

**THE  
READING  
AGENCY**

Books to  
help you feel  
better

Free at your library

# READING WELL

for children

[reading-well.org.uk](http://reading-well.org.uk)

All books are  
recommended  
by children  
and health  
professionals

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**READING  
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## Recommended reading

### Healthy minds

#### What's Going on Inside My Head?

Molly Potter, Sarah Jennings  
*Bloomsbury*

#### Healthy for Life: Self-esteem and Mental Health

Anna Claybourne, Dan Bramall  
*Franklin Watts*

#### How Not to Lose It: Mental Health Sorted

Anna Williamson, Sophie Beer  
*Scholastic*

### Worries

#### Ruby's Worry

Tom Percival  
*Bloomsbury*

#### Questions and Feelings About: Worries

Paul Christelis, Ximena Jeria  
*Franklin Watts*

#### Gobblechops

Elizabeth Laird, Jenny Lucander  
*Tiny Owl Publishing*

#### Me and My Fear

Francesca Sanna  
*Flying Eye Books*

#### All Birds Have Anxiety

Kathy Hoopmann  
*Jessica Kingsley Publishers*

#### Worry Angels

Sita Brahmachari, Jane Ray  
*Barrington Stoke*

#### Outsmarting Worry

Dawn Huebner, Kara McHale  
*Jessica Kingsley Publishers*

### Feelings

#### How Are You Feeling Today?

Molly Potter, Sarah Jennings  
*Bloomsbury*

#### Mindful Me: Exploring Emotions

Paul Christelis, Elisa Paganelli  
*Franklin Watts*

#### Feeling Angry!

Katie Douglass, Mike Gordon  
*Wayland*

#### Sometimes I Feel Sad

Tom Alexander  
*Jessica Kingsley Publishers*

### The world around you

#### At school

#### Dealing With Bullying

Jane Lacey, Venitia Dean  
*Franklin Watts*

#### Planet Omar: Accidental Trouble Magnet

Zanib Mian, Nasaya Mafaridik  
*Hodder Children's Books*

#### Ella on the Outside

Cath Howe  
*Nosy Crow*

#### Online

#### #Goldilocks

Jeanne Willis, Tony Ross  
*Andersen Press*

#### In the news

#### Something Bad Happened: A Kid's Guide to Coping With Events in the News

Dawn Huebner, Kara McHale  
*Jessica Kingsley Publishers*

### Dealing with tough times

#### When someone dies

#### Mum's Jumper

Jayde Perkin  
*Book Island*

#### Michael Rosen's Sad Book

Michael Rosen, Quentin Blake  
*Walker Books*

#### If All the World Were...

Joseph Coelho, Allison Colpoys  
*Frances Lincoln Children's Books*

#### Clownfish

Alan Durant  
*Walker Books*

### Getting through a tough time

#### The Boy Who Built a Wall Around Himself

Ali Redford, Kara Simpson  
*Jessica Kingsley Publishers*

#### Up and Down Mum

Child's Play, Summer Maçon  
*Child's Play Ltd.*

#### The Colour Thief: A Family's Story of Depression

Andrew Fusek Peters, Polly Peters, Karin Littlewood  
*Wayland*

### When you have a condition

#### Attention Deficit Hyperactivity Disorder (ADHD)

#### Can I Tell You About ADHD?

Susan Yarney, Chris Martin  
*Jessica Kingsley Publishers*

#### Check Mates

Stewart Foster  
*Simon & Schuster*

### Autism Spectrum Disorders (ASD)

#### Questions and Feelings About: Autism

Louise Spilsbury, Ximena Jeria  
*Franklin Watts*

#### M is for Autism

The Students of Limsfield Grange School, Vicky Martin  
*Jessica Kingsley Publishers*

### Dyslexia

#### The Illustrated Guide to Dyslexia and Its Amazing People

Kate Power, Kathy Iwanczak Forsyth  
*Jessica Kingsley Publishers*

### Obsessive Compulsive Disorder (OCD)

#### Double Felix

Sally Harris, Maria Serrano  
*Wacky Bee Books*

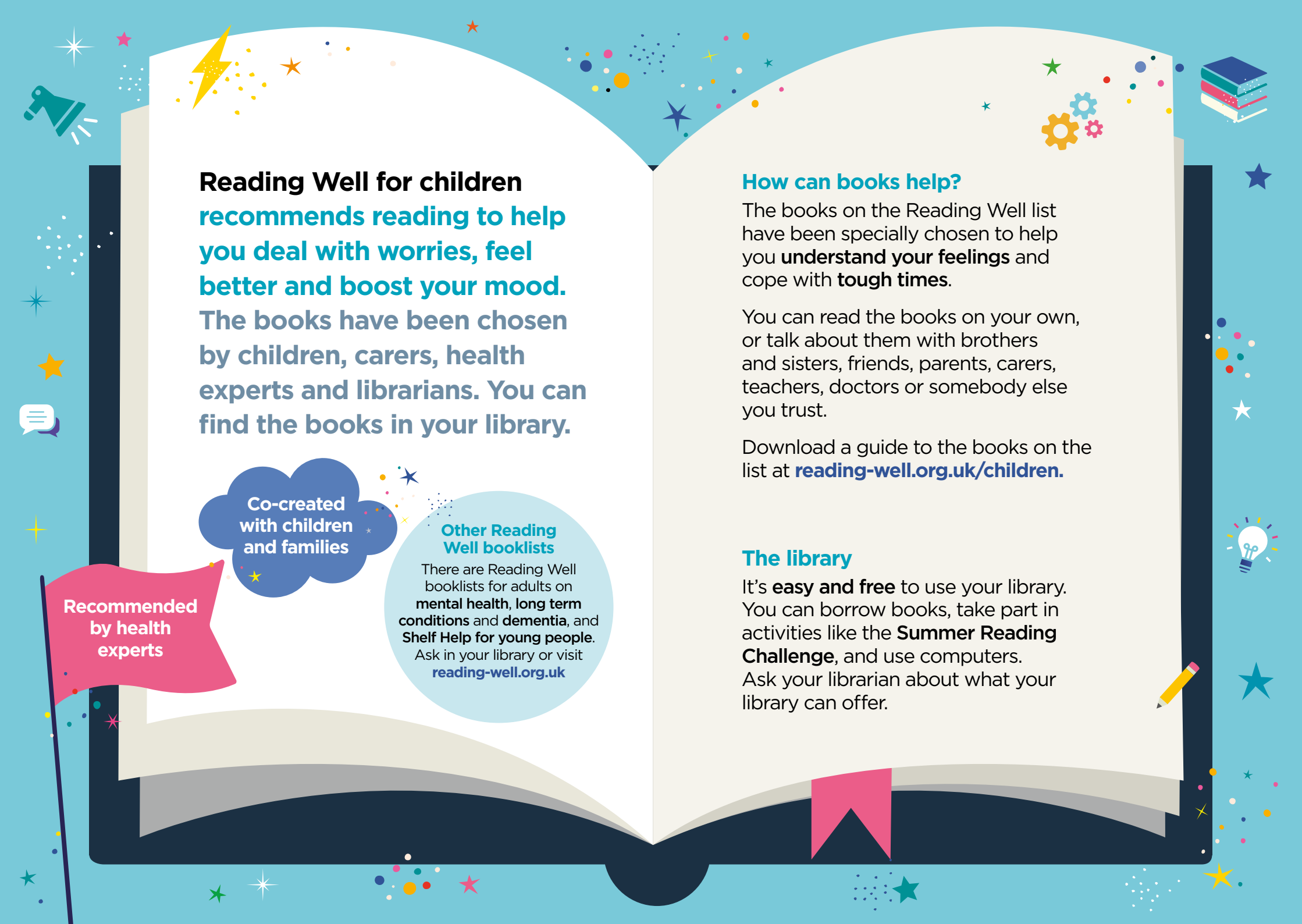
### Having a disability

#### Questions and Feelings About: Having a Disability

Louise Spilsbury, Ximena Jeria  
*Franklin Watts*

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**Reading Well for children recommends reading to help you deal with worries, feel better and boost your mood.** The books have been chosen by children, carers, health experts and librarians. You can find the books in your library.

Co-created with children and families

#### Other Reading Well booklists

There are Reading Well booklists for adults on **mental health, long term conditions and dementia**, and **Shelf Help for young people**. Ask in your library or visit [reading-well.org.uk](http://reading-well.org.uk)

Recommended by health experts

#### How can books help?

The books on the Reading Well list have been specially chosen to help you **understand your feelings** and cope with **tough times**.

You can read the books on your own, or talk about them with brothers and sisters, friends, parents, carers, teachers, doctors or somebody else you trust.

Download a guide to the books on the list at [reading-well.org.uk/children](http://reading-well.org.uk/children).

#### The library


It's **easy and free** to use your library. You can borrow books, take part in activities like the **Summer Reading Challenge**, and use computers. Ask your librarian about what your library can offer.

## What if I need more help?



You don't need to struggle on your own. You might find it helpful to talk things through with people you trust such as a parent or carer, a friend, teacher, school nurse or counsellor. You can ask about going to see your doctor if you want more support.

The following organisations offer support and counselling:



### Anna Freud Centre

 [onmymind.info](http://onmymind.info)  
for tips and advice as well as videos to help children and young people.

### Childline



 [childline.org.uk](http://childline.org.uk)  
 0800 11 11  
24 hours a day,  
7 days a week.

### YoungMinds

 [youngminds.org.uk](http://youngminds.org.uk)  
 text YM to 85258  
24 hours a day,  
7 days a week.




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