

Books to help with mental wellbeing at home

These books are suggestions/ recommendations from a number of sources: Southampton Library service, PSHE association, Common Sense media, parents and staff. We have not read them all, so if you choose to use any of these it may be a good idea to borrow them from the library first to check that you are happy with the content. Some of these we do use in school and these have been highlighted.

<u>Book image</u>	<u>Title and author</u>	<u>Suggested age range</u>	<u>ISBN number</u>
Mental Well being			
	My strong mind Niels Van Hove	4 - 8	978-0648085904
	Breathing is my Superpower Alicia Ortego	4+ (KS1 And 2)	979-8696592442
	Breathe like a bear - 30 mindful moments for kids to feel calm and focused Kira Willey	4- 8	978-1623368838
	You are brilliant - believe in what you can achieve (Mr Men/ Little Miss) Roger Hargreaves	KS1	978-1405296656
	You are awesome Matthew Syed	7 - 10	978-1526361158
	Your mind matters - your brain and your body Honor Head	9 - 11	978-1445164717