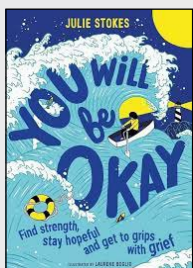


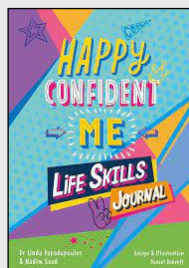
SECONDARY

RECOMMENDED READING LIST



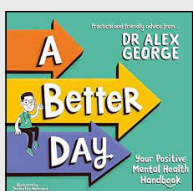
You Will Be Okay - Find Strength, Stay Hopeful and Get to Grips with Grief by Julie Stokes

Readers will discover the stories of other people who have been through grief themselves. Packed with practical exercises, this guide will give readers helpful ways to manage their grief.



Happy Confident Me Life Skills Journal by Dr. Linda Papadopoulos and Nadim Saad

Developing children's self-esteem, optimism, resilience & mindfulness through 60 fun and engaging activities. Journal with activities and challenges including written and creative.



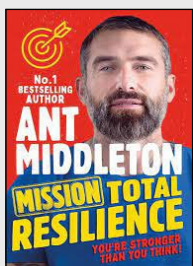
A Better Day: Your Positive Mental Health Handbook by Dr. Alex George

A practical toolkit guiding young readers in how they can care for their mental health with confidence.



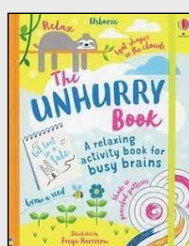
Tough Stuff Journal: Someone has died by Pete English / At a Loss

Encourages recording of feelings and reflecting on the death of a loved one. To be used alongside support from a trusted adult.



Mission Total Resilience: You're stronger than you think by Ant Middleton

Ant's warm, straight-talking guide is packed with motivating tasks and challenges, mood-boosting physical activities, alongside inspiring personal stories. Learn to celebrate your strengths, set meaningful goals, turn tough times to your advantage... all while having fun!



The Unhurry Book: A relaxing activity book for busy brains by Lara Bryan, Alice James and Eddie Reynolds

This write-in activity book is all about taking a little time to breathe, focus and be calm. Try a spot of yoga, colour in soothing squiggles or go on a sense safari – take a quiet moment, just for you.

