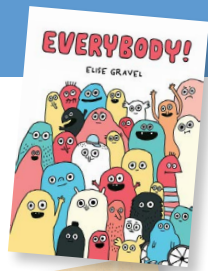


# WELLBEING AND KINDNESS

(20% Discount off RRP for Standing Order customers)

## PICTURE BOOKS 1-17 (17)



### 1. Everybody (Elise Gravel)

Everybody has strengths, flaws, feelings, ideas and needs. Everybody! Everybody is unique and different. But we are all more similar than we think. Just like you: Everybody has fears. Everybody has moments of joy ... and moments of sadness. Everybody makes mistakes ... and can fix them. And, just like you, everybody needs to feel safe and valued.

(RRP) (School)

**\$19.99 \$18.00**

### 2. Everyday Wonders (Natalie Graetz)

Everyday Wonders is a collection of 15 fun and inspiring short stories about kind, brave, clever and curious everyday wonders. It features characters of all ages from all around the world. This colourful children's book celebrates the unique and everyday qualities that make us who we are - our quirks, hobbies and wonderfully unique personality. Everyday wonders are all around us - our neighbours, doctors, local beekeepers, car mechanics or favourite opera singers. You don't need to be famous or a Nobel Prize winner to feel...and to be...important in this world.

**\$25.95 \$23.36**

### 3. Happiest Boy on Earth: The incredible story of the Happiest Man on Earth (Eddie Jaku)

Life can be beautiful if you make it beautiful. It is up to you. Eddie lived with his family and adorable dachshund, Lulu, in the beautiful city of Leipzig in Germany. But one day, into the sunshine of his childhood crept a dark, heavy cloud. Not a rain cloud. Much worse than that. Adolf Hitler came to power. When Eddie was 18, he was sent to a concentration camp. A picture book adaptation for older readers (8+ years) based on the extraordinary, the bestselling adult title THE HAPPIEST MAN ON EARTH. The story is framed as a conversation between 101-year-old Eddie and his great grandchildren - who are bursting with questions about the life of their Pépé.

**\$26.99 \$24.30**

### 4. Hello Every Body! From Hairy to Bald, Tall to Small, This Book Has Got It All! (Samantha Curcia)

Hello Every Body! is a picture book that joyfully explores and celebrates the human body in all its many shapes and sizes. With playful illustrations and a joyful tone, Hello Every Body! is fun, diverse and inclusive, showing that all bodies are fabulous just the way they are, and that our differences make us who we are.

**\$24.99 \$22.50**

### 5. Huge Bag of Worries, The (Virginia Ironside)

The usually happy Jenny has started to have lots of worries until they grow into a huge bag of worries that follow her everywhere. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her?

**\$16.99 \$15.30**

### 6. I am Peace: A Book of Mindfulness (Susan Verde)

When the world feels chaotic, find peace within through an accessible mindfulness practice. Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present. Perfect for the classroom or for bedtime.

**\$22.99 \$20.70**

### 7. I Can't Do that Yet (Esther Pia Cordova)

Enna isn't a queen of confidence. Struggling to believe in herself, the young girl is certain she doesn't have what it takes to read during bedtime. But when she finally falls asleep, she's greeted by a wonderful woman who's incredibly familiar...As the journey across her dreamscape shows her potential versions of herself, Enna is amazed at everything she's learned how to do. But she knows all that growth won't come free - it will take time, knowledge, and dedication. Can Enna learn to tackle challenges with a smile?

**\$32.99 \$29.70**

### 8. Inside Day: A Book About Wellbeing (Jane Martino)

Milly and her friends love being outside - it helps them to be at their best and to feel sunny on the inside - but a rainy day ruins their outdoor play. Will they be able to find ways to be at their best inside their classroom and to feel at their best inside themselves?

**\$19.99 \$18.00**

### 9. Kind: A Call to care for every creature (Jess McGeachin)

From the tiniest beetle to the most majestic whale, every creature on Earth is a marvel, deserving of awe and compassion. This beautiful picture book is a unique celebration of living things of many kinds - and the kindness we can show them as we wander through the world.

**\$24.99 \$22.50**

### 10. Kindness (Zanni Louise)

Kindness is being generous with our words, our actions and our heart. Acts of kindness can be big or small. We can be kind to others, and to ourselves too. It feels good to be kind, and kindness makes others feel good too. There are many ways to be kind ...

**\$19.99 \$18.00**

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**11. Kindness Club, The (Kate Bullen-Casanova)**

**\$24.99 \$22.50**

A diverse cast of friendly characters welcome a new kid to their preschool and show them how all types of fun and emotions are for everyone. The Kindness Club depicts familiar activities and scenarios that readers can expect at preschool or kindergarten, but challenges age-old assumptions that boys will be boys and girls will be pretty.

**12. Kindness Grows (Britta Teckentrup)**

**\$24.99 \$22.50**

It all starts with a crack that we can hardly see, It happens when we shout or if we disagree. But with every kindness that we care to show, something good and magical then begins to grow... Angry words and thoughtlessness cause a crack to open up, but find out what happens when kindness begins to blossom.

**13. Lottie and Walter (Anna Walker)**

**\$24.99 \$22.50**

Lottie doesn't want to be afraid, but no matter what she does, she just can't go in the water. Until she finds a surprising friend, who turns out to be more helpful than Lottie could ever have imagined...

**14. Maybe (Kobi Yamada)**

**\$34.99 \$31.50**

You are more amazing than you even know. New York Times best-selling author Kobi Yamada has written a story about the unbound potential you hold inside. With striking, realistic illustrations, it is a reminder that you were meant for incredible things. And maybe, just maybe, you will exceed your wildest dreams.

**15. Tomorrow Girl: A Tale of Mindfulness (Vikki Conley)**

**\$24.99 \$22.50**

Catch up with a girl called Tomorrow as she rushes through life. But when Tomorrow meets Yesterday and trips over Today, her whole world begins to slow down. Tomorrow Girl is a quirky tale delivering a timely reminder of mindfulness and what can happen when we allow ourselves time to be in the moment.

**16. Walter Had a Best Friend (Deborah Underwood)**

**\$29.99 \$27.00**

Walter and Xavier are best friends. They do everything together! But then...quietly...slowly...Xavier becomes best friends with someone else. Walter goes from feeling hurt and left out to feeling confused and angry to feeling just plain lonely. Until one morning he wakes up feeling a tiny bit hopeful. That day, while out for a hike by himself, he meets Ollie. Could this be the beginning of a new friendship?

**17. We are all Strong (P Crumble)**

**\$19.99 \$18.00**

No matter who you are, how big, how small, how short, how tall, this book celebrates the power and resilience in all of us, and the many different ways of showing that ... we are all STRONG.

**NOVELS 18-35 (18)**

**18. 1,000-Year-Old Boy, The (Ross Welford)**

**\$16.99 \$15.30**

Alfie Monk is like any other nearly teenage boy - except he's 1,000 years old and can remember the last Viking invasion of England. Obviously no one believes him. So when everything Alfie knows and loves is destroyed in a fire, and the modern world comes crashing in, Alfie embarks on a mission to find friendship, acceptance, and a different way to live... which means finding a way to make sure he will eventually die. 9+

**19. As Happy as Here (Jane Godwin)**

**\$16.99 \$15.30**

Three teenage girls from very different backgrounds find themselves sharing a hospital ward. When they witness a crime in the park below their window, they bond over trying to solve the crime and each one undergoes a profound change. A beautiful coming-of-age story about identity, expectation, class, justice, society, fairness, and, above all, kindness. 11+

**20. Be Nice to Aunt Emma (Anne Fine)**

**\$16.99 \$15.30**

There are many reasons why Tansy dreads Aunt Emma coming to visit. She's rude, she's boring, and Tansy has to give up her room so Aunt Emma can sleep there. And every year Dad makes Tansy promise to be nice - even when Aunt Emma is awful. But this year, when Tansy is left alone with Aunt Emma, she decides she's going to be the nicest she's ever been - so sickly sweet that it'll drive Aunt Emma crazy! Let the games begin ... 9+

**21. Big Panda and Tiny Dragon (James Norbury)**

**\$29.99 \$27.00**

This is the uplifting, beautifully illustrated story of two beloved friends as they journey through the seasons of the year together, into the wild, exploring the thoughts and emotions, hardships and happiness that connect us all.

**22. Boy Called Bat, A (Elana K. Arnold)**

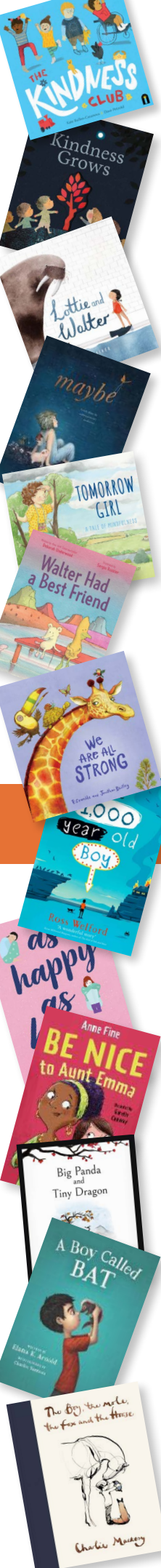
**\$14.99 \$13.50**

For Bixby Alexander Tam (nicknamed Bat), life tends to be full of surprises—some of them good, some not so good. Today, though, is a good-surprise day. Bat's mom, a veterinarian, has brought home a baby skunk, which she needs to take care of until she can hand him over to a wild-animal shelter. But the minute Bat meets the kit, he knows they belong together. And he's got one month to show his mom that a baby skunk might just make a pretty terrific pet. 8+

**23. Boy, The Mole, The Fox and The Horse, The (Charlie Mackesy)**

**\$35.00 \$31.50**

Enter the world of Charlie's four unlikely friends, discover their story and their most important life lessons. The boy, the mole, the fox and the horse have been shared millions of times online. They've also been recreated by children in schools and hung on hospital walls. They sometimes even appear on lamp posts and on cafe and bookshop windows. Here, you will find them together in this book of Charlie's most-loved drawings, adventuring into the Wild and exploring the thoughts and feelings that unite us all.





(RRP) (School)

**24.Bravest Word, The (Kate Foster)**

**\$17.99 \$14.39**

When eleven-year-old Matt finds Cliff, a hurt, neglected dog abandoned in the bush, he knows the brave little pup needs saving. He wants to help. But can he? Lately, Matt has had way more bad days than good days. The pieces of his life just don't seem to fit together anymore and he doesn't understand why. He's finding it impossible to concentrate at school and has lost interest in the activities he used to love. Plus, he's tired all the time. Matt's too afraid to share what's really going on in his own head with anyone. His friends and family will never understand . . . maybe it's not only Cliff who needs saving. **9+**

**25.Elephant, The (Peter Carnavas)**

**\$14.95 \$13.46**

Olive's father has a sadness so big that she imagines it as a large grey elephant following him around. With the help of her cheery grandfather and her best friend, Arthur, Olive sets out to chase away her father's elephant. **8+**

**26.Evie and Rhino (Neridah McMullin)**

**\$18.99 \$15.19**

A young girl with a tragic past and a rhinoceros facing life in captivity form an unlikely and magical bond after a fateful storm and a shipwreck bring them together. A moving tale about love, connection and the healing power of friendship. **9+**

**27.Fish in a Tree (Lynda Mullaly Hunt)**

**\$14.99 \$13.50**

Ally has been smart enough to fool a lot of smart people. Every time she lands in a new school, she is able to hide her inability to read by creating clever yet disruptive distractions. She is afraid to ask for help; after all, how can you cure dumb? However, her newest teacher Mr. Daniels sees the bright, creative kid underneath the trouble maker. With his help, Ally learns not to be so hard on herself and that dyslexia is nothing to be ashamed of. As her confidence grows, Ally feels free to be herself and the world starts opening up with possibilities. She discovers that there's a lot more to her-and to everyone-than a label, and that great minds don't always think alike. **10+**

**28.Grand, Genius Summer of Henry Hoobler, The (Lisa Shanahan)**

**\$15.99 \$14.40**

Henry Hoobler is a reluctant adventurer who is worried about his summer holiday camping at the beach: bugs, spiders, snakes, stingers, blue-ringed octopi or sharks. Worst of all, his family and friends are pushing him to ride his new silver bike - without training wheels. But when Henry meets Cassie, he discovers that courage is there to be found when you have a friend who is straight-up and true. **8+**

**29.Julia and the Shark (Kiran Millwood Hargrave)**

**\$17.99 \$16.20**

Julia has followed her mum and dad to live on a remote island for the summer - her dad, for work; her mother, on a determined mission to find the elusive Greenland shark. But when her mother's obsession threatens to submerge them all, Julia finds herself on an adventure with dark depths and a lighthouse full of hope... A beautiful, lyrical, uplifting story about a mother, a daughter, and love - with timely themes of the importance of science and the environment. **10+**

**30.Leila and the Blue Fox (Kiran Millwood Hargrave)**

**\$26.99 \$24.30**

Fox wakes, and begins to walk. She crosses ice and snow, over mountains and across frozen oceans, encountering bears and birds beneath the endless daylight of an Arctic summer, navigating a world that is vast, wild and wondrous. Meanwhile, Leila embarks on a journey of her own - finding her way to the mother who left her. On a breathtaking journey across the sea, Leila rediscovers herself and the mother she thought she'd lost, with help from a determined little fox. **9+**

**31.Little Ash: Friendship Fix-it! (Ash Barty and Jasmin McGaughey)**

**\$9.99 \$7.99**

Ash can't wait to play tennis with the big kids at school today! But when James's big school project breaks, Ash has to decide whether to help her friend fix his project at lunchtime, or play the game she loves. What will she do? **6+**

**32.Last Bear, The (Hannah Gold)**

**\$14.99 \$13.50**

There are no polar bears left on Bear Island. At least, that's what April's father tells her when his scientific research takes them to this remote Arctic outpost for six months. But one endless summer night, April meets one. He is starving, lonely and a long way from home. Determined to save him, April begins the most important journey of her life...This moving story will win the hearts of children the world over and show them that no one is too young or insignificant to make a difference. The Last Bear is a celebration of the love between a child and an animal, a battle cry for our world and an irresistible adventure with a heart as big as a bear's. **8+**

**33.Paws (Kate Foster)**

**\$16.99 \$13.59**

At home, Alex's best friend is Kevin the cockapoo, although what he wants most of all is a friend at school. But that is harder than he ever expected. A touching story about learning that friendship isn't one size fits all and is often found where you least expect it. Everything is changing for 11-year-old Alex and, as an autistic person, change can be terrifying. With the first day of high school only a couple of months away, Alex is sure that having a friend by his side will help. So, he's devised a plan - impress the kids at school by winning a trophy at the PAWS Dog Show with his trusty sidekick, Kevin. This should be a walk in the park . . . right? **9+**

**34.Sugarcane Kids and the Red-bottomed Boat (Charlie Archbold)**

**\$14.99 \$11.99**

Andy and his best friend Eli live in a small coastal town in far north Queensland. When Eli's cousin Jacob is arrested for a jewellery theft, Andy and Eli both know he is innocent. The police have evidence. But something is not right, and Andy and Eli need to work out what, and fast or Jacob will end up in jail. So, with the help of twins Bernice and Fletcher (AKA Bernie and Fletch) and Andy's trusty sausage dog, Washington, they set out to hunt for clues to what really happened. The trail points to a mysterious red-bottomed boat rumoured to be hidden deep in the mangroves. **8+**

**35.Xavier in the Meantime (Kate Gordon)**

**\$15.99 \$12.79**

Sometimes Xavier wakes up feeling hopeless. Every new doctor this will fix it. Removing him from school this will fix it. The therapy group this will fix it. And his dad moving out. Maybe, this will fix it. His daily affirmations seem to be helping, yet the black dog never really goes away. But Xavier has a plan. Enlisting the help of best friend Aster, he tries to convince his dad to turn the family hogget farm into a therapy retreat for the group session kids. **11+**

(RRP) (School)

**36. 10 Ideas to Save the World with Kindness (Eleonora Fornasari)**

**\$19.99 \$18.00**

One small action a day can make a difference . . . in a big way! In 10 Ideas to Save the World with Kindness, we discover what it means to be kind, caring, and thoughtful. In this book, learn all about empathy and generosity with little (but powerful!) actions.

**37. All About Worries and Fears (Felicity Brooks)**

**\$19.99 \$18.00**

There can be a lot to worry about when you are little, from monsters under the bed to Monday's maths test, but one person's scary spider is another's perfect pet, so how can we learn to stop everyday fears and worries from growing out of proportion or even overwhelming us? This book helps children understand why we have different fears and worries and the physical effects they can have on our bodies. It then offers all sorts of fun and helpful activities and strategies to help manage and even overcome them.

**38. Breathing Makes it Better: A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between (Christopher Willard and Wendy O'Leary)**

**\$26.99 \$24.30**

Read aloud and breathe along with this story, teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness. With rhythmic writing and engaging illustrations, Breathing Makes It Better guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath. Simple guided practices, like imagining you are a tree blowing in the wind, follow each story to teach children how to apply mindfulness techniques when they need them the most.

**39. Big Feelings: And what they tell us (Rebekah Ballagh)**

**\$29.99 \$27.00**

Mikah feels so sad . . . Chloe's feeling angry . . . Charlie feels anxious . . . Feelings are messages from the heart! Big Feelings helps you to understand your emotions, how they make you feel and how you can manage them. Includes strategies and resources for parents, caregivers and teachers.

**40. Do Something for Someone Else (Loll Kirby)**

**\$29.99 \$27.00**

Meet 12 real-life children spreading kindness with simple acts of everyday activism. Learn about the work they do and discover how the future of our world starts here... with you. Features a how-to-help section, with simple steps to inspire young readers to take action at home and at school.

**41. Embrace Your Body (Taryn Brumfitt)**

**\$19.99 \$18.00**

Based on the #1 hit children's song, this picture book encourages everyone to love who they are, inside and out. Taryn Brumfitt is the fiercely passionate thought leader behind the Body Image Movement and director of Embrace the documentary. She is determined to inspire everyBODY to celebrate their body, regardless of size, colour, ethnicity, gender or ability.

**42. Everyone Sang: A Poem for Every Feeling (chosen by William Sieghart)**

**\$39.99 \$36.00**

Divided into four thoughtfully-curated sections, including Poems to Make You Smile, Poems to Move You, Poems to Give You Hope and Poems to Calm and Connect You, the poems originate from an extraordinary and diverse range of sources, from Maya Angelou to Roger McGough, Lemn Sissay, Jackie Kay, Carol Ann Duffy, Joseph Coelho, Kae Tempest, W.B. Yeats, Christina Rossetti and Emily Dickinson, among many others.

**43. Feeling Words to Explain my Emotions: 30 Mindful Exercises (Emily Sharratt)**

**\$24.99 \$22.50**

Help young children to learn to recognise and communicate their feelings. Each double-page spread features an engaging animal character on the right, and an activity on the left, providing reassurance and healthy coping strategies to promote mental well-being.

**44. Good Night to Your Fantastic Elastic Brain (JoAnn Deak and Terrence Deak)**

**\$34.99 \$31.50**

When you go to sleep, what does your brain do? Does it rest too? It can't because it's busy working while you snooze! It repairs, and resets, and helps your body even when you aren't awake. Using up-to-date research to explore our brains' critical functions when we are asleep, psychology experts JoAnn and Terrence Deak invite kids (and adults) to unpack all the amazing things your brain is doing when you're not awake – and why it's so important to get your sleep!

**45. Making Memories: Practice Mindfulness, Learn to Journal and Scrapbook, Find Calm Every Day (Amy Tangerine)**

**\$19.99 \$18.00**

In a world where children are increasingly attached to their screens, and their memories often are only held digitally, this book offers a creative analogue solution. It is a fun how-to guide to engaging with the world around us through mindfulness activities and journaling tips. Each activity and thought encourages a sense of calm or wellbeing, which helps children to live in the moment and make memories in the real world. The book features an environmental awareness, too, with activities encouraging sustainability.

**46. M is for Mindfulness: An Alphabet Book of Calm (Ladybird)**

**\$14.99 \$13.50**

A gentle introduction to the concepts of mindfulness, such as the importance of being aware of your body and its sensations and paying attention to your breathing. In an increasingly anxious, stressful world, this book is a little oasis of calm and reflection. A perfect book to start conversations about feelings and worries with small children.

**47. Small Kindness, A (Stacy McNulty)**

**\$24.99 \$22.50**

It was like a game of tag, with one small act of kindness spreading throughout a small community of kids and teachers alike. A Small Kindness is sure to speak to this new generation of children and their parents.

**48. You've Got This! A little one's guide to wrangling worries (Jess Sanders)**

**\$19.99 \$18.00**

Is there something that's worrying you? Whatever your worries might be, you are not alone in having them. If your worries have ever held you back from doing things, you are not alone. This book is for any child who needs a reminder that they can be brave, even if they feel worried sometimes.

