



Books & Resources to help with Mental Health & Wellbeing for Children & Young People and their parents and teachers too

During the present Covid-19 pandemic we can all feel periods of stress, anxiety or worry. Our lives have been turned upside down and what we considered normal has changed. For children and young people this can be especially hard. If you are feeling a little bit sad, missing your school friends, worried about school work or nervous about family members going to work or maybe you have other worries then some of the resources below may help. Firstly, it's reassuring to know that you are not alone, many thousands of children and young people will be feeling the same way – it's normal to be sad or worried sometimes. Secondly, there are lots of things you can do to help yourself feel happier or less anxious and there are suggestions below. Thirdly, don't keep all your anxieties to yourself – share your concerns with family, friends, teachers and use the resources and organisations that offer help or advice, some of which are mentioned below.

The books listed in the collections mentioned below are all available from Bradford Libraries and can be borrowed via the Order and Collect service. For more information on how to use this service and how to join the library online click [HERE](#). It is very easy to join and to use the service.

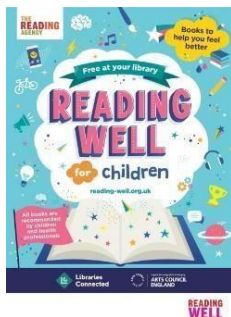
If you have suggestions of books you would like the library to have please let us know via email to christinea.donnelly@bradford.gov.uk Development Officer for Children and Young People.

NEW Covid-19 Book Collection for Children and Families



To help support children and families during the COVID-19 crisis, a new book collection from ASCEL, Libraries Connected and The Reading Agency is now available, with most of the books included available to download for **free**. This is a fantastic set of book titles offering an opportunity for families to talk through their children's concerns and worries about Covid-19. Click on the link [HERE](#) to access the information and the book collection.

READING WELL for Children from 7 to 11 years



[Reading Well for children](#) recommends reading to help deal with worries, to feel better and boost mood. The books in the Reading Well for children collection have been selected by children; health experts; librarians and health professionals including NHS England and Mind. Many of the books on the list cover topics that children and families may be experiencing at this time, including **worry, loss and bereavement** and dealing with **troubling world events**. You can see the full list of titles by clicking the link and here are a few highlighted titles.

Dealing with tough times



Worries

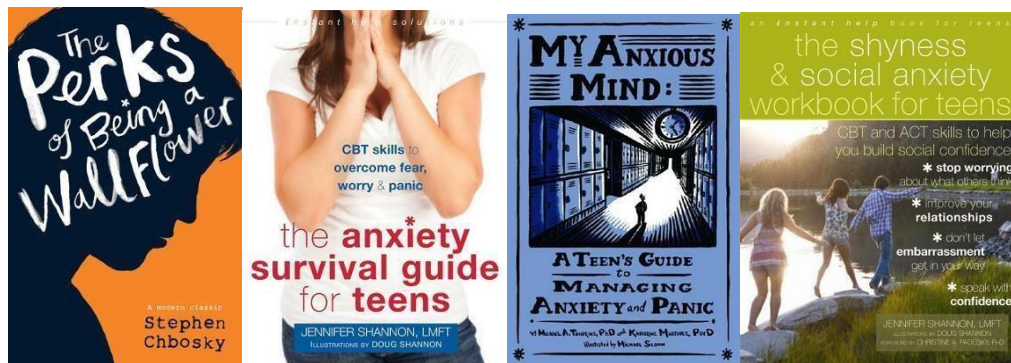


Feelings

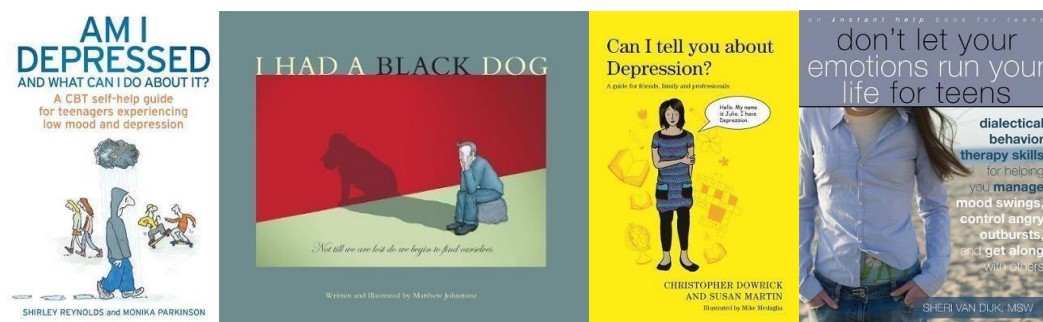


SHELF HELP for Young People from 13 to 18 years

Shelf Help is a collection of books about mental health and wellbeing for young people with advice and information about issues like anxiety, stress and OCD and difficult experiences. The books have all been recommended by young people, health experts, libraries and health professionals including NHS England and Young Minds. Here are a few highlighted titles and you can see the full list of titles by clicking the Shelf Help link. **Anxiety, Worry and Panic**



Depression and Mood Swings



Organisations for Help, Advice and Resources

YOUNGmINDS

Click on the Young Minds logo to access the fantastic resources to help young people struggling with self-isolation, coronavirus, school and university, mental health and anxiety. This is packed with information on mental health conditions, toolkits and where to get help.



Click on the Anna Freud logo for a great resource called On My Mind. It is co-produced by young people to help other young people and to empower them to make informed choices about their mental health and wellbeing. You'll find tips and advice as well as videos to help children and young people. It includes over 90 Self-Care ideas to help if you're feeling low or anxious whilst #StayingAtHome.



Click on the childline logo to access the web pages. They are available for children and young people whatever you are going through at any time.



The Mental Health Foundation has resources for young people, students, parents/carers and teachers on coping with coronavirus, returning to school or university and answering children's questions. Click on the logo to access the webpages.

Things you can do to look after your Wellbeing and make you Smile

Read a book

Reading helps you park your worries and anxiety, giving your mind a chance to rest. It means you are better able to cope and work out difficulties. If you are unable to use Bradford Libraries Order and Collect service to borrow books maybe you can download eBooks from our eBooks service instead. It's free, has a great range of books for all ages, and is available 24 hours. Click [HERE](#) for Borrow box.

You can listen to books too. We all enjoy someone reading a story to us and there are eAudio books for all ages. These are free too. You can download eAudio books from [HERE](#) Need a library ticket, join online [HERE](#) **Draw or colour a picture.**

Creativity is a great way to relax and soothes the mind as you become absorbed in your drawing, painting or collage. Use textiles, buttons, wool, leaves and other materials to create pictures. Or paint pictures on stones, cloth, paper bags or cardboard.

Here are some great websites that have lots of creative things to enjoy, however, there are lots of others on the internet.

[I am an Artist](#)

This has lots of visual art projects and really useful videos covering paint and colour, clay, drawing, fabric and fibre, print and construction.

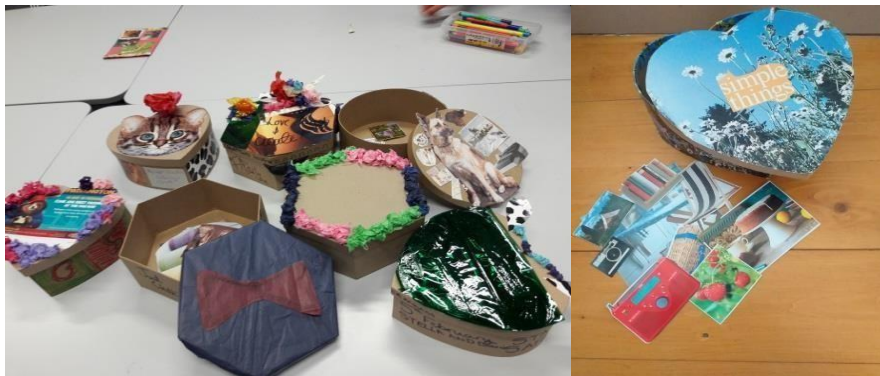
Children will love the things to do at home projects.

[Tate Gallery for Kids](#)

This is described as the best art website for kids and it would be hard to debate otherwise. Lots of art and activities for children. Excellent and well worth a visit.

[Thought Bubble Festival Comic Art Creative Activities](#) A unique and inspiring set of creative activities to do at home from Thought Bubble, the international comic festival.

Create a Self-Care Box



A Self-Care box is a special box to keep pictures or small items that remind you of your favourite things, places, people or interests that make you happy. When you feel a little bit sad you can open the box and look at all the things that make your smile.

It's very simple to create and you can add to it at any time.

All you need is: -

A box with a lid – sweet box; shoe box; cardboard box. Preferably not too big

Old magazines; postcards; printed images; photographs

Scissors

Paints/Felt Tips

Glue

All you need to do: Cover, paint or colour the box

Cut out pictures that remind you of your favourite activities; favourite seasons; things that make you smile; things you enjoy; favourite places; things that bring back happy memories.

Think about the things that you do that help you relax or bring a smile to your face.

Here are some ideas:

Bubble baths; Chatting to friends; Reading; **listening to music**; Cooking & baking; **Gardening**; Swimming; **Climbing mountains**; Walking; Singing; Taking photographs; Dancing; Drawing; Making sandcastles; Meeting friends; Eating ice cream; Playing with your pet; **Quotes from favourite books or songs**; Raindrops on the window pane; Autumn leaves; Bluebells in a wood; Snow; Listening to birds; **A favourite jumper or scarf**; Riding your bike; Playing on a swing; Looking at the stars; Someone reading you a story; A picture book; *A party invitation*

When you have a collection of pictures, place them in the box.

Keep the box in a place where you can see it.

When you next feel sad or worried open your box and remind yourself of all the things that you can do or have done that make you happy.