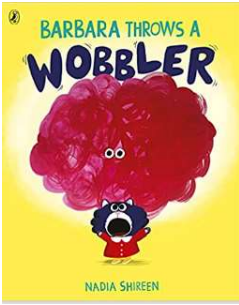

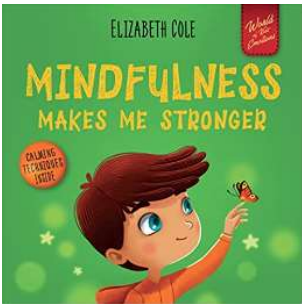
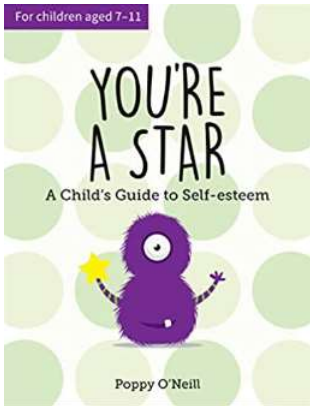
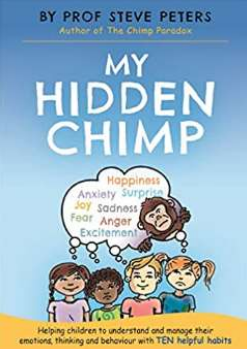


Recommend books for KS2 children

	<p>Barbara Throws a wobbler by Nadia Shireen</p> <p>Barbara is in a very bad mood. She won't admit it, but she is.</p> <p>She has a problem with a sock, and at lunchtime there's a strange pea... And even though she's at the park with her friends, it all just gets a bit much. Suddenly Barbara's WOBBLER is out of control!</p> <p>But what if Barbara and her Wobbler can work together, so she can be cheerful again?</p>
	<p>The invisible string by Patrice Karst</p> <p>The Invisible String offers a very simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children easily understand and embrace, and delivers a particularly compelling message in today's uncertain times.</p>
	<p>Mindfulness makes me stronger by Elizabeth Cole</p> <p>Parents often struggle to explain their children how to deal with distraction, sorrow, and angry feelings. This mindfulness book for children is your best assistant to calm your children and to show kids' exercises, which will help them to feel happy, focused, and calm.</p> <p>When little Nick starts to miss everything that happens around him, his dad teaches him to deal with worries in a fun and playful way. By using kids' breathing techniques and other helpful tips, Nick learns to control his big feelings and becomes mindful.</p>
	<p>You're a star by Poppy O'Neill</p> <p>Does your child often feel isolated and do they struggle to get involved in social situations?</p> <p>Are they nervous about what people think of them, or maybe they're just a little unsure of how they feel about themselves?</p> <p>These could be signs that your child is experiencing low self-esteem.</p> <p>This practical guide combines proven cognitive-behavioural therapy methods used by child psychologists in schools with simple activities to help your child grow their self-esteem. It's aimed at children aged 7–11 because a lot happens in these years that can impact a child's sense of self-worth, not just now but for years to come.</p>
	<p>My hidden chimp by Prof Steve Peters</p> <p>My Hidden Chimp is an effective and powerful new educational book that offers parents, teachers and carers some ideas and thoughts on how to help children to develop healthy habits for life. The science behind the habits is discussed in a practical way with exercises and activities to help children think the habits through and start putting them into practice. The neuroscience of the mind is simplified for children to understand and then use to their advantage.</p>