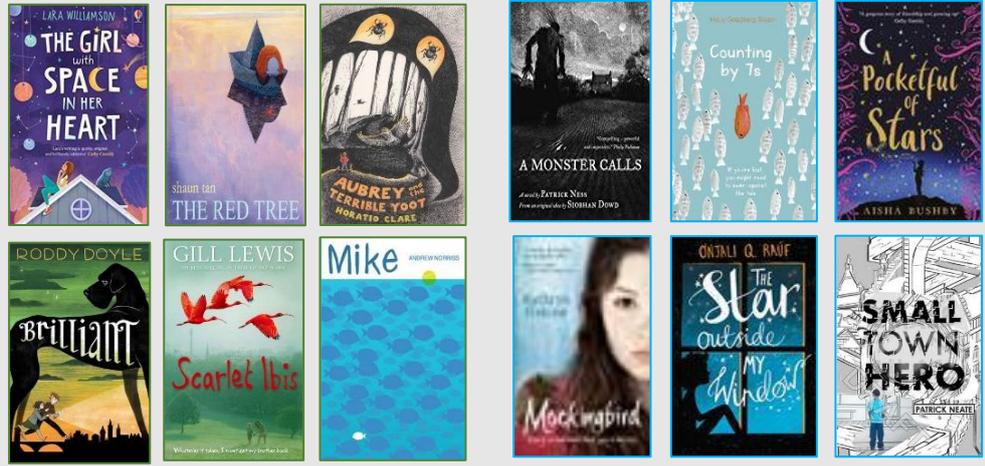




Every Mind Matters

Navigate your way through a range of emotions:
EMPATHISE
RELATE
UNDERSTAND
Walk a mile in the shoes of these young people.



Books can start conversations about Depression and reassure you that you, or your family are not alone.

These stories may help us understand our own emotions when a friend, family member or someone we know dies.

Year 7 & 8

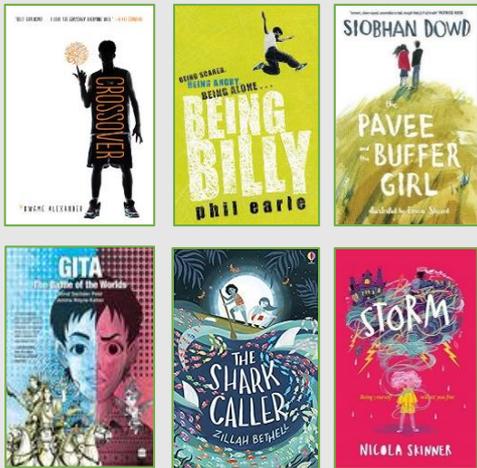


www.readingjackdaw.co.uk



Loneliness can affect all of us, read about these wonderful, but lonely, characters.

Anxiety is an emotion that we all experience, but for these characters anxiety has taken control. See how they learn to cope with their particular anxiety.



We all get angry sometimes, read about what make these young people so angry.



Watch these characters gain confidence, stand up to bullies, face their fears, start to rise up and learn to accept themselves and be what they are.