

Health and Wellbeing- World Book Day

As you may already know, yesterday (Thursday the 4th of March) was World Book Day.

Reading can be a great way to look after our mental health. It can be relaxing and take our minds off any negative things which may be going on. You could read books, comics, magazines, newspapers, online blogs, EPIC or even listen to an audiobook.

- This week your task is to go onto EPIC. Search for a book named- “You are the Coolest- Positive Puns for Children” by Calee M. Lee.
- Read through the book and pick out your favourite “Positive Puns”. Share your favourite ones with us on the blog!
- Now have a go at creating your own Positive Pun. You can use the book to help you come up with some ideas.
- Write down your Positive Pun- think about what lettering style you want to use, make sure it is clear and eye catching.
- Draw an illustration to go with it- you could use cartoon style like in the book or something more realistic.
- Share your work with your family members at home and with us on the blog!



The World Book Day website has created age-appropriate lists of books which promote- understanding our mental health, looking after our mental health and figuring out the world around us. I am going to share the links which will take you to their list of recommended books for different age ranges.

Best books for 0-4 year olds for mental health awareness-

<https://www.worldbookday.com/2020/05/best-books-for-0-5-year-olds-for-mental-health-awareness-week/>

Best books for 5-8 year olds for mental health awareness-

<https://www.worldbookday.com/2020/05/best-books-for-5-8-year-olds-for-mental-health-awareness-week/>

Best books for 8-12 year olds for mental health awareness-

<https://www.worldbookday.com/2020/05/best-books-for-8-12-year-olds-for-mental-health-awareness-week/>

Best books for 12+ year olds for mental health awareness-

<https://www.worldbookday.com/2020/05/best-books-for-12-year-olds-for-mental-health-awareness-week/>

If you see any books which you would like to read or that you think would be good for the school to purchase, please get in touch and we will see what we can do!

Have a great day everyone, thanks for all your hard work. ☺

