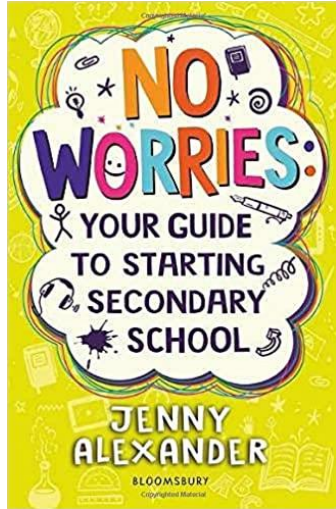


Reading Book Recommendations

Y7

No Worries – Your Guide to Starting Secondary School

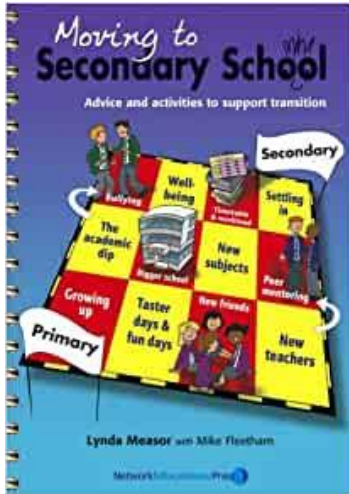


What if I've got the wrong stuff? What if I don't fit in? What if the older kids are horrible to me?

Starting secondary school is a bit like going on a safari it's a great adventure but sometimes, before you go, you can get a touch of the 'what ifs'. You may be feeling anxious or stressed about leaving primary school. *No Worries* is full of information about going up from primary to secondary school and covers all of the big worries and anxieties.

With practical hints and tips, jokes and quizzes for finding your way around, making new friends, social media and staying on top of homework, this fully-revised edition of *Going Up!* is the essential no-worries guide to starting secondary school.

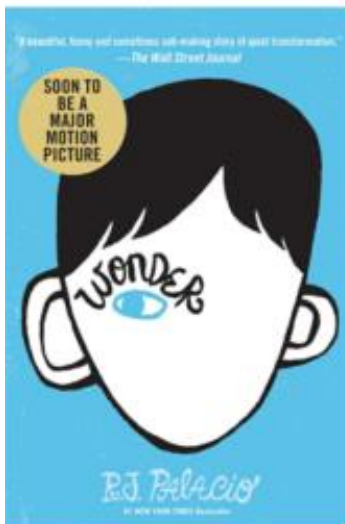
Moving to Secondary School



Transfer from primary to secondary school is one of the most significant and difficult steps in a child's life. This educational transition coincides with physical and emotional changes, as well as significant 'rewiring' within the brain. Evidence suggests that this time is one of both profound anxiety and optimistic expectation. Such strong feelings and daunting changes inevitably affect children's emotional well-being and sense of self.

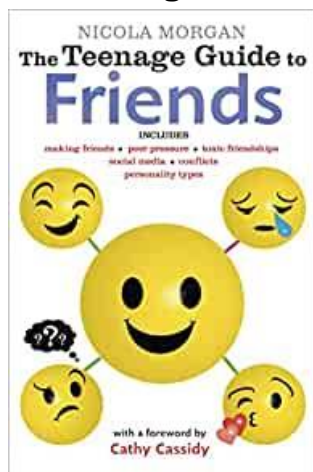
"Moving to Secondary School" helps teachers to understand and ease children's anxieties and to focus on the positive. The book tackles worries about organizational aspects of secondary school life, such as school size, timetable and workload, and personal concerns about making friends, being bullied and getting on with teachers.

Wonder



Wonder is about a 10 year old boy, August or Auggie who suffers from a genetic disorder that causes facial deformities. He's been home schooled his entire life and his parents decide he needs to start school. He's afraid to start school, with new people who will stare at him. He only wants to be viewed as an "ordinary kid."

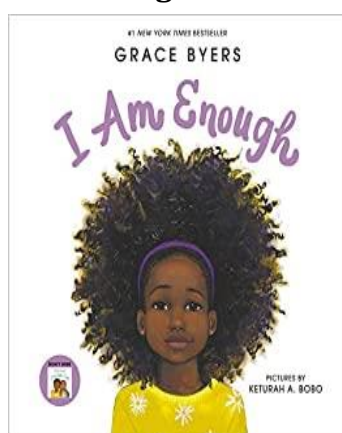
The Teenage Guide to Friends



The Teenage Guide to Friends – written for teenagers but essential for adults who want to understand – tackles the all-important subject of teen friendships. Contents include a section on making friends, keeping friendships strong, and what happens when they break down – as well as a look at online friendships, cyber-bullying, toxic friendships and frenemies, and empathy. There is also a section on personality types – introverts and extroverts – and quizzes to help you discover what sort of person you are, how you relate to others and how to deal with difficult situations.

Complete with a list of helpful resources in the back.

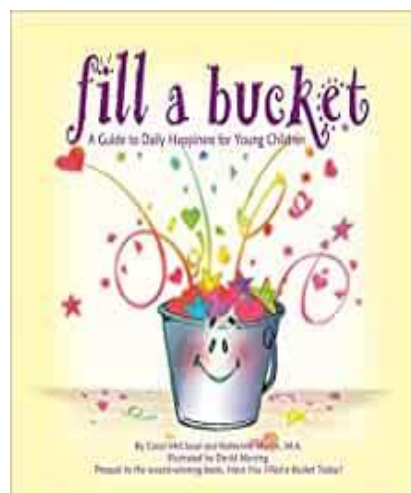
I am Enough



This gorgeous, lyrical ode to loving who you are, respecting others, and being kind to one another comes from *Empire* actor and activist Grace Byers and talented newcomer artist Keturah A. Bobo.

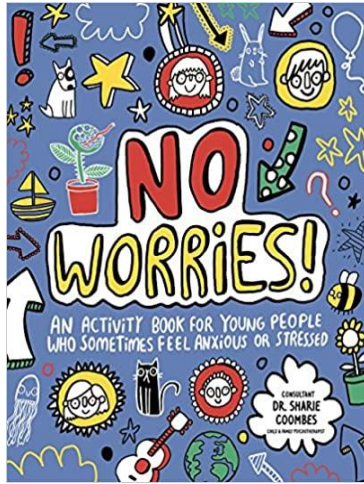
We are all here for a purpose. We are more than enough. We just need to believe it.

Full a Bucket



An award-winning prequel to *Have You Filled a Bucket Today?* this book illustrates what it means when children have their buckets filled and learn how they can fill other people's buckets too--understanding how special, valuable and capable they are.

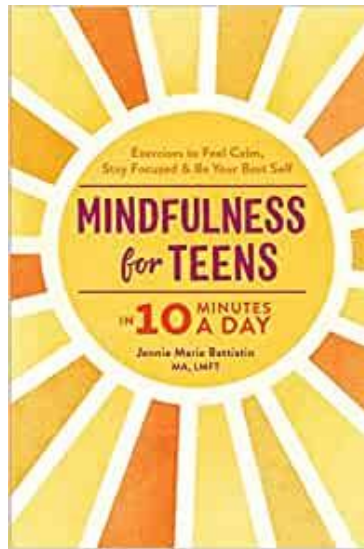
No Worries!



No Worries! is an interactive self-care activity book for children aged 7+ to colour and doodle their way to happiness, calm and confidence.

The encouraging and simple activities and exercises tackle anxiety, sadness and stress; children will enjoy using their creativity to combat negative feelings, work out why they feel worried and how to put stress back in its place through writing, colouring, doodling and drawing.

Mindfulness for Teens

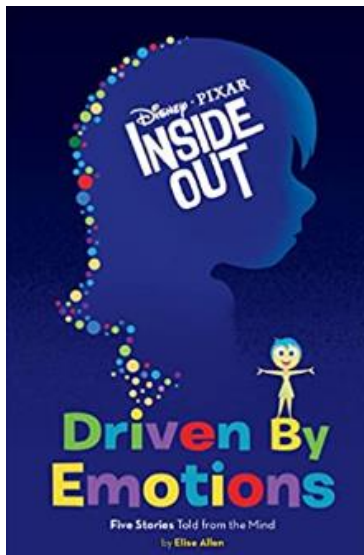


Calm your mind and find your best self with 10-minute mindfulness exercises for teens

Learn how to use mindfulness, or the ability to be fully aware in the present moment, to reduce everyday stress. *Mindfulness for Teens in 10 Minutes a Day* shows you how to take control of your feelings and focus your attention with short, simple mindfulness activities.

Discover a wide variety of mindfulness techniques that will fit easily into your routine and help you thrive in every area of life. These engaging exercises show you how to find peace in the face of stress, improve relationships with friends and family, boost your self-esteem, and increase your focus to help you succeed at school and work.

Inside out - Driven by Emotions



This unique chapter book reveals unseen stories from *Inside Out*. Each chapter offers a different retelling of the film from one of Riley's Emotions: Joy, Sadness, Fear, Anger, and Disgust.

The Complete First Aid Pocket Guide



From minor cuts and burns, to heart attacks and strokes, this handy, take-anywhere guide gives you the knowledge and advice you need to recognize and respond to any medical emergency.

Be prepared for any medical emergency and handle it safely and efficiently with *The Complete First Aid Pocket Guide*. Quickly identify signs and symptoms of a wide range of medical conditions and learn how to recognize the difference between a minor injury or illness, and those that are more serious with this essential handbook.

The Awesome Power Sleep

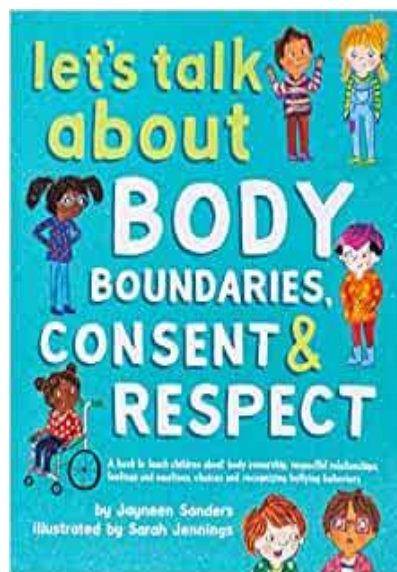


Late nights, addictive technology and minds racing with exam stress and friendship worries: it's no wonder the teenage stereotype is tired eyes and sleeping through the weekend. Just like adults, teenagers are sleeping less now than ever before, yet sleep is crucial to our health and well-being. Internationally renowned expert on the teenage brain, Nicola Morgan, tackles this essential subject – asking why teenagers so desperately need a good night's sleep, exploring what a lack of sleep does to their developing brains, and explaining how to have the best sleep possible.

Authoritative, accessible and informed by the latest scientific evidence, Nicola Morgan writes a fascinating and helpful guide for both teenagers and adults alike.

Y9

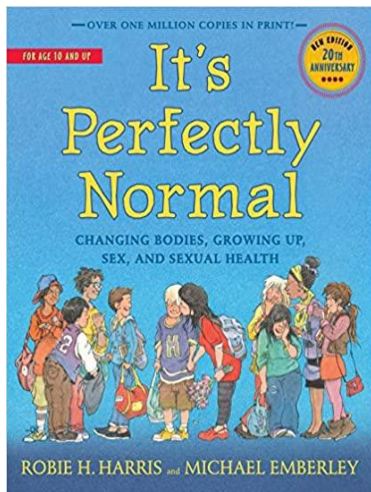
Let's Talk about Body Boundaries, Consent & Respect



Teaching young children about body boundaries, both theirs and others, is crucial to a child's growing sense of self, their confidence and how they should expect to be treated by others. A child growing up knowing they have a right to their own personal space, gives that child ownership and choices as to what happens to them and to their body.

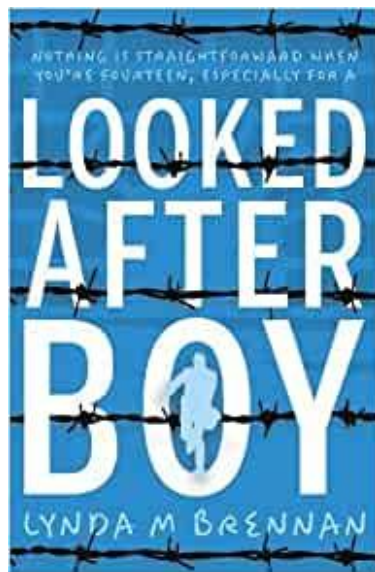
It is equally important a child understands, from a very young age, they need to respect another person's body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily-understood manner, providing familiar scenarios for children to engage with and discuss.

It's Perfectly Normal



When young people have questions about sex, real answers can be hard to find. Providing accurate, unbiased answers to nearly every imaginable question, from conception and puberty to birth control and AIDS, *It's Perfectly Normal* offers young people the information they need & now more than ever & to make responsible decisions and to stay healthy. Already used as a trusted resource in twenty-five countries around the world.

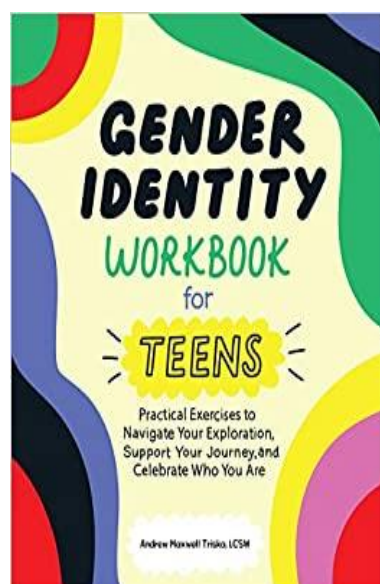
Looked After Boy



For readers 13+ *Looked after Boy* tackles difficult, but topical, issues. It is a gritty, but moving, tale of a marginalised group; that of children in the care system at risk of involvement in County Lines gangs.

In this coming of age story, fourteen-year old Joe Mac struggles to find his own voice in a hostile world that constantly disempowers him. After years of neglect, Joe, his brothers and sisters are taken into care and separated. Despite betrayals and failures of the system supposedly protecting him, Joe vows to get all his family back together but nothing is straightforward in Joe's life and he must face more betrayal, danger and ultimately his own demons before he can look to a new future.

Gender Identity Workbook for Teens



Discover more about who you are and who you might want to become. Whether you've been pondering big feelings and questions about your gender, or you're just a little curious about it, the *Gender Identity Workbook for Teens* is an interactive workbook that will walk you through what gender identity actually is. You'll learn that there are endless ways to express yourself and that there's no right or wrong way to identify.

Try out writing prompts, quizzes, and activities that will help you organize and understand your thoughts about your identity, along with practical advice for talking about your gender, determining new names and pronouns, and getting involved with supportive communities both in real life and online.

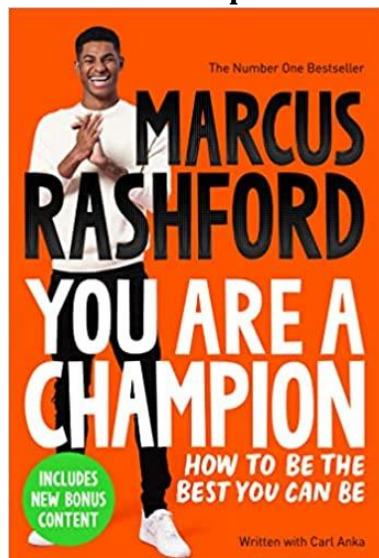
The Teenage Girl's Guide to Everything



Stress. Hormones. Relationships. School. Social media. It's a lot for a nearly-teenager to handle. Luckily, this guide has got it all covered: the good, the bad and the kind of icky.

The (Nearly) Teenage Girl's Guide to (Almost) Everything guides young girls through adolescence, discussing the issues that girls face in today's world.

You are a Champion



Marcus Rashford MBE is famous worldwide for his skills both on and off the pitch – but before he was a Manchester United and England footballer, and long before he started his inspiring campaign to end child food poverty, he was just an ordinary kid from Wythenshawe, South Manchester. Now the nation's favourite footballer wants to show YOU how to achieve your dreams, in this positive and inspiring guide for life.

Written with journalist Carl Anka, *You Are a Champion* is packed full of stories from Marcus's own life, brilliant advice and top-tips from performance psychologist Katie Warriner. It will show you how to be the very BEST that you can be.

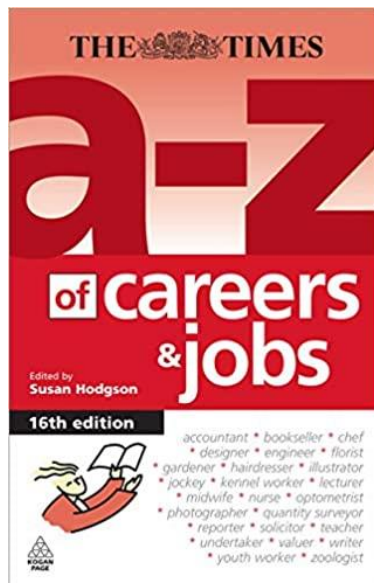
Improve Your Social Skills



Improve Your Social Skills is a comprehensive, practical guide to social skills. It contains 200+ pages of step-by-step, easy-to-understand explanations of social interaction, written by a professional social skills coach whose TEDx talk on overcoming the social challenges of Asperger's Syndrome has been viewed over 180,000 times. You'll learn how to:

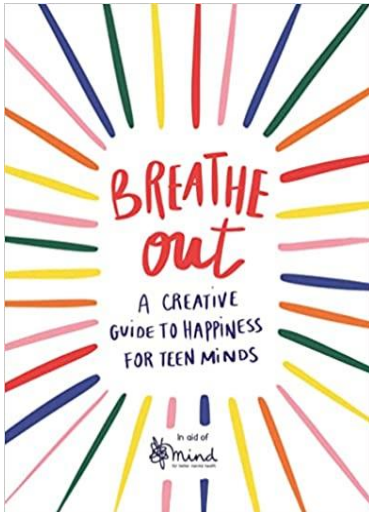
- **Make Conversation**
- **Read Body Language**
- **Meet New People**
- **Tell Stories In Conversation**
- **Combat Shyness And Social Anxiety**
- **Date Successfully**
- **And More!**

The A to Z of Careers and Jobs



For anyone looking at starting their career, or changing jobs, the A-Z of Careers and Jobs is a goldmine of highly relevant data on today's career opportunities. Looking at over 300 occupations, the book not only tells you about the jobs available but also describes the skills employers are looking for and the type of qualifications and training you need to succeed in your chosen career path.

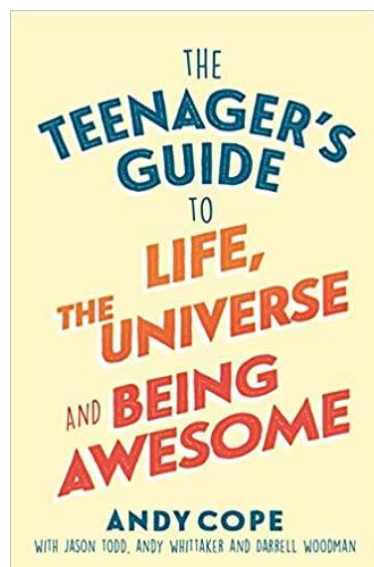
Breathe Out



Life can often feel overwhelming and with pressure from school, relationships and social media it can be hard to remember to take a bit of time for ourselves - to take care of what's going on for us on the inside.

Breathe Out has been written specifically for young minds and the unique challenges that teenagers face today, it is filled with exercises and techniques for **anxiety relief** and tips specially designed to help you to take a step back and **take a moment** for yourself.

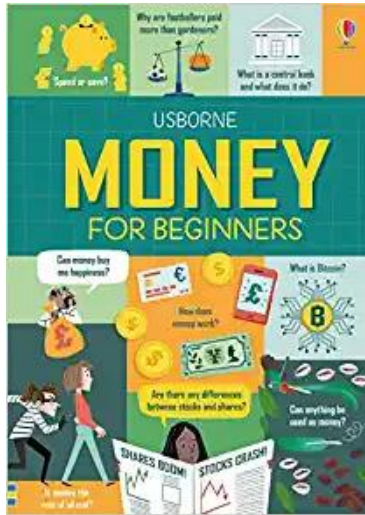
The Teenager's Guide to Life, The Universe and Being Awesome



Congratulations, you're already awesome. You are the best in the world at being you. The problem is that it's easy to forget!

This book, by the authors of the extraordinary bestseller *THE ART OF BEING A BRILLIANT TEENAGER*, is a reminder that you are awesome and a prompt for bigger and better things. It asks not what you want from life, but what kind of person you want to be, exposing the key to planning for your future - building your best qualities so you can stand out and live a brilliant, energetic, successful life.

Money For Beginners



A lot has been written about money. It makes the world goes round. It doesn't grow on trees. It's the root of all evil. This book cuts through the myths and misconceptions to give young readers a simple and accessible introduction to money - from why it shapes the world we live in to where it comes from, and how to increase what's in your pocket.

Y11

N/A