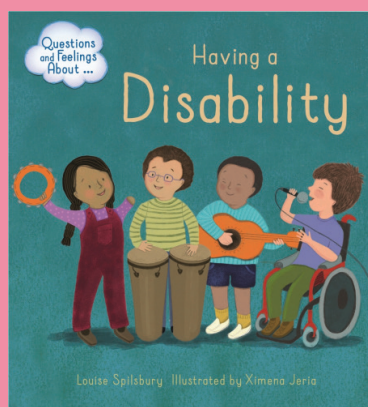


Questions and Feelings About...

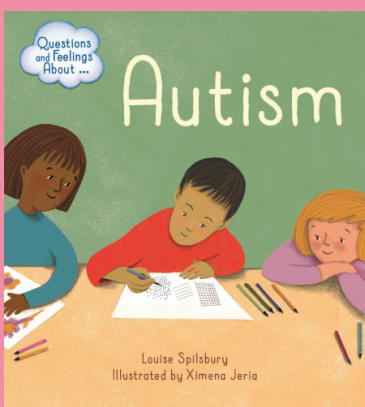


Having a Disability

Louise Spilsbury
Illustrated by
Ximena Jeria

Franklin Watts
ISBN: 9781445156613

When you have a condition

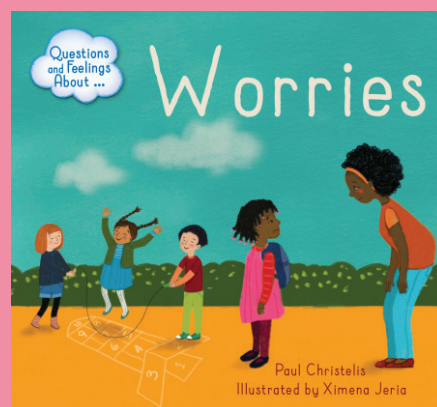


Autism

Louise Spilsbury
Illustrated by
Ximena Jeria

Franklin Watts
ISBN: 9781445156590

When you have a condition



Worries

Louise Spilsbury
Illustrated by
Ximena Jeria

Franklin Watts
ISBN: 9781445163956

Worries

Introduction

These information and picture books are inclusive and accessible and help children to think about and understand big issues: disabilities, autism and anxiety. The three books include:

- Tips for practical, easy and fun activities to do with children
- Advice for adults
- Discussion topics
- Websites and book lists that offer help and further information

Welsh versions of these books and this guide are also available.

DARLEN YN WELL **READING WELL**

Dealing with Bullying

Jane Lacey

Illustrated by Venitia Dean

Franklin Watts

ISBN: 9781445157498

The world
around
you

Introduction

This is a book that teaches children how to deal with bullies and how to refuse peer pressure to bully others. There are seven stories in the book, each illustrating different forms of bullying, from a girl being ignored by her friends to a boy being bullied for the way he talks. Verbal and physical bullying are described.

Bullying

Peer
pressure

The book also includes:

- A script to act and discuss
- Websites and helplines that offer help and further information on bullying
- A note for adults on dealing with bullying and supporting children who are being bullied



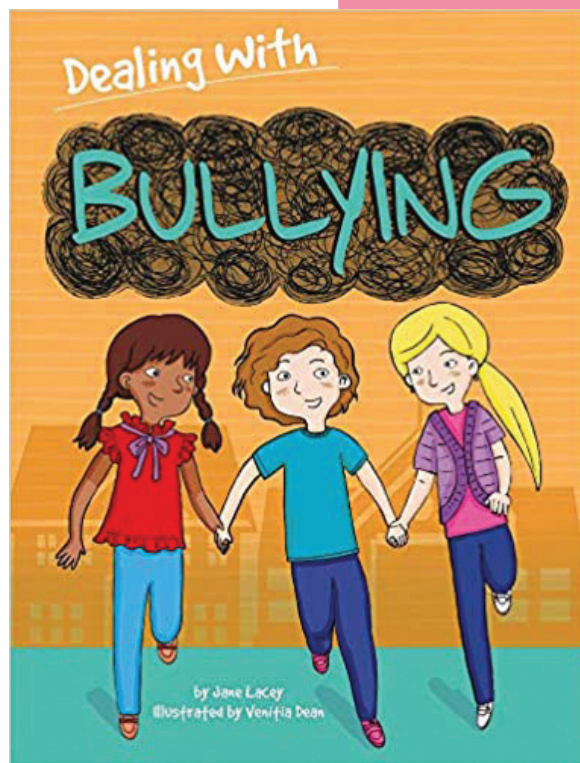
Other books: The world around you

#Goldilocks: A Hashtag Cautionary Tale*

Something Bad Happened: A Kid's Guide to Coping with the News*

Ella on the Outside

Planet Omar: Accidental Trouble Magnet



*Welsh versions of these books and this guide are also available.

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WELL

The Illustrated Guide to Dyslexia and Its Amazing People

Kate Powers & Kathy Iwanczak Forsyth

Jessica Kingsley Publishers

ISBN: 9781785923302

When you have a condition

Dyslexia

Introduction

Dyslexia comes to life with striking imagery and colourful text in this book. With a gentle humour, this book shows what dyslexia is and asks the reader how it applies to them. It can help you work out how dyslexia impacts the individual specifically, with a multitude of learning tools and tips, and a gallery of inspirational dyslexics who have used their particular skills to do something amazing with their lives.

Activities

- Research famous people who have dyslexia
- Read the list of how grown-ups can help you overcome difficulties related to dyslexia (page 88). Would you like to add anything to the list? How would those things help you?
- Think of ways to remember how to spell words that are difficult for you (as on page 89).

Other books: When you have a condition

Double Felix

M is for Autism*

Check Mates*

Can I tell you about ADHD:
A Guide for Friends, Family
and Professionals*

Questions and Feelings
About... Autism*

Questions and Feelings
About... Having a Disability*



*Welsh versions of these books and this guide are also available.

The Illustrated Guide To Dyslexia And Its Amazing People

Kate Power & Kathy Iwanczak Forsyth. Foreword by Richard Rogers, Architect.



DARLEN YN WELL READING WELL

Healthy for Life: Self-esteem and Mental Health

Anna Claybourne
Illustrated by Dan Bramall

Franklin Watts
ISBN: 9781445149806

Healthy minds

Mental health
and illness
Self-esteem

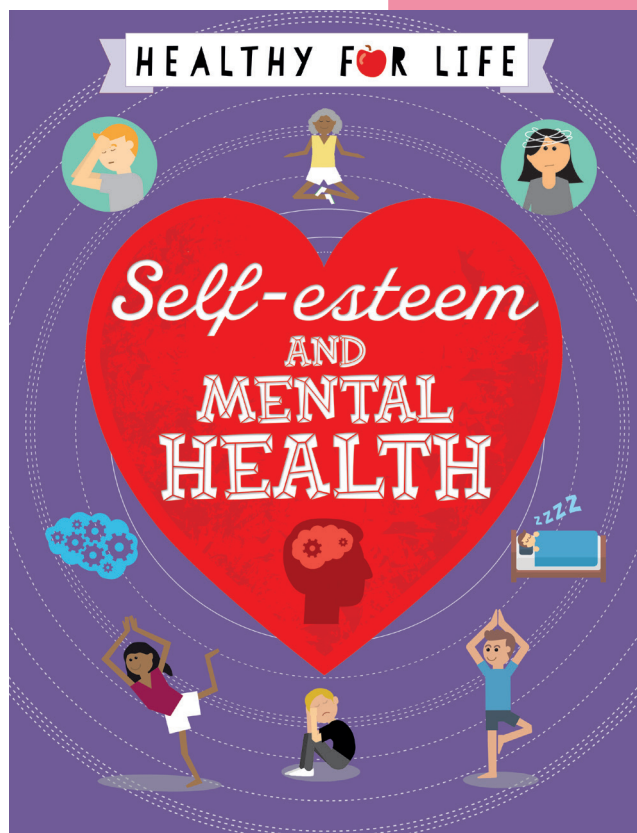
Introduction

Growing up is not easy – your brain is changing and many things need to be dealt with, from emotions to the pressure of life. This book explores self-worth, mental health and illness, and asks why these issues are important. As a self-help book, it has many tips and techniques that can help individuals cope with their feelings, help themselves and help their friends.

Other books: Healthy minds

How Not to Lose It:
Mental Health – Sorted

What's Going On Inside My Head?*



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*Welsh versions of this book and this guide are also available.

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

Dawn Huebner

Illustrated by Kara McHale

Jessica Kingsley Publishers

ISBN: 9781787750746

The world
around
you

Coping with
worry that arises
from the news

Self-help book

Introduction

Something Bad Happened guides children ages 6–12 and adults who care about them through difficult tough conversations about serious world events, from environmental threats to human tragedies. The non-specific term 'something bad' is deliberately used in the book to help adults retain control over which events to talk about and how much information to provide. It addresses common questions and provides tools to calm fears.

The book contains pages that children can write on to help them process their feelings and thoughts.



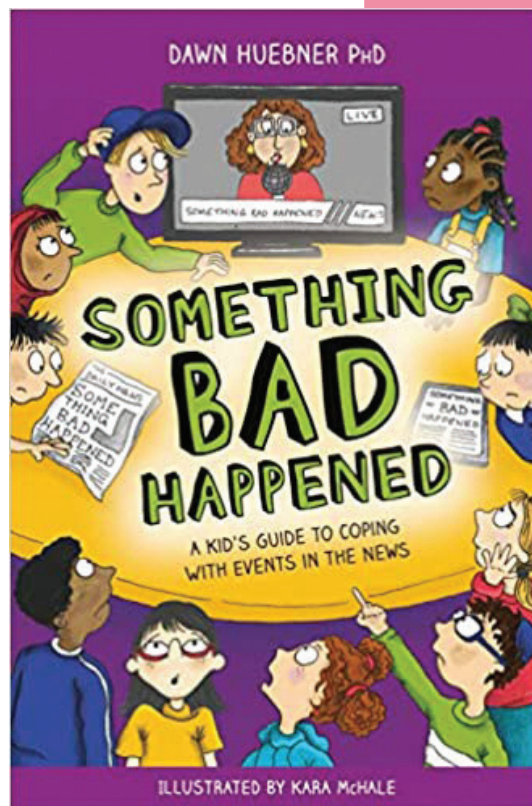
Other books: The world around you

Dealing with Bullying*

#Goldilocks: A Hashtag Cautionary Tale*

Ella on the Outside

Planet Omar: Accidental Trouble Magnet



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*Welsh versions of these books and this guide are also available.

How Are You Feeling Today?

Molly Potter

Illustrated by Sarah Jennings

Featherstone

ISBN: 9781472906090

Healthy minds

Identifying and understanding feelings

Coping with feelings

Introduction

Children have strong feelings but can't always handle them very well. This is a perfect book for adults to share with children, and is packed with fun, imaginative ways to help children understand and cope with a wide range of emotions.

Each double page explores one emotion or feeling, offering an explanation of it and suggestions for things to do when a child feels:



- Happy
- Sad
- Quiet
- Angry
- Excited
- Jealous
- Bored
- Grumpy
- Embarrassed
- Worried
- Scared
- Shy

At the back of the book there is a brief guide to emotional literacy for parents, and a feelings tracker.



Other books: Healthy minds

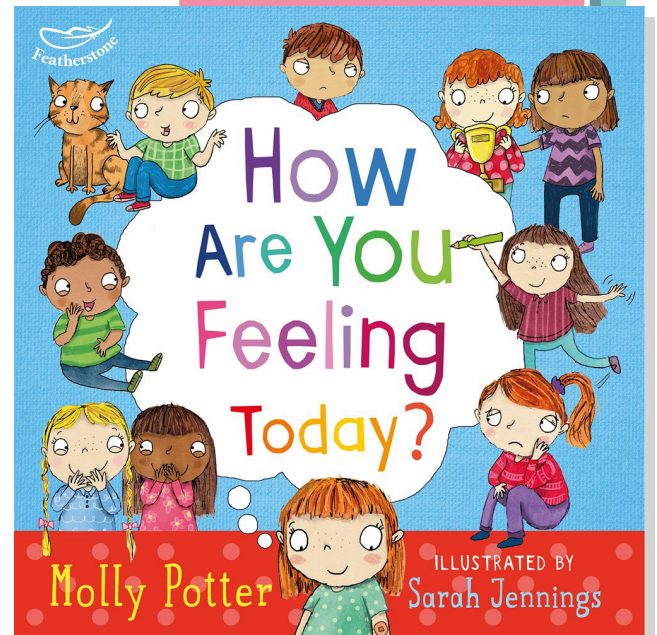
Mindful Me: Exploring Emotions: A Mindfulness Guide to Dealing with Emotions

Feeling Angry!

Sometimes I Feel Sad



Welsh versions of this book and this guide are also available.



DARLEN YN WELL READING WELL

Outsmarting Worry: An Older Kid's Guide to Managing Anxiety

Dawn Huebner

Illustrated by Kara McHale

Jessica Kingsley Publishers

ISBN: 9781785927829

Worries

Identifying worry
Coping with anxiety
Self-help book

Introduction

Worry has a way of growing, shifting from not-a-big-deal to a VERY BIG DEAL in the blink of an eye. This big-deal Worry is tricky, luring children into behaviours that keep the anxiety cycle going.

It can be very difficult to fight back against Worry, but not anymore. *Outsmarting Worry* teaches 9–13-year-olds and the adults who care about them specific skills that make confronting and overcoming fears and fears easier. Children are introduced to insightful and practical techniques in simple language, with an emphasis on moving from knowing to doing, from being anxious to being happy and free.

Other books: Worries

Questions and Feelings About... Worries*

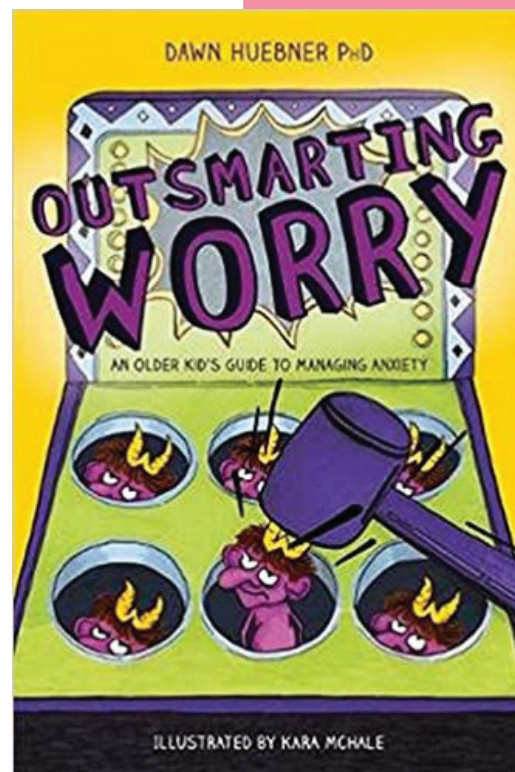
All Birds Have Anxiety

Me and My Fear

Ruby's Worry*

Worry Angels*

Grobblechops



DARLEN YN WELL READING WELL

*Welsh versions of these books and this guide are also available.