

Books to support PSHE and wellbeing topics

(all information correct in September 2020)



Many schools use books to help support PSHE lessons, in assemblies, available through the class / school library and to support a whole school approach to wellbeing. These are just a few book lists that schools may find useful to cover a range of PSHE and wellbeing aspects. They have come from common requests that schools ask for support on.

Books lists to support emotional and mental wellbeing

Primary aged feeling books from [ELSA](#) which also provides wealth of teaching and one-to-one resources to use with pupils (some resources would be suitable for secondary aged pupils)

[National Literacy Trust wellbeing book list for primary schools](#)

[National Literacy Trust](#) have also developed an assembly and teachers notes for the assembly and signposting to a range of books for all key stages on wellbeing. This includes a section for signposting parents to support their child's wellbeing and a [section on happiness and wellbeing](#)

[School Reading List](#) for primary schools and key stage 3 on resilience

[North Yorkshire library has a wealth of wellbeing resources](#) many available in electronic format as at time of writing libraries were not presently open

[Literacy shed](#) has a range of supporting animations to support a wide range of PSHE topics

Books to be inclusive for people of colour

National Literacy Trust have put together books to support the [Black Lives Matter work](#) for pupils aged 0-16+

A great [virtual library of books](#) that explores people of colour, equality, civil rights etc for primary schools. You click on one of the book covers and it takes you to someone reading that book

[LetterBox Library](#) have been providing schools with a range on inclusive books for many years which cover many topic areas

Books to support Relationships and Sex Education

National RSE day is the 25th June 2020. It originated in Nottingham and the National Literacy Trust have worked with them to produce book lists for all key stages. They have selected

inspiring stories, novels and non-fiction books, which are suitable for children and young people from Early Years to young adult. The themes include [love, trust, respect, resilience, co-operation and communication](#). (we would recommend downloading these booklists for future reference)

Books which support different families- same love, LGBT and gender stereotypes (NYCC LGBT guidance document is accessible from [here](#)). All RSE curriculums in both primary and secondary schools are required to be LGBT inclusive.

[Stonewall primary school LGBT book list](#)

[Stonewall secondary school LGBT book list](#)

Educate and celebrate [lists a range of books](#) and provides [some activities](#) to support the books for all key stages

[Out for our children](#) has a resource book that has a range of activities to support the story books for primary schools aged children

[Building LGBT+ inclusive environments](#) through reading for primary schools and nurseries

Books which support disability

[Scope – equality for disabled people](#)

[Booktrust](#) has a range of books

Good Reads have books on [down syndrome](#) and [physical challenges](#) (not all books listed would be suitable for children some are aimed at adults)