

Family Mental Fitness North East

Programme Overview

Read to Feel –Therapeutic Book Club



EYFS	KS1	KS2	KS3	FAMILIES
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Read to Feel is a 10-week book club that blends shared reading with therapeutic expression, designed for children aged 8–11. In communities where trauma and adversity often go unspoken, this project uses accessible chapter books to spark imagination, build resilience, and create a safe space for emotional sharing.

Purpose

To support emotional wellbeing through story. Each week, children listen to a chapter read aloud, followed by gentle discussion and a creative reflection activity. Through relatable characters and meaningful themes, children explore emotions, build empathy, and connect their inner experiences to the world around them.

Impact

- Encourages emotional vocabulary, reflection, and regulation
- Improves listening, concentration, and group connection
- Supports confidence and self-expression through art-based activities
- Promotes a lasting love of reading and emotional safety through books

Outcomes

- Children engage with big feelings in a safe and supported way
- Increased confidence and participation in group discussion
- Development of empathy and emotional insight
- Positive association between reading and wellbeing

Example Session Structure

Each 40-minute weekly session includes:

- Warm welcome with cushions and optional hot chocolate
- Read-aloud of one chapter from that week's book

- Group discussion (e.g. character choices, predictions, shared feelings)
 - Creative “takeaway” activity – such as:
 - Courage badges
 - Kindness postcards
 - Mini comic strips or themed journal pages
 - Every child receives their own copy of the book to keep and continue reading at home
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Group Size

Small group: Up to 8 children

Cost Per Session

Schools and Public Bodies: £28

Subsidised for families: £14

For Funders

Fully funded cost per 12-week programme: £2460

(£31 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Books & Themes

1. *Fantastic Mr. Fox* – Roald Dahl (Bravery & cleverness)
 2. *Charlotte's Web* – E.B. White (Friendship & kind words)
 3. *The Wild Robot* – Peter Brown (Resilience & feeling out of place)
 4. *Harry Potter and the Philosopher's Stone* – J.K. Rowling (Belonging & finding your people)
 5. *Planet Omar: Accidental Trouble Magnet* – Zanib Mian (Worry & being misunderstood)
 6. *The Lion, the Witch and the Wardrobe* – C.S. Lewis (Imagination & courage)
 7. *The Boy at the Back of the Class* – Onjali Q. Raúf (Empathy & being new)
 8. *Tales of a Fourth Grade Nothing* – Judy Blume (Sibling frustration & identity)
 - 9–10. Bonus recap/creative sessions or deep dives based on group interest and pace
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Programme Details

Version: 1.0

Approved by: Director

Date: 13/08/25

Review Date: 13/08/26

