

**PSHE Books**

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| **Growing up** | **Respect** | **Emotions** | **Families** | **Friendship** | **Diversity** | **Anxiety and Worries** | **Bereavement and Loss** | **Self esteem** | **Feelings** | **Bullying** | **Life Choices, Goals and Targets** | **Personal Space** | **Mindfulness** |

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| **Genre/Theme** | **Book Title** | **Author** | **Age group** |
| **Growing up** | **Lift-the-Flap Questions & Answers About Growing up** | **Katie Daynes** | **KS1/KS2** |
| **The Girls Guide to Growing Up** | **Anita Naik and Sarah Horne** | **KS2** |
| **Respect** | **Respect: Consent, Boundaries and Being in Charge of You** | **Rachel Brian** | **KS2** |
| Respect | [Helen Mortimer](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) | KS1 |
| Big Words for Little People: Respect | Helen Mortimer and Cristina Trapanese | KS1 |
| **Emotions** | The fantastic book of feelings: a guide to being happy, sad and everything in-between! | [Marcia Williams](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) | KS2 |
| Sometimes I feel...: a menagerie of feelings big and small | [Sarah Maycock](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) | KS1/KS2 |
| My mixed emotions: learn to love your feeling | [Elinor Greenwood](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) | KS2 |
| Tiger has a tantrum: a book about feeling angry | [Sue raves](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) and [Trevor Dunton (Illustrator)](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) | KS1/KS2 |
| Your Mind Matters: Your Emotions - Your Mind Matters | [Honor Head](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) and [Roberta Terracchio (Illustrator)](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) | KS2 |
| The great big book of feelings | [Mary Hoffman](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) | KS1/KS2 |
| [Ruby’s Worry: A Big Bright Feelings Book](https://www.amazon.co.uk/Rubys-Worry-Tom-Percival/dp/1408892154/ref=zg_bs_15512169031_5/258-2924724-0525323?pd_rd_i=1408892154&psc=1) | Tom Percival | KS1/KS2 |
| Poems about emotions | Brian Moses | KS1/KS2 |
| **Families** | All about families | [Felicity Brooks](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) | KS1/KS2 |
| My Big Fantastic Family: A Story About Parents Separating | Adam and Charlotte Guillain | KS1/KS2 |
| Who's In My Family?: All About Our Families | Robie H. Harris | KS1/KS2 |
| **Friendship** | All about friends | [Felicity Brooks](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) | KS1/KS2 |
| Will you be my friend? | [Molly Potter](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) | KS1/KS2 |
| Monty the Manatee: A book about kindness and anti-bullying (Sea School Stories) | Natalie Pritchard | KS1/KS2 |
| Friendships and bullying | [Honor Head](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) | KS1/KS2 |
| Making friends: a book about first friendships | [Amanda McCardie](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) and [Colleen Larmour (Illustrator)](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) | KS1/KS2 |
| **Diversity** | Having a disability | [Louise Spilsbury](https://www.peters.co.uk/search-results/eyJzdGFuZGFyZEZpbHRlcnMiOnsiYm9va0xpc3QiOnsiMTIzOSI6eyJjaGVja2VkIjoxfX0sIm1haW4iOnsiYWx0ZXJuYXRpdmVFZGl0aW9ucyI6eyJjaGVja2VkIjoxfX19LCJwYWdlIjoxLCJzb3J0IjoicmVsZXZhbmNlIiwic29ydE9yZGVyIjoiREVTQyIsInNvcnRJdGVtcyI6W3sic29ydCI6InJlbGV2YW5jZSIsInNvcnRPcmRlciI6ImRlc2MifV0sImxpbWl0IjoxMDAsImRpc3BsYXlGcm9tIjoxLCJleGNsdWRlT3JkZXJlZCI6MCwiZXhjbHVkZU9yZGVyZWRGb3IiOm51bGx9) | KS1/KS2 |
| [It's OK to be Different: A Children's Picture Book About Diversity and Kindness](https://www.amazon.co.uk/Its-OK-Different-Childrens-Diversity/dp/0973410450/ref=zg_bs_15512169031_11/258-2924724-0525323?pd_rd_i=0973410450&psc=1) | [Sharon Purtill](https://www.amazon.co.uk/Sharon-Purtill/e/B07Q8X7MPD/ref=zg_bs_15512169031_bl_11/258-2924724-0525323?pd_rd_i=0973410450) | KS1/KS2 |
| The Proudest Blue | Ibtihaj Muhammad | KS1/KS2 |
| Julián Is a Mermaid | Jessica Love  Sulwe  Lupita Nyong'o | KS1/KS2 |
| [The Day You Begin](https://www.waterstones.com/book/the-day-you-begin/jacqueline-woodson/rafael-lopez/9780399246531) | Jacqueline Woodson | KS1/KS2 |
| Shine | Sarah Asuquo | KS1/KS2 |
| We All Belong: A Children's Book About Diversity, Race and Empathy | Nathalie Goss | KS1/KS2 |
| All Are Welcome | Alexandra Penfold | KS1/KS2 |
| **Anxiety and Worries** | The Boy, the mole, the fox and the Horse | Charlie Mackesy | KS2 |
| **What to do when you worry too much** | Dawn Huebner and Bonnie Matthews | KS2 |
| **No worries – activity book** | Lily Murray | KS1/KS2 |
| **The huge bag of worries** | Virginia Ironside and Frank Rodgers | KS1 |
| **Little Mouse’s big book of fears** | Emily Gravett | KS1 |
| **Silly Billy** – Great of you want to make a worry doll too | Anthony Browne | KS1 |
| **The Invisible String** – Great for separation anxiety | Patrice Karst and Joanne Lew-Vriethoff | KS1/KS2 |
| **The Red Tree** | Shaun Tan | KS2 |
| **Owl Babies** | Martin Waddell and Patrick Benson | KS1 |
| **Panicosaurus** | K.I. Al-Ghani | KS1 |
| **The Kissing Hand** – Separation Anxiety | Audrey Penn | KS1 |
| Don't Worry, Be Happy: A Child’s Guide to Dealing With Feeling Anxious | Poppy O'Neill | KS2 |
| **Bereavement and Loss** | **Muddles, Puddles and Sunshine** this book is perfect for bereavement. | Diana Crossley | **KS1** |
| **A Volcano in my tummy** | **Whitehouse and Pudney** | KS1/KS2 |
| **Badger’s Parting gift** | **Susan Varley** | **KS1** |
| **Lost in the Clouds: A gentle story to help children understand death and grief** | **Dorling Kindersley** | KS1/KS2 |
| **Cry, Heart but never Break** | Glenn Ringtved | KS1/KS2 |
| **The Day the Sea went out and never came back** | **Margot Sunderland** | KS2 |
| **The Heavy Bag** | **Sarah Surgey** | KS1/KS2 |
| Growing up with a bucket full of happiness | **Carol McCloud** | KS2 |
| **Self-esteem** | **Only One you** | **Linda Kranz** | **KS1** |
| **The Dot** | **Peter H. Reynolds** | KS1/KS2 |
| **You be You** | **Linda Kranz** | **KS1** |
| **A place for Pluto** | **Stef Wade** | KS1/KS2 |
| **Have you filled a bucket today?** | **Carol McCloud** | KS1/KS2 |
| This is me | **Amy Pflueger** | KS1/KS2 |
| HAPPY CONFIDENT ME | **Nadim Saad** | **KS2** |
| **Feelings** | **How are you peeling?** | **Saxton Freymann** | KS1/KS2 |
| **Hello Happy – Activity book** | **Stephanie Clarkson** | **KS2** |
| **My many coloured days** | **Dr. Seuss** | KS1/KS2 |
| **A boy and a bear** | **Sarah Massini** | KS1/KS2 |
| **I’m not afraid of spiders** | **Jane Rogers** | KS1/KS2 |
| **Angry Octopus** | **Lori Lite** | KS1/KS2 |
| **That’s when I’m Happy** | Beth Shoshan | KS1/KS2 |
| **Words and your heart** | **Kate Jane Neal** | KS1 |
| **The Red Beast** | **K. I. Al-ghani** | KS1/KS2 |
| **Rory Red** | **Luke Baker** | KS1/KS2 |
| Fergal is Fuming! | **Robert Starling** | KS1/KS2 |
| **The Colour Monster** | **Anna Llenas** | KS1/KS2 |
| **Bullying** | **Bullies, Bigmouths and so called friends** | **Jenny Alexander** | **KS2** |
| **Monty the Manatee: A book about kindness and anti-bullying (Sea School Stories)** | **Natalie Pritchard** | **KS1** |
| Walk Tall: A rhyming picture book about bullying and friendship. | **Cher Louise Jones and Lee Dixon** | KS1/KS2 |
| **Life Choices, Goals and Targets** | **Oh the places you will go** | Dr Seuss | KS1/KS2 |
| **Personal Space** | **Personal Space Camp** | **Julia Cook and Carrie Hartman** | KS1/KS2 |
| **Personal Space camp activity book** | **Julia Cook and Carrie Hartman** | KS1/KS2 |
| **Mindfulness** | **Yasmine Yogi and Phoebe Bee** | **Kath Routledge** | KS1 |
| Mindful Kids (Mindful Tots)  [Mindful Kids (Mindful Tots)](https://www.amazon.co.uk/Mindful-Kids-Mindfulness-Activities-Monkeys/dp/1782853278/ref=zg_bs_15512169031_7/258-2924724-0525323?pd_rd_i=1782853278&psc=1) | Whitney Stewart | KS1/KS2 |
| Mindful Games for Kids: 50 Fun Activities to Stay Present, Improve Concentration, and Understand Emotions | **Kristina Sargent** | KS1/KS2 |