

Reading Suggestions: World Book Day® 2026

For World Book Day 2026, Jigsaw PSHE has created a specially curated reading list for young people (ages 11–16) linked to the NHS's five ways to wellbeing — simple actions that help us live happier, healthier lives. This list offers starting points to spark discussion and encourage young people to talk about reading they have enjoyed and consider how it has supported their health and wellbeing. These books inspire mindfulness, kindness, creativity, and connection — all essential for wellbeing.

Connect with Others	Be Active	Take Notice	Keep Learning	Give to Others
Wonder by R. J. Palacio – Ages 10–13	Ghost by Jason Reynolds by Jason Reynolds – Ages 10–13	Create Your Own Happy by Penny Alexander & Becky Goddard-Hill – (Non-fiction) – Ages 10–13	You Can Change the World by Margaret Rooke – (Non-fiction)– Ages 12–16	Born Confused by Tanuja Desai Hidier – Ages 13–15
We Are Okay by Nina LaCour – Ages 14–16	Mindful Movement by Carla Tantillo Philibert (Non-fiction) – Ages 11–16	Stress Less: Mindfulness for Teenagers by Adam Avin – Ages 11–15	No Man Is an Island by John Donne –(poem)–Ages 12–16	The Boy Who Harnessed the Wind by William Kamkwamba & Bryan Mealer — Ages 12–16
Can You See Me? by Libby Scott & Rebecca Westcott – Ages 10–13	You Are Awesome by Matthew Syed (Non-fiction) – Ages 10–14	Write Your Own Story Book by Jane Chisholm (Non-fiction) – Ages 10–13	The Boy at the Back of the Class by Onjali Q. Raúf– Ages 8–14	The Blue Planet: A Natural History of the Oceans by David Attenborough – Ages 12–16

Connect



Be Active



Take Notice



Keep Learning



Give

