



## ★ Favourite Books ★

### Hello Ludlow!

How are you feeling? It's **Mental Health Awareness week** so I've been thinking about books that support us to look after our thoughts and feelings. Reading is a fantastic way to help you learn more about yourself and the world around you whilst also practising mindfulness. I hope you get the chance to look after your mental health this week by getting lost in a great book! 😊

### Lower School Recommendation:

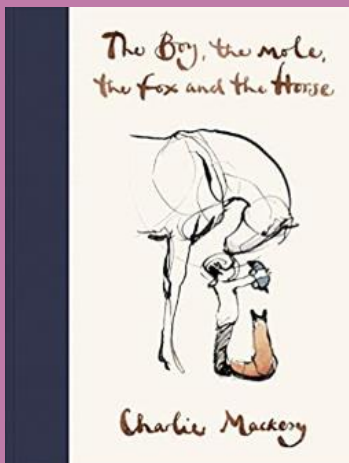
## Black Dog – Levi Pinfold ages 6 - 10 years ★★★★★

Levi Pinfold is an award winning writer and illustrator, creating artwork for authors such as J.K. Rowling and David Almond. Black dog is his inspiring tale about a family with a 'big' worry. With lots of positive messages about how to tackle worries (and how not to!), this book is sure to help you take the first steps to overcome any fears you have. Hint: they're often not as scary as you think! 😊



### Upper School Recommendation: ★★★★★

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



Have you ever read a book and immediately wanted to frame every page and stick them all over the walls of your home? Me neither, until I read this stunning book by Charlie Mackesy. Mackesy uses simple line drawings and beautiful calligraphic text to show the light and positivity in the world through a story of friendship and support. This book is guaranteed to lift your spirits and has even been described as "lifesaving" by one of its readers. You can enjoy it in so many ways: devour it in one sitting, dip in and out of it when you feel like, or return to it when you feel a little down. Grown-ups will love it too!

Ludlow Loves Reading Shout outs: Ms Lovland and her daughter Emie-Rose are reading

Demon Dentist this week whilst Miss Gath is enjoying Harry Potter and the Prisoner of Azkaban!

