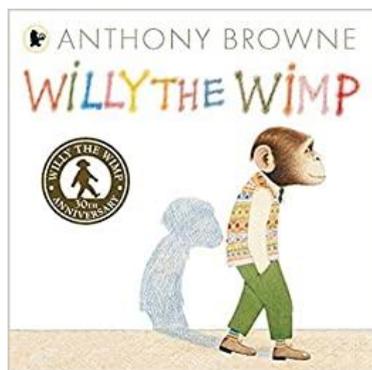


TEACHING PSHE THROUGH TEXTS

Books to Inspire



Willy the Wimp

Anthony Browne

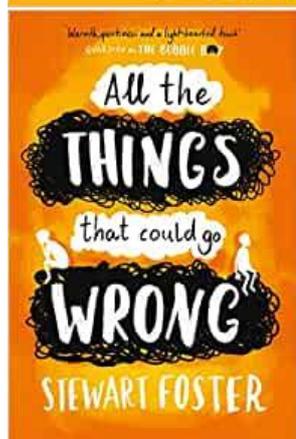
Willy is a gentle kind of chimp but also a target for a group of bullies, who have nicknamed him 'Willy the Wimp'. One day Willy notices an advert in his comic and pursues it to start bodybuilding. Soon the changes he makes to his appearance gives him the confidence to stand up to the bullies. This is a very humorous story and one that leaves readers with much to discuss regarding the extent to which they agree with Willy's response to his bullies.



How to Be a Lion

Ed Vere

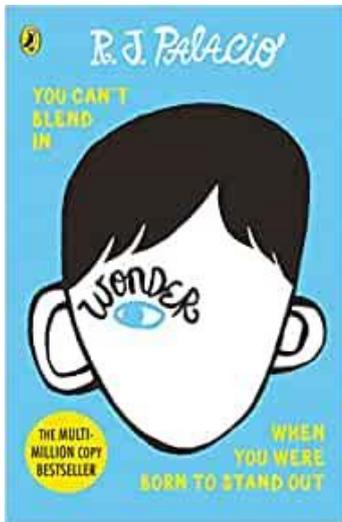
Leonard the lion, who is gentle and kind, is different to the other lions he meets. He likes to talk about poetry and philosophy with his like-minded friend Marianne the duck. When Leonard encounters a group of bullies in the park, they threaten to chomp Marianne before turning on Leonard for not being fierce enough. Leonard and Marianne work together to communicate to the bullies that there is more than one way to be a lion.



All The Things That Could Go Wrong

Stewart Foster

An absorbing story about bullying and friendship crafted with the right balance of warmth and tension to engage readers in upper KS2. The narrative alternates between the viewpoints of teenagers Alex and Dan. Daily life is a struggle for Alex, plagued by worries caused by his OCD and living in fear of the awful bullying at school. Dan's life is not straightforward either. Since his older brother left home, everything in Dan's world feels different. Dan plays out his frustrations at school, messing around in class and finding easy targets at school to bully with his friends. As time goes by, the boys end up working together on a raft-building project and a new empathy begins to develop as their relationship grows. A highly recommended story for KS2.

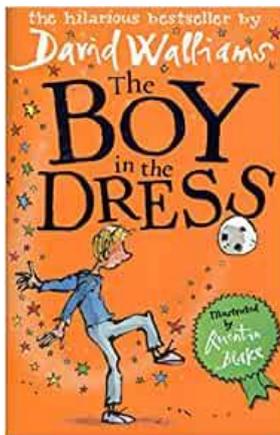


Wonder R.J. Palacio

August Pullman (Auggie) has a severe facial deformity and is home-educated until the age of 10, when he begins to attend school. The story is not just told from Auggie's perspective, but also through the eyes of his family and friends - following his fears and challenges as he comes to terms with other children's reactions to his appearance. It's an emotional journey and a superb book to start discussions about accepting people for who they are, empathy and the importance of friendships.

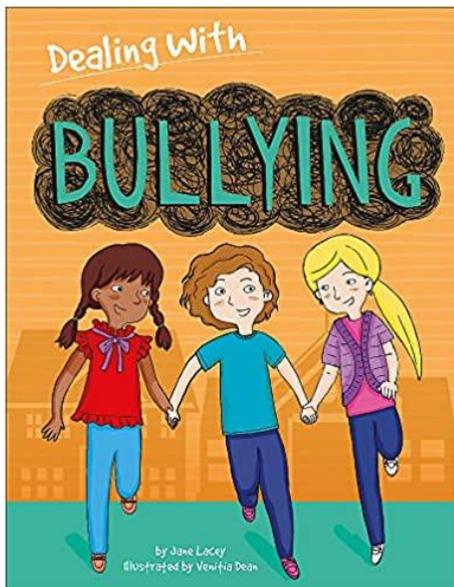
You may also like the picture book version *We Are All Wonders* ([available here](#)) and the additional story collection *Auggie & Me* ([available here](#)).

(Year 6)



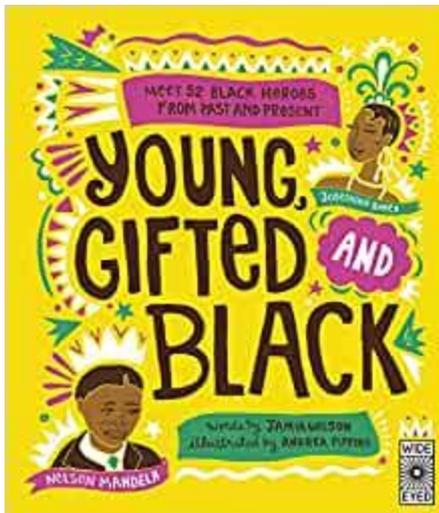
The Boy in the Dress David Walliams

12-year-old Dennis lives with his older brother John and their Dad. Dennis misses his mother, who has left them. When Dennis experiments with dressing in girls' clothes and even goes to school in a dress, he is taunted and teased by the other children and expelled by the Head Teacher. Playing in a football match wearing a dress, rather than his usual football kit, gets him seen in a different light and his story turns a corner. A light-hearted story exploring family relationships, freedom of choice and tolerance of difference.



Dealing With Bullying Jane Lacey & Venitia Dean

A colourful and easy-to-read guide to what bullying is and how it can be dealt with. This accessible non-fiction text includes plenty of advice about what you might choose to do if you encounter bullying. Through a series of case studies, pupils can build up a picture of bullying in its various forms, leaving plenty of space for classroom discussions about the choices faced by the characters involved in each case.



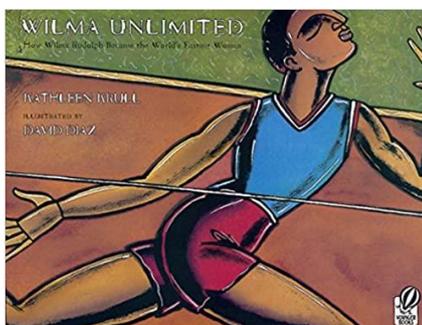
Young, Gifted and Black Jamia Wilson and Andrea Pippins

This is an eye-catching anthology that celebrates the inspirational achievements of fifty-two trailblazing black women and men, including artists, sports legends, scientists and activists among many others. Each page contains a short biography of an influential figure, perfectly accessible in language and length to suit primary-aged children. The text on each page is set against a brightly-coloured background containing a dynamic portrait of the featured individual, accentuated by colours and patterns - such as crowns and stars - that add to the celebratory feel of the book. Many of the biographies mention, without being militant, ways in which each figure overcame prejudice and followed their dreams.



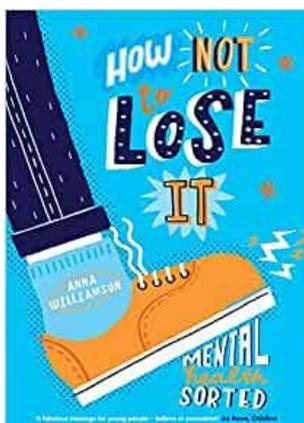
After the Fall Dan Santat

We've all heard about Humpty Dumpty's catastrophic fall, but what about how he got back up again? In this humorous picture book, Humpty Dumpty recounts his brave and arduous journey back up to the top of the wall again. We like the way in which this cleverly illustrated story acknowledges that things go wrong sometimes but that it can be our individual response to such misfortune that often harvests resilience and hatches us into something stronger than ever before.



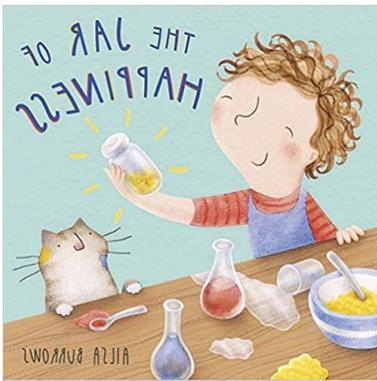
Wilma Unlimited Kathleen Krull

This is the story of perseverance against all odds and power of having a positive attitude of never giving up. At just five years old, Wilma Rudolph was paralysed in her left leg from polio and told that she would never walk again. This book tells the inspirational story of her journey from that point to how she became the first American woman to earn three gold medals in a single Olympiad.



How Not to Lose It: Mental Health Sorted Anna Williamson & Sophie Beer

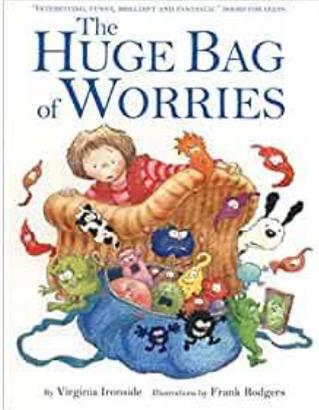
"A brilliant resource for UKS2 children to dip into - probably most useful in the transition to secondary school. Anna Williamson is a trained therapist and Childline counsellor. She has packed her mental health guide with support and guidance perfectly pitched in a chatty, informal style which is both practical and reassuring, without being overwhelming. The information is presented honestly and openly which will hopefully encourage questions and discussions. Sophie Beer's illustrations and the bright colours used throughout make this appealing to pick up and explore. I think this book is spot on in its approach to supporting children to develop strong emotional well-being, resilience and belief in themselves."



The Jar of Happiness
Ailsa Burrows

Nominated by: Bev Humphrey (@LibWithAttitude), Literacy & Technology Consultant

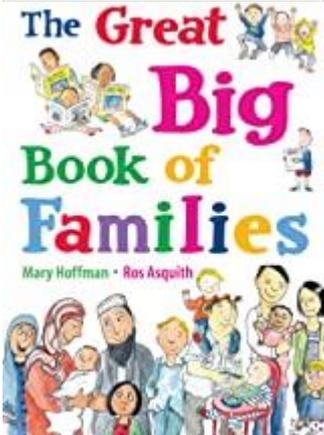
"A lovely, gentle story about finding your happiness with family and friends."



The Huge Bag of Worries
 by Virginia Ironside

A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings.

The perfect book to soothe worries during stressful times.



The Great Big Book of Families
 by Mary Hoffman

What is a family? Once, it was said to be a father, mother, boy, girl, cat and dog living in a house with a garden. But as times have changed, families have changed too, and now there are almost as many kinds of families as colours of the rainbow - from a mum and dad or single parent to two mums or two dads, from a mixed-race family to children with different mums and dads, to families with a disabled member. This is a fresh, optimistic look through children's eyes at today's wide variety of family life: from homes, food, ways of celebrating, schools and holidays to getting around, jobs and housework, from extended families, languages and hobbies to pets and family trees.



We Are Family
 by Patricia Hegarty

All families are different - and yet in many ways the same! This book uses a gentle rhyming text to follow eight different families, celebrating their everyday differences as well as the similarities they share.