

Health and Disease 2020

Pegi Williams Book Shop has compiled the following titles that relate to the COVID-19 Pandemic.

- Topics Include: Health, Disease, Germs, Viruses, Hygiene and Anxiety
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Theme: Curious Creatures, Wild Minds



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INFORMATION BOOKS

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1. 12 Hacks to Worry Less (Honor Head)

Discover 12 simple steps to start to worry less and build resilience. This short but essential book will quickly and clearly advise children on how to worry less. Find out about practical ways to learn how to control worries. Find out how to handle starting a new school, peer pressure or anxiety over world issues. There are so many things to worry about when you're young, but this book will help you to tackle your fears and build your confidence and resilience so you can face any challenges in your life ahead. **Age 11+ Anxiety-Stress-Worry**

(RRP) (School)
\$26.99 \$24.30

2. Bacteria Book, The (Steve Mould)

Bacteria are the most important living organisms on Earth, and 99 per cent of them are helpful, not harmful. Without bacteria, we wouldn't have bread or cheese, and our bodies wouldn't be able to work how we need them to. Microbes keep us and our world running in surprising ways. This book will show you how, through real-life examples of microbiology in action. **Age 8+ STEAM-Science-Biology-Bacteria**

\$19.99 \$18.00

3. Deadliest Diseases in History: Biology For Kids (Compilation)

Did you know that some of the common diseases today were once very deadly because of the lack of proper knowledge against them? Take a step back in time and review some of the deadliest diseases in history. How many people died of these diseases? What leaps have scientists taken to protect mankind from viruses and bacteria? Find out the answers to these questions and more. **Age 8+ Disease-Germs-Pandemic-Epidemic**

\$19.99 \$18.00

4. Extreme Facts: Diseases (Robin Twiddy)

With this series you will be able to impress your friends with extreme facts on all things science. Discover how diseases are spread, how they are cured, diseases throughout history, and how we can fight disease. **Age 8+ STEAM-Science-Health-Hygiene**

\$24.99 \$22.50

5. Focus On: Illness (John Wood)

This title helps children explore common illnesses and symptoms, and what happens when we become ill. **Age 6+ Health-Illness**

\$27.99 \$25.20

6. Germ Lab, The (Richard Platt)

The Germ Lab features case histories of specific epidemics and pandemics, including coronavirus (COVID-19), 'eyewitness' accounts from the rats, flies, ticks and creepy-crawlies who spread the most deadly viruses, plus plenty of fascinating facts and figures on the biggest and worst afflictions. Discover how bacteria and bad beasts are beaten through the work of genius scientists and the development of vaccinations. **Age 8+ Disease-Germs-Pandemic-Epidemic**

\$24.99 \$19.99

7. Giant Book of Germs. The (Lorna Hendry)

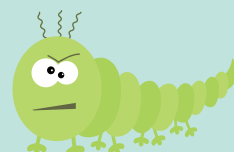
How many germs live on your hand? How do germs make you sick? Do the germs in your gut really keep you healthy? Discover many more surprising facts in The Giant Book of Germs! **Age 6+ STEAM-Science-Biology-Bacteria**

\$27.99 \$25.20

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(RRP) (School)

8. Global Issues: Disease (Debbie Nevins)

\$24.99 \$22.50

Advances in technology have led to the ability to prevent many deadly diseases. However, global travel and viruses that have adapted to medicine have raised concerns about the medical community's ability to fully conquer disease.

Age 10+ STEAM-Science-Biology-Health-Disease

9. Graphic Science: Understanding Viruses With Max Axiom, Super Scientist (Agnieszka Biskup)

\$12.99 \$11.70

Join Max Axiom as he explores the science behind viruses. Max helps young readers understand how virus attack our bodies and what we can do to protect against them. Comic book-style art makes for fun science learning.

Age 8+ Graphic Novel-Information-Science-STEAM-Virus

10-13. Grisly History of Medicine (John Farndon)

\$15.99 \$14.40ea

A series that looks at the fascinating journey of diseases, causes, cures and medicine through the ages.

Age 8+ STEAM-Science-Medicine-Disease

10. Kill or Cure 11. Killer Bugs 12. Plague! 13. Poisons, Potions and Pills

14. Health Matters: Why We Keep Clean (Rosalyn Clark)

\$23.99 \$21.60ea

How important is washing your hands and other body parts? Find out how keeping clean helps us stay healthy. Lively carefully leveled text age, appropriate critical thinking questions and colorful photos help young readers learn about healthy.

Age 5+ Health-Hygiene-Cleanliness

15. Why We Exercise

17. Why We Go to the Doctor

16. Why We Go to the Dentist

18. Why We Go to the Hospital

19. Healthy Me: Keeping Clean (Katie Woolley and Ryan Wheatcroft)

\$20.99 \$18.90

A clean body is very important for keeping illnesses at bay and for feeling good about yourself. Creating good hygiene habits from an early age is vital. Why do I have to wash? What's wrong with biting my nails? Why can't I pick my nose? Why can't I wear the same socks each day? The answers to these and many other questions about hygiene can be discovered in this lively and informative series.

Age 7+ Health-Hygiene-Cleanliness

20. Eating Well \$19.99 \$18.00

21. Exercise and Play \$19.99 \$18.00

22. Mental Wellbeing and Mindfulness \$19.99 \$18.00

23. Resting and Sleeping \$20.99 \$18.90

24. How Machines Changed the World: Medicine and Hospitals (Robin Twiddy) \$28.99 \$26.10

Find out how technology is important in every aspect of our daily lives. The machines we take for granted all had to be designed by someone, and technology in the future is just waiting for new engineers to make their mark!

Including lifesaving technology such as microscopes and ventilators. **Age 10+ STEAM-Technology-Inventions-Medicine-Health**

25-32. Infected! (Various)

\$26.99 \$24.30ea

Deadly diseases have killed millions of people throughout history, but modern medicine has discovered ways to fight back. Infected! explores how deadly diseases have shaped human history. Readers will learn how scientific discoveries have improved the treatment of these diseases.

Age 10+ STEAM-Science-Disease-Health-Biology

25. Bubonic Plague

27. Ebola

29. Malaria

31. Smallpox

26. Cholera

28. Influenza

30. Measles

32. Tuberculosis

33. Investigating Cells: Cells and Disease (Barbara A Somerville)

\$32.95 \$29.66

This series investigates the fascinating world of the cell and the life processes pivotal to the life of a cell. Each title introduces cell basics, then covers such topics as the difference between cells, respiration, and diseases. This book teaches readers about cells and disease, including the differences between viruses and bacteria.

Age 10+ STEAM-Science-Biology-Health-Cells-Disease

34. It's Catching: Infectious World of Germs and Microbes (Jennifer Gardy)

\$22.99 \$20.70

It's Catching discusses a range of germs and the diseases they cause, from the common cold to food poisoning to the Ebola virus. Kids will be enticed and pretty grossed out while becoming immersed in information about pus, bacteria, DNA, genomes, and more. They will learn how germs have shaped human history and also about the individuals who are working to hunt them down.

Age 10+ Germs-Disease-Hygiene-STEAM-Science-Biology

35. Life Saving Science: Vaccines (Joanna Brundle)

\$28.99 \$26.10ea

Discovery and development of the technology we use today to save lives through medicine. Includes historic medicine as well as where medical technology is heading in the future. A perfect introduction for young scientists who want to become health professionals. Even adults will be interested to discover the science behind the treatments they receive from their doctors.

Age 9+ STEAM-Science-Medicine-Disease

36. Anaesthetics 37. Antibiotics 38. Scans

39. Our Values: My Hygiene (Kirsty Holmes)

\$28.99 \$26.10

The useful information in this book on keeping your body and surroundings clean will help children understand germs and how they spread. Bright images highlight important concepts such as how to dispose of used tissues and wash your hands.

Age 5+ Health-Hygiene-Cleanliness



40. Our Values Upper Primary: Medicine and Illness (Grace Jones)**\$28.99 \$26.10**

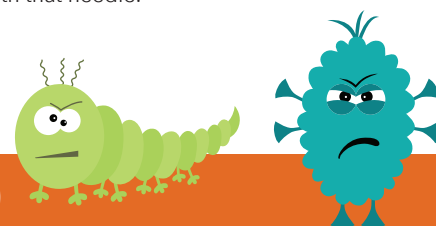
This title looks at various types of illnesses and the way we treat them, from the common cold to cancer.

Age 10+ Health-Disease-Medicine-Illness**41. Science Discovery: Health Q&A (Celeste A Peters)****\$24.99 \$22.50**What is good health? Why is it important to have a healthy diet? How does disease spread? Find the answers to these questions and more. **Age 8+ STEAM-Science-Biology-Health-Disease****\$19.99 \$18.00ea****42. Science in Action Keeping Healthy: Why Do I Wash My Hands? (Angela Royston)**

Description: An ideal first introduction to biology and health, Science in Action explores the human body using fun experiments and activities. Find out about why we exercise and discover why washing is important. Learn about sleep and why we need it, and find out which foods are bad for your teeth. Each of the four books explores an important part of keeping healthy and uses clear text to ensure that complex ideas are easy to understand.

Age 7+ Health-Hygiene-Cleanliness**43. Why Do I Run? 44. Why Do I Sleep?****45-48. Under the Microscope (John Wood)****\$27.99 \$25.20ea**This exciting series zooms in on the little things in life. Peek through the microscope and take a look at the tiny things all around us: the lives of bacteria, viruses, fungi and parasites. **Age 6+ STEAM-Science-Biology-Microbiology-Virus****45. Bacteria in Our World 47. Parasites in Our World****46. Fungi in Our World 48. Viruses in Our World****49. You Wouldn't Want to Live Without Immunisation (Anne Rooney and Mark Bergin)****\$16.99 \$15.30ea**

Sticking sharp needles into small children doesn't sound like a nice thing to do - but sometimes you have to 'be cruel to be kind'. Since the 18th century immunisation has saved millions of people from deadly diseases - and in future as new techniques are invented we might even be able to do away with that needle.

Age 8+ STEAM-Science-Disease-Health-Biology**50. You Wouldn't Want To Live Without Antibiotics!****51. You Wouldn't Want To Live Without Bacteria!****PICTURE BOOKS (52-66)****52. Another Way to Climb a Tree (Liz Garton Scanlon and Hadley Hooper) \$29.99 \$27.00**When Lulu's well, she climbs every tree in sight, especially the tallest ones, the ones with the widest branches, the ones with the stickiest sap. But when Lulu's sick, she's not allowed outside. She wonders if the trees are lonely without her. Maybe the birds are too. Without Lulu, nobody climbs the trees but the sun. . . which casts a shadow on Lulu's wall. . . for her to climb. **Illness-Chicken Pox-Isolation****53. Curious George Discovers Germs (H. A. Rey)****\$12.99 \$11.70**George comes down with a cold and can't wait to feel better. In the meantime, it's straight to bed for this monkey. But when George drifts to sleep, his dreams take him on a wild ride inside the body to learn all about germs, how they affect us, and how to avoid and get rid of them. **Illness-Germs-Hygiene****54. Do Not Lick This Book (Idan Ben-Barak and Julian Frost)****\$19.99 \$18.00**Min is a microbe. She is small. Very small. In fact so small that you'd need to look through a microscope to see her. Or you can simply open this book and take Min on an adventure to amazing places she's never seen before - like the icy glaciers of your tooth or the twisted, tangled jungle that is your shirt. The perfect book for anyone who wants to take a closer look at the world. **Science-STEM-Humour-Bacteria-Microbes-Interactive****55. Don't Worry Book, The (Todd Parr)****\$24.99 \$22.50**A book about things that might make kids worry--from loud news, to loud neighbors or a big day at school. With his signature humor and instantly recognizable style, Todd speaks out to kids who are feeling the weight of their world, offering solutions and comfort, as well as giggles. **Feelings/Emotions-Anxiety-Worry-Nervous****56-59. Fairytales Gone Wrong (Steve Smallman)****\$24.99 \$22.50ea**

It's your favourite classic fairy tales...with a twist. Each book featuring a story about good health and hygiene.

56. Don't Pick Your Nose Pinocchio - Hygiene**57. Get Some Rest Sleeping Beauty - Sleeping****58. Rapunzel, Rapunzel Wash Your Hair - Hair Hygiene****59. Stinky Jack and the Beanstalk - Keeping Clean****60. Germ's Journey, A (Thom Rook and Tony Trimmer)****\$14.99 \$13.50**Where did your cold germ come from? And ACHOO! Where is it going next? A germ's journey is filled with snuffles, sniffles, and sneezes. Pack your bags, and get ready to follow it! This is a perfect book for explaining the immune system to children at home or at school. **Health-Hygiene-Cleanliness-Humour-Cold/Flu-Immune System**



61. I Don't Want to Wash My Hands (Tony Ross)

The Little Princess does not want to wash her hands. After all, she's already washed her hands so many times! She's washed her hands before eating and after going outside. She's washed her hands after sneezing and using the potty. Why should she wash her hands anymore? Well, because of germs and nasties, she's told, which are too small to even see! But if they get inside your body, they can make you ill. Not even a Princess wants to be in bed all day!

(RRP) (School)
\$17.99 \$16.20

62. Pig the Grub (Aaron Blabey)

Eww! What a stinker! Pig isn't just the worlds greediest Pug, he's the DIRTIEST too. Its high time he had a bath! But try telling Pig that . . . **Health-Hygiene-Cleanliness-Humour**

\$17.99 \$16.20

63. Pigeon Needs a Bath (Mo Willems)

The Pigeon really needs a bath! Except, the Pigeon's not so sure about that. Besides, he took a bath last month! Maybe. It's going to take some serious convincing to try and get the Pigeon to take the plunge.

\$16.99 \$15.30

Health-Hygiene-Cleanliness-Humour

64. Ready-to-Read: Wash Your Hands! (Margaret McNamara and Mike Gordon)

Mrs. Connor's classroom learns about washing their hands and the importance of keeping germs away!

\$9.99 \$9.00

Reader-Hygiene-Germs

65. Sick Simon (Dan Krall)

Sick Simon is about to learn that having a cold isn't nearly as fun as he thought. (And also that he should wash his hands.) Simon is going to have the best week ever. Who cares if he has a cold? And sneezes everywhere, and coughs on everyone, and touches everything. Germs call him a hero! Everyone else calls him...Sick Simon. When will it end? How far will he go? Will the germs take over? Or can Sick Simon learn to change his ways? **Due June Illness-Cold/Flu-Germs-Hygiene**

\$12.99 \$11.70

66. Worries Are Like Clouds (Shona Innes)

Worries are like clouds: Some days are so wonderful we wish we could bottle them. But other days we don't feel like getting out of bed. Worries are like clouds that float in and take the shine out of our day. Moving worries away can make even the toughest day feel a little better. **Age 5+ Feelings/Emotions-Worried-Anxiety**

\$14.99 \$13.50



ORDER FORM

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