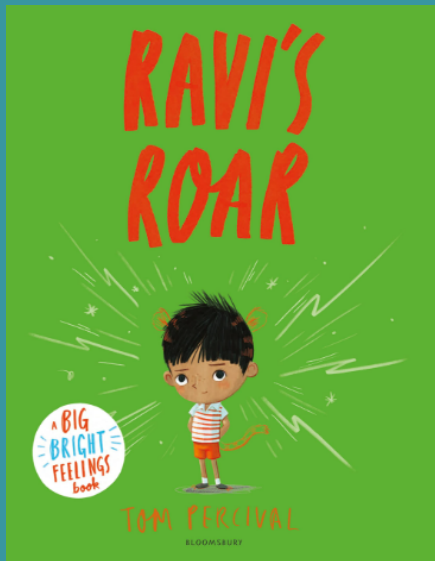


MHST Book Club

Wellbeing Books of the term - Overview

Winter Term 2026



Ravi's Roar - Tom Percival

Ravi is the youngest in his family. One day, him being the smallest results in him having a particularly bad day. He gets so angry that he turns into a tiger! At first, it seems that his anger is helpful, but then Ravi realises that it doesn't feel good to lose his temper. Ravi learns that it feels much better to contain the tiger within him.



Themes: behaviour, emotions, choices, relationships

5-7 yrs

Finding Fizz - Jenny Alexander

Carly used to be part of the Funny Five until her so-called friends started making fun of her and pretending that she wasn't there. Now Carly isn't her bubbly self and she's 'lost her fizz'. But when she finds a lost dog, life starts looking very different and maybe, just maybe, she'll find her fizz again...



Themes: Bullying, resilience, self-esteem



8-11 yrs

Fearless - Liam Hackett

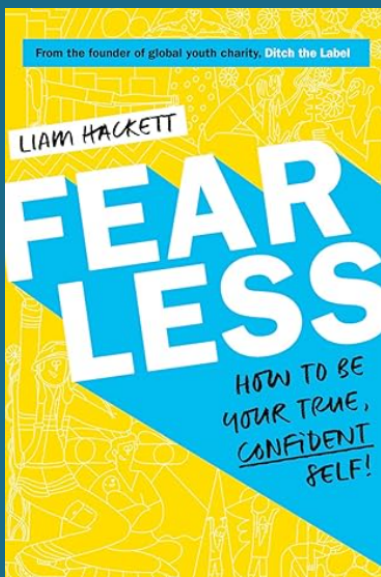
With vibrant colour illustrations throughout, Fearless shows that by breaking free from labels and stereotypes, together we can build a generation who are healthy, happy and can truly realize their full potential.

Fearless explores how stereotypes influence everything – from how you feel about your body, to your interests and career aspirations.



Themes: Confidence, self-esteem, resilience

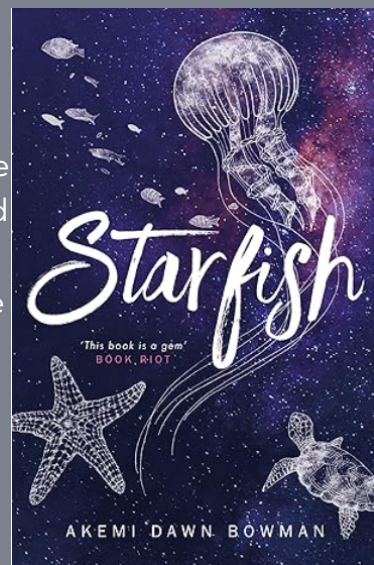
12-14 yrs



Starfish - Akemi Dawn Bowman

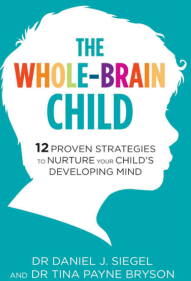
Kiko has always had a hard time saying exactly what she's thinking. With a mother who makes her feel unremarkable and a half-Japanese heritage she doesn't quite understand, Kiko prefers to keep her head down. When Kiko doesn't get into art school and her abusive uncle moves back in with her family, she jumps at the opportunity to leave her small town. Now that she is finally free to be her own person outside the constricting walls of her home life, Kiko learns transformative truths about herself, her past, and how to be brave.

Themes: Anxiety, childhood trauma, reference to sexual abuse, mention of suicide, racism



15-18 yrs

The Whole-Brain Child - Dr Daniel J. Siegel and Dr Tina Payne Bryson



Parent



Book available from Essex Libraries



E-Book available from Essex Libraries



Audiobook available from Essex Libraries



Available in additional languages

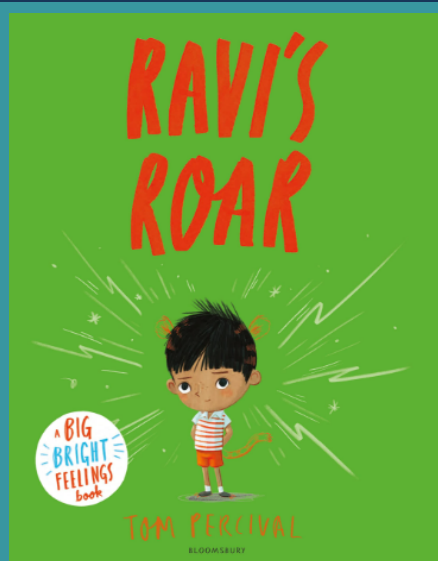


Available as a read aloud book on YouTube

MHST Book Club

Wellbeing Books of the term - Overview

Winter Term 2026



- What made Ravi feel so angry?
- Was being a tiger a good thing or a bad thing for Ravi? Why was this?
- Can you remember a time when you felt angry? What did you notice in your body?
- What could Ravi do instead if he starts to feel angry?

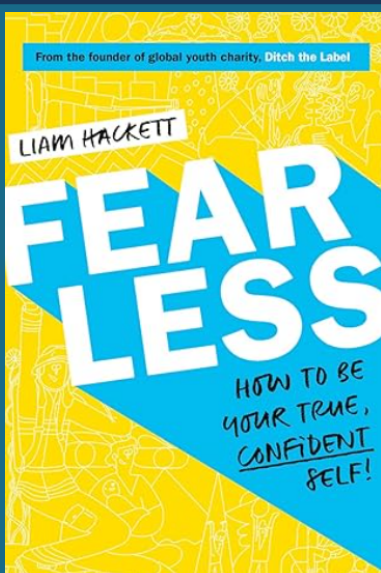
5-7 yrs

- Why were the other girls in the 'Funny Five' not actually Carly's friends?
- What advice would you give someone if they felt they were being bullied or people were being unkind to them?
- What changes for Carly?



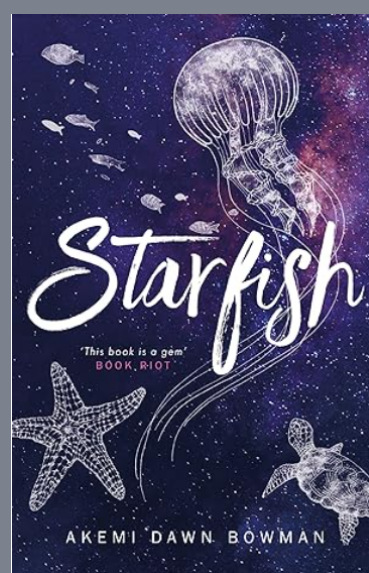
8-11 yrs

- Page 62 lists various emotions and behaviours and asks you which are usually associated with different genders - what do you think? What impact might these stereotypes have?
- Pages 74-75 share daily hacks for different emotions, pick a couple and give them a go. What do you notice?
- Hobbies are important for our wellbeing, what hobbies do you enjoy? How do you feel when doing these hobbies?



12-14 yrs

- How does Kiko's relationships with her mum and Hiroshi impact her mental health?
- How does Kiko cope with feelings of anxiety? What helps her? What helps you when you feel anxious?
- Art is the way that Kiko expresses herself when words feel too difficult. What did you think the purpose of each chapter ending with a painting was? How do you express yourself?



15-18 yrs

Would you like support?

- If you would like support with your child's mental health please speak to a teacher at your child's school who may be able to refer you in to the Mental Health Support Team for a 1:1 parenting intervention or one of our groups.
- If you are a young person and you would like support with your mental health please speak with a teacher you trust who can help you to access support from the Mental Health Support Team for individual or group support.



MHST Book Club

Previous Wellbeing Book Recommendations

5-7yrs

- Ruby's Worry - Tom Percival
- What's Going on Inside my Head? - Molly Porter
- What if, Pig? - Linzie Hunter
- My Mixed Emotions: Learn to Love Your Emotions
- A case of Zaps - Alex Boniello
- I am enough - Grace Byers
- Feeling Angry - Katie Douglass
- Happy - Nicola Edwards & Katie Hickey
- The Huge Bag of Worries - Virginia Ironside
- How are you feeling today? - Molly Porter
- One Little Word - Joseph Coelho
- What makes me do the things I do? - Molly Potter

8-11 yrs

- The Invisible Boy - Trudy Ludwig
- The Goldfish Boy - Lisa Thompson
- Brilliant - Roddy Doyle
- Ella on the Outside - Cath Howe
- Frankie's World - Aoife Dooley
- Happy Confident Me Daily Journal
- Planet Omar Accidental Trouble Magnet - Zanib Mian
- The Truth Pixie - Matt Haig
- The Lotterys Plus One - Emma Donoghue
- How to be more hedgehog - Anne-Marie Conway
- How to be a human - Karen McCombie
- Planet Omar: Ultimate Rocket Blast - Zanib Mian

12-14 yrs

- Paper Avalanche - Lisa Williamson
- The Sad Ghosts Club - Lize Meddings
- Finding Audrey - Sophie Kinsella
- Can you See Me - Libby Scott and Rebecca Westcott
- Dear Student - Elly Swartz
- One in a Hundred Thousand - Linni Ingemundsen
- Outsmarting Worry - Dawn Huebner
- Optimists Die First - Susin Nielsen
- Melissa - Alex Gino
- Anxiety is really strange - Steve Haines
- Windrush Child - Benjamin Zephaniah
- Medusa Gorgon's bad hair day - Bethany Walker

15-18 yrs

- A Better Day - Dr Alex George
- The Perks of Being a Wallflower - Stephen Chbosky
- Highly Illogical Behaviour - John Corey Whaley
- Turtles All the Way Down - John Green
- Girl on the line - Faith Gardner
- Eliza and Her Monsters - Francesca Zappia
- We Are All Made of Molecules - Susin Nielsen
- Under Rose-Tainted Skies - Louise Gornall
- It's kind of a funny story - Ned Vizzini
- My Brother's Name is Jessica - John Boyne
- Darius the Great is not okay - Adib Khorram

Books for Parents

- Why has Nobody Told Me This Before? - Dr Julie Smith
- The Book You Wish Your Parents Had Read (and Your Children Will be Glad You Did) - Philippa Perry
- Blame My Brain: The Amazing Teenage Brain Revealed - Nicole Morgan
- Different, Not Less - Chloe Hayden
- Brainstorm - Daniel Siegel
- Helping Your Child with Fears and Worries - Cathy Creswell