Books to support PSHE and wellbeing topics

(all information correct in September 2026)



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. This includes book lists for different age groups.

Protected Characteristics

Books to support Black History Month from the National Literacy Trust

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 (there is a cost)

LGBTQ+ inclusive books for children and young people for all age ranges

National Literacy Trust LGBQT+ books for ages 5-14

BookTrust books about disabilities

Picture Books About Physical Challenges

BookTrust books on homelessness

Children's Books Featuring Poverty and Homelessness

Literacy shed has a range of supporting animations to support a wide range of PSHE topics