

Mood Boosting Books

A book list for children

This book list belongs to:

Mood Boosting Books are books or stories that cheer you up!

This list has been made by children in Brighton & Hove. There are blank circles at the bottom of the list so that staff at your local library can give you a smiley face when you've borrowed and read a book.

Key for the book list overleaf:



Happy
to be me



Getting
along with
others



Escape/
Adventure



Make me
laugh



Coping with
change



Losing
someone



Bullying



Family life

Happy reading!

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The Boy Who Swam with Piranhas

David Almond 🤗🌞📖📧

Driftwood Cathy Cassidy 🤗📧⚠️

El Deafo Cece Bell 🤗📧⚠️

Beast Quest Adam Blade 📖

Aubrey and the Terrible Yoot

Horatio Clare 📖📧

The Unforgotten Coat

Frank Cottrell Boyce 📖🌞📖📧

Matilda Roald Dahl 🤗📧⚠️📖

The Twits Roald Dahl 🤗📖

The Secrets of Sam and Sam

Susie Day 🌞📖

Horrible Histories Terry Deary 🤗📖

Fortunately the Milk Neil Gaiman 📖

Cowgirl G R Gemin 🌞

George Alex Gino 🌞📧

Wind in the Willows Kenneth Graham 📧

The Switch Antony Horowitz 🤗📖

Journey to the River Sea

Eva Ibbotson 📖📖📧📖

Emil and the Detectives

Erich Kästner 🤗📧📖📖

Stig of the Dump Clive King 📖📖

Diary of a Wimpy Kid Jeff Kinney 🤗🌞

The Fastest Boy in the World

Elizabeth Laird 🤗📖📖

Chronicles of Narnia C S Lewis 📖

Brightling Rebecca Lisle 📖📖

Butterfly Lion Michael Morpurgo 📖📖

Doctor Proctor's Fart Powder

Jo Nesbo 🌞🤗📖

Adventure Time Ryan North 🤗📖

Tom Gates Liz Pichon 🤗🌞

Captain Underpants and the Sensational Saga of Sir Stinks-A-Lot

Dave Pilkey 🤗🌞📖

Dragons at Crumbling Castle

Terry Pratchett 🌞📖

Northern Lights Philip Pullman 📖

Ottoline Goes to School

Chris Riddell 🤗📧

Percy Jackson and the Lightning Thief Rick Riordan 📖

Harry Potter JK Rowling 🌞📖📧📖

Dork Diaries Rachel Renee Russel 🤗🌞

The Boy Who Lost His Face

Louis Sachar ⚠️📖

The White Giraffe Lauren St John 📖📖📖

Mr Gum Andy Stanton 🤗

Alfie the Werewolf Paul Van Loch 🤗📖

The Boy in the Dress David Walliams

🤗🌞

The Suitcase Kid Jacqueline Wilson

🌞📧📖

The Worry Website Jacqueline Wilson

🌞📖📧📖⚠️

About Mood Boosting Books

The Public Health Schools Programme has been working in partnership with Brighton & Hove Libraries Services and primary school pupils to create a 'Mood Boosting Books' list for children in years 4, 5 and 6. Children attended focus groups and then asked their class mates 'which books or stories cheer you up?' This list has been created from the children's answers to this question, along with titles put forward by health, education and library professionals.