

Reading Well for children classroom prompts

Reading Well for children supports the mental health and wellbeing of children, providing children and their families and carers with information, advice and support for coping with feelings and worries, daily life and getting through a tough time. The collection has been chosen and endorsed by leading health professionals and co-produced with children and families.

Here are some questions to prompt class discussions and activities based upon the topics covered on the list.

Please note: Reading Well for children addresses sensitive subjects, and teachers should be aware of any students who may find particular topics challenging before starting a conversation.

- There are lots of different things in our lives that can affect our **mental health**. How can we look after our mental health? Are there any tips in these books that help you?
 - Related reading: [How Not to Lose It: Mental Health - Sorted](#) by Anna Williamson; [What's Going On Inside My Head?](#) by Molly Potter; [Healthy for Life: Self-esteem and Mental Health](#) by Anna Claybourne
- Nobody feels happy all the time; **difficult feelings** are part of life. Why is it important to talk about our feelings and who can we talk to? How does talking help us cope with difficult feelings? What else can help us cope with difficult feelings?
 - Related reading: [Sometimes I Feel Sad](#) by Tom Alexander; [How are you feeling today?](#) by Molly Potter; [Mindful Me: Exploring Emotions: A Mindfulness Guide to Dealing with Emotions](#) by Paul Christelis and Elisa Paganelli; [Feeling Angry!](#) by Katie Douglass; [The Boy Who Built a Wall Around Himself](#) by Kara Simpson; [Mum's Jumper](#) by Jayde Perkin; [Michael Rosen's Sad Book](#) by Michael Rosen and Quentin Blake; [If All the World Were...](#) by Joseph Coelho and Allison Colpoys; [Up and Down Mum](#) by Summer Macon; [The Colour Thief: A family's story of depression](#) by Andrew Fusek Peters, Karin Littlewood and Polly Peters; [Clownfish](#) by Alan Durant
- It's normal to feel **worried** sometimes. When was the last time you felt worried? What helps you to feel better about your worries?
 - Related reading: [Questions and Feelings About: Worries](#) by Ximena Jeria and Paul Christelis; [All Birds Have Anxiety](#) by Kathy Hoopmann; [Me and My Fear](#)

by Francesca Sanna; [Ruby's Worry](#) by Tom Percival; [Outsmarting Worry: An Older Kid's Guide to Managing Anxiety](#) by Dawn Huebner; [Worry Angels](#) by Sita Brahmachari; [Gobblechops](#) by Elizabeth Laird

- Some books on the list talk about **bullying**. Have you ever been faced with a bully, or a person talking to you in a way you did not like – or have you seen it happening to someone else? How did it make you feel and what did you do?
 - Related reading: [Dealing With...: Bullying](#) by Jane Lacey; [Planet Omar: Accidental Trouble Magnet](#) by Zanib Mian
- **The Internet** is a great way of staying connected to others, learning new things, and having fun. Can you think of why we need to be careful online? What advice would you give your friends about using the Internet?
 - Related reading: [#Goldilocks \(A Hashtag Cautionary Tale\)](#) by Jeanne Willis and Tony Ross
- Can you think of a time when you **felt different** to everyone around you? How did it make you feel? What would the world be like if we were all exactly the same? Why is it good to be different? What makes you unique?
 - Related reading: [Ella on the Outside](#) by Cath Howe; [Planet Omar: Accidental Trouble Magnet](#) by Zanib Mian; [Double Felix](#) by Sally Harris; [M is for Autism](#) by The Students of Limpsfield Grange School and Vicky Martin; [Check Mates](#) by Stewart Foster; [Can I tell you about ADHD?: A Guide for Friends, Family and Professionals](#) by Susan Yarney; [Questions and Feelings About: Autism](#) by Louise Spilsbury; [The Illustrated Guide to Dyslexia and Its Amazing People](#) by Kate Power, Kathy Iwanczak Forsyth and Richard Rogers; [Questions and Feelings About: Having a Disability](#) by Louise Spilsbury
- How does **reading** help your mental health? (Does reading help you to relax? Does it make you feel less lonely?) What will you read next?

Useful resources

- A selection of classroom resources to support books on the Reading Well for children's list can be downloaded [here](#).