

Thursday 7th March



# World Book Day

## The Confidence Workbook

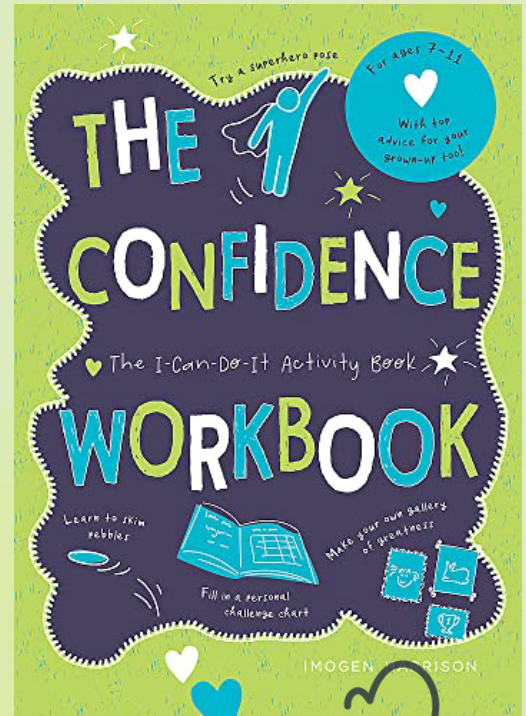
Author: Imogen Harrison

Ages  
7-11



Resilience

The Confidence Workbook is here to help by showing you how to build your confidence, offering creative ways to focus on and develop your strengths, such as speaking up and believing in yourself when you need to say "I can!"



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## A better day

Author: Dr Alex George

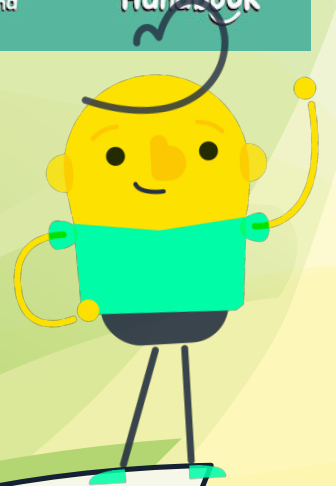
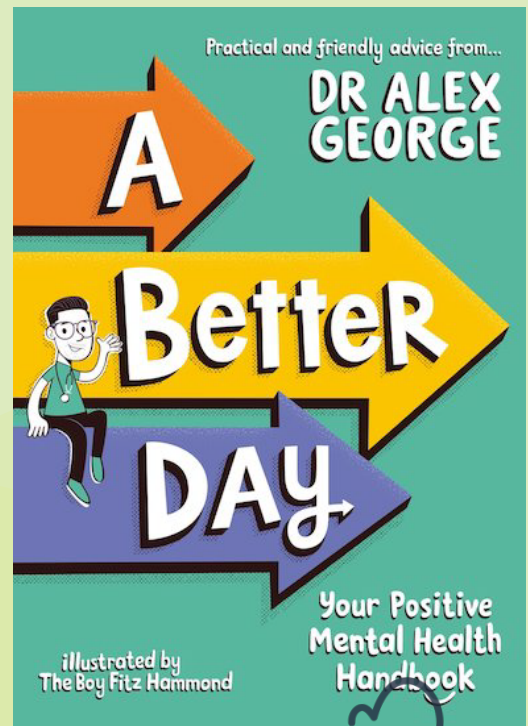
Illustrator: Fitz Hammond

Ages  
10-11



Resilience

What if we could think of mental health in a positive way? Sweep away the rain clouds. Talk about what's on our minds. And care for our mental health in the same way we look after our bodies. **Teaching children how to be resilient.**



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## Tilda Tries Again

Author: Tom Percival

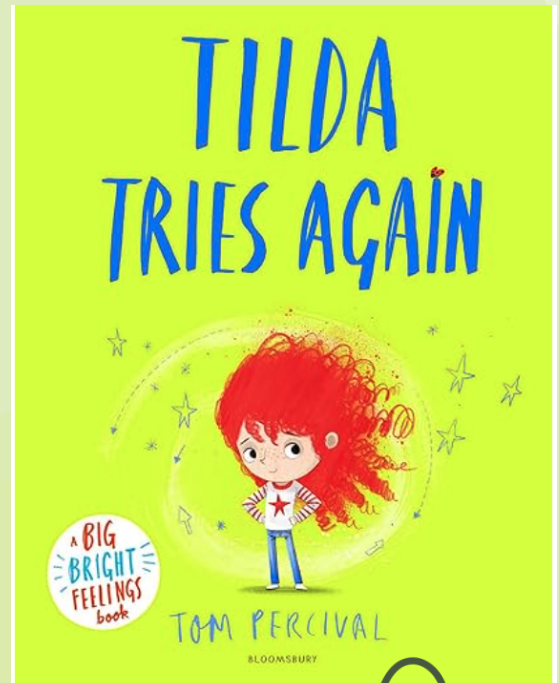
Illustrator: Tom Percival

Ages  
4-5



Resilience

Tilda's world is just as she likes it . . . until one day, it turns completely UPSIDE DOWN. All of a sudden, everything is topsy-turvy, and nothing feels right. Things that were once easy now seem incredibly challenging. Can Tilda discover a new way to approach her problems and believe in herself? Bold, bright and empowering, this is an inspiring story about coping with difficult situations. It's the ideal book for helping children to build **resilience** and embrace a 'can do' approach to life.



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## Max Kowalski Didn't Mean It

Author: Susie Day

Ages  
9-11



Resilience

Max's home life is tough too: since mum died, Max's dad works several jobs and Max has to help look after his three little sisters. Then, after one too many not-quite-legal jobs, Dad gets into trouble too and leaves Max all alone to look after his three little sisters.

Dad hasn't said how long he'll be gone and Max knows he's expected to step up, to be a 'Big Man', but he's scared and it's definitely not fair. Max makes a plan: hide out in Wales until Dad gets back. It seems like a great idea at first, but when things go from bad to worse, can he find a way to make them right? And should he have to?

Max has to use a lot of **resilience** to overcome the obstacles in front of him.





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## Oh the Places You'll Go

Author: Dr Seuss

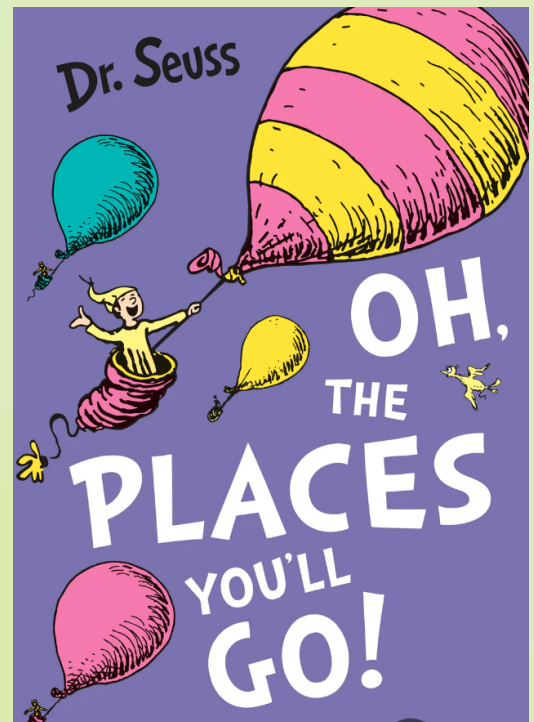
Illustrator: Dr Seuss

Ages  
4-8



Resilience

In this classic Seussian tale, the good doctor primes his readers against all the little mishaps and misadventures that can befall even the best of us from bang-ups and hang-ups to lurches and slumps encouraging us to be **resilient** and take life in our stride!



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## The Magical Yet

Author: Angela DiTerlizzi

Illustrator: Lorena Alvarez Gomez

Ages  
4-8



Resilience

This Yet finds a way, even when you don't, And, Yet knows you will, when you think you won't. Each of us, from the day we're born, is accompanied by a special companion - the Yet. Can't tie your shoes? Yet. Can't ride a bike? Yet. Can't play the bassoon? Don't worry, Yet is there to help you out. Told in tight rhyme reminiscent of the great Dr. Seuss himself, this rollicking, inspirational picturebook is perfect for every kid who is frustrated by what they can't do... YET.



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## After The Fall

Author: Dan Santat

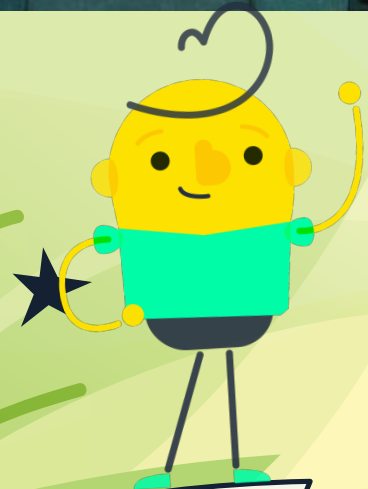
Illustrator: Dan Santat

Ages  
4-7



Resilience

After the fall, Humpty Dumpty is a broken egg. Life is tough: he's so afraid of heights, he can't even bear to climb onto his bed, or reach his favourite cereal on the top shelf at the supermarket. But one day, fuelled by his passion for bird-watching, he decides to conquer his fears and something amazing happens...



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## The Koala Who Could

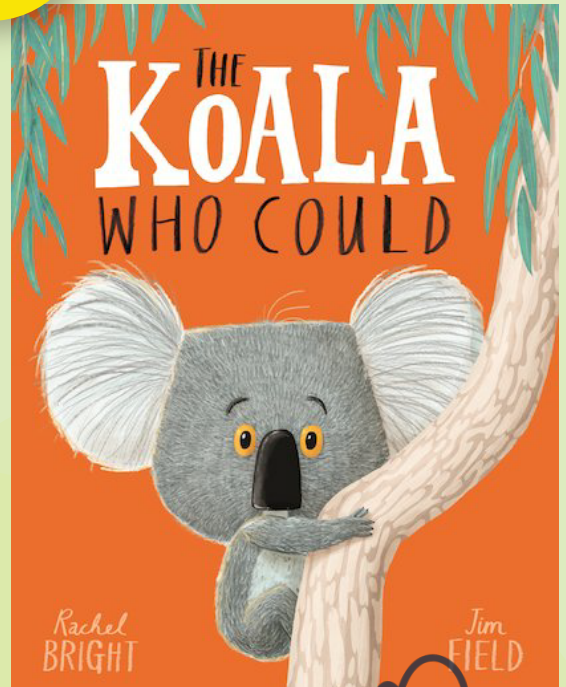
Author: Rachel Bright

Illustrator: Jim Field

Ages  
4-6

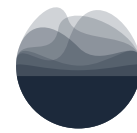
Resilience

In a wonderful place, at the breaking of dawn, where the breezes were soft and the sunshine was warm, a place where the creatures ran wild and played free... A Koala called Kevin clung to a tree. Meet Kevin. A koala who likes to keep things the same. Exactly the same. But sometimes change comes along whether we like it or not... And, as Kevin discovers, if you step outside your comfort zone and try new things, you might just surprise yourself!





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Ages  
10-11

## The List of Things That Will Not Change

Author: Rebecca Stead

Eight-year-old Bea is the central character in her latest novel, and, typically, there's lots going on in her life. She divides her time between her mother's and father's homes following their divorce and visits a therapist who helps with her anxieties. The story culminates in her father's wedding to his new partner, Jesse. As ever, we move back and forth in time, and discover much about Bea's inner life as well as her daily routine in New York. Relationships with family and friends propel the story and there are some real shocks and surprises for readers, plus a gradual understanding of the things that will never change for Bea. It's beautifully written, a thoughtful, sensitive account of growing up and growing **resilience** and trust.



Resilience



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## It Wasn't Me (The Hueys)

Author: Oliver Jeffers

Illustrator: Oliver Jeffers

Ages  
4-5



Resilience

A city sweeper cleans away Gully's home every morning. Fetch the dog, and his fleas, help Gully find a new home and meet new friends. Promotes discussions on **resilience**, perseverance, homelessness and relationship skills.

