



Reading Suggestions: World Book Day® 2026

For World Book Day 2026, Jigsaw PSHE has created a specially curated reading list for children (ages 3-11) 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 about reading they have enjoyed and consider how it has supported their health and wellbeing.

	Connect with Others	Be Active	Take Notice	Keep Learning	Give to Others
3-5 years	The Hug by Eoin Mclaughlin and Polly Dunbar	Giraffes Can't Dance by Giles Andreae and Guy Parker Rees	Happy: A Children's Book of Mindfulness by Nicola Edwards & Katie Hickey	What Are Feelings? by Katie Daynes and Christine Pym	The Last Chip by David Beedle
5-7 years	The Friendship Bench by Wendy Meddour and Daniel Egneus	Dance with Oti by Oti Mabuse and Samara Hardy	Clean Up by Nathan Bryon and Dapo Adeola	The Smile Shop by Satoshi Kitamura	Adam's First Fast by Amaan Ishaq
7-9 years	On Sudden Hill by Linda Sarah and Benjii Davies	The Treasure Hunters by Lisa Thompson and Gemma Correll	I Spy: A Book of Picture Riddles by Jean Marzollo Walter Wick	This Book Will Make You an Artist by Ruth Millington and Ellen Surrey	Saving Sorya – Chang and the Sun Bear by Nguyen Thi Thu Trang and Jeet Zdung
9-11 years	My Name is Sunshine Simpson by G.M. Linton	Running On Empty by S.E. Durrant and Rob Biddulph	When I Feel Red by Lily Bailey	On This Horrible Day in History by Terry Deary and Martin Brown	Mayowa and the Sea of Words Chibundi Onuzo

