

Resilience Reads

Resilience is all about coping with life's ups and downs. It's what helps us to 'bounce forward' from setbacks and difficulties, maybe even learning some new information and skills along the way.

Reading stories about other people's experiences can help us to cope with problems in our own lives by realising that we are not alone in how we are feeling. Discovering how characters cope in certain situations can help us to find ways of bouncing forward from challenges. Even reading a few pages at a time can make a difference. Many of the books listed below are available in Tynecastle High School Library. Why not come down and see what else you can find?

Autobiography

My Left Foot by Christy Brown (Physical disability)

Information books - "Inspirational Lives" series:

Stephen Hawking – Pioneering Scientist

Andy Murray – Tennis Champion

Ellie Simmonds – Champion Swimmer

Malala Yousafzi – Education Campaigner

Fiction

It's Not the End of the World by Judy Blume (Divorce)

Indigo Blue by Cathy Cassidy (Domestic abuse/Moving home)

Zelah Green by Vanessa Curtis (Obsessive Compulsive Disorder)

Fat Boy Swim by Catherine Forde (Bullying/Obesity)

Bad Company by Catherine MacPhail (Prison/Peer pressure)

Under the Skin by Catherine MacPhail (Bullying/Racism)

My Brother Simple by Marie-Aude Murail (Learning disability)

Wonder by RJ Palacio (Physical disfigurement)

Freak the Mighty by Rodman Philbrick (Bereavement/Bullying/Disability)

Without Looking Back by Tabitha Suzuma (Custody battle)

Double Act by Jacqueline Wilson (Bereavement)

The Illustrated Mum by Jacqueline Wilson (Mental health)

Fiction with more mature content:

Being Billy by Phil Earle (Looked After Young People)

The Curious Incident of the Dog in the Night-time by Mark Haddon (Asperger's Syndrome)

The Art of being Normal by Lisa Williamson (Transgender issues)

The Truth about Leo by David Yelland (Alcoholism)