



# The Big Question

Week Beginning 2/9/2019



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What can you change with a smile?

## Assembly lead:

### Week 1

Year 7-Thahmina Begum

Year 8- Geraldine Davies

Year 9- Geraldine Davies

Year 10-Thahmina Begum

### Week 2

Year 7 - Daniel Vanstone

Year 8 - Saher Butt

Year 9 - Naeem Sheikh

Year 10 - Asif Badat

## Listen to:

[freakonomics:](#)  
[happiness rebroadcast](#)



## Reading list: Fiction

**The Perks of Being a Wallflower**

by Stephen Chbosky

**Face**

by Benjamin Zephaniah

**I'll Give You the Sun**

by Jandy Nelson

## Reading list: Non-Fiction

**Reasons to Stay Alive**

by Matt Haig

**Living Life to the Full: Key Life Skills to Change Your Life**

by Chris Williams

**A Mindfulness Guide for the Frazzled**

by Ruby Wax

**Mindfulness: A Practical Guide to Finding Peace in a Frantic World**

by Mark Williams and Danny Penman

Please email your essays to: [BigQEssay@forestgatecst.org](mailto:BigQEssay@forestgatecst.org)