

## Relationships and Sex Education (RSE) Day It begins with me

Book Trust List of Books '**All About Me**' for young children to explore their individuality and to be proud of who they are.

3 to 7 year olds

<https://www.booktrust.org.uk/book-recommendations/booklists/all-about-me-books-for-0-to-5/>

<https://www.booktrust.org.uk/resources/find-resources/books-to-support-self-esteem-and-empowerment/>

8 to 11 year olds

<https://www.booktrust.org.uk/book-recommendations/booklists/books-about-feelings-and-emotions/>

<https://www.booktrust.org.uk/book-recommendations/booklists/kindness-compassion-and-empathy-middle-grade>



## Rachel's Primary Recommendations

Who Are You? - Smriti Halis & Ali Pye

Incredible You – Rhys Brisenden and Nathan Reed

Find Your Happy/Feel Your Happy – Emily Coxhead

You Are Incredible Just as You Are – Emily Coxhead

How Do You Make a Rainbow? Caroline Crowe and Cally Johnson-Isaacs

Perfectly Norman – Tom Percival

Shy and Mighty -Nadia Finer

Delightfully Different Dilly – Elizabeth Dale and Liam Darcy

Today I'm Strong – Nadiya Hussain and Ella Bailey

All Are Welcome – Alexandra Penfold and Suzanne Kaufman

Big Feelings - Alexandra Penfold and Suzanne Kaufman

I'm Gonna Like Me – Jamie Lee Curtis and Laura Cornell

Yesss! The S.U.M.O Secrets of being a Positive, Confident Teenager – Paul McGee

We've Got This! – Rashmi Sirdeshpande

Thelma the Unicorn – Aaron Blabey

Be You – Peter Reynolds

Dare to Be You – Matthew Syed

The Boy, the Mole, the Fox and the Horse – Charlie Mackesy

### Inclusive SEND books

Can You See Me? Libby Scott

Ways to Be Me – Libby Scott and Rebecca Westcott

Hari Kumar Ultimate Superstar - Rashmi Sirdeshpande and Mamta Singh

Finding My Voice – Aoife Dooley

Amazing Me, Amazing You – Christine McGuinness

