Bibliotherapy - Reading for kindness

The theme for Mental Health Awareness Week 2020 is kindness; kindness towards others and also yourself.

Here are some books which feature acts of kindness.

Please note: This list covers ages 11-16, therefore some of the books may include more mature themes.

The Boy at the Back of the Class — Onjali Q. Raúf	Jerry Spinelli	Red Leaves — Sita Brahmachari	A Christmas Carol — Charles Dickens	The Abominables — Eva Ibbotson
Lost — Ele Fountain	There's a Boy in the Girls' Bathroom — Louis Sachar	Do You Speak Chocolate? — Cas Lester	Wonder — R. J. Palacio	Paper Avalanche — Lisa Williamson
Paper Avalanche — Lisa Williamson	Charlotte's Web — E. B. White	Toffee — Sarah Crossan	Orbiting Jupiter — Gary D. Schmidt	Goodnight Mister Tom — Michelle Magorian
Piglettes — Clémentine Beauvais	Girl With a White Dog — Anne Booth	Raymie Nightingale — Kate DiCamillo	Lost — Eve Ainsworth	Jelly — Jo Cotterill