**RESTORATION READING COLLECTION**

Books recommended by the Learning Resource Service to promote health and well-being when children return to school.

Picture Books

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| **AUTHOR** | **TITLE** | **AGE GROUP** | **INFORMATION** |
| Andreae, Giles | I love my teacher | 2-5 | Great for reassuring little ones as they start school. Goes through a school day with teacher always there to help. |
| Bee, Sarah | The yes | 4-7 | Illustrates the power of a positive attitude in the face of problems. |
| Bright, Rachel | The worrysaurus | 3-6 | A lovely rhyming story about feelings of anxiety and calming those butterflies in your tummy. |
| Browne, Anthony | Silly BillyWilly and the cloud | 5+ | Most of Anthony Browne’s books deal with emotions in some way and are great to use with older pupils. |
| Burrows, Ailsa | The jar of happiness | 4-7 | Gentle story about finding happiness with family and friends. |
| Doerrfeld, Cori | The rabbit listened | 3-6 | All the animals have suggestions for how Taylor should handle his emotions but none are right. Only rabbit helps by simply listening to him. A book about grief and loss. |
| Edwards, Nicola | Happy: a children’s book of mindfulness | 6-9 | Uses mindfulness to encourage children to explore their emotions and be calm through breathing and exploring the beautiful world around them. |
| Gliori, Debi | Little owl’s first day | 3-5 | Children may be anxious about starting school or nursery and being separated from their family. Little owl learns that spending the day with friends can be fun. |
| Hart, Owen | I’ll love you forever | 3-5 | A beautiful and calm look at how love is constant no matter what is going on in life. |
| Ironside, Virginia | The huge bag of worries | 3-7 | 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. |
| Llenas, Anna  | The colour monster | 3-6 | A kind little girl helps a friendly monster to identify and sort his mixed-up feelings. Each feeling has a colour. |
| Llenas, Anna | The colour monster goes to school | 3-6 | Useful for looking at fears around starting school. |
| Malcolm, Deborah | Meh | 4-7 | Moving wordless picture book about depression |
| Percival, Tom | Ravi’s roar | 3-6 | Ravi struggles to control his feelings. This story helps those who feel angry to express their emotions. |
| Percival, Tom | Ruby’s worry | 3-6 | Shows how small worries can grow and grow until they become overwhelming. Ruby gets begins to feel better by sharing her worries. |
| Redford, Ali | The boy who built a wall around himself | 5-10 | A picture book for older pupils. Uses the metaphor of a wall to show how children who have had bad experiences can put up barriers to those around them. |
| Rosen, Michael | Sad |  | Deeply moving personal account of grief and loss. |
| Ross, Tony | I don’t want to wash my hands | 3-6 | Light-hearted look at hand-washing. |
| Santat, Dan | After the fall | 5-8 | The story of how Humpty-Dumpty put himself back together again – building emotional resilience.  |
| [**Sanders, Jayneen**](http://libraries.peters.co.uk/do_search.pl?functype=search&type0=3&value0=Sanders%2c%20Jayneen&start=1&count=10) | Resilience: a book to encourage resilience, persistence and to help children bounce back from challenges and adversity  | 4-9 | This lovely story uses verse and beautiful illustrations to model resilience, persistence, and the ability to face challenges with tenacity. |
| **Stevens, Liza** | Not today Celeste!: a dog’s tale about her human’s depression | 3-7 | Story of depression told through the eyes of a dog. |
| Tims, Barry | Where happiness lives | 3-6 | Lift-the-flap story of three mice who live in three different sized houses. But which mouse is happiest? Does living in a bigger house with fountains and a games room make you happier than living in a smaller house full of family? |
| Willems, Mo | The pigeon HAS to go to school | 4-6 | A humorous look at the fears around going to school for the first time but will have applications for those returning after a long break. |

Fiction

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| **AUTHOR** | **TITLE** | **AGE GROUP** | **INFORMATION** |
| Brahmachari, Sita | Worry angels  | 9-13 | High interest level/low reading ability and dyslexia friendly. A heartwarming tale that addresses anxiety issues. |
| Clare, Horatio | Aubrey and the terrible yoot | 8-11 | Aubrey’s dad has been put under a spell – depression – and Aubrey is determined to break it. |
| Colfer, Eoin | Anna Liza and the happy practice | 6-10 | Dyslexia friendly. Anna Liza wants to be a psychiatrist like her mum and tries to help people in the waiting room but she comes across a patient that she can’t cheer up and must dig deeper. |
| Foster, Stewart | All the things that could go wrong | 10-14 | Heart-warming tale of friendship between two boys – Alex who has OCD and Dan who is angry and lashes out. |
| Haig, Matt | The truth pixie; The truth pixie goes to school | 6-9 | This is a short rhyming story about accepting yourself and understanding the bad things that happen don’t define you forever.  |
| Harris, Sally | Double Felix | 8-12 | Felix suffers from anxiety and OCD. A sweet and funny story which is good for empathy and growth mindset. |
| Jozefkowicz, Ewa | The mystery of the colour thief | 10-12 | Izzy suffers badly with nightmares after a car accident which leaves her mum in a coma. A thief steals all the colours from Izzy’s world leaving her feeling empty and hopeless. A heartwarming story about hope and self-confidence. |
| Mian, Zanib  | Accidental trouble magnet (Planet Omar) | 7-10 | Omar has just moved into a new house and is starting a new school too. A story about being different and overcoming hurdles. Fans of Wimpy Kid may enjoy. |
| Rees, Gwyneth | Earth to Daniel | 9-13 | A sympathetic story about coping with a parent’s mental illness. |
| [**Telgemeier, Raina**](http://libraries.peters.co.uk/do_search.pl?functype=search&type0=3&value0=Telgemeier%2c%20Raina&start=1&count=10) | Guts | 10-15 | Graphic novel format: Raina struggles with phobias, anxiety and panic attacks, she sees a therapist, and is eventually diagnosed with IBS. |
| **Thompson, Lisa** | The goldfish boy | 9-13 | Powerful portrayal of mental illness. |
| **Willianson, Lara** | The girl with space in her heart | 9-13 | Funny and moving this tackles some big issues. Mabel talks about her 'worry suitcase', a series of anxieties she carries around with her. |

Non-fiction

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| **AUTHOR** | **TITLE** | **AGE GROUP** | **INFORMATION** |
|  | M is for mindfulness: an alphabet book of calm | 6-9 | An encouraging and upbeat look at mindfulness and emotions |
| Alloway, Tracey Packham | The playground problem: a book about anxiety | 5-8 | Dyslexia friendly. Tackles some of the anxieties around friendships and school. |
| Barnham, Kay | Feeling frightened | 4-7 | Takes a story approach to feelings. This is part of a series by Wayland looking at different emotions, all of which may be useful at this time. |
| [**Ben-Barak, Idan**](http://libraries.peters.co.uk/do_search.pl?functype=search&type0=3&value0=Ben%2dBarak%2c%20Idan&start=1&count=10) | Don’t lick this book\*: \*it’s full of germs | 4-6 | Humorous look at microbes and how they are transferred. |
| Brooks, Felicity; Allen, Frankie | All about feelings | 5-7 | Well-pitched to target audience with expressive illustrations. |
| Butterfield, Moira | Everybody feels … angry | 4-7 | A series by QED looking at different emotions in story form. |
| [**Christelis, Paul**](http://libraries.peters.co.uk/do_search.pl?functype=search&type0=3&value0=Christelis%2c%20Paul&start=1&count=10) | Breath by breath: a mindfulness guide to feeling calm | 6-9 | Part of a series ‘Mindful me’ all of which could be useful. |
| [**Christelis, Paul**](http://libraries.peters.co.uk/do_search.pl?functype=search&type0=3&value0=Christelis%2c%20Paul&start=1&count=10) | Worries | 4-7 | A simple and comforting look at worries. |
| **Clayborne, Anna** | Self-esteem and mental health | 9-12 | Covers a wide range of mental health issues, a good starting point. |
| [**Duhig, Holly**](http://libraries.peters.co.uk/do_search.pl?functype=search&type0=3&value0=Duhig%2c%20Holly&start=1&count=10) | A book about anxiety; A book about depression | 8-12 | Clear explanations and advice. |
| [**Duhig, Holly**](http://libraries.peters.co.uk/do_search.pl?functype=search&type0=3&value0=Duhig%2c%20Holly&start=1&count=10) | Understanding anxiety | 8-11 | Clear information with supportive techniques to help. |
| **Gordon, Kathy** | Feelings: a lift the flap book of emotions | 3-5 | Good introduction to identifying different emotions for little ones. |
| **Greenwood, Elinor** | My mixed emotions: learn to love your feelings | 6-10 | A lovely book looking at many aspects of PHSE. |
| **Harman, Alice** | Think positive; Face your fears; Boost your brain; Ask for help; Build resilience | 7-11 | Common sense advice for developing resilience and a growth mind set. Series called ‘Grow your mind’. |
| **Hasson, Gill** | Face your fears; Put your worries away; Take charge of anger | 7-11 | Inclusive and reassuring series with plenty of sound advice. |
| **Head, Honor** | Build resilience series | 6-8 | Not published until August 2020. Series looks at coping with change, unexpected challenges and more. |
| **Head, Honor** | Your emotions | 8-11 | Straightforward, sound advice on dealing with emotions. |
| **Hoopmann, Kathy** | All birds have anxiety | 5-10 | Text is reassuring and perfectly offset with the funny photos. Could work with a wide age-range. |
| **Heubner, Dawn** | Something bad happened: a kids guide to coping with events in the news | 8-13 | Very appropriate for the current situation and beyond. Does have some ‘fill-in’ pages. |
| **Hubbard, Ben** | Health and wellness | 7-11 | Looks at health and well-being in the digital age e.g. how to be safe online, too much screen time etc. |
| **Kinder, Wynne** | Calm: mindfulness for kids | 7-11 | Impressive range of mindfulness tools. |
| [**King, Vanessa**](http://libraries.peters.co.uk/do_search.pl?functype=search&type0=3&value0=King%2c%20Vanessa&start=1&count=10)**;**[**Payne, Val**](http://libraries.peters.co.uk/do_search.pl?functype=search&type0=3&value0=Payne%2c%20Val&start=1&count=10)**;**[**Harper,**](http://libraries.peters.co.uk/do_search.pl?functype=search&type0=3&value0=Harper%2c%20Peter&start=1&count=10) **Peter** | 50 ways to feel happy | 8-12 | Looks at ways to encourage positivity with some practical activities. |
| **Mould, Steve** | The bacteria book | 8-11 | This covers different areas of microbiology in a child-friendly way, including how germs behave, why microbes are important, how viral infections spread and how our bodies fight viruses.  |
| **Potter, Molly** | How are you feeling today? | 5-8 | Reassuring with useful coping practices. |
| **Potter, Molly** | What’s going on inside my head? | 5-8 | A great book that carefully spells out mental health issues and ways to resolve them in a friendly, considered tone. |
| **Potter, Molly** | What’s worrying you? | 5-8 | Sensible approach to different worries. |
| **Stewart, Whitney** | Tummy ride; Loving kindness | 1-4 | Board book series about mindfulness for young children. |