



# BOOK BOX BITES

November Newsletter: Vol 4

## Welcome wonderful book lovers!

Hope you all had a fab half term doing what you enjoy (and hopefully getting a bit of reading in too!)

Welcome to the November Newsletter!

In this issue of **Book Box Bites** we'll be talking about how books can teach empathy, looking at some beautiful non-fiction and as always showcasing some of the best new (and not so new) titles out there useful for the classroom.

Enjoy reading with a cuppa and do pop this in your staff room or recommend someone it may be useful to.

Esther x

## Useful Dates coming up

November - Empathy Action Month  
- Non-Fiction November  
Nov 11th - 14th - Anti Bullying Week  
Nov 16th - 19th - World Nursery Rhyme Week



## Empathy and Reading

Research has shown that empathy, our ability to imagine someone else's feelings or see a different perspective, is a skill we have a huge capacity to develop.

Keith Oakley's research showed that reading fiction played a significant role in building empathy, identifying with a range of characters, situation and emotions beyond the readers own experiences. This month is Empathy Action Month and is an opportunity to use reading to help build more compassionate, kind and empathetic individuals.

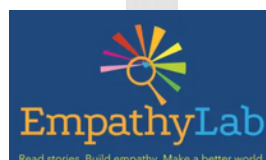
You can read more about the research in this BBC article:

Does reading fiction make us better people?  
- BBC Future

*'Empathic people are made, not born. Only 10% of our empathic capacity is genetic.' (Warrier et al 2018).*

*'98% of us can improve our empathy skills at any point in our lives.' (Simon Baron-Cohen, Zero Degrees of Empathy, 2011, University of Cambridge)*

Do check out [empathylab.uk](http://empathylab.uk) for further research and incredible resources for educators, including videos, recommendations and read alouds for Empathy Action Month.





# BOOK BOX BITES

November Newsletter: Vol 4

HERE'S SOME OF MY TOP EMPATHY BUILDING BOOKS



PICTURE BOOKS THAT CAN BE USED ACROSS THE PRIMARY AGE

MIDDLE GRADE THAT ARE GREAT FOR CLASS READERS (PLUS A POETRY BOOK)



NOTE: THE CROSSING IS YOUNG ADULT



## Reading Resources

If you're looking to support your children in developing their emotional literacy skills, do check out my Wellbeing Emotions Collection on the website. They include journaling/ discussion prompts and activities to build emotional literacy and empathy.

They will be on sale for the whole month of November.

[www.theprimarybookbox.com/store](http://www.theprimarybookbox.com/store)



# BOOK BOX BITES

November Newsletter: Vol 4

## NON-FICTION NOVEMBER

**An NLT survey this year showed that more than half (56%) of children and young people read non-fiction and those that did were more engaged in environmental issues.**

With COP 27 coming up later this month, here's a few suggestions on this theme.



*'When teachers understand their children's reading preferences they become experts of their own class communities and are better able to make recommendations and broaden children's range of reading.'*

*Teresa Cremin 2014*

## READING FOR PLEASURE TIP



Reading recommendations

Teresa Cremin (2014) talks about how having 'books in common' builds reading communities and helps make human connections.

The power of a teacher taking the time to personally recommend a read cannot be underestimated.

Pop a post it onto a book with why you think the child will enjoy it and leave it on their desk to find. You could even wrap a book for an extra special surprise.

You'll soon find they start doing this for each other too.