Introduction

This document provides a bank of resources for school and curriculum leaders for the delivery PSHE & Wellbeing education (see “PSHE & Wellbeing Curriculum Framework, V3, March 18”), an education that is relevant and necessary for today’s learners in the 21st century.

This curriculum is not fixed, it is evolving and ephemeral; it is designed for curriculum leaders and teachers to amend, change and add to, in ensuring it matches the real and actual needs of all pupils and pupils and young people (C&YP). It also contributes to your school achieving the Healthy Schools London award.

To that end these resources should be evaluated for use in your school setting, with your pupils in mind. They are designed to provide ideas and used only if relevant to the pupils. This is not an exhaustive list, many more resources are available.

‘How To’

This Resource Bank is designed to support staff with their teaching. Subject leads and school leaders should click here to access tools for quality assuring resources and using them alongside the PSHE & Wellbeing Curriculum Framework.

Staples for Learning

The resources should be used alongside items that will support learning and enable pupils to fully grasp concepts in a safe environment. Examples of these ‘staples for learning’ may be:

<table>
<thead>
<tr>
<th>Establishing and displaying ground rules</th>
<th>So each session creates a climate of trust, safety and freedom to express ideas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Puppet, stories and scenarios</td>
<td>To provide distancing techniques and take the spotlight off of the pupils.</td>
</tr>
<tr>
<td>Feelings cards</td>
<td>To provide visual stimuli during discussions.</td>
</tr>
<tr>
<td>Yes, No, Don’t know, agree or disagree cards</td>
<td>For pupils to physically sort themselves and share opinions.</td>
</tr>
<tr>
<td>Large paper and pens</td>
<td>For group discussion, graffiti walls, mind mapping and ideas building.</td>
</tr>
<tr>
<td>Role play items</td>
<td>Such as: police hats, hi vis jackets, lollypop crossing sticks – for role playing actions, scenarios and ideas.</td>
</tr>
<tr>
<td>Question boxes</td>
<td>So that pupils can add questions anonymously without feeling in the spotlight.</td>
</tr>
<tr>
<td>Use of photographs or pictures</td>
<td>As starting points and to gauge understanding</td>
</tr>
<tr>
<td>Agony Aunt/Uncle pages</td>
<td>As ways of giving advice to fictional characters</td>
</tr>
<tr>
<td>Continuum scales and sticky dots</td>
<td>For pupils to signal their standpoint on statements without being singled out</td>
</tr>
</tbody>
</table>
Pedagogy & CPD

Best practice is for PSHE & Wellbeing Education to be taught in discrete, well planned lessons that take account of the learners’ needs; it should be taught at least weekly. The curriculum should be spiral; revisiting and building on topics and concepts throughout the year and as the pupils progress through the school. It can be cross-curricular when links enable deeper understanding and opportunity to practise learned skills. It should be non-personal and distancing techniques should be employed to enable pupils to feel safe and take risks within lessons. For further support: www.pshe-association.org.uk/news-and-blog/blog-entry/relationship-between-outstanding-schools-and

Southwark’s Healthy School’s Partnership provides a comprehensive CPD programme to support your school in delivering excellent PSHE & Wellbeing – to browse and book courses click http://schools.southwark.gov.uk/pshe-healthy-schools

Learning Partnership

Thank you specifically to the London Tri-borough for commissioning the basis of this work (led by Health Education Partnership) and sharing its development at key stages with professional colleagues. And many thanks to all the learners and C&YP who have kindly evaluated the resources and contributed to our new PSHE & Wellbeing curriculum over the past years.

This Resource Bank would not have been possible without the ongoing support from HEP, The PSHE Association and Go Givers as well as from lead teacher and consultant Melonie Syrett.

All Southwark Healthy Schools have access to free membership to the PSHE Association (until March 2019), as well as to the SEAL Community web resources. Schools should log on and register to ensure that they take advantage of these quality assured resources.

Southwark Leading Healthy Schools Champions

The Leading Healthy Schools Champions Group has been developing and implementing evidence-informed and -based approaches to enhance the lives of children and young people within the borough. Two current, cluster projects (March ’18) on “raising self-esteem” and “promoting active movement” were identified as local priorities following the analysis and interpretation of local and locality data. Through collaborative work and effective leadership in PSHE and Wellbeing Education, the group aims to further improve pupil outcomes across the borough. Resources from the group can be found under the headings Emotional Wellbeing & Mental Health (EWMH) and PE/Sport & Physical Activity.
Overview

The resources are designed for use alongside the PSHE & Wellbeing Curriculum Framework that is split into 3 core themes:

1) Health and Wellbeing
2) Relationships
3) Living in the Wider World

The resources are organised into specific headings that link with the National Curriculum Target Links in the PSHE and Wellbeing Curriculum Framework, as well as additional headings. These should be considered before use with the pupils to ensure that they are maturity relevant and support your delivery of the objectives in the framework. Under each heading you will see a list of providers, resources and contact details. You will also see a ‘Toolkit’ box with links to lesson resources from ‘Go-Givers’, the PSHE Association or other providers.

Go-Givers resources are linked to the “Citizenship” elements of this new framework. The resources will be of most benefit when teaching objectives from core theme 3: Living in the Wider World and can be found at www.gogivers.org/

The PSHE Association quality assures the resources it promotes. Southwark schools have free membership to the PSHE Association and are able to access all resources free of charge. www.pshe-association.org.uk/

All schools in Southwark have free access to the SEAL website: http://www.sealcommunity.org/
Overarching PSHE & Wellbeing Concepts from the PSHE Association

<table>
<thead>
<tr>
<th>Overarching Concepts</th>
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</thead>
<tbody>
<tr>
<td>1. <strong>Identity</strong> (their personal qualities, attitudes, skills, attributes and achievements and what influences these)</td>
</tr>
<tr>
<td>2. <strong>Relationships</strong> (including different types and in different settings)</td>
</tr>
<tr>
<td>3. <strong>A healthy</strong> (including physically, emotionally and socially) <strong>balanced lifestyle</strong> (including within relationships, work-life, exercise and rest, spending and saving and diet)</td>
</tr>
<tr>
<td>4. <strong>Risk</strong> (identification, assessment and how to manage risk rather than simply the avoidance of risk for self and others) and <strong>safety</strong> (including behaviour and strategies to employ in different settings)</td>
</tr>
<tr>
<td>5. <strong>Diversity</strong> and <strong>equality</strong> (in all its forms)</td>
</tr>
<tr>
<td>6. <strong>Rights</strong> (including the notion of universal human rights), <strong>responsibilities</strong> (including fairness and justice) and <strong>consent</strong> (in different contexts)</td>
</tr>
<tr>
<td>7. <strong>Change</strong> (as something to be managed) and <strong>resilience</strong> (the skills, strategies and ‘inner resources’ we can draw on when faced with challenging change or circumstance)</td>
</tr>
<tr>
<td>8. <strong>Power</strong> (how it is used and encountered in a variety of contexts including persuasion, bullying, negotiation and ‘win-win’ outcomes)</td>
</tr>
<tr>
<td>9. <strong>Career</strong> (including enterprise, employability and economic understanding)</td>
</tr>
</tbody>
</table>

Essential Skills from the PSHE Association

Although the Programme of Study has been set out per year group, “it is important that schools do not attempt to blindly cover all of the suggested content contained in this document. Doing so would lead to a series of superficial experiences that would most likely be restricted to providing information. Instead, we encourage schools to carefully select content that is relevant to their pupils and use these as a context through which to explore the overarching concepts and to develop the essential skills and attributes set out below” [link](https://www.pshe-association.org.uk/sites/default/files/PSHE%20Association%20Programme%20of%20Study%20May%202016.pdf). The Programme of Study is a guide and is set out in two formats to help you build your scheme of PSHE in your context with these essential skills in mind.
## Essential Skills

**The intrapersonal skills required for self-management**

1. Critical, constructive self-reflection (including being aware of own needs, motivations and learning, strengths and next steps for development, how we are influenced by our perception of peers' behaviour)
2. Learning from experience to seek out and make use of constructive feedback
3. Setting challenging personal goals (including developing strategies to achieve them and knowing when to change them)
4. Making decisions (including knowing when to be flexible)
5. Recognising some of the common ways our brains can ‘trick us’ or ‘trap us’ in unhelpful thinking (including generalisation, distortion of events, deletion of information, misconceptions or misperceptions about the behaviour of peers)
6. Resilience (including self-motivation, adaptability, constructively managing change including setbacks and stress)
7. Self-regulation (including managing strong emotions e.g. negativity and impulse)
8. Recognising and managing the need for peer approval
9. Self-organisation (including time management)

**The interpersonal skills required for positive relationships in a wide variety of settings**

1. Active listening
2. Empathy
3. Communication (non-verbal and verbal including assertiveness and recognising how this differs from aggressive and passive behaviour; being able to present and communicate ideas, arguments and thoughts effectively)
4. Team working (including agreeing clear and challenging outcomes, facilitation, co-operation, networking and the ability to provide, receive and respond to, constructive feedback and take on different roles; the ability to recognise and learn from others' experience)
5. Negotiation (including flexibility, self-advocacy and compromise)
6. Recognising and utilising strategies for managing pressure, persuasion and coercion
7. Responding to the need for positive affirmation for self and others

**Skills of enquiry**

1. Formulating questions
2. Gathering and using data (including assessing the validity and reliability of sources of data and using a variety of sources)
3. Analysis (including separating fact from opinion)
4. Planning and deciding
5. Recalling and applying knowledge creatively and in novel situations
6. Drawing and defending conclusions using evidence and not just assertion
7. Identification, assessment (including prediction) and management of risk
8. Evaluating social norms
9. Reviewing progress against objectives
Directory of organisations and resources that support teaching and learning in PSHE & Wellbeing and ‘Toolkit’ resources from GoGivers and the PSHE Association

We have sorted the organisations and resources under the following headings. The coloured headings relate directly to the National Curriculum Target links - including safeguarding – from the PSHE and Wellbeing Curriculum Framework:

- **Anti-bullying**
  Including Homophobic, Biophobic and Transphobic bullying (HBT), bullying related to race, religion or culture, gender based bullying, bullying linked to health, special need or disability, sexual bullying and cyber bullying

- **Bereavement**

- **Science/RSE/Drugs, alcohol & tobacco (DAT)**
  Chris Winter Project (CWP), RSE & DAT
  Resources from the Christopher Winter Project on RSE and Drugs, Alcohol and Tobacco. Training in the CWP is funded by Southwark; plus additional RSE and DAT resources.

- **Citizenship & British values**
  Resources based on becoming an active member of a democratic and multicultural society.

- **Difference & Diversity incl LGBTQI+**
  Resources for exploring identity and diversity amongst society including: Lesbian, Gay, Bisexual, Transsexual, Queer and Interested.

- **Domestic Violence and Abuse**
  Resources for teaching about DV and DA and how to challenge these in a safe environment.

- **Eating Disorders**

- **Emotional Wellbeing & Mental Health (EWMH)**
  Resources for supporting the emotional wellbeing of pupils and for exploring what positive mental health looks like and how to get support with mental health needs.

- **Female Genital Mutilation (FGM)**

- **Mindfulness**

- **PE/Sport & Physical Activity**
  Resources to enhance PE/ Sport Physical Activity sessions enabling pupils to become more physically active and develop an understanding as to why physical activity should be part of a healthy lifestyle.

- **Personal, Social, Health and Economic1 education (PSHE) and Wellbeing**
  Resources for all areas of PSHE and Wellbeing including: Health and Financial Education.

- **Philosophy**

- **Pornography, Grooming and Online Safety**
  Resources including online safety and sexting.

- **Resilience**

- **Safety and Safeguarding**
  Resources for teaching pupils to safeguard themselves.

- **Social and Emotional Aspects of Learning (SEAL)**

- **The Arts**

- **Values, SMSC & RE**
  Resources for spiritual, moral, social and cultural aspects of learning, links to RE curriculum documents

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1 From September 2014 Financial Literacy became statutory for Key Stages 3 and 4. Maths will be strengthened to give pupils the mathematical skills needed for financial literacy.
Anti-Bullying

**Anti-bullying Alliance**
The stated objectives of the Anti-bullying Alliance are:

- To raise the profile of bullying and the effect it has on the lives of pupils and young people
- To create a climate in which everyone agrees that bullying is unacceptable
- To make sure that teachers, youth practitioners, parents, carers, pupils and young people have the skills and knowledge to address bullying effectively.

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

**BullyingUK**
Lots of information and resources on bullying.
[www.bullying.co.uk](http://www.bullying.co.uk)

**CEOP - Child Exploitation & Online Protection Centre**
Provides training and education resources for practitioners to use with pupils and young people to increase their understanding of online safety. Also see listing under Safety.
[www.thinkuknow.co.uk/Teachers/](http://www.thinkuknow.co.uk/Teachers/)

**Childline**
A national organisation with a section on their website to support those being bullied.

**Gov.co.uk**
Government guidance on schools and bullying.
[https://www.gov.uk/bullying-at-school/reporting-bullying](https://www.gov.uk/bullying-at-school/reporting-bullying)

**#ImWithSam**
The PSHE Association has partnered with Dimensions charity to produce and quality assure resources that aim to raise awareness of people with learning disabilities and autism. The #ImWithSam resource offers a lesson plan and supporting materials for KS3 pupils, including full teacher guidance on delivery.

The free resource asks pupils to reflect on the impact of ways in which people with learning disabilities and autism are perceived, judged, described and treated. It also encourages them to question, challenge and change discriminatory behaviours.


**Kidscape**
Kidscape is a UK charity established to prevent bullying and child sex abuse. A number of resources, including posters, information booklets and research on the long-term effects on bullying are available to download.
[www.kidscape.org.uk](http://www.kidscape.org.uk)
**Southwark’s Theatre in Education Resources (tackling HBT bullying)**
A comprehensive, evidence-based resource for Primary and Secondary schools consisting of lesson plans, subject lead support, teacher support and pupil support. The resource is flexible to ensure any theatre project can ensure progress in pupil’s skills and understanding. It includes a range of teaching strategies and teacher support.


**Stonewall**
Resources for all year groups to tackle homophobic, biphobic and transphobic (HBT) bullying in education environments and help create more inclusive spaces.

http://www.stonewall.org.uk/our-work/education-resources

**TOOLKIT**

(KS1)
- Bullying: I won't be made to feel bad (13, 14)
- Mitali loses his cool (1, 6)
- More than one friend (2)
- Please help Mitali (7)
- Save our Jack (12)
- Sticks and stones (12)

(KS2)
- Bullying: Prepare to stand up and stand out (4)
- Bullying: Prepare to stand up and stand out (14,18)
- Homophobia: Respecting all our differences (13, 17)
- Similarities and Differences (13)
- Stephen Lawrence: The long search for justice (14)
- Working for peace (12)

Reach Teaching Resource
NSPCC Share Aware resources
Media Smart' Body image website.
Dove Self-Esteem body image project teaching resources
#mysenseofself resources
Home Office ‘This is Abuse’ guide
Really? Film and Resource Pack
Bereavement

Up to 70% of schools have a bereaved pupil on their role at any given time. One study found that 92% of young people will experience a “significant” bereavement before the age of 16 years. With the right help and support, most of these pupils will not need professional help. What they do need is the understanding of familiar and trusted adults. Schools are well placed to provide this but with some training, the ability to do so will be greatly enhanced.

www.childbereavement.org.uk
www.rd4u.org.uk

Child Bereavement UK
Child Bereavement UK believes that all families should have access to the support and information they need when a child grieves or when a child dies. Through understanding their grieving process and receiving help in dealing with bereavement from appropriately trained professionals, families can learn to live with their grief and begin rebuilding their lives.

www.childbereavement.org.uk

Childhood Bereavement Network
The Childhood Bereavement Network is a national federation of organisations offering support and information to bereaved pupils. Their website includes a section for teachers on how to support pupils after experiencing a death, including some resources available to purchase.

www.childhoodbereavementnetwork.org.uk

Cruse Bereavement Care
Cruse is a national organisation dedicated to offering support to bereavement families, adults and pupils. Their comprehensive website provides detailed information bereavement, downloadable booklets and information leaflets. Cruse also publishes the international Bereavement Care Journal.

www.cruse.org.uk

Grief Encounter
This website contains lots of helpful online resources for bereaved pupils and young people, including dedicated 'kid zones' and 'teen zones'.

www.griefencounter.org.uk

Winston's Wish
Winston's Wish is the leading childhood bereavement charity in the UK. Its website has has a dedicated section for schools, providing comprehensive information and resources in supporting bereavement in schools, including reading materials and guidance on how to develop a school bereavement policy.

www.winstonswish.org.uk

TOOLKIT

(KS2)

Bereavement: Treasured memories (8)
Understanding cancer (1)
The Christopher Winter Project – SRE (now called RSE)
To support your delivery of Relationships and Sex Education (RSE) and Drugs, Alcohol & Tobacco Education (DAT), the following resources are supported by Southwark’s Healthy Schools Partnership. Training is available for Southwark schools. Visit the Southwark Schools Website to book.

http://cwpresources.co.uk/resources/

The Shropshire Respect Yourself Relationships and Sex Education Programme
This programme provides a comprehensive, spiral, cross phase scheme of work containing lesson plans, resources, assessment and teacher’s guidance for year 1-11. PSHE Association Quality assured.

http://www.healthyshropshire.co.uk/topics/sexual-health/relationships-and-sex-education/

Alcohol Education Trust (AET)
AET provides educational materials and lesson plans for use in schools, including a fully evaluated and PSHE Association accredited early intervention education programme for 11-18 year olds, talkaboutalcohol, focusing on what pupils can do to be healthy and stay safe.

http://www.alcoholeducationtrust.org/teacher-area/
http://www.talkaboutalcohol.com/

Mentor ADEPIS – Alcohol and Drug Education and prevention Information Service
If you are looking at improving your delivery of alcohol and drug education within PSHE a useful guidance document that will support you can be found at:

mentor-adepis.org

Southwark Partners – RSE Scheme of work
12 weeks of RSE lessons for Primary Schools. This consists of 6 ‘Relationships’ Education lessons and 6 ‘Growing up’ Education lessons per year, from Reception to Year 6.

It includes basic resources to teach each session.
Created by Melonie Syrett.


Southwark Partners – Medicines and drugs Scheme of work
6 weeks of DAT lessons for Primary Schools. This consists of 6 lessons per year group from Reception to Year 6.

It includes basic resources to teach each session.
Created by Melonie Syrett.

Citizenship & British values

DfE's guidance: Promoting fundamental British values as part of SMSC in schools:


This guidance relates specifically to the requirements to actively promote fundamental British values in schools and explains how this can be met through the general requirement in the 2002 Act.

Schools should promote the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

EU Project: Positive Messengers
This project tackles the issue of hate speech - online hate speech in particular, targeted against migrants, refugees and asylum seekers in the 7 EU countries. It addresses the need for more effective civil society response to online hate speech through sharing and disseminating best practices. The initiative asks pupils to create an image or video clip to share on social media to make the internet a more welcoming place for all.

https://www.positivemessengers.net/en/

The Citizenship Foundation
The Citizenship Foundation inspires young people to take part in society as equal members. They offer: curriculum documents and programmes, policy support and aim to be the first port of call for schools looking for Citizenship education activities.
Go-Givers
Go-Givers is an SMSC programme for primary and middle schools. It is an initiative of the Citizenship Foundation, enabling young people to engage in democratic society. They offer a range of lessons for schools based on Citizenship plus assemblies, CPD for staff, planning and assessment support.

http://www.gogivers.org/

Action Renewables
This site is packed with information and activity sheets for all key stages, although there is more available for primary schools.

http://actionrenewables.co.uk/services/education/educational-resources/

Association for Citizenship Teaching (ACT)
ACT is the subject association for Citizenship representing teachers and others involved in Citizenship education. They offer: membership services and education programmes that develop and promote Citizenship education; professional development, training and networking opportunities; advocacy for the subject, research and strategic policy advice; and high quality teaching materials including their journal 'Teaching Citizenship'.

www.teachingcitizenship.org.uk

Biography Online
Information on inspirational people.

www.biographyonline.net/people/inspirational

Captain Splosh
This is Anglian Water's educational website and is a fantastic resource for primary schools. There is a very good downloadable education pack for Key Stage 2 teachers. There are also downloadable songs and videos to use in the classroom. The interactive student site is great for pupils to explore and learn more about water.

www.captainsplosh.co.uk

Counter Extremist Narratives
Extremism is not a new topic in education, but schools have a relatively new statutory duty to pay "due regard to the need to prevent people from being drawn into terrorism".

In response to this challenging and serious new responsibility, LGfL has worked with leading extremism experts specialising in ISIS and the far right to provide information, insights and advice to help schools navigate this difficult area.

http://counterextremism.lgfl.org.uk/

Eco Schools
Eco Schools is an international award programme that supports schools in developing a framework to help embed sustainable principles and practice in school life. The website has lots of information for schools, including how to get involved, competition and case studies of inspiring practice.

www.keepbritaintidy.org/ecoschools

Extreme Dialogue
The Extreme Dialogue educational resources aim to build young people’s resilience to violent extremism through active
discussion and enhanced critical thinking, via a series of short emotive films, classroom activities and group exercises that can be used with young people aged approximately 14-18. Their free educational resources consist of a Prezi presentation and a resource pack, and are also intended to increase the confidence of teachers and those working with young people in exploring what can be a difficult but vital and contemporary topic in a safe and constructive way.

http://extremedialogue.org/educational-resources/

Generation Global
With Generation Global, teachers can transport their classes across the world in a single afternoon. Online and through video conferences, students interact directly with their peers around the world, engaging in dialogue around issues of culture, identity, beliefs, values and attitudes.

www.generation.global

Global Acts of Unity
Created by Mike Haines –this is a free lesson plan and interactive classroom presentation designed for Key Stages 3 and 4. The resource helps pupils to think about and discuss multiculturalism, terrorism, discrimination, diversity and British Identity.

www.mikehaines.globalactsofunity.com

Heroic Imagination Project
Inspired by Plutarch’s philosophy, the Heroic Imagination Project provides resources and information to support us learn from our heroes and role models.

www.heroicimagination.org

Moral Heroes
An online archive of inspirational men and women.

www.moralheroes.org

The Deliberative Classroom
The Deliberative Classroom is a project funded by the Department for Education (DfE) to support teachers to lead knowledge based discussions and debates with students on topical issues relating to fundamental British values (democracy, the rule of law, individual liberty, and mutual respect for and tolerance of those with different faiths and beliefs), citizenship and equality. Resources include lesson plans and pupil resources.

https://www.teachingcitizenship.org.uk/deliberative-classroom-topical-debating-resources-and-teacher-guidance

Think Global
Think Global is a membership based charity that works to educate the public on global issues. The site has a section devoted to schools which includes information on curriculum development.

www.think-global.org.uk

Rights Respecting Schools
A good source on information and inspiration for possible citizenship projects. It links schools to the UN rights of the child.

https://www.unicef.org.uk/Education/Rights-Respecting-Schools-Award
Schools Linking Network
The Schools Linking Network facilitates links between schools in England to help pupils and young people explore their identity, celebrate diversity and develop dialogue. On this website you will find details of training for staff, case studies and resources for primary schools.
www.schoolslinkingnetwork.org.uk

Schools Online
Formerly, Global Gateway, Schools Online is a wonderful citizenship resource to encourage students to develop an awareness of their role as global citizens, including lesson plans for primary schools.
https://schoolsonline.britishcouncil.org/

SEAL and the Global Dimension
Seal and the Global Dimension provides pathways and appropriate resources for embedding the Global Dimension within the SEAL programme, engaging school students in global and development issues. There are a number of resources to download to support teaching about the global community and our role within it.
www.sealgd.org.uk

Since 9/11
Since 9/11 create free teaching resources developed in partnership with the World Number 1 ranked UCL Institute of Education. These resources cover 5 key curriculum areas including History, Citizenship, RE, Art & Design & English. The Education Programme resources help to demonstrate a school's commitment to the Prevent Duty and can be used to promote Fundamental British Values.
https://since911.com/education-programme

Sustainable Schools Alliance
The Sustainable Schools Alliance aims to provide support to all schools in the UK to enable them to put sustainability at the heart of what they do. It’s Working Group is composed of NCB, SEEd and Think Global. They link agendas around education for sustainable development, development education and health and wellbeing. The site has a wealth of information and useful links to explore.
www.sustainable-schools-alliance.org.uk

TOOLKIT

Taking action on Body image
TOOLKIT

(KS1)

Africa (4)
Be a goodwill ambassador (1)
All about me (1)
Caring for our community (4)
Caring for pets (3)
Christmas with the Go-Givers (7)
Expedition to Planet Blueball (5)
Exploring our community (4)
Go-Givers bear hunt (3)
Our rules (2)
Recipe (1)
Rio meets Callum (3)
Save our Jack (3, 4)
Saving energy (5) Everybody, somebody, anybody, nobody (3)
The golden statue (7)
The picnic (3, 5)
To give is to receive (6)
Vote for the Go-Givers (1, 2)

(KS2)

Ballot Box activity (1)
Belonging to groups (6)
Brexit (9, 11)
Charitable giving through history (10)
Child slavery: All for profit (3,4)
Cleaning up our air (2)
Where do you stand? (1)
Why do we pay taxes? (14)

TOOLKIT

(KS2)

Climate and farming (12)
Creature kindness (7)
Culture (11)
Democracy (7)
Equal opportunities (6,15)
EU Referendum (2, 8, 9)
Fairtrade: Have a banana (13)
Getting the balance right (2, 7)
Global quiz (12)
Hard times (14,15)
Immigration: Coming to Britain (1)
Mali (9)
Network (16)
Oil disaster in the Gulf of Mexi
Our interconnected world (15)
Rights & responsibilities (3)
Riots of summer 2011 (1)
Roots and wings (3,9)
Should adults be allowed to smack c
Strong societies (9)
Sustainable development (15)
Terrorism (1)
The Benefits System (15)
The Earth in our hands (15)
The food shortage (15)
The GAP exposed (15)
The immigration debate (1)
The right to education (15)
There's no place like home (3)
Topics for discussion: Mind maze (1)
Tricky topics (1)
Using statistics to understand our world (1)
Water: Our most precious resource (15)
What kind of farming? (1)
When is enough enough? (1) 7
Why do we pay taxes? (14)
Difference & Diversity incl LGBTQI+

**Brook**
Support for sexual health and wellbeing. Centres across London

[www.brook.org.uk](http://www.brook.org.uk)

**Depend**
A voluntary organisation which aims to provide advice, support & information for anyone who knows or is related to a Trans person in the UK.

[www.depend.org.uk](http://www.depend.org.uk)  
[info@depend.org.uk](mailto:info@depend.org.uk)

**The Gender Trust National Helpline**
Dedicated to helping anyone affected by gender identity issues.

[www.gendertrust.org.uk](http://www.gendertrust.org.uk)  
[info@gendertrust.org.uk](mailto:info@gendertrust.org.uk)

**IMAAN**
A national group supporting LGBT Muslim people, their families and friends

[www.imman.org.uk](http://www.imman.org.uk)

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# #imwithsam

The PSHE Association has partnered with Dimensions charity to produce and quality assure resources that aim to raise awareness of people with learning disabilities and autism. The #ImWithSam resource offers a lesson plan and supporting materials for KS3 pupils, including full teacher guidance on delivery.

The free resource asks pupils to reflect on the impact of ways in which people with learning disabilities and autism are perceived, judged, described and treated. It also encourages them to question, challenge and change discriminatory behaviours.


**National LGBT Domestic Abuse Helpline.**
Providing support and information on domestic violence and abuse

Phone: 0800 999 5428 (FREEPHONE)

**Regard**
A group aiming to raise awareness of disability issues within LGBT communities and to raise awareness of sexual issues within the disabled communities

[www.regard.org.uk](http://www.regard.org.uk)
**Trans Support**
Aims to provide practical support to all trans people, their families and friends. It is a source for information and guidance.

www.trans-support.org

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**Mermaids**
Supporting young people who feel at odds with their birth gender to achieve a happier life in the face of great adversity. And/or parent(s) with a child who feels this way.

www.mermaidsuk.org.uk  email: info@mermaidsuk.org.uk

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**Stonewall**
Help, guidance, information, resources (suitable for classroom use) and support for LGBT communities and their allies.
Information service: 08000 50 20 20

www.stonewall.org.uk/our-work/education-resources

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**Get Connected**
Get Connected is the UK’s free, confidential helpline service for young people under 25 who need help, but don't know where to turn. Call free on 0808 808 4994

http://www.getconnected.org.uk

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**GIRES**
GIRES’ purpose is to improve the lives of trans and gender non-conforming people, including those who are non-binary and non-gender.

http://gires.org.uk/

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**Diversity Role Models**
Actively seeks to prevent homophobic and transphobic bullying in UK schools. Stopping bullying before it happens by educating young people about difference, challenging stereotypes and addressing the misuse of language.
Phone: 020 3795 920

www.diversityrolemodels.org/

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**Young Women’s Peer Health Project**
Working to improve young lesbian and bisexual women’s health.

http://www.likt.org.uk/

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**London Lesbian and Gay Switchboard**
(LLGS) offers details of helplines and instant messaging support and information to lesbian, gay, bisexual & transgendered communities. Open from 10am to 11pm. Call FREE on: 0300 330 0630

http://switchboard.lgbt
RU Coming Out
RU coming out inspires, supports and unites those who are living their lives either completely or partially in the closet.

www.rucomingout.com

EACH
Educational Action Challenging Homophobia (EACH) is a charity providing training, resources and support services to affirm the lives of lesbian, gay, bisexual, trans or questioning (LGBT+) people.

www.each.education

Jigsaw Trust
LGBT Jigsaw is a partnership between Stonewall Housing, Galop, the Albert Kennedy Trust and PACE. They are four organisations that have specialisms in working with lesbian, gay, bisexual and trans* (LGBT) young people. They also work with young people who are questioning their sexuality and/or gender identity.

www.lgbtjigsaw.net

Metro
We provide health, community and youth services across London and the South East for anyone experiencing issues around sexuality, gender, equality, diversity or identity

www.metrocentreonline.org/

TOOLKIT

HSP’s Christopher Winter Project (CWP)-
NSPCC underwear rules resources

NSPCC Share Aware resources

Home Office ‘This is Abuse’ guide

Expect Respect resources by Woman’s Aid

Really? Film and Resource Pack

Body image in the Primary School

Domestic Violence and Abuse
Action Against Violence (AVA)
AVA (Action Against Violence) has created the Prevention Platform Toolkit, which is the first comprehensive teaching resource on violence against women and girls (VAWG) that covers the following issues:

- domestic violence
- teenage relationship abuse
- sexual violence
- sexual harassment and bullying
- sexual exploitation
- forced marriage (FM)
- female genital mutilation (FGM)
- honour based violence (HBV)
- sex trafficking and prostitution

The toolkit is designed to support education practitioners across the UK to develop and deliver a programme to prevent violence against women and girls. It includes resources for understanding each VAWG issue including e-learning, support for teachers to develop a programme of learning based on prevention which is underpinned by Safeguarding policies and duties.

The toolkit also includes lesson plans appropriate for each school year.

www.preventionplatform.co.uk

**Kidscape**

Kidscape is committed to keeping pupils safe from abuse. Kidscape is the first charity in the UK established specifically to prevent bullying and child sexual abuse. Kidscape believes that protecting pupils from harm is key. Kidscape works UK-wide to provide individuals and organisations with practical skills and resources necessary to keep pupils safe from harm. Kidscape staff and trainers equip vulnerable pupils with practical non-threatening knowledge and skills in how to keep themselves safe and reduce the likelihood of future harm.

Kidscape works with pupils and young people under the age of 16, their parents/carers, and those who work with them. Kidscape provides:

- A Helpline offering support and advice to parents of bullied pupils.
- Confidence building sessions for pupils who are bullied.
- Advice for Parents & Carers, Professionals and Young People themselves.
- A national comprehensive training programme on child safety and behaviour management issues.
- Booklets, literature, posters, training guides and educational videos on bullying, child protection, and parenting.

www.kidscape.org.uk/

**The Hideout (Domestic Violence)**

"Women’s Aid have created this space to help pupils and young people to understand domestic abuse, and how to take positive action if it’s happening to you."

www.thehideout.org.uk

**Safer Futures**

Safer Futures is a national project that aims to build networks between local schools, specialist domestic violence services and Local Authorities to ensure that healthy relationships education is delivered responsibly and effectively.
The project will train a nationwide network of domestic violence professionals to work as Women’s Aid Schools Advocates to provide in-school support for teachers to deliver lessons using the Expect Respect Education Toolkit. The aims of the Safer Futures Project are to:

- Provide professionals working in local domestic violence services with the tools and training to become Women’s Aid Schools Advocates and support schools in their area to teach about domestic violence.
- Help teachers to feel confident in delivering lessons about domestic violence using the Expect Respect Educational Toolkit.
- Encourage young people to build healthy, respectful relationships, and identify abusive behaviours in themselves and others.
- Enable local domestic violence services to raise awareness and become further embedded in local communities.

https://www.womensaid.org.uk/

Victim Support
Victim Support has produced an Education Resource Pack: Key Stage 2 Personal Safety (including bullying, healthy relationships, street crime and hate crimes)

https://www.victimsupport.org.uk

Eating Disorders

The notes/resources provided deliberately do not spell out details of “eating disorders.” An eating disorder is usually a symptom of an underlying psychological problem. You are teachers, not psychologists, psychotherapists or psychiatrists. It is therefore suggested that ‘eating disorders’ should be mentioned as part of an appropriate PSHE lesson – but that you do NOT deliver a lesson about them per se.

The three commonest disorders are:

- Anorexia- an obsessive desire to lose weight or stay thin by not eating.
- Bulimia - eating a large quantity of food and then inducing vomiting or using large numbers of laxatives to get rid of it.
- Binge (or Compulsive) eating is Bulimia without the purging and vomiting - which results in rapid weight gain.

It's hard to understand what happens but people develop these disorders when they have deep emotional issues, together with very low self-esteem and a loss of sense of control. People can be very secretive about these disorders— but they affect boys and girls from all social classes and ethnic groups. You can’t fix their problems but you can empower people by being there for them, by listening to them tell you how they feel. Some young people have reported feeling judged by their teachers and therefore discounted them as a source of help.

Eating disorders may become life threatening, the sooner the person gets some professional help, the sooner he/she will
recover. Suggest the person concerned speaks to someone like the school nurse or counsellor.

Sources of help
www.rcpsych.ac.uk/healthadvice/parentandyouthinfo/parentscarrers/eatingdisorders.aspx
www.b-eat.co.uk/

Key standards in teaching about body image – April 2015. The PSHE Association has produced guidance on teaching about body image as part of the PSHE curriculum. Suitable for Key Stages 1-5.
https://www.pshe-association.org.uk/curriculum-and-resources/resources/key-standards-teaching-about-body-image

Emotional Wellbeing & Mental Health (EWMH)

There is information on what works in promoting social and emotional well-being and responding to mental health problems in schools:
http://educationendowmentfoundation.org.uk/toolkit/toolkit-a-z/
www.schools.southwark.gov.uk/pshe-healthy-schools/mental-health-wellbeing

Anna Freud –Schools in Mind
Schools in Mind is a free network for school staff and allied professionals which shares academic and clinical expertise regarding the wellbeing and mental health issues that affect schools. The network provides a source of up-to-date and accessible information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of the children and young people in their care.

All of their materials are evidence based and have been evaluated in schools.

By signing up to the network education professionals can access a range of events, resources, training and consultation.
https://www.annafreud.org/what-we-do/schools-in-mind/

Charlie Waller Memorial Trust
The Charlie Waller Memorial Trust vision is of a world where people understand and talk openly about depression, where young people know how to maintain wellbeing, and where the
Most appropriate treatment is available to everyone who needs it. There are a range of resources available on the website including webinars for schools, booklets on depression, information about asking for help and more.

https://www.cwmt.org.uk/resources

**In Our Hands – Dr Pooky Knightsmith**
Dr Pooky Knightsmith is an ambassador for mental health. In Our Hands includes videos, research papers and information on mental health and wellbeing issues such as stress, self-harm and eating disorders.

http://www.inourhands.com/

**Islington Healthy Choices and Body Image scheme of work**
A series of four lessons and accompanying notes, activity sheets and images for use with pupils in key stage 3. Free to Islington Schools and available to purchase outside of Islington. This is a PSHE Association quality assured resource.

Contact healthandwellbeing@islington.gov.uk to order a copy.

**Mentally Healthy Schools**
Mentally Healthy Schools brings together quality-assured information, advice and resources to help primary schools understand and promote children’s mental health and wellbeing. Their aim is to increase staff awareness, knowledge and confidence to help support your pupils. The site contains a comprehensive range of resources.

https://www.mentallyhealthyschools.org.uk/

**National Pupils’s Bureau (NCB)**
Advice covering two overlapping areas of school practice is provided by NCB: promoting positive social and emotional wellbeing for all in schools, and tackling the mental health problems of pupils in more serious difficulty. It is designed to support schools, in particular, school leaders, in the delivery of their work on these two areas.


**PSHE Association**
The PSHE Association has launched new guidance and primary and secondary lesson plans for schools on preparing to teach about mental health and emotional wellbeing

https://www.pshe-association.org.uk/resources_search_details.aspx?ResourceId=570&Keyword=&SubjectID=0&LevelID=0&ResourceTypeID=3&SuggestedUseID=0

**Samaritans**
DEAL (Developing Emotional Awareness and Listening) teaching resources

- Samaritans’ teaching resources help schools develop the skills that young people need to cope with life’s challenges. DEAL (Developing Emotional Awareness and Listening) aims to:
  - raise awareness of emotional health and the importance of recognising when you need help
  - develop positive coping strategies
- reduce stigma and break down barriers around talking about emotional health.
- developing communication skills
- developing supportive and help-seeking behaviour in young people

http://www.samaritans.org/your-community/supporting-schools/deal-teaching-resources

SLAM – South London and Maudsley NHS Trust
SLAM provides a wide range of NHS mental health services, including substance misuse services for those addicted to drugs and alcohol.

SLAM provides more than 50 specialist services for children and adults across the UK including: Perinatal services, eating disorders, psychosis and autism.

http://www.slam.nhs.uk/

Southwark Partners - The Full Circle – Raising Self Esteem in Girls
A 6 or 12 week evidence-informed programme for up to 12 girls at a time. Lessons focus on authenticity, assertiveness, consent, being female, body image, peer pressure, boundaries, puberty, menstrual education and setting goals for the future. Developed by Melonie Syrett and Lorraine Keene - the free session breakdown is available on the link below for schools. Training and session delivery can be provided.


Together
Together is a service providing information and support to anyone living in Southwark who is worried about their wellbeing, or that of someone close to them. Finding the right support can seem complicated and overwhelming. Our job is to make the process simpler, click the Southwark Wellbeing Hub:

www.together-uk.org/southwark-wellbeing-hub/the-directory/

Young Minds
850,000 pupils and young people in the UK have a mental health problem - and that's just the ones who have been diagnosed. The Young Minds website offers information to young people and pupils about mental health and emotional wellbeing. Resources include The Resilient Classroom, bite size 20 minute activities for promoting resilience in PSHE or tutor groups. http://www.youngminds.org.uk/

http://www.youngminds.org.uk/training_services/academic_resilience/what_is_academic_resilience

TOOLKIT

Stop Stigma by Cornwall Healthy Schools
Really? Film and Resource Pack
Taking action on body image
Healthy Heroes – Lancashire County Council
Body Image in the Primary School
Keys to happier living
Rise above
Female Genital Mutilation (FGM)

It is essential that schools raise awareness of the facts and issues around FGM. Including providing information on how and where to get help. In order to inform and facilitate the exploration of attitudes around FGM, it is important for young men as well as young women to take part in these lessons. A lesson plan covering this topic for Key Stage 3 may be found at:


Multi-Agency Practice Guidelines are available from:

Forward UK
FORWARD’s Schools Programme offers a comprehensive and wide range of services for schools. All of their schools services are delivered in a sensitive and age appropriate way by experienced FORWARD facilitators. Their schools services are flexible and tailored to meet the needs of each school and target audience. FORWARD believes that schools play a vital role in protecting and supporting girls at risk of or affected by FGM. They also believe that young people should be engaged and empowered to know about issues that affect them, their peers and their communities. Work with schools is focused not only on awareness but also the role that everyone can play in supporting girls and ending the practice. Pupils are equipped to be able to support themselves, their peers and their siblings who may be at risk of or affected by FGM.

http://www.forwarduk.org.uk/what-we-do/uk-programmes/schools-programme/

Human Rights
A two minute video which beautifully explains what you need to know about human rights – and, why they matter.
https://www.youtube.com/watch?v=pRGhrYmUjUU (from RightsInfo)

UN Human Rights video (just under 2 mins):
https://www.youtube.com/watch?v=JpY9s1Agbsw

TOOLKIT

NSPCC Underwear Rules resources

Freedom Charity FGM lessons, FORWARD schools resource pack

CEOP ‘exploited’ film and resource pack
Mindfulness

The Mindfulness in Schools Project (MISP)
Includes research on the benefits of mindfulness for pupils and young people. Offers a teachers’ training programme to enable teachers to teach an eight-week mindfulness curriculum called .b (stop, breath and be). Teachers’ own established mindfulness practice and completion of an eight-week course is a pre-requisite for the training. Has now launched a primary schools project called paws .b.

www.mindfullnessinschools.org

Mindful
Mindful is an initiative that celebrates being mindful in all aspects of daily living - through a magazine, website and social media.

Lots of background articles, the latest research on how mindfulness works and links to helpful resources.

www.mindful.org/

Mindful Schools
Based in the US, Mindful Schools provides online courses to learn mindfulness and to move onto learning to teach pupils. They also offer regular training courses in the UK. It has a very informative website in mindfulness for pupils. Currently there is also a link to a 40 minute film called Healthy Habits of Mind, looking at how mindfulness has been integrated into a primary schools in California which is really worth a watch.

www.mindfulschools.org

MindUP™ (The Hawn Foundation UK)

The Hawn Foundation UK, established by the actress Goldie Hawn well known for her advocacy of mindfulness in schools, provides a whole school SEL programme (4-13yrs) with a 1yr implementation model of training and support, including a parent workshop. The evidenced based MindUP™ Curriculum provides a framework for teaching SEL based in neuroscience, positive psychology and mindful awareness training.

http://www.thehawnfoundation.co.uk/

Susan Kaiser Greenland
Again, based in the US, but full of inspiration and relevant information, author of The Mindful Child, Susan Kaiser Greenland has established the Inner Kids Foundation which teacher mindfulness skills to pupils in deprived schools and neighbourhoods in Los Angeles. Her website is full of information on recent research on mindfulness with pupils.

www.susankaisergreenland.com

Stressed Teens
Great website introducing the rationale of mindfulness practice for teens.

www.stressedteens.com

PE/Sport & Physical Activity

Association for Physical Education
AfPE are the only representative PE subject association in the UK. They aim to promote and maintain high standards and safe practice in all aspects and at all levels of physical education, school sport and physical activity influencing
developments at national and local levels that will impact on pupils’ physical health and emotional well-being.

They provide quality assured services and resources and professional support for members and the physical education, school sport and physical activity profession.

http://www.afpe.org.uk/

**Fitt-In**
Fitt-in provides an online solution to help reduce pupil sedentary time, without the need to leave the classroom. On screen graphics, music and choreographed routines, immediately engage pupils. With videos regularly added to the play list, this is a tool that schools can use for years. Weekly reports highlight levels of activity and evidence impact. Schools purchase an annual Fitt-in license and teachers use their school email address to access videos

www.fitt-in.co.uk

**GymRun Colours**
A simple, manageable and sustainable fitness framework for all 7-11 year olds. Children complete five core fitness challenges - all in under one hour. Each child’s overall score matches one of eight fitness badges from red to pink. The scheme tracks fitness progression and provides exercise motivation for all children while developing a school culture for health and fitness.

http://www.gymrun.co.uk/how-it-works

**London Sport**
London Sport has a vision for London to be the world’s most physically active city! They aim to support pupils in making physical activity and sport a part of their everyday lives.

These activities include running based initiatives such as: The Golden Mile, The Daily Mile, London Youth Games SchoolsRun, Kids Marathon and INEOS GO Run for Fun. These can be found on the Southwark Schools Website.

https://londonsport.org/

**Southwark Partners – Healthy Schools Champions - Active Movement**
This initiative creatively integrates non-sedentary behaviour and low-level activity into daily routine in school and at home from Early Years to Secondary school. It is a comprehensive 12-month programme of activity and communication, backed by evaluation and support. It is delivered throughout the school without classroom disruption or compromising teaching time.

Current research project led by Rye Oak Primary School

https://www.activemovement.co.uk/active-movement-for-schools

**This Girl Can**
This Girl Can is a celebration of active women. Funded by The National Lottery and developed by Sport England, This Girl Can wants to help women overcome the fear of judgement that
stops too many women and girls from joining in. The website includes stories of active girls, activities and inspirational real life stories.

http://www.thisgirlcan.co.uk/

**Personal, Social, Health and Economic education (PSHE) & Wellbeing Education**

To support the host of initiatives and recent inclusions to the PSHE curriculum the Department for Education have published the following documents:

**A review of impact and effective practice – March, 2015**

**PSHE and SRE in Schools: government response – updated August 2015**

**British Food Association**
**Children’s Food Trust**
The Children’s Food Trust is made up of experts in children’s food including: nutritionists, cooks, caterers, food technologists and specialists in early years and school food. They offer support, training and advice to anyone responsible for providing food to children. The website has a range of resources from individual lesson activities through to whole school change strategies.

http://www.childrensfoodtrust.org.uk/

**Change4Life**
An NHS website full of activities, recipes and facts around healthy eating and making healthier food choices,

https://www.nhs.uk/change4life

**Go Givers**
Go Givers is a PSHE and Citizenship programme for primary schools to develop caring and concerned citizens with the skills and confidence to make a positive difference to their communities. They also organise their “Make a difference” challenge.

www.gogivers.org

**Image in Action**
Image in Action believes that people with disabilities or additional learning needs have a right to information and understand about sexuality.

They have developed a respected methodology that uses practical activities, drama, storytelling and visual resources to deliver effective SRE through group work. Image in Action use a range of available SRE resources for work with young people with learning disabilities and have written and published a number of books and leaflets. They can lead staff training/INSET and advise about SRE policy development or
consultation on specific SRE related issues for young people with learning disabilities.

http://www.imageinaction.org/

Metropolitan Police
This site provides information about subjects that matter to young people in London. Targeted at 11 to 16 year olds, it is designed to sit alongside the main Metropolitan Police Service website. It includes links to:

- Your Justice Your World
- Dot Com
- Gang and Group Offenders (A practitioners handbook of ideas and interventions)
- PSHE lessons mapped against the National Curriculum
- London Criminal Justice Partnership
- UK Youth Parliament….and more!

safe.met.police.uk/utilities/teachers_resource.html

National Pupils' Bureau
The National Pupils's Bureau website has a variety of useful free resources relation to PSHE delivery.

www.ncb.org.uk

Personal Finance Education Group (pfeg)
pfeg is the UK’s leading financial education charity. It provides resources and lesson plans, help and advice to anyone teaching pupils and young people about money. pfeg organizes training (often free to schools) and events such as “My money week”. For full details visit their website.

www.pfeg.org

Orchid – Your Privates
Orchid exists to save men’s lives from testicular, prostate and penile cancers through a range of support services, pioneering research and promoting awareness. Orchid is the only UK registered cancer charity to focus entirely on the male-specific cancers; prostate, penile and testicular.

They offer support and information to people affected by or interested in male cancer through a dedicated medical research programme, education and awareness campaigns and a range of support services. They provide a downloadable Schools Pack.

http://www.yourprivates.org.uk/

The PSHE Association
The subject association for this area of work, the PSHE association is a membership organisation which supports many aspects of PSHE. Membership fees and all other details are available on their website.

www.pshe-association.org.uk

Raising Aspirations, Inspiring Futures
A Key Stage 2 teaching resource, developed by the PSHE Association in partnership with Siemens, enabling primary teachers to enhance pupils’ understanding of potential career choices, while challenging gender stereotypes.
Christopher Winter Project (CWP)
To support your delivery of Sex & Relationship Education (SRE) and Drugs, Alcohol & Tobacco Education (DAT), the following resources are supported by Southwark’s Healthy Schools Partnership: [http://cwpresources.co.uk/resources/](http://cwpresources.co.uk/resources/)

Strengths Gym
Strengths Gym provides an educational course that enables students and teachers to work together to learn about, recognise, build upon, and use their strengths more in the classroom, at home, and in life.

[http://www.strengthsgym.co.uk/](http://www.strengthsgym.co.uk/)

Southwark Partners – My Safety and Looking After Others – scheme of work, created by Melonie Syrett.
This unit of work consists of 12 lessons per year group from Reception to Year 6. The focus is on Citizenship and then Safety, including being safe online.

It includes basic resources to teach each session.


TES Connect
Hundreds of downloadable PSHE & Wellbeing lesson plans for primary schools.

[www.tes.co.uk/teaching-resources/](http://www.tes.co.uk/teaching-resources/)

Teaching Ideas
This is a web site that informs readers of significant dates/events across the Year. It is a mix of religious, social, cultural and special interest events. It is fairly thorough and is a good place to look for ideas to link school events to.

[www.teachingideas.co.uk/events/](http://www.teachingideas.co.uk/events/)

Upgrade 7
Transport for London have worked in partnership with a number of London boroughs and created a variety of transition resources, including lesson plans and travel guides.


**TOOLKIT**

(KS1)
I’m no good at that (3)
Bouncing back (3)
How do you feel today? (4,13)
Rules: You can’t do that here (12)

(KS2)
Stressed out (6)
The green-eyed monster (6)
Conscience Corridor (2)
Making decisions (Pupils’s Toolkit) (2)
Peer pressure: It’s your choice (13)
Prevention is better than cure (10)
Secondary transfer: from the biggest to the smallest (8)
Turning problems around (1,5)
Your amazing brain. Becoming a resilient learner (1,5)
Mediation: resolving conflict (12)
Philosophy

Epicurus
Both sites are a good source of information on Epicurus and Epicurean philosophy.
www.epicurus.net

Mark Vernon
The site of writer and journalist Mark Vernon containing various sources of information on ancient philosophy, including a number of useful articles and interactive quizzes which could be used in the classroom.
www.markvernon.com

Philosophy Bites
A wide range of philosophical podcasts
www.philosophybites.com

Philosophy for Pupils
P4C.com is an online resource for primary schools. There are a number of free resources relating Philosophy for Pupils enquiries to different subject areas, including SEAL and PSHE. There is also opportunity to subscribe for greater access.
www.P4C.com

Philosophy for Life
Jules Evans’ excellent website which clearly outlines and contemporary relevance of ancient philosophy.
www.philosophyforlife.org

Society for Advancing Philosophical Enquiry and Reflection in Education - www.sapere.org.uk
Philosophy for Pupils www.philosophy4pupils.co.uk

There are currently three levels of P4C courses validated by the Society for Advancing Philosophical Enquiry and Reflection in Education (SAPERE) with analogous handbooks published as a guide for each level. For more information on P4C and SAPERE courses visit either of these websites.

TOOLKIT

Young Gamblers education trust – In the know resources
LifeSkills Barclays website
NSPCC underwear rules resources
Department for Transport ‘Think’ Campaign resources
What is cancer?’ Teenage Cancer Trust
Really? Film and Resource Pack
1decision PSHE resource pack
Healthy Heroes – Lancashire County Council
Talking Jobs – Careers Education

Society for Advancing Philosophical Enquiry and Reflection in Education - www.sapere.org.uk
Philosophy for Pupils www.philosophy4pupils.co.uk

There are currently three levels of P4C courses validated by the Society for Advancing Philosophical Enquiry and Reflection in Education (SAPERE) with analogous handbooks published as a guide for each level. For more information on P4C and SAPERE courses visit either of these websites.
Socratic Cafes
A good source of information to inspire you to set up a Socrates Café in your classroom or school.
www.philosopher.org

The Philosophy Man
Sign up to this site to receive great free resources and ideas to support your classroom enquiries.
www.thephilosophyman.com

The Stoic Life
Information on Epictetus and other Stoic philosophers.
www.thestoiclife.org

Pornography, Grooming and Online Safety

In a survey carried out by independent market research organisation Research Now, on behalf of NAHT (National Association of Head Teachers), the vast majority of parents (88 per cent) said sex education and lessons on adult and peer relationships should be mandatory in schools.

More than four in five parents want schools to include issues surrounding the dangers of pornography as part of sex education. 83 per cent had sufficient confidence in schools’ ability to help their pupils understand the dangers specifically associated with pornography that they believed teachers were as important as parents in handling the issue.

The Sex Education Forum who represent a group of organisations and individuals committed to improving sex and relationships education (SRE) for pupils and young people have produced a magazine information to help teachers work with this issue:
www.sexeducationforum.org.uk/resources/sex-educational-supplement.aspx

Southwark Partners – My Safety and Looking After Others – scheme of work, created by Melonie Syrett.

This is a terms worth of lessons for primary Schools. It consists of 12 lessons per year group from Reception to Year 6. The focus is on Citizenship and then Safety, including being safe online. It includes basic resources to teach each session.

TOOLKIT
(KS2)
Puberty: Don’t make your best friend have to tell you (12)
NSPCC underwear rules resources
Trust me by Childnet
Crossing the Line by Childnet
Resilience

www.southwark.gov.uk/pshe-healthy-schools/mental-health-wellbeing

Action for Happiness
A good website for resources and information to support lesson planning.
http://www.actionforhappiness.org/

Anxiety BC
Good website introducing anxiety and suggesting ways to talk about it with young people. It has an informative interactive zone for young people.
http://www.anxietybc.com/

Bounceback
An Australian based programme, a number of UK schools are now implementing its Wellbeing and Resilience Programme. All details are available of the website.
www.bounceback.com.au

Dove Self Esteem Project
The Dove Self Esteem Project aims to improve the self-esteem of more than 15 million young people by 2015. The website (from Dove soap, part of Unilever) has sections in the areas of:
- friendships and relationships
- teasing and bullying
- growing up and body image
- boosting self esteem
- the role of the media

http://www.selfesteem.dove.co.uk/

The Flow Genome Project
This is an organisation dedicated to researching and cultivating flow – or peak – experiences, to help us maximise our engagement with and experience of life. The website contains a lot of inspirational video, which would be good for classroom life.
http://www.flowgenomeproject.com/

GET Self Help
Numerous free and downloadable cognitive behaviour therapy-based worksheets and resources.
http://www.getselfhelp.co.uk/

Hands on Scotland
An excellent site full of information on EHWB and flourishing.
http://www.handsonscotland.co.uk/

Kidspace - separation
Kidspace focuses on helping pupils and young people understand their feelings and learn how to manage them as well as help pupils cope, and adjust to the changes in their family. They conditionally offer a confidential space for the child/young person to work through their feelings and express the impact the separation of their family is having on them.
Mind with Heart
Mind with Heart is a charity dedicated to equipping young people with the social and emotional skills necessary to their well-being and to a sustainable society. It offers a secondary school curriculum consisting of three modules: mindfulness & awareness, empathy and compassion and universal responsibility & sustainability.

www.mind-with-heart.blogspot.co.uk

Penn Resiliency Project
Overview and structure of the Penn Resilience Programme Curriculum.

https://ppc.sas.upenn.edu/research/resilience-pupils

Relate - Divorce
Pupils and young people will need to adjust to many changes if their other parent separate. Some of that adjustment can be difficult and painful. It may leave the child/ young person feeling many things, including angry or sad or confused. They may even blame themselves for what’s happened to their family. This can make the child/young person behave in many ways.

The Relate website offers useful help and support.

https://www.relate.org.uk/

Resilience Training
Resilience Training has been introduced to US troops, which teaches Stoic principles and Positive Psychology to US soldiers.

https://www.army.mil/readyyandresilient/

Strengths Gym
Strengths Gym provides an educational course that enables students and teachers to work together to learn about, recognise, build upon, and use their strengths more in the classroom, at home, and in life.

http://www.strengthsgym.co.uk/

Wellington College
Visit Wellington College’s intranet wellbeing pages for an overview of their wellbeing lessons and a multitude of valuable ideas and resources.

https://www.wellingtoncollege.org.uk/pastoral-care/well-being/

Young Minds - The Resilient Classroom
There are many school resilience programmes which aim to narrow the gap between pupils who do well academically and those who don't. A lot of them are very useful, so why have we put this information together? Resilience programmes can be expensive - we wanted to offer something everyone could access for free. We have been working on resilience for years, and have developed an approach which many schools find really helpful. People keep asking us to put something together specifically for schools to use - that is practical, realistic and easy to follow, and something that inspires people. Pupils who experience multiple disadvantages face greater challenges in
school than most so we need a programme that really helps them. Academic Resilience supports schools to step up the things they do so there is greater impact on the achievements of their most vulnerable or disadvantaged pupils.

http://www.youngminds.org.uk/training_services/academic_resilience/what_is_academic_resilience

Safety and Safeguarding

The Department for Education and Home Office have published the following related documents:

Keeping Pupils Safe in Education

Protecting Pupils from Radicalisation: The Prevent Duty – (updated 17th August 2015)

The Use of Social Media for Online Radicalisation – DfE updated 1st July 2015
https://www.gov.uk/government/publications/the-use-of-social-media-for-online-radicalisation

Dealing with child sexual exploitation – Home Office - 3rd March 2015

Call, Push, Rescue – British Heart Foundation
Lesson plans for schools to accompany the detailed first aid DVD and on-line video resources. Together with the Call Push Rescue training equipment, these resources provide

TOOLKIT

(KS1)
Family break up: My mum doesn’t live here anymore (5,13)
Get better soon (7, 11)
Good Neighbours (13,14)

(KS2)
Family break up: My mum doesn’t live here any more (8)

Premier League Primary Stars

Keys to happier living

Rise above
everything needed to learn the important life-saving skill of cardiopulmonary resuscitation (CPR).

The lesson pack is designed for delivery from key stage 3 upwards and can be used with the ‘Call Push Rescue’ training equipment, which is also free to eligible secondary schools. Download the free resources and request your free CPR kit.

https://www.bhf.org.uk/pshe

Sleeping Lions Film and Resources on Child Sexual Exploitation (CSE)
The film focuses on Mia, a pupil in a secondary school. Her younger sister attends the local primary school. Mia’s mother is shortly to marry her partner of 8 years. Unknown to her mother, her partner sexually abused Mia when she was younger. It becomes clear that he is likely to abuse her younger sister. There is an opportunity for pupils to explore Mia’s dilemma on whether to tell her mother.

http://www.bbc.co.uk/programmes/p02xvjl

Southwark Partners – My Safety and Looking After Others – scheme of work, created by Melonie Syrett. This unit of work consists of 12 lessons per year group from Reception to Year 6. The focus is on Citizenship and then Safety, including being safe online. It includes basic resources to teach each session.

Knife Crime and Carrying
Two assembly plans and resources developed for Years 5 and 6 to address knife carrying and the law, peer pressure and how to get support, including from the police.


Words4weapons
A London wide initiative where weapons, including knives, can be anonymously surrendered in purpose made drop off bins; the website includes the ability to search for your nearest bin.

http://www.word4weapons.co.uk/

Working together to Safeguard Pupils


British Red Cross: Life: Live it resources
This online resource, aimed at 6-11 year olds, has four areas:

- What is First Aid? & Stay safe
- Help save lives & Emergency Action

Each section has quizzes, videos, games and information areas which are engaging and easy to use. It is found on the “What we do” section of the website.

www.redcross.org.uk
CEOP - Child Exploitation & Online Protection Centre
CEOP works with child protection partners across the UK and overseas to identify the main threats to pupils and coordinates activity against these threats to bring offenders to account. We protect pupils from harm online and offline, directly through NCA led operations and in partnership with local and international agencies.

CEOP's Thinkuknow programme provides a range of free educational resources - films, lesson plans, presentations, practitioner guidance, games and posters - to professionals working with pupils and young people. Through the use of our educational materials you can help to empower and protect young people from the harm of sexual abuse and exploitation, both online and off.

www.ceop.police.uk
http://www.thinkuknow.co.uk

Saving Londoners Lives
Saving Londoners’ Lives (SLL) is a partnership project aiming to increase the number of people in the capital with emergency life support (ELS) skills. ELS is the set of actions needed to keep someone alive until professional help arrives. Whether someone has had a heart attack, is choking or bleeding, the prompt action of a bystander can make the difference between life and death.
It is never too early to start learning ELS. School is an ideal environment in which to learn ELS within the existing curriculum. The ELS programme can be carefully tailored to the individual requirements of each school, and enables schools to establish flexible delivery of ELS skills to their pupils.
Teachers and other school staff receive free instructor training in ELS from St John Ambulance equipping them to deliver the British Heart Foundation’s (BHF) Heartstart UK programme to their pupils. They are supported by medical students from the 5 London medical schools who are specially trained by the London Ambulance Service NHS Trust.

www.savinglondonerslives.org.uk

TOOLKIT

(KS1)
The stranger (8)
Save our Jack (12)

(KS2)
Keeping safe in cyberspace (13)
Internet deceivers (2, 9)

Department for Transport ‘Think’ Campaign resources

Life. Live It by the Red Cross

Railway Pupils resources – running away

CEOP ‘exploited’ film and resource pack

Home Office ‘This is Abuse’ guide
SEAL
This is a body of work that was first published in 2005, with a range of materials for primary schools. It was available free of charge to all primary schools. It consists of booklets for each year group on each of the seven themes, as well as sets of photographs, booklets for family work and small group work. Most schools have a copy of this, either as the CD ROM, Box File or both. If not, it can be found at:

http://webarchive.nationalarchives.gov.uk/20110809101133/nsonline.org.uk/node/87009

The SEAL Community
Set up and supported by leading experts in the field, the SEAL Community is a not-for-profit organisation offering education professionals with an interest in SEAL the opportunity to join a network of like-minded individuals, schools and organisations.

Schools in Southwark to register:
www.sealcommunity.org

The Arts

Creative Partnerships
This is an organisation, which brings together artists of different genres and backgrounds to work in schools and inspire pupils through the arts.

www.creative-partnerships.com

Sing up
Sing Up’s mission is for every school in England to become a singing school, which puts singing at the heart of school life. Visit their website to find out about their award scheme for schools, teacher training and download free songs and resources.

www.singup.org

Random Acts of Kindness
This website has some inspiring arts and crafts lesson plans to develop acts of kindness through creativity.

www.randomactsofkindness.org

Values, SMSC & RE

Anglican Diocese of Southwark
The Anglican Diocesan Syllabus for Religious Education is available for download on the website.

http://education.southwark.anglican.org/login/members-area/guidanceandbriefings/religious-education/diocesan-syllabus-for-religious-education

Catholic Education Service
The Religious Education Curriculum Directory (3-19) for Catholic Schools and Colleges is designed to provide guidance for the RE classroom curriculum in Catholic schools. The directory is free to download from the website.

http://www.catholiceducation.org.uk/schools/religious-education/item/1000034-religious-education-curriculum-directory

SACRE - The Standing Advisory Council for Religious Education
Every Local Authority (LA) is required by law to have a SACRE. Its origins go back to the Education Act of 1944, but the Education Reform Act 1988 and the Education Act 1996 strengthened its place in LAs. The responsibilities of SACRE are:

- to provide advice to the LA on all aspects of its provision for Religious Education (RE) in its schools (this does not include Voluntary Aided Schools)
- to decide whether the LA's Agreed Syllabus for RE needs to be reviewed and to require that the LA does so
- to provide advice to the LA on Collective Worship in its schools (this does not include Voluntary Aided or Voluntary Controlled Schools)
- to consider any requests from Head teachers to hold Collective Worship that is not of a broadly Christian character
- to advise on matters relating to training for teachers in RE and Collective Worship to publish an annual report of its work

At the time of writing (March '18) the Religious Education syllabus for Southwark was under review but is to be available soon.


The Association for Pupils’s Spirituality
The Association for Pupils’s Spirituality seeks to promote and support research and practice in relation to pupils’s spirituality within education and wider contexts of pupils’s care and wellbeing. A good source of information, including a poems & quotes page.

www.pupilsspirituality.org

Unboxd –an introduction to values and careers
A set of careers education lesson plans for key stages 3 and 4. An Introduction to Values and Careers’ is a careers education resource from Unboxd for key stages 3 and 4 that focuses on the importance of considering values when choosing a career path. It is designed to help students to identify and explore career choices based on their values and strengths and help them to create a feasible action plan for following up on these choices. Register on the website for free resources.

http://unboxd.wixsite.com/unboxd/resources
Directory of books that support Primary teaching and learning in PSHE and Wellbeing

We have listed the books under the following two main categories:

- Factual books – to support lesson planning
- Fiction – story books that can be used to support PSHE within the classroom.

Factual books to support lesson planning

**PSHE Association Quality Assurance Mark**

The following two publications have been the “Awarded the Quality Assurance Mark “ by the PSHE Association.

**Health for Life**

Health for Life has a series of teaching materials for primary and secondary schools. Lessons explore essential issues including self-esteem, gangs, relationships, emotional literacy, personal safety, medicines and drugs and sexual health.

[www.health-for-life.org.uk](http://www.health-for-life.org.uk)

**Understanding Personal, Social, Health and Economic Education in Primary Schools”**

Boddington, King and Mc Whirter. Sage

This book, written for those training to teach and early career primary teachers, provides clear guidance on how to tackle sensitive issues and informed ideas to help you to develop into a confident PSHE educator.

[www.uk.sagepub.com/booksProdDesc.nav?prodId=Book240562](http://www.uk.sagepub.com/booksProdDesc.nav?prodId=Book240562)

**Sex and Relationships Education Key Stages 1 & 2**

Good sex and relationships education should properly begin in the primary school as part of a planned, progressive programme of PSHE. Starting in Year 1 and covering topics such as: The beginning of life - animals, plants and me. In Year 2 name body parts, including sex organs - using correct vocabulary, and so on. The earlier one begins to deliver a programme of sex and relationships education, the easier it is. Pupils quickly overcome their giggles and embarrassment and are interested and enthusiastic to learn. There are teaching packs on the market (list of publishers below) which, provide relevant materials and some really useful books which could be used by pupils and teachers alike to support learning. So, why not have a box of books labelled "Sex and Relationships" in your classroom. There is no doubt that curiosity will be raised, opportunities for learning will abound and a lot of unexpressed fears will be assuaged the following are included:

**Have you started yet?**

Thompson, Ruth. Macmillan

A really good book for older junior and secondary school girls who will appreciate the open nature of this book about menstruation aimed at young women aged 9 -17. Subjects covered include bras and breasts, sex organs, coping with PMS and a whole lot of ‘What if…?’questions. We agree with the
author that boys should read it too. One could say that girls should also read the following.

**Living with a Willy**
Fisher, Nick. Macmillan

Deals with the trials, tribulations and pleasures of having a penis. The language Fisher uses will engage the most ‘street-wise’ young men. It deals with many issues including size, circumcision, erections, hygiene and sex. Curious males and females will benefit if these books are left lying around for them to peruse at their leisure.

Bear in mind that young people generally opt for magazines intended for an older age group. Take account of the youthfulness of the people portrayed in the photographic illustrations and add the following texts by Pete Sanders and Steve Myers (Published by Watts/Gloucester) to that box in junior school classrooms. Each of the following books will sit well within the framework of PSHE and also provide some of the support necessary to young people to enable you to achieve quality standards in Health Education. Subjects are sensitively and carefully explored using text, case studies and illustrated story lines and comic strip formats.

**What do you know about relationships?**
Sanders, Peter and Myers, Steve. Watts/Gloucester

**Let's Discuss Love, Hate and other Feelings**
Sanders, Peter and Myers, Steve. Watts/Gloucester

**Let's Discuss Sex and Sexuality**
Sanders, Peter and Myers, Steve. Watts/Gloucester

**It's Perfectly Normal: Changing Bodies, Growing Up, Sex & Sexual Health**
Harris, Robie H, and (Illustrator) Emberley, Michael. 10 ed: Candlewick Press (MA), 2004 (0763624330, 978-0763624330). Visually, the book is in colour throughout, has enjoyable pictures and is not afraid of using nudity in pictures. The attitudes expressed are excellent, beginning with the bird and bee characters expressing different feelings about learning about sexuality; the attitudes towards (for example) homosexuality, non-nuclear families, race, and masturbation demonstrate an acceptance of difference, a respect for others, and a positive attitude to it all.

**Useful factual resources for use in the classroom and by parents/carers, at home:**

**Mummy Never Told Me**

What are tummy buttons for, and how do they get there? Why do grown-ups have hair in their ears but sometimes none on their heads? Why do some women prefer to fall in love with other women, and some men with other men? Babette Cole explores these questions and many more with her wonderfully sharp text and riotously funny illustrations.

**The Family Book**

This book shows all sorts of families - big /small, animal /people, single /two parent, with just one page on same sex
parents i.e. part of the wider picture. It shows differences but emphasises the things, which are the same about all families.

**Who's in a Family?**
This book describes different types of families: single parents, lesbian and gay parents, grandparent carers, step families and multi-race families. These are interspersed with different types of animal families.

**It's My Body**
Freeman, Lory. Parenting Press. 1982 (Domestic Violence/Abuse)
This book enables pupils to learn appropriate responses to physical assault, in a manner that is sensitive and doesn’t provoke damaging guilty feelings. It contains phrases for the pupils to practice saying, should they ever feel uncomfortable about any kind of touch.

**Brook**
Brook is the UK’s leading provider of sexual health services and advice for young people under 25. They produce a number of resources that can be found at: [www.brook.org.uk/index.php/resources/resource-categories](http://www.brook.org.uk/index.php/resources/resource-categories)
They are listed under the following categories:
- Boys and Young Men
- Condom Use
- Confidentiality and Good Practice
- Contraception and STIs
- For People with Disabilities
- Growing Up
- Outreach
- Pregnancy Choices
- Sex and Relationships
- Talking to Doctors
- The Law and Public Policy

**Family Planning Association (FPA) – (Talking sense about sex)**
The FPA educates and informs thousands of people about sexual health each year and campaign to improve sexual health services.

They produce a large variety of resources, including teaching packs, leaflets and 3D products.
[www.fpa.org.uk/shop/78/product-list](http://www.fpa.org.uk/shop/78/product-list)

**The Sex Education Forum (SEF)**
SEF represent a group of organisations and individuals committed to improving sex and relationships education (SRE) for pupils and young people.

Their members include national organisations and SRE practitioners. They have representatives from health,
education, faith, disability and pupils’s organisations. 
www.sexeducationforum.org.uk/members/list-of-members.aspx

SEF publish their own resources including factsheets that are free to download and books and practical toolkits available to purchase from the NCB web-shop. All are listed via their website in A-Z order.
www.sexeducationforum.org.uk/resources/resources-a-z.aspx

Fiction
There are a number of "story" books, which could be used to support PSHE. They are sorted under the following headings:

- Bullying
- Cruelty
- Difference and Diversity (incl LGBTQI+)
- Domestic Violence and Abuse
- Emotions and Feeling
- Friendship
- Mindfulness
- Sex Education: Relationships
- Worry, loss, grief and bereavement

Bullying

**Big Bad Bun**

There never was a rabbit as bad as Big Bad Bun. Or so you’d think if you read the letter which he left on his bed after school one day...but it turns out Big Bad Bun (whose real name is actually Fluff) might not be as bad as he makes out. His school report aside, that is!

**Is it because?**

A little boy is wondering why he is bullied by his classmate Peregrine Ffrogg. And the questions he asks leads him to a greater understanding of himself and the bully.

**Laura’s Secret**

When Laura and her little brother Tommy make a kite they can't wait to watch it fly as high as the stars. Are Laura and Tommy brave and bold enough to ignore the horrible boys who laugh at their homemade kite?

**Leave me Alone**

Peter is excited about moving to a new house, although he has to leave his best friend behind. But at his new school he soon comes up against Jack, the class bully, who makes Peter's life a misery.

**Leave me Alone**

A young boy struggles to stand up to his bully until his friends show him that eight loud voices are stronger than one!

**Little big mouth: mix and match the monsters!**
It's Blue Monster's first day at Monster Academy and Little Green Monster thinks it's really funny to call him rude names. Pupils will learn an important lesson as to why you shouldn't call names, as well as having fun mixing and matching the monster body parts.

Mine's bigger than yours

Little Hairy Monster is sitting on a rock licking a lollipop, when along comes Scary Monster. "I'm bigger than you!" says Scary Monster. "Give me your lollipop!" But Little Hairy Monster won't, no matter how much he tries to bully her, and Scary Monster is in for a big surprise...

Smelly Bill: Love Stinks

Who's Afraid of the big bad bunny?

A funny story about a big, bad bunny, and how to stop bullies like him!

Why can't I play?
Hawkins, Elizabeth and Bolton, Bill, Tamarind. 2010.

It's the summer holidays, and a new girl arrives at the park. She's mean and bossy. She boasts about her house, with its lake full of boy-eating crocodiles, its dungeon towers and worse hazards. When the new girl's mother hands out party invitations, the pupils are naturally not so keen. Their parents think the party is a lovely idea and they agree to take the pupils. The new girl's house does not have any horrible hazards, and the party is great fun. When it comes to blowing out the candles, the new girl makes a wish... that she can play with the pupils.

Willy the Champ
Browne, Anthony, Walker 2008

Willy is different. He likes to read books and listen to music; he's no good at sports, although he tries; and wherever he goes he gets laughed at. But when he's threatened by the horrible Buster Nose he really comes into his own.

Willy the Wimp
Browne, Anthony, Walker 2008

Willy is kind and gentle, and bullied by the suburban gorilla gang who call him "Willy the Wimp". Desperate to do something about his situation, Willy answers a bodybuilding advert and grows big and strong, determined no one will ever call him "wimp" again.

Cruelty
A Terrible Thing Happened

Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but soon something inside him started to bother him. This gently told and tenderly illustrated story is for pupils who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire.
**Willow Pattern Story**  

The story involves Koong Shee, a young Chinese woman who is imprisoned in a garden and who is promised to an old trader called Ta Jin. She falls in love with a young man called Chang, who is able to see her each day whilst dealing with her father's affairs. The two communicate with each other using the birds as messengers. Koong and Chang manage to flee before the wedding takes place and are happy for a while until they are found, brought back and imprisoned under the pagoda, depicted in the pattern. It is there that they eventually perish but are then transformed into the two doves.

**Difference and Diversity incl. LGBTQI+**

**ABC: A Family Alphabet Book**  

It's family fun from A to Z in this alphabet book that shows kids and their parents laughing, playing and enjoying family life. All of the brilliant watercolors depict families headed by gays and lesbians.

**And Tango Makes Three**  

EY/FS - year 3-This tale based on a true story about a charming penguin family living in New York City's Central Park Zoo will capture the hearts of penguin lovers everywhere. Roy and Silo, two male penguins, are "a little bit different." They cuddle and share a nest like the other penguin couples, and when all the others start hatching eggs, they want to be parents, too.

**Anna Ray and the O-Ring**  

**Asha's Mums**  

For ages 4-8. When Asha's lesbian mums become an issue for the teacher and the curiosity of classmates, Asha responds that having two mums is not a big deal. They are a family.

**Bill's New Frock**  
Fine, Anne. Egmont, 2007

Bill Simpson wakes up to find he's a girl, and worse, his mother makes him wear a frilly pink dress to school. How on earth is he going to survive a whole day like this? Everything just seems to be different for girls . . .

**Daddy's Roommate**  

**Feather Boy**  

Nicky Singer's Feather Boy is more than just a story about bullying. It's about finding your voice, shouting from the
rooftops about something you believe in, refusing to back down, helping a friend and never giving up. It's enormously uplifting, accomplished and satisfying. (Age 10 and over).

**Felicia's Favorite Story**

EY/FS - Year 1. In a story set in a loving family with two women as parents, a little girl asks for her favourite bedtime story - the tale of how she became part of the family.

**Giraffes Can't Dance**

A lovely story, wittily illustrated by Guy Parker-Rees and told in rhyme by the award-winning author Giles Andreae, it has a stealth and humour that makes it perfect for reading aloud. (Ages 3 to 5 years).

**Gloria Goes to Gay Pride**

Gloria begins her narrative with a description of some of the events that occur during such celebrations as Valentine's Day, Halloween, Chanukah and Mother's Day. She then recounts the events, colours, people and families who make up Gay Pride Day (ages 3 – 7).

**Good Night Stories for Rebel Girls**
Favilli, Elena and Cavallo, Francesca, Penguin Book LTD, 2017 (0120420473, 978-0120420476)

What if the princess didn't marry Prince Charming but instead went on to be an astronaut? What if the jealous step sisters were supportive and kind? And what if the queen was the one really in charge of the kingdom? Illustrated by sixty female artists from every corner of the globe, Good Night Stories for Rebel Girls introduces us to one hundred remarkable women and their extraordinary lives, from Ada Lovelace to Malala, Amelia Earhart to Michelle Obama. Empowering, moving and inspirational, these are true fairy tales for heroines who definitely don't need rescuing.

**Heather Has Two Mommies**

When Heather goes to playgroup, at first she feels bad because she has two mothers and no father, but then she learns that there are lots of different kinds of families and the most important thing is that all the people love each other.

**Hello Sailor**

Matt lives in a lighthouse. He watches the sea every day for ships and for his friend, Sailor. Rose and Felix say Sailor is never coming back, but Matt won't give up hope. Surely Sailor will come back for Matt's birthday? This gentle story of hope and friendship complemented by Ingrid Godon's subtle illustrations will charm every parent and child.

**How It Feels to Have a Gay or Lesbian Parent: A Book by Kids for Kids of All Ages**
This book gives voice to the thoughts, feelings and experiences of pupils, adolescents and young adults who have a gay or lesbian parent. The one-on-one interviews illustrate the effects of homophobia on family life. These are stories of acceptance and understanding.

**Inventing Elliot**

Inventing Elliot is a chilling but fully believable story about a boy who is violently bullied at his school, recommended it to all those in the 13 to infinity age bracket.

**Jump**

Every Saturday Steven watches his sister at her ballet class - jumping and dancing - and he longs to join in. But his mother says that real boys don't dance; they play games like basketball. However, there's one skill that you need for both ballet and basketball - and, fortunately for Steven, it's the thing that he loves doing best!

**King and King**

When a grouchy queen tells her lay-about son that it's time for him to marry, he sighs, "Very well, Mother" Princess Madeleine and her brother, Prince Lee appear in the doorway. The hero is smitten at once. "What a wonderful prince!" he and Prince Lee both exclaim. First-time co-authors and artists de Hann and Nijland matter-of-factly conclude with the royal wedding of "King and King," the pageboy's blushing romance with the leftover princess and the assurance that "everyone lives happily ever after." Ages 6-up.

**King and King and Family**

Join newlyweds King Lee and King Bertie on their journey into the noisy jungle. As they float down a river, wild animal families turn out to greet them but the royal travellers suspect something more significant awaits them in the trees. The illustrious pair soon discover that there is no adventure more wonderful than starting a family.

**Long Live Princess Smartypants**

This is a modern fairy tale for the twenty-first century and a second adventure for the irrepressible and highly popular Princess Smartypants. Princess Smartypants has decided she'd like to have a baby but doesn't want the husband to go with it.

**Man's work (all in a day)**

A word free picture book for early years. (One of a whole series)

**Molly's Family**

EY/FS to Yr 2. When Molly draws a picture of her family for her class, Tommy jeers at her that no one has two mommies. At first she is angry and hurt, but with the support of her teacher and her loving parents she comes to accept her family. Wooding's warm, soft-textured colored-pencil pictures show Molly in her lively classroom and in her happy, nurturing home.

Mommy, Mama and ME

Rhythmic text and illustrations with universal appeal show a toddler spending the day with its daddies. Share the loving bond between same-sex parents and their pupils.

My Boy: A Two Mom Story

An illustrated book about twins with two mothers.

My Brother Bernadette

Sara tries to take care of her younger brother when he is teased and called Bernadette at summer camp, but he finds an activity that he enjoys and that gives him the chance to shed his new nickname for good.

Oliver Button Is a Sissy

Oliver B. doesn't like basketball, or volleyball, or any kind of ball. So he ends up going to tap dance classes. Well, after a lot of teasing there is a talent show in which he loses!

One Dad, Two Dads, Brown Dad, Blue Dad

Two pupils - one with blue dads and one from a more traditional family - compare notes in this light hearted, easy-to-read book about parents who are different. In the end, of course, they discover that blue dads aren't really that different from other dads. Except for one thing.

Pass It, Polly

Belmont Primary is to field a football team - and Polly and Nisha are completely humiliated as the only girls in the practice match. Trying to do something to improve their skills isn't easy, until they discover that Nisha's grandfather used to play football. On with the coaching! Appropriate football vocabulary is used; Polly and Nisha get stuck in and the boys have to learn respect.

Prince Cinders

Prince Cinders leads a hard life, he spends all his time cleaning up after his three brothers who bully him. One night,
Prince Cinders’ luck changes as a small, dirty fairy falls down the chimney and promises that his wishes shall come true. However, not all the fairy’s spells turn out as planned.

**Priscilla and the Pink Planet**


Priscilla lives on a planet where everything is pink, dreams of seeing the world in other colours and ends up teaching the Great Queen of Pink that diversity leads to true beauty. Told in lyrical verse, here is a clever read-aloud book.

**Pugdog**


This is the fawn-brown, muscular Pugdog, who drools incessantly and loves romping in the dirt. Pugdog looks tough and always wants to play. One day at the vet’s, Pugdog didn't whimper once as the vet removed a long splinter. ‘He’s such a good boy!’ said owner Mike proudly. ‘He?¨ asked the vet. ‘She! Pugdog’s a she! See?’ “ Mike’s attitude toward his pet quickly changes. Pugdog finds her black spiked collar replaced by ribbons and a leash when what she really wants is to be a "big, slobbering mess" at the park. Ages 3-6.

**Something Else**


This story gently helps pupils understand how people can be different and shows them a way to accept others who are different to them.
Spacegirl Pukes

Young space girl is especially lucky to have two mothers and a very curious cat nearby when rocket troubles and nausea begin.

The Boy Who Cried Fabulous

To Roger, the world is a wonder, full of details that one just simply can’t rush by. But his parents have an entirely different view, and they expect Roger to see things the way they do.

The Daddy Machine

In a fantasy reminiscent of Dr. Seuss, two kids with lesbian mothers fantasize about what it would be like to have a father. When their mothers go away for the day, the kids make themselves a daddy machine, and soon they get their wish: they turn on the machine, and a dad pops out. Then comes another, and another, and another.

The Different Dragon

A story for the entire primary sector about different dragons and different families.

The Duke Who Outlawed Jelly Beans and Other Stories

A collection of five fairy tales about pupils with gay parents.

The Lion Who Wanted to Love

All Leo wants is to love and hug his fellow lions, but his mother tells him that if he can’t learn to hunt he has no place in the pride. So Leo is all alone until out in the wide world he meets lots of animals who appreciate his love, hug and help. Soon he has a whole pride of his own, made up of all his friends.

The Night Pirates
Harris, Peter & Allwright, Deborah. Egmont 2007

One night, young Tom is awoken by noises outside his house. He peeps out of the window and what should he see but PIRATES. And stranger still – they’re GIRL PIRATES stealing the front of his house!

The Princesses Have a Ball

Years 1-4. Bateman’s verse uses wordplay and offers a fresh look at the story. Cravath’s cartoon pictures add amusing anachronistic features such as an airplane advertising a big reward while men in tights and women in ball gowns frolic below. A fun look at classic tales and their retreads.
The Princess Knight
Funke, Cornelia & Meyer, Kerstin. Chicken House. 2004
Violet is a young princess who wishes she could show the world that she is just as brave and strong as her brothers. But her strict father insists that she get married, and her brothers only mock her when she wants to be included in their fun. So Violet decides to use her intelligence and bravery to show everyone—once and for all—what she's made of.

The Sissy Duckling
A heart-warming tale about learning to embrace the special qualities we possess. Instead of building forts and playing sports like other boy ducklings, Elmer wants to bake cakes and put on the halftime show. He is great a big sissy. But when his father is wounded by a hunter, Elmer proves that the biggest sissy can also be the greatest hero.

The Strongest Girl in the World
What happens when a small girl finds she can lift something as big as a bus?

Too Far Away to Touch
Zoe's favorite uncle Leonard takes her to a planetarium and explains that if he dies he will be like the stars, too far away to touch.

Totally Joe
Year 6-8. Joe's teacher asks his class to write an alpha-biography throughout the year, presenting themselves and their lives in entries from A to Z. Joe's essays begin and end with friends, from Addie, a long-time pal and confidant, to Zachary, a new student who, like Joe, has a unique approach to life. Over the year Joe comes to grips with his sexuality, questioning gender expectations and traditional roles as he realizes he is gay.

Two Left Feet
Stower A.
Two Left Feet tells the story of Rufus, a monster who loves to dance despite his two left feet. Written and illustrated by Adam Stower, the book is aimed at pupils four and up.

Two Weeks with the Queen
When his brother Luke is diagnosed with cancer, Colin is sent to London to stay with his aunt. Determined to find the Best Doctor In The World he visits The Best Cancer Hospital In London. There he meets Ted whose lover, Griff, has AIDS. The ever resourceful Colin helps his new friends when
circumstances threaten to separate them and, in supporting Ted through his grief, is able to come to terms with his own.

**Up on Cloud Nine**
This is the story of a deep friendship between two boys, Stolly and Ian. The pair are introduced to the reader at the point where the accident-prone Stolly is lying unconscious in a hospital bed having survived a rather spectacular plummet to the ground from a very high window. Age 9 and over.

**While You Were Sleeping**
While You Were Sleeping, is a story that describes the day that two women learn that a birthmother has chosen them to adopt a newborn baby boy.

**William's Doll**
An oddly tender tale about a boy and his desire to own a doll of his own.

**Domestic Violence and Abuse**

**Clover's Secret: Helping Kids Cope with Domestic Abuse**
This story is set in an imaginary land where people can fly. Two young girls form a friendship that helps one of them deal with the problems she faces at home.

**Dizzy**
Dizzy's mum left when she was small. But every year, on her birthday, something arrives in the post - a present or a card with her mum's loopy writing on it. Dizzy has kept everything. This year is different. Nothing comes in the post, but something amazing is about to arrive on Dizzy's doorstep. Something that will whisk her away - and put Dizzy's world in a spin. Will her secret birthday wish come true?

**Farmer Duck**
A gluttonous, lazy farmer spends all day in bed, leaving all his work to his poor duck. One day the duck collapses and is comforted by the chickens who hatch a plan.

**Hansel and Gretel**
Hansel and Gretel is perhaps the darkest and greatest of the fairytales from the Brothers Grimm. This extraordinary book brings the classic childhood tale to a new generation courtesy of one of the world's greatest picture book artists, Hans Christian Andersen Award-winner Anthony Browne.

**The Illustrated Mum**
Wilson, Jacqueline. Yearling 2007
Star and Dolphin are two young sisters who act as carers for their alcoholic and manic depressive mum.
Sundae Girl

Jude’s family are crazy, quirky, bizarre . . . her mum brings her nothing but trouble and her dad thinks he’s Elvis! Nothing seems to go Jude’s way, until she realizes the floppy-haired boy from school could be her knight on shining Rollerblades. Will shy girl Jude ever share her secrets?

The Princess and the Secret
Dhami, Narinder.

A short story which introduces themes of alcoholism and emotional abuse in the family and is told from the perspective of a young girl who feels responsible for her alcoholic mother’s welfare. Suitable for pupils aged 9-11.

Emotions and Feelings

Angry Arthur
Oram Hiawyn & Kitamura Satoshi, Anderson 2008

Once there was a boy called Arthur, who wanted to stay up and watch TV, but his mother wouldn't let him. "I'll get angry," said Arthur, and he did. Very, very angry...

Everybody feels …. Happy
Everybody feels... Angry
Everybody feels ... Sad
Everybody feels ... Scared

This series of books talks to pupils about feelings .

The Bad-tempered Ladybird
Carle Eric, Puffin 2010

The bad-tempered ladybird picks fights with every animal he meets, but soon learns the importance of friends and turns into a far nicer, happier bug.

The Good Mood Hunt

Hannah wakes up so happy that everyone around her catches her good mood... until she remembers something that makes her good mood crumble away. So she sets out on a good mood hunt - and as she searches under stairs, inside pockets and in the garden shed, she finds all the ingredients for a perfectly wonderful day!

When Sophie Gets Angry-Really, Really Angry
Bang, M G. Scholastic Press, 2008.

A young girl is upset and doesn't know how to manage her anger but takes the time to cool off and regain her composure.

Friendship

A home for Mr Tipps

It's a hard life for Mr Tipps, a frightened stray cat who lives under an old dustbin - until he meets a lonely boy and a wonderful friendship is formed. But one day, the boy doesn't come to play and Mr Tipps finds himself lost and in danger. Will the two friends ever see each other again?

A secret worth sharing

One hot summer's day, when Mole is out exploring, he discovers a newcomer to the forest – a newcomer called
Mouse! The two quickly become friends, but Mole isn’t keen to introduce Mouse to the other forest animals. Meanwhile, Rabbit, Squirrel and Hedgehog are wondering why they haven’t seen Mole for so long. When they finally discover his secret, they’re so pleased to meet Mouse that Mole realizes it’s much nicer for everyone to be friends.

**Dandylion**

When the ‘delightfully different, bright yellow and rather scruffy’ Dandylion joins Miss Gardener’s neat and tidy class, chaos and fun follow. But after one messy incident too many he’s told to go home - he just doesn’t fit in. It doesn’t take long, however, for everyone to realise that too much neatness and order isn’t always a good thing and everyone's desperate for Dandylion to return!

**Fox Tale**

A young fox cub is just emerging from the safety of the den. His father takes him and the other cubs to the railway station to meet a kind man, who feeds them. But one day a group of rowdy boys jostle the man, and he has to be taken to hospital. The cub is very wary of the boys, but he is also very hungry, so when one of the boys comes back bringing food, the cub risks eating it. It is the start of an unusual friendship!

**Gilbert the Great**

'From the time Gilbert the Great White Shark was a tiny pup, Raymond the Remora stuck to him like glue...' Then one day, Gilbert wakes up to discover that Raymond has gone. Mrs Munch does everything she can to help her little shark come to terms with his loss and - slowly but surely - Gilbert learns to smile a wobbly smile through his sadness. He knows that Raymond will always be in his heart and, when mum takes Gilbert to the wreck, a chance meeting helps him find happiness once more.

**Grub in Love**

Grub is a mucky pup. What happens when Tilly moves in next door?

**I don’t want to be a pea!**
Hugo is in no doubt as to what he and Bella should go as to the Hippo-Bird Fancy Dress Party. They will go as the princess and the pea and he will be the princess. She has a better suggestion - they will go as a mermaid on a rock and she will be the mermaid. They just can't decide on a costume and things reach a crisis when they both flounce off saying they don't want to go to the party at all. After time to consider, both Hugo and Bella calm down and (privately) both choose to dress as a pea as a gesture of making it all up to each other. So when they both arrive at the party as peas, Hugo and Bella announce proudly that they are 'two peas in a pod, just as it should be' underlining the message of the book that friendship is all about give and take.

**Itchy Itch Itch**
Bergman, Mara & Bolam, Emily. LZS, 2012.

'Itchy Itch Itch' is an amusing story about a Buffalo with an itch that no-one can scratch - that is, until little Bird comes along. She doesn't seem like she can do the job, when Elephant couldn't with her long trunk and Monkey couldn't with his long arms. Surprisingly though not only does little Bird do the job perfectly she now has Buffalo as a friend for life.

**Mine!**

Poor Isabel! It's hard to play with Claudia because Claudia simply will not share any of her toys: not the rocking horse, not the carrot-topped doll, not the shiny new tricycle. All Claudia can do is shriek "Mine!". This witty, droll tale provides the perfect opportunity for parents and young pupils to discuss friendship and sharing.

**My Big Brother Boris**

Little Croc and his big brother, Boris, used to be best friends. But lately Boris has turned into a grumpy teenage croc - all he does is eat, sleep and listen to loud music. Worst of all, he doesn't spend time with Little Croc anymore... What's a little brother to do?

**Poddy and Flora**

... like jelly and ice cream, like buckets and spades, and like Flora and her dog Pody. But when Flora goes to visit Gran, Pody has to stay at home and nothing is much fun. And then Pody realises it's not just Flora he's missing, but his tail seems to have disappeared too! When will Flora come home, and where on earth is Pody's tail?

**Toot & Puddle: Top of the world**

Toot and Puddle are the best of friends. But when Toot leaves Woodcock Pocket to travel and see the world, Puddle chooses to stay at home. Just when Puddle begins to miss his old friend, he embarks on some of his own adventures-right at home. Finally, after Toot returns from his year-long trip, the two discover that true friendship knows no boundaries.
What Lola Wants Lola Gets

This unique picture book for pupils uses original torn-paper illustrations to tell the fun-filled story of the glamorous Lola the Leopard, who is incredibly vain, and her friend Monty the Meerkat, whose clumsy antics don't add up to the perfection Lola is looking for.

You Can Be My Friend (Charlie & Lola)

Lola is excited because she is going to spend the afternoon with Morten, the little brother of Charlie's best friend. Lola has planned out the entire afternoon with fun and games, but her hopes are dashed when she discovers that Morten is so shy he won’t even speak! Lola tries everything she can think of to get Morten to break out of his shell, but nothing does the trick. How will Lola and Morten have fun?

Mindfulness

A Pebble for my Pocket

Introduces the basic principles of mindfulness, and includes practices that pupils can do by themselves or with others.

Each Breath a Smile

Each Breath a Smile introduces preschool-aged pupils to mindful breathing. Through beautiful color illustrations, pupils learn to connect with their breathing to help them experience calmness and enjoy a deeper relationship with their friends and family. Illustrations of trees, frogs, crickets, and birds remind them of the many simple joys available in the world around them.

Mindful Monkey Happy Panda
MacLean, Kerry Lee. Wisdom. 2011

Mindful Monkey, Happy Panda This wonderful picture book for pupils and parents alike introduces the powerful practice of mindfulness in a fun and exciting way. With the delightful characters Mindful Monkey and his mindful friend Happy Panda guiding readers to a calm and focused mind

Moody Cow Meditates
MacLean, Kerry Lee. Wisdom. 2009

Peter the cow is having a BAD day. After missing the bus and wiping out on his bike he loses his temper and gets in trouble. And to make matters worse all the other kids are teasing him, calling him Moody Cow. Peter's day just seems to get worse until his grandfather comes over and teaches him how to settle his mind and let go of his frustration through a simple and fun exercise. This vibrant and funny pupils's book is a playful and hilarious way to introduce pupils to the power of meditation.

No Ordinary Apple
Marlowe, Sarah. Wisdom. 2013

On an otherwise ordinary day, Elliot discovers something extraordinary: the power of mindfulness. When he asks his neighbor Carmen for a snack, he s at first disappointed when she hands him an apple he wanted candy! But when encouraged to carefully and attentively look, feel, smell, taste,
and even listen to the apple, Elliot discovers that this apple is not ordinary at all.

**Peacefully Piggy Meditation**  
Peacefully Piggy Meditation How do young piggies find a peaceful place in a frustrating world? They meditate. They find a quiet spot, a special place with a few simple things, and just breathe.

**Planting Seeds: Practicing Mindfulness with Pupils**  
Each chapter of Planting Seeds begins with an overview of a topic, including mindful breathing, meditation, compassion, nature, suffering, healing, age, and death. After the overview, each chapter includes stories, sample activities, and guided meditations that adults can use to explore these themes with pupils.

**Sex Education: Relationships**

**Two Weeks with the Queen**  
When his brother Luke is diagnosed with cancer, Colin is sent to London to stay with his aunt. Determined to find the Best Doctor In The World he visits The Best Cancer Hospital In London. There he meets Ted whose lover, Griff, has AIDS. The ever resourceful Colin helps his new friends when circumstances threaten to separate them and, in supporting Ted through his grief, is able to come to terms with his own.

**Worry, Loss, Grief and Bereavement – books for pupils under the age of 5**

**Can't You Sleep, Little Bear?**  
Little Bear is afraid of the dark, and just cannot go to sleep. Big Bear tries everything, and soon their cave shines with the light of three lanterns. But what about the dark outside?

**Dear Grandma Bunny**  
Suitable for very young pupils this book tells the story of what happened and how Miffy felt and coped when Grandma died.

**Goodbye Mousie**  
This beautifully illustrated picture book tells the story of a little boy who’s told that his pet mouse has died. At first he doesn’t believe it, thinking it is just asleep, but by asking lots of questions and with the help of his family he begins to accept Mousie’s death. This is a great story and would be very helpful to introduce death to young pupils and a starting point to discuss what happens after someone dies and the different feelings one may have.

**Heaven**
Dill, the dog, knows his time is up, so he packs his case and tells Lily, his owner, that he's off "up there". "Can I come too?" asks Lily. "Er...not yet," replies Dill. While he is waiting for the angels to collect him, Dill explains to Lily what he thinks heaven is like: hundreds of lampposts to pee against, lots of whiffy things to smell and bones everywhere - with meat on them! But, Lily completely disagrees; she thinks heaven is quite different. Luckily, they agree to disagree just in time for a fond, and very poignant, last goodbye.

**I Miss You: A First Look at Death**  

This bright and colourful picture book very simply talks about life and death. It briefly covers a range of issues such as why people die, how you may feel when someone dies and what happens afterwards. It includes questions for the reader to answer about their own experiences and a section at the back for adults on how to best use the book.

**Oh The Thinks You Can Think!**  

The possibilities are endless in Dr. Seuss’s classic Beginner Book! Young readers will delight in Oh, the Thinks You Can Think! which celebrates the imagination and encourages young readers to think . . . about thinking! “Think left and think right and think low and think high. Oh, the Thinks you can think up if only you try.”

**Owl Babies**

Waddel, M. Walker books, 1994

Three baby owls, Sarah, Percy and Bill, wake up one night in their hole in a tree to find that their mother has gone. So they sit on a branch and wait. Darkness gathers and the owls grow anxious, wondering when their mother will return. But, at last, she does, and they bounce up and down with joy, welcoming her home.

**Tell Me Something Happy Before I Go To Sleep**  
Dunbar, J & Gliori, D. Harcourt Books

Little bunny Willa is scared to go to sleep, just in case she has a bad dream. She asks her older brother Willoughby for help. Wise Willoughby knows that she just needs to think of all happy things that will be waiting for her in the morning...

**The Bear Under the Stairs**  
Cooper, Helen. Corgi Picture Books

William is scared of the place under the stairs. He is absolutely sure there’s a great big and probably hungry grizzly bear lurking there. He is utterly convinced that the bear will gobble him up if he doesn’t feed it, so every day he carefully opens the door, throws in some food and slams it shut quickly - wham, bang, thump!

Find out what happens when a nasty smell pervades the house and Mum and William decide to investigate . . .

**The Frog Who Longed For The Moon To Smile**  
Sunderland, M. Speachmark publications, 2001

A story for pupils who yearn for someone they love. Frog is very much in love with the moon because she once smiled at
him. So now he spends all his time dreaming about her. He waits and waits for her to smile at him again. One day a wise and friendly crow helps frog to see how he is wasting his life away. All the time he has been facing the place of very little, he’s had his back to the place of plenty.

**The Park in the Dark**  
Waddel, M & Firth, B. Walker Books, 2002

When the sun goes down and the moon comes up, the toy monkey and his friends, Loopy the elephant and Little Gee the dog, creep softly out of the bedroom, down the stairs and through the dark hall on their way to the deserted park. The park's an exciting place to be after dark, though a little bit scary - especially when the Thing (a night train) hurtles out of the darkness, seeming to chase them.

**The Red Woollen Blanket**  

Even before Julia was born she was given a red woollen blanket that she used "right from the start." PW said, "Graham's colourful paintings show a humorous, tender regard for a preschooler's inexplicable attachment to a particular object." Ages 2 to 4.

**Tiger, Tiger, is it true?**  
Bryon, K. Hay House, 2009

**When Uncle Bob Died (Talking it Through)**  

A young boy talks about death and about Uncle Bob who died from an illness. It clearly explains some basic facts such as what ‘dead’ means and what a funeral is. It also talks about feelings and memories. This small picture book would be a good starting point for very young pupils with lots of opportunity for further discussion.

**Worry, Loss, Grief and Bereavement – books for ages 5 to 8 years**

**A Birthday Present for Daniel, A Child’s Story of Loss**  

Told by a young girl whose brother, Daniel, has died, she talks about how things have changed in the family. She also talks about the things she does when she is sad and how these differ from other members of her family.

**Always and Forever**  

Otter, Mole and Hare miss Fox when he falls ill and dies. They stay at home and don’t want to talk about him because it makes them sadder. Then Squirrel visits and reminds them of all the fun times they had together. They all find a way to remember Fox and get on with their lives.

**Badger’s Parting Gifts**  

Badger is old and knows he is going to die soon. When he does, the other animals think they will be sad forever, but they
begin to talk about the memories they have of the things Badger taught them and learn to cope with his death.

**Drop Dead**  

A humorous book with comic-like pictures, two ‘bald old wrinklies’ tell their grandpupils about their life growing up and how one day they will just drop down dead. It is a light-hearted book about life that emphasises the normality and inevitability of dying. It is very direct and some readers may not like its style.

**Flamingo Dream**  

In this bright and colourful book, a young boy tells the story of his Dad who is seriously ill and dies soon after a trip to Florida to see the place where he grew up. The collage style illustrations capture the things the boy collects to remind him of his Dad. A sensitive but honest book that emphasises the importance of memories.

**Fred**  

A light-hearted book with detailed illustrations about Fred, Nick and Sophie’s lazy cat that dies. After burying him in the garden, they wake up at night to find all the cats in the area have come to say goodbye to Fred, the famous singer! This funny and touching story would be useful to introduce death to pupils.

**Grandpa – The Book of the Film**  

This beautifully detailed picture book has very few words but tells the story of a little girl’s relationship with her Grandpa. It takes the reader through many happy times they spent together playing games, telling stories and on outings. On the last page, Grandpa’s chair is empty, signifying that he has died.

**Heaven**  
Allan, Nicholas (ISBN: 978-0099488149)

Dill, the dog, knows his time is up, so he packs his case and tells Lily, his owner, that he’s off “up there”. “Can I come too?” asks Lily. “Er...not yet," replies Dill. While he is waiting for the angels to collect him, Dill explains to Lily what he thinks heaven is like: hundreds of lampposts to pee against, lots of whiffy things to smell and bones everywhere - with meat on them! But, Lily completely disagrees; she thinks heaven is quite different. Luckily, they agree to disagree just in time for a fond, and very poignant, last goodbye.

**The Huge Bag of Worries**  

Jenny begins to worry about lots of different things and these worries build up and get out of control. She just can’t get rid of them, until she meets the old lady next door who helps her feel better. A lovely story with fun illustrations encourages pupils to talk about their worries.
Saying Goodbye: A Special Farewell to Mama Nkwelle

This book has large bright colourful photos and follows a little boy, Ikenna describing what happens at the ceremony after his great-grandmother’s funeral. It gives ideas of different ways to remember someone and an insight into Nigerian culture.

Saying Goodbye to Daddy

Clare’s Dad died in a car accident and this book looks at changes in the family, difficult feelings, funerals and memories through the eyes of Clare. It would also be a good book to help parents understand the child’s perspective. It gives good examples of how adults can answer pupils’s questions, emphasising the need to be clear and honest.

The Lonely Tree
Halliday, Nicholas. Halliday books.

Universally praised and beautifully written and illustrated, 'The Lonely Tree' follows the first year in the life of a lone evergreen growing in the heart of the ancient oak woodland of the New Forest. The evergreen is befriended by the oldest oak who has lived for hundreds of years. When winter arrives all the oak trees must go to sleep, but of course evergreens never sleep. Finally, after a long, cold and lonely winter, spring brings both sadness and joy to the little tree.

There's NO Such Thing as a Dragon

There's No Such Thing as a Dragon (1975) by Jack Kent, part of the Family Storytime series, relates the charming tale of Billy Bixbee, who awakens to find a dragon "about the size of a kitten" sitting on his bed. The dragon grows by leaps and bounds, until Billy dares to pet the attention-seeking creature and it shrinks back down into an adoring little lap dragon.

The Sunshine Cat

Sunny the cat is loved by all his human family, but one day there is a knock at the door - Sunny has been killed in an accident. A sensitive story that aims to help pupils come to terms with death.

The Tenth Good Thing About Barney

A young boy's cat dies and his parents suggest that he could think of ten good things about Barney to tell at the funeral. But he can only think of nine, until he talks to his Father about what happens to someone after they have died, and he discovers the tenth. A carefully written book with black and white pictures, that sensitively deals with death and lets the reader make his or her own decisions about what happens after the funeral.

When Dinosaurs Die: A Guide to Understanding Death
This factual picture book uses cartoon dinosaurs to illustrate the text and comment on what is said. It is a bright and colourful book that explains death in a simple and unthreatening way. It covers many issues including ‘why does someone die?’, ‘feelings about death’ and ‘saying goodbye’.

Worry, Loss, Grief and Bereavement – books for ages 9 to 12 years


This thought provoking book has large pictures complemented with small sections of text. It clearly explains about life and death focussing on plants, animals and insects before moving on to people. It emphasises that death is part of the life cycle and is natural and normal whenever it occurs.

Death: What’s Happening?

This factual book has clear text and large photos. It uses stories of young people to discuss issues surrounding death such as feeling frightened, the funeral and the future. It includes advice on how to feel better and cope with difficult situations after someone has died.

Explaining death to pupils

This pocket size booklet with small black and white pictures is based on a fable, associating death with a water bug’s transformation into a dragonfly. It portrays the mystery around death but may need an adult to explain the analogy and help a child relate it to their own experience. It uses Christian beliefs with a focus on life after death and also contains advice for parents.

Losing Uncle Tim

This picture book for slightly older pupils explains how a young boy finds out his Uncle Tim has AIDS and is going to die. It is a serious and sensitive book covering many of the issues, changes and difficult feelings that can occur when someone has a serious illness.

Michael Rosen’s SAD BOOK

We all have sad stuff, but what makes Michael Rosen most sad is thinking about his son who died. This book is a simple but emotive story. He talks about what sad is and how it affects him and what he does to cope with it. In true Michael Rosen style, this book manages to make you smile as well.

Milly’s Bug Nut

A short, simple story with black and white pictures, of a young girl who’s Dad has died. It talks about the ups and downs of family life and how things slowly get easier as time goes. Milly misses her Dad and things are just not the same anymore. She
knows when people die, they can’t come back but she still keeps a wish to see her Dad one more time.

**The Best Day of the Week**

This storybook tells of two young pupils who spend Saturdays with their Grandparents when Mum is at work. It has three chapters, with stories of three different Saturdays. The first is a happy day; the second is at the hospital and sad as Granny dies, the third at the theatre. It is a lovely story that gives an important message that it is still okay to have fun after someone dies.

**The Cat Mummy**

Verity’s Mum died the day she was born but she rarely talks about her. Verity doesn’t want to upset her Dad or Grandparents. This humorous but sensitive story mainly focuses on Verity’s missing cat Mabel but reveals some of the misunderstandings and anxieties pupils can have about death. It also shows it can be good to be open, honest and to talk about difficult issues.

**The Ghost of Uncle Arvie**

This fun and humorous book is about Danny, an ordinary nine-year-old boy. However, once or twice a year a ghost visits him. This time it is the ghost of his Uncle Arvie who follows him, persuading him to make his three wishes come true. This book has some important messages and talks about death in an open way, but is primarily fun and imaginative.

**The Mountains of Tibet**

Based on Tibetan teachings, this book tells of a small boy who grows up to be a woodcutter. When he dies, he discovers there is a chance to live again but first he must make a number of choices. A simple tale with deep meaning but the theme of reincarnation could be confusing.

**Two Weeks with the Queen**

When his brother Luke is diagnosed with cancer, Colin is sent to London to stay with his aunt. Determined to find the Best Doctor In The World he visits The Best Cancer Hospital In London. There he meets Ted whose lover, Griff, has AIDS. The ever resourceful Colin helps his new friends when circumstances threaten to separate them and, in supporting Ted through his grief, is able to come to terms with his own.

**What on Earth Do You Do When Someone Dies?**

This book for older pupils is a factual guide, answering questions such as ‘why do people have to die?’, ‘is it okay to cry?’ and ‘what is a funeral/memorial service?’ It is written in a straightforward way, with practical tips, advice and information about different faiths and beliefs.

**Ways to Live Forever**
If I grow up," 11-year-old Sam informs readers, "I'm going to be a scientist." He says "if" because he has acute lymphoblastic leukaemia and knows he probably won't. With the encouragement of his tutor, he starts to write a bit about himself, then more, until he is using his writing to sort out his death. Interspersed with Sam's lists, questions and odd bits of mortality facts on notebook paper, his narrative proceeds in short, candid chapters that reveal a boy who, though he's not ready to die, nevertheless can confront the reality with heartbreaking clarity.