

**Our new Healthy Body,  
Healthy Mind boxes are  
now available for you  
to borrow!**



**This carefully chosen selection of books will support and enhance your PSHE teaching, covering the following areas:**

- Understanding emotions and feelings
- Healthy diet and nutrition
- Exercise
- Staying safe, including digital safety
- Confidence, self-esteem, being 'different'
- Looking after your teeth
- Sleep
- Family and friends

To help you get the most out of the books, guidance and suggestions for discussion are included where appropriate.

Developed by Cumbria LSS staff, in partnership with the Cumbria Public Health 5-19 Team.

(Any boxes borrowed will be included in your usage of your annual topic box entitlement).

To order a box (EYFS, KS1 or KS2) please contact Library Services for Schools t: 01228 227277  
e: [library.servicesforschools@cumbria.gov.uk](mailto:library.servicesforschools@cumbria.gov.uk)