A PSHE & Wellbeing Curriculum Resource Bank

Reading List

A directory of books that support the teaching and learning of PSHE and Wellbeing in Primary Schools – March 2019

www.schools.southwark.gov.uk/pshe-healthy-schools
**Introduction**

We have listed books under the following main categories:

- Bullying
- Children’s Rights and Citizenship
- Difference and Diversity (Inc. LGBTQI+)
- Domestic Violence and Abuse
- Emotions and Feelings
- Friendship
- Mindfulness
- Sex & Relationships
- Worry, loss, grief and bereavement

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)
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.

**Little big mouth: mix and match the monsters!**

**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.

**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.

**Children’s Rights and Citizenship**  
*For Every Child*

This beautifully illustrated 40-page paperback book provides a simplified version of the UN Convention on the Rights of the Child. With a foreword by Archbishop Desmond Tutu, each page features a drawing by a well-known children's illustrator.

**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**  

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**  

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!
**Long Live Princess Smartypants**  
(0140569626, 978-0140569629).

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.

**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

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.

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.

**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.

**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?

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**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’ unterlining the message of the book that friendship is all about give and take.

'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.

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.

'Toot & Puddle: Top of the world' 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.

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.

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 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:

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.

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](http://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](http://www.sexeducationforum.org.uk/resources/resources-a-z.aspx)

**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.

**Where Willy Went**  
Alan, Nicholas. Penguin Books, 2004

Never before have the facts of life been presented in such an accessible—or novel—way. Our hero is Willy, a little sperm who lives inside Mr. Browne with 300 million friends. Every day Willy practices for the Great Swimming Race.

**Worry, Loss, Grief and Bereavement**

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.

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.


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.


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.

**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.

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**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.