

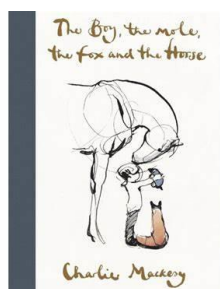


Books are a really important part of our Character and Culture Curriculum. We use them to support our children's learning - just as we do in all other areas of the curriculum.

This is something you can also do at home.

Here are some recommended reads to support with Character and Culture development. These cover a range of topics related to PSHE, building character, strategies to manage difficult times, understanding of the world and much more.

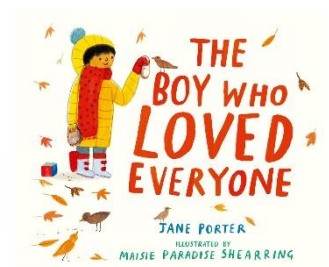
### The Boy, the Mole, the Fox and the Horse



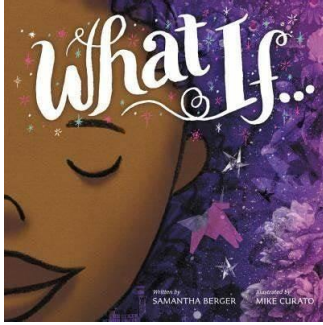
A beautiful book of life lessons, being hopeful, looking forward and gorgeous words to live by - suitable for all ages.

### The Boy Who Loved Everyone

This book tells the story of a little boy who is learning the many ways that people show love and friendship - suitable for children in EYFS and KS1.



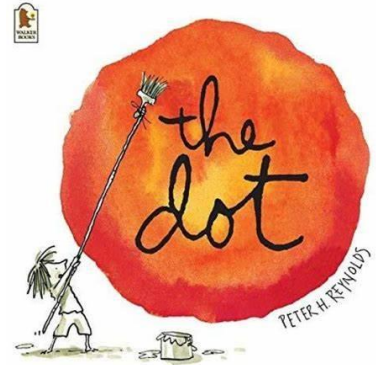
## What If



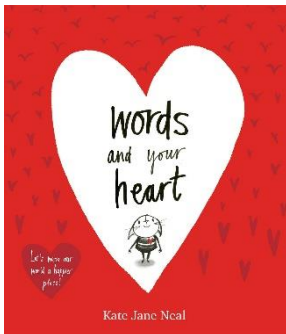
This is a beautifully illustrated book which teaches children about being the author of their own story and celebrating the individuality of everyone's own personal journey. Suitable for all ages, lots of nice talking points.

## The Dot

This simple story is a lovely way to introduce the concept of resilience and is suitable for everyone!



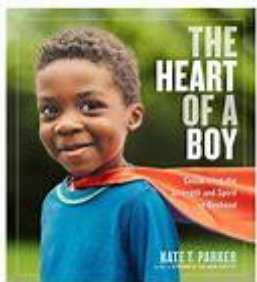
## Words and Your Heart



This book is all about the power of the words we use. It explores how words can make us feel and encourages us to think about the words we use and the power they have. Suitable for EYFS and KSI.

## Strong is the New Pretty & The Heart of a Boy

A firm favourite in our school, this is a great book for talking to young people about strength, courage and being yourself. Suitable for all!



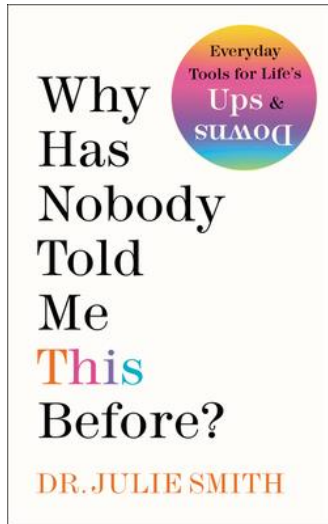
This one is very similar, the photographs are fantastic and really focus on being confident and comfortable in our own skin.



## Books for Adults

Not wishing to leave anybody out, there are some fantastic books out there for grown-ups too!

### Why has nobody told me this before?



A book filled with simple and helpful tips and tricks from the therapist's toolkit of Dr Julie Smith.

### The Comfort Book

A lovely book to be dipped in and out of, looking at the simple things in life which make the bad days better!

