

Wellbeing Book List for Children & Young People

- **Be Positive: An Activity Book for Young People Who Want to Feel More Self-Confident** by Dr Sharie Coombes
- **Hello Happy: An Activity Book for Young People Who Sometimes Feel Sad or Angry** by Dr Sharie Coombes
- **The Unhurry Book** by Lara Bryan, Alice James & Eddie Reynolds
- **The Unworry Book** by Alice James
- **Wind-down Activities** by Alice James, Lara Bryan & Darren Stobbart
- **Don't Worry Be Happy: A Child's Guide to Overcoming Anxiety** by Poppy O'Neill
- **When I feel Angry: A child's Guide to Understanding and Managing Moods** by Poppy O'Neill
- **You're a Star: A Guide to Self-Esteem** by Poppy O'Neill
- **I Am, I Can: 365 Affirmations for Kids** by Wynne Kinder
- **Have Courage and Be Kind: Colouring Book for Kids ages 8-12**
- **Color Me Mindful: Mindfulness Coloring Book for Teens and Adults**

For younger children:

- **A Touch and Feel Book of Feelings: I am Happy** by Steve Light
- **I Have Feelings!** by Jana Novotny Hunter