilities</p>	
<p><u>'Grow Strong' by Cheri J. Meiners – A book about healthy habits</u></p> <p>This book talks about the importance of taking care of your body to be healthy. It talks about the importance of eating healthy, lots of fruits and vegetables and a variety of healthy foods. It stresses playing outside to get vitamins from the sun and fresh air for a strong heart and lungs.</p>	<p>Healthy Habits</p>	

<p><u>'Once Upon A Time Online' by David Bedford & Rosie Reeve</u></p> <p>Once upon a time, a laptop arrived in Fairy-tale land... A happily ever after is only a click away! Find out what happens when our favorite fairy-tale characters receive a laptop and learn a lesson in online safety.</p>	<p>Online Safety</p>	
<p><u>'Chicken Clicking' by Jeanne Willis & Tony Ross</u></p> <p>This Little Red Riding Hood tale for the internet age is perfect for teaching children how to stay safe online One night Chick hops into the farmer's house and has a little browse on his computer. Soon she's bought a funny teapot, a frilly blouse, scooters for the sheep, and a car for the cows. She just can't stop clicking. She meets a friend online and off she goes to meet him. But the friend she thought she'd met turns out to be a fox.</p>	<p>Online Safety</p>	
<p><u>'Social Media Savvy – Facts and Figures About Selfies, Smartphones and Standing out' by Elizabeth Raum</u></p> <p>Social media savvy : facts and figures about selfies, smartphones and standing out. [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 ..</p>	<p>Online Safety</p>	
<p><u>'Not for Kids!' by Liz Walker – Protecting Kids Online</u></p> <p>This book tells kids what to do if they come across upsetting images whilst online.</p>	<p>Online Safety</p>	