

Loggerhead Publishing 2022 Catalogue

**Social, Emotional, Positive Mental Health
& Well-Being Resources**

All Ages



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More resources at www.loggerheadpublishing.co.uk

Dear Colleagues

Welcome to our latest catalogue, which is packed full of practical resources. At Loggerhead Publishing we are experts in providing effective teaching resources. In this catalogue you will find an exciting range of motivating, useful and engaging products to help with your lessons on the essential social, emotional and behavioural skills that underpin success for children and young people.

This is just a limited selection of our resources - please visit our website www.loggerheadpublishing.co.uk to see the full range.

If you wish to contact us please call **01604 870828** or for all offers and the latest news please email orders@loggerheadpublishing.co.uk

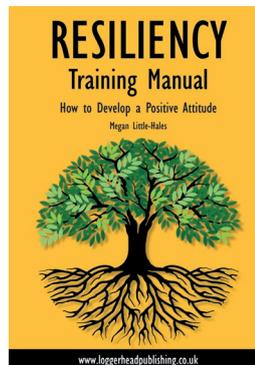
The Loggerhead Publishing Team

PS. Loggerhead has an expanding publishing programme so if you have an idea that you would like published please email catherine@loggerheadpublishing.co.uk

BEST SELLERS

Little Tin of Big Worries

For more information please see page 5
Ref 1-300-BB £29.95*

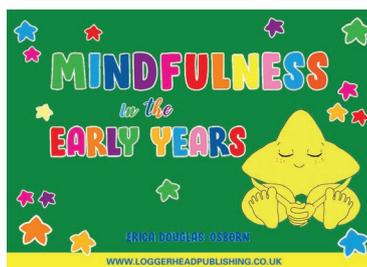
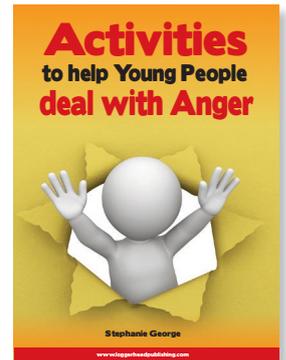


Resiliency Training Manual

For more information please see page 7
Ref 317-BB £45.00

Activities to Help Young People Deal with Anger

For more information please see page 13
Ref 104-BB £37.99



Mindfulness in the Early Years

For more information please see page 10
Ref 307-BB £29.95

It's so easy to order

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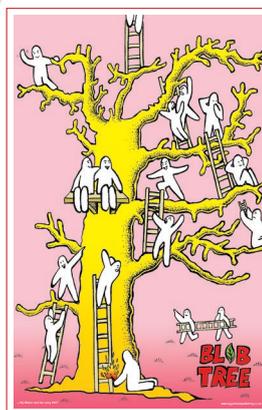
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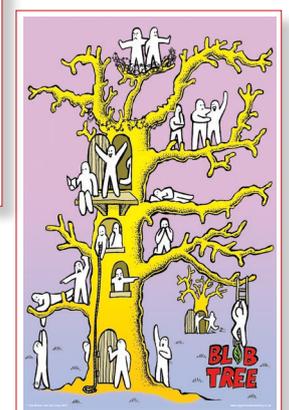
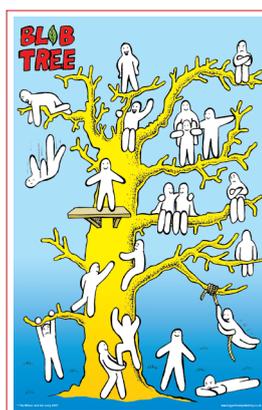
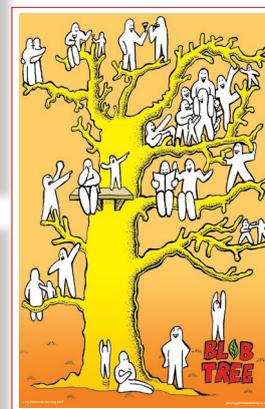
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NN7 2DY, UK**

Customer Service Team: **01604 870828**



Blob Tree Posters

For more information please see page 18
Ref 215-BB £22.95*



The Mental Health & Wellness Programme



Activities and exercises to enhance well-Being for all ages

By Penny Moon

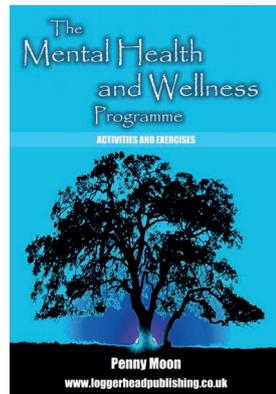
Based on the concept of 'holism' in its fullest sense, this well-Being programme utilises both traditional and complementary approaches in support of the whole person – mind, emotions, body and spirit. Working in the context of their whole life, it incorporates support for the individual, the family, school staff and, where applicable, the wider community.

Each chapter provides background along with activities and exercises, culminating in ideas to develop outside the classroom. Contents include:

- Pioneering approaches to well-being in education
- A holistic educational model
- A healing environment
- The relaxed classroom
- Physical aspects

The book also includes guided visualisations and relaxation exercises.

A4, photocopiable, 164 pages



The Mental Health & Wellness Programme Ref 337-BB £32.50

Blob Colouring Book



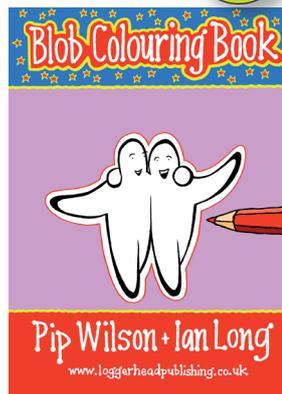
Experience the Blobs as never before – highlight feelings, annotate and reflect upon life as you colour them in.

By Pip Wilson & Ian Long

It is designed to be used both as a personal calming set of images, and for professionals to photocopy and provide as a resource for small and medium sized groups. The images also incorporate significant phrases which lie at the heart of personal growth and encouragement. Sections include:

- Angrr!
- Attitude
- Mental Health
- Charitable
- Sadness
- Helpful
- Relationships
- Behaviour
- Grit

A4, 94 pages ISBN 978-1-9164122-2-4



Blob Colouring Book Ref 335-BB £29.95

Blob Colouring Book Download Ref 335-D-BB £25.00

Problem Solving Workbook



Learning skills, tools and techniques

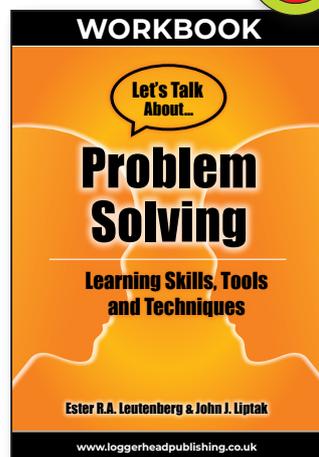
By Ester R. A. Leutenberg & Kathy A. Khalsa

Ready-to-use with a focus on resilience with affirmations, assessments, drawing activities, quotations, case studies, topics to debate and more! Covering five essential areas:

- Obstacles to problem solving
- Problem-solving techniques
- Cognitive problem-solving skills
- Creative problem solving
- Problem-solving process

ISBN 978-1-8384416-0-9

Ages 11+



Problem Solving Workbook Ref 346-BB £45.00

Positive People Posters

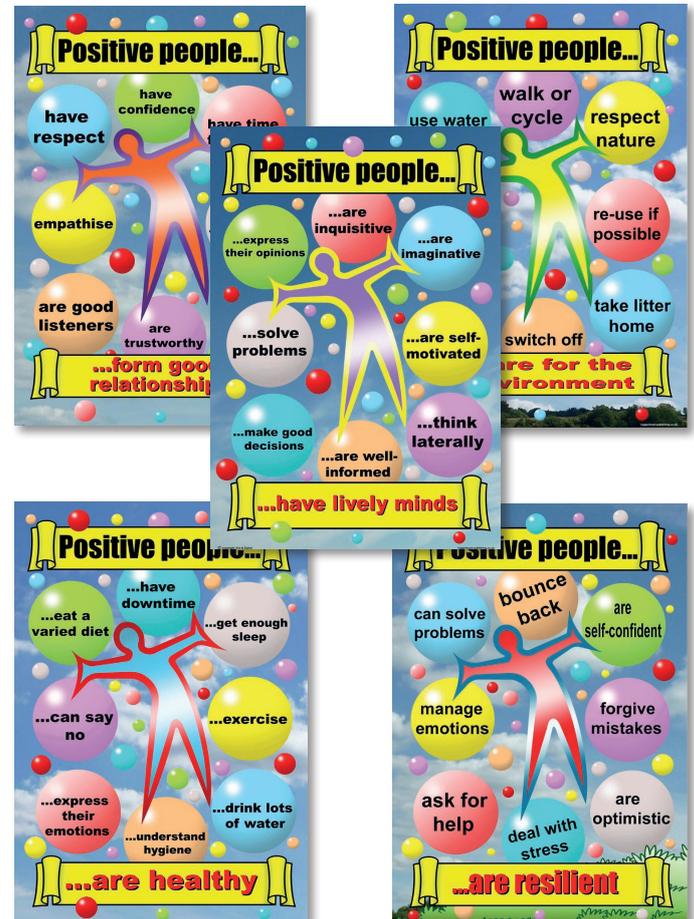


An excellent resource for encouraging young people to acquire positive thoughts and habits

By Eve Wilson

A set of 5 x A3 posters which offer descriptions of all aspects of personal development: being resilient; forming good relationships; caring for the environment; being mentally and physically healthy; having a lively mind.

The posters have been attractively illustrated by Elphin Lloyd-Jones, designer and director of the Animals of Farthing Wood TV series.



Positive People Posters Ref 1-332-BB £25.00*

Resilience Workbook



A reproducible activity workbook for developing positive mental health skills

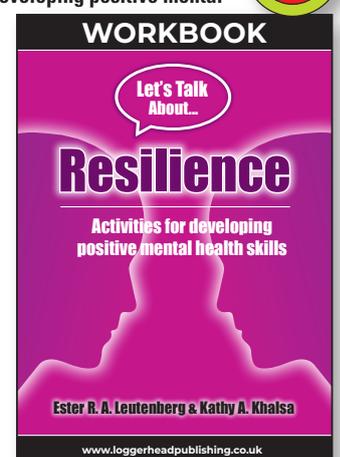
By Ester R. A. Leutenberg & Kathy A. Khalsa

Ready-to-use with a focus on resilience with affirmations, assessments, drawing activities, quotations, case studies, topics to debate and more! Covering five essential areas:

- Relationships
- Creativity
- Humour
- Insight
- Hope, positivity and optimism

ISBN 978-1-8384416-0-9

Ages 11+

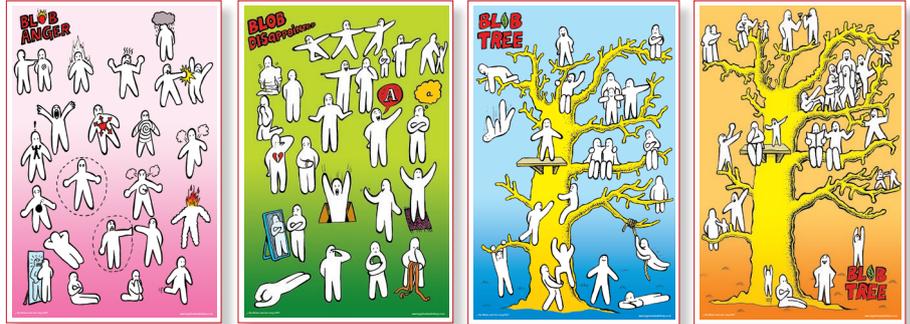


Resilience Workbook Ref 347-BB £45.00

Blob Best Sellers Special Collection

This value set includes:

- Blob Anxiety • Blob Anxiety Cards • Blob Depression • Blob Colouring Book • Blob Relationships • Blob Resilience • Blob Kindness • Blob Mindfulness • Blob Relationships • Blob Loss • Blob Themed Trees • Blob Tree Posters • Blob Emotions Posters • Which Blob do you Feel Like Today? Poster

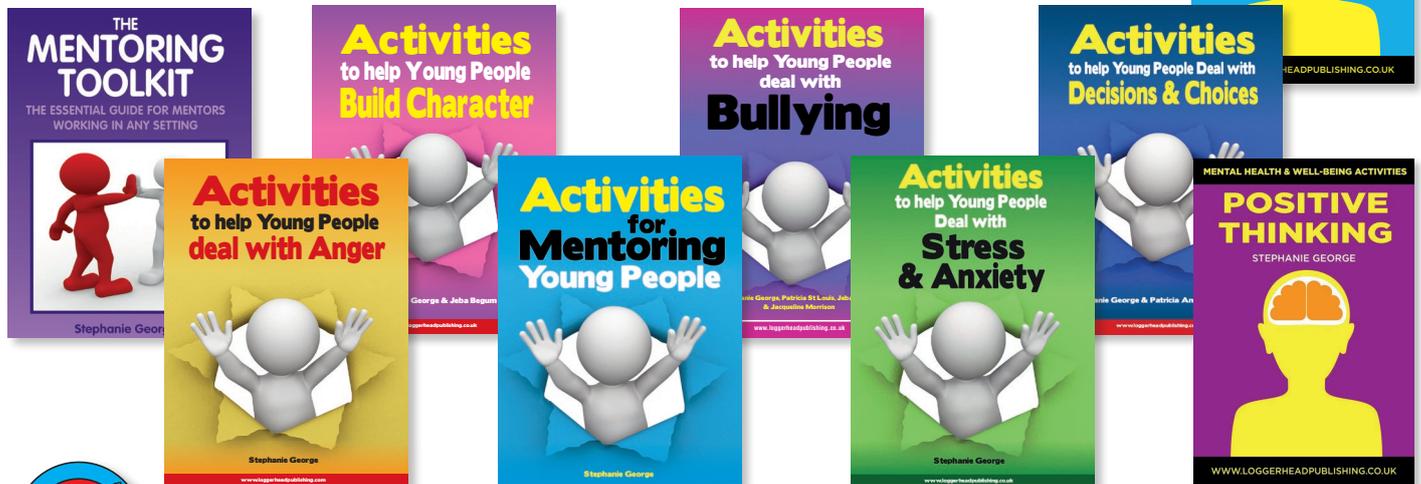


Blob Best Sellers Special Collection Ref 345-BB £299.99

Mental Health and Life Skills Workbook Collection

This value set includes:

- Activities to Help Young People Deal with Stress & Anxiety
- Activities to Help Young People Deal with Bullying
- Activities to Help Young People Deal with Anger
- Activities to Help Young People Deal with Decisions and Choices
- Activities to Help Young People Build Character
- The Mentoring Toolkit
- Activities for Mentoring Young People
- Positive Thinking
- Resilience Coping Strategies



Mental Health and Life Skills Workbook Collection Ref 333-BB £299.99

The Complete Anger Management Toolkit for Ages 5-11

An invaluable kit containing 7 different resources:

- Anger Management Programme Primary
- Moving on from Anger
- Activities to Help Young People Deal with Anger
- Anger Management Games
- Anger Management Discussion Cards
- 3 Steps to Anger Management Posters
- Anger Management CD-Rom

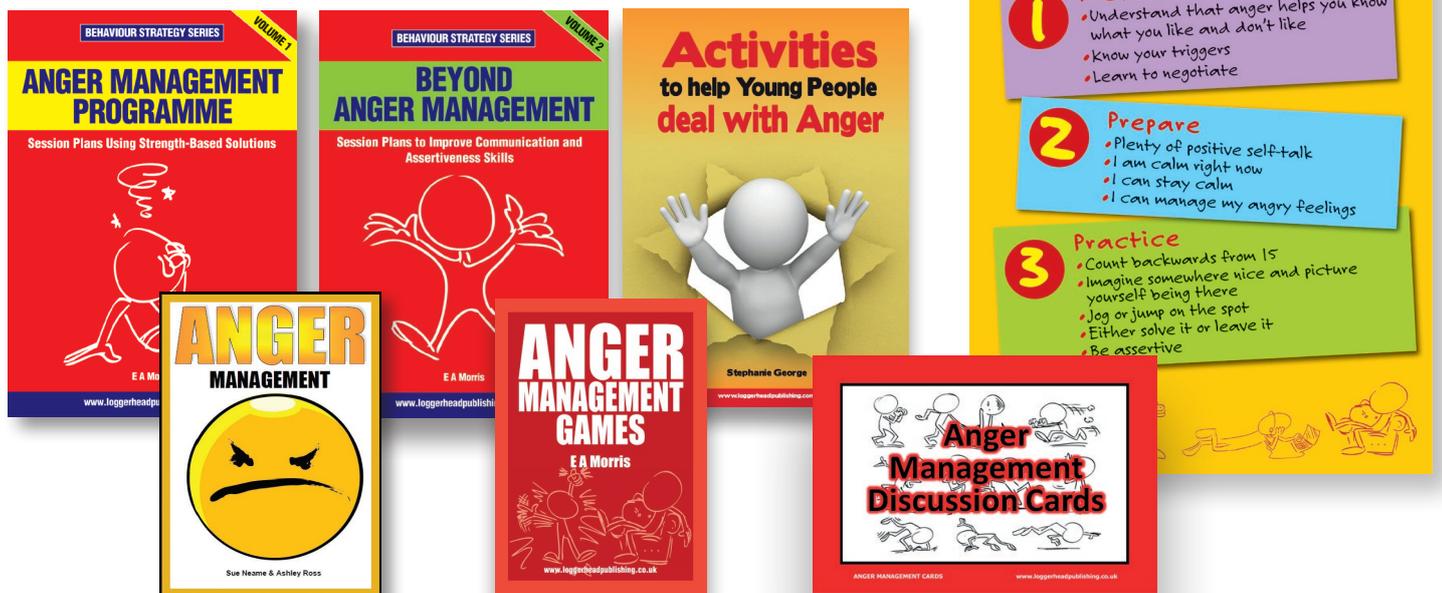


The Anger Management Toolkit for Ages 5-11 Ref 154-BB £199.00*

The Complete Anger Management Toolkit for Ages 11-18

An essential kit containing 7 different resources:

- Anger Management Programme Secondary
- Beyond Anger Management
- Activities to Help Young People Deal with Anger
- Anger Management Games
- Anger Management Discussion Cards
- 3 Steps to Anger Management Posters
- Anger Management CD-Rom



The Anger Management Toolkit for Ages 11-18 Ref 151-BB £199.00*

Let's Talk About Anxiety Discussion Cards

50 discussion cards to help deal with anxiety

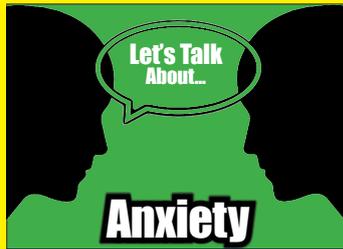
By Ester R A Leutenberg & Carol Butler Cooper

The mind affects the body and the body affects the mind. What hurts one, hurts the other. What helps one, helps the other. Anxiety can be life-saving, giving energy to fight or run from an attack. Anxiety can be paralysing, like stage fright or a nightmare when someone cannot move or scream. Anxiety usually signifies that something needs to change or be changed.

These discussion cards help to explore five crucial areas with regards to anxiety:

- Mental and physical stress • Types of anxiety
- Reasons for anxiety • Thoughts • Actions

Ages 11+ 50 cards, booklet ISBN 978-1-909380-41-7



Let's Talk About Anxiety Ref 236-BB £35.00*

Anxiety Workbook

A reproducible activity workbook for developing positive mental health skills and overcoming tension, worry and panic

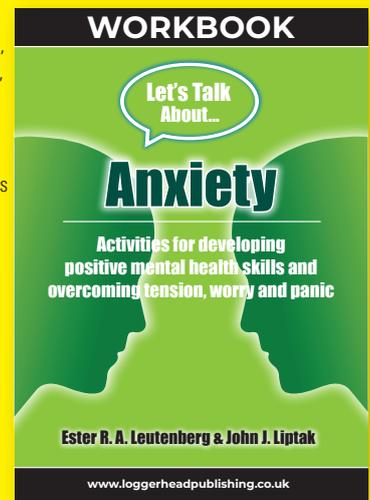
By Ester R. A. Leutenberg & John J. Liptak

A ready-to-use workbook focusing on anxiety with affirmations, assessments, drawing activities, journals, quotations, case studies, topics to debate and so much more! Covering five essential areas, some examples of activities are:

- Mental and physical stress • Types of anxiety
- Reasons for anxiety • Thoughts • Actions

Ages 11+ Approx. 80 pages, A4, photocopiable

ISBN 978-1-9164122-8-6



Anxiety Workbook Ref 304-BB £45.00



PURCHASE THE ANXIETY WORKBOOK AND CARDS TOGETHER AT A SAVING Ref 348-BB £71.95*

Activities to Help Young People Deal with Stress & Anxiety



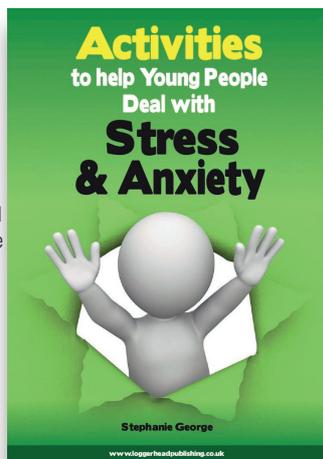
Young people will gain an understanding of stress and anxiety and learn coping strategies with these activities

By Stephanie George

There is a lot of pressure on young people today and this can lead to stress and anxiety. These activities will help them understand what is happening and learn coping strategies. The activities address key aspects of the social learning curriculum in particular and include:

- Stress – What is it? • Anxiety – What is it?
- Stress & Anxiety Initial Self-Assessment
- Target Setting and Action Planning • A Letter from School • My Stress Signs • Ways of Coping
- Dilemmas • The Stress Matrix • Great Expectations • The Perfect Me • How I Feel
- I Feel Good • Meditation • This is my Life • It's About Time

80 pages, A4, photocopiable. Ages 11-18. ISBN 978-1-909380-86-8



Activities to Help Young People Deal with Stress & Anxiety Ref 171-BB £37.99

Let's Talk about Stress and Anxiety Fink Cards

Help children and young people to explore the cause of their stress and anxiety

By Dawn Sadler

This pack of Fink cards will help you to encourage children and young people to talk about and explore worries which are making them feel stressed or anxious, develop their emotional language and support them to work out strategies that will work for them and feel more in control, giving them some skills for dealing with stress and anxiety for life.

The cards are based around a CBT model and the questions are aimed for professionals to be able to judge how much of a problem each worry has become for someone and how much extra help is required.

Ages 7+



Let's Talk about Stress & Anxiety Ref 515-51710-BB £19.99*

SPECIAL OFFER

VALUE PURCHASE ALL 4 TINS AT A SAVING
Ref 1-322-BB **£99.95***

Little Tin of Big Worries



A unique resource to tackle the growing high levels of anxiety in society

By Eve Wilson

This card set outlines 70 common worries for discussion, grouped into five main areas:

- friendship • home & family • school & society • personal • the world around

There are also six strategy cards with ideas on how to handle the concerns:



- asking for help • looking for the positive • taking preventative action • realising when it is someone else's worry • finding information • knowing when a worry needs to be discarded

70 worry cards 90 x 130mm, 6 solution cards, teachers' notes

Little Tin of Big Worries Ref 1-300-BB **£29.95***

Little Tin of Transition Worries

70 discussion cards exploring key factors that concern young people moving to secondary school

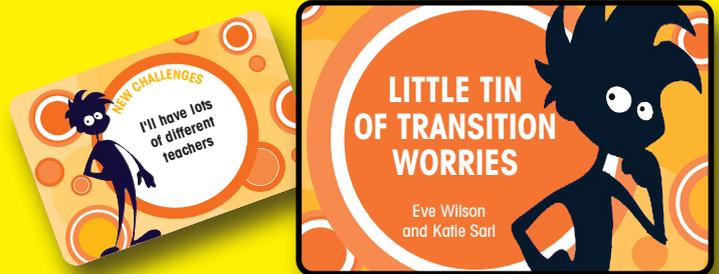
By Eve Wilson

The experience of changing schools can trigger anxiety and stress for many students. This set of cards provides an opportunity to identify, examine and tackle specific areas of concern to ensure that the experience can become as worry-free as possible.

Each card outlines one cause for concern, for example:

- People won't like me • The work will be too hard
- I won't have enough time to find the right classroom • Making new friends

70 worry cards 90 x 130mm, 7 options cards, teachers' notes



Little Tin of Transition Worries Ref 1-320-BB **£29.95***



Little Tin of Teenage Worries

70 discussion cards tackling big issues in the teenage world

By Eve Wilson

Specifically looking at issues affecting the teenage years, this set of cards will provide multiple opportunities for discussion and examination of concerns in areas including:

- Relationships • Lifestyle • Safety issues • Life skills • Local/world issues

70 worry cards 90 x 130mm, 7 solution cards, teachers' notes

Little Tin of Teenage Worries Ref 1-309-BB **£29.95***

Little Tin of Niggles

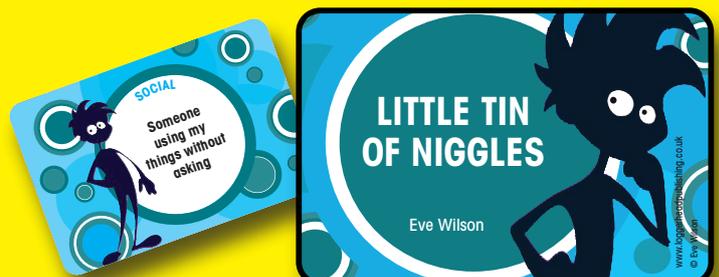
Discussion cards featuring 70 irritating moments that can trigger anger

By Eve Wilson

Little niggles are the small seeds of most big problems: they cause breakdowns in relationships, lead to a lack of task focus, can be the cause of major physical fights and are long-term stressors. Learning to recognise personal 'niggles' provides an opportunity to evolve effective strategies to deal with issues appropriately as they arise. Subjects include:

- Someone using my things without asking
- People letting me down at the last minute

70 niggles cards, 7 options cards, teachers' notes, storage tin



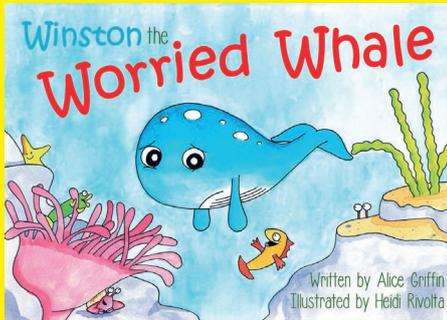
Little Tin of Niggles Ref 1-321-BB **£29.95***

Winston the Worried Whale

This captivating storybook provides a fun way to approach the sensitive subject of worries with young children

Written by Alice Griffin
Illustrated by Heidi Rivolta

Winston is a blue whale and blue whales are the largest animals ever to have lived on earth. They are even bigger than dinosaurs! But Winston has a secret. Even though he is bigger than all the other sea creatures ... even though they all think he is brave and not scared of anything ... he has worries.



In this imaginatively illustrated picture book loveable character Winston the Whale takes young children on a journey through his worries, in turn helping them to think about how they can work through their own.

Ages preschool to 8 A4, 24 pages
ISBN 978-1-909380-85-1

Winston - Helping with Worries Cards

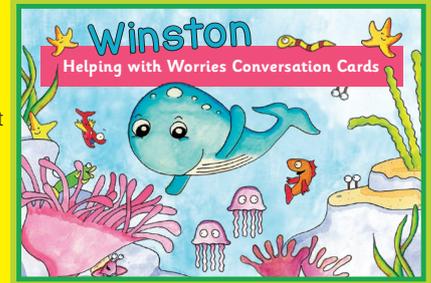
30 cards to stimulate talking with young children about a wide range of worries

By Alice Griffin

A quick and easy way to observe and monitor any anxiety issues with particular children, examples of worries include:

- I'm worried that my friend doesn't like me any more
- I'm worried about singing in the Christmas show
- I'm worried that my trainers aren't fashionable
- I'm worried that everyone will laugh at my new glasses
- I'm worried about my parents divorcing

Perfect when used together with the *Winston the Worried Whale* story time resource.



Winston the Worried Whale Ref 182-BB £12.50

Winston - Helping with Worries Cards Ref 313-BB £25.95*



PURCHASE THE WINSTON STORY BOOK AND CARDS AT A SAVING

Ref 316-BB £36.50*

Blob Anxiety

Visual, wordless sheets that explore many areas of anxiety, an important area of mental health

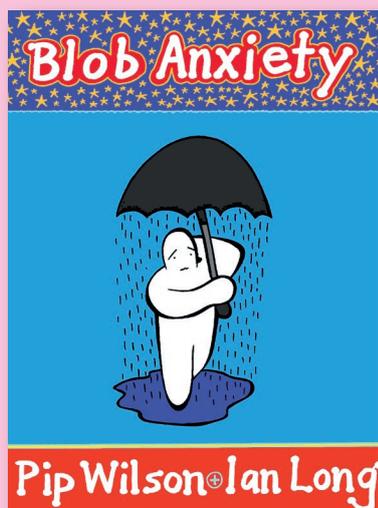
By Pip Wilson & Ian Long

The Blob Anxiety Book is a collection of visual, wordless sheets featuring the Blob characters exploring the topic of anxiety. It includes a series of discussion starters to be used with individuals, small groups, classes and even with conferences. Topics covered include:

- General anxiety • Worry • Physical signs • Coping strategies • OCD
- Paranoia • Suicide • Secrets • Self-harm • Eating • Memory loss

Suitable for everyone who works with children, young people and adults.

Ages 11-18 90 pages, A4, photocopiable,
ISBN 978-1-909380-38-7



Blob Anxiety Book Ref 242-BB £35.00

Blob Anxiety Book Download Ref 242-D-BB £25.00

Blob Anxiety Cards

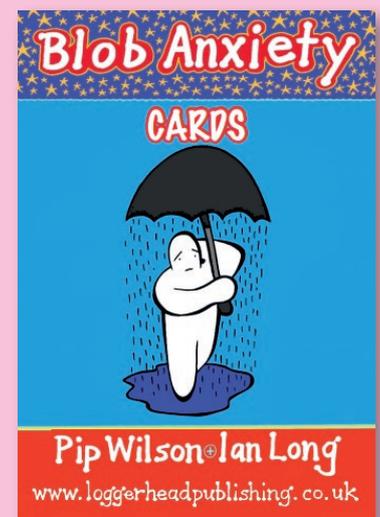
48 cards to encourage discussion about anxiety

By Pip Wilson & Ian Long

A wide range of Blob images depicting feelings often described by anxiety sufferers The guidance booklet contains twenty activities to use one-to-one or with groups:

- Choose one Blob and write all the words that you can think about them, all the times you felt like them and what you would like to say to help them
- Choose two cards to depict how you currently feel and two Blobs that you would like to feel like. What changes do you need to make to achieve this?

48 cards 90 x 130mm, booklet, tin
ISBN 978-1-9164122-6-2



Blob Anxiety Cards Ref 302-BB £29.95*



BUY BLOB ANXIETY AND BLOB ANXIETY CARDS AT A SAVING Ref 319-BB 59.50*

The Resiliency Skills Handbook

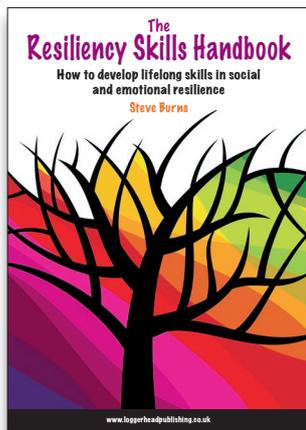
How to develop lifelong skills in social and emotional resilience

By **Steve Burns**

This mammoth collection of quick, engaging and effective resources brings together techniques adapted from NLP, Life-Coaching and Positive Psychology to provide an essential and flexible classroom resource for teachers working with students to promote the key skills of social and emotional resilience.

Comprehensive, accessible and tried-and-tested classroom lessons are provided and cross-referenced throughout for easy identification.

Manual: 132 pages; includes printable CD-Rom with a further 128 pages of activities
Ages 11-18 ISBN 978-1-909380-81-3



Resiliency Skills Handbook Ref 180-BB £45.00

Let's Talk about Conflict Discussion Cards

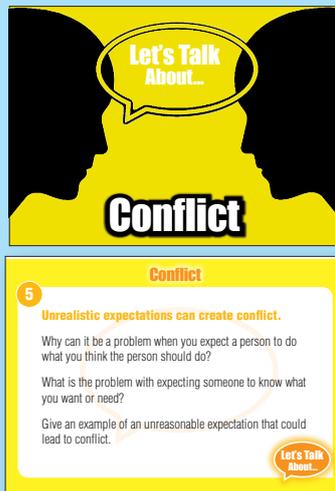
50 discussion cards to help improve social skills

By **Ester R. A. Leutenberg & Carol Butler Cooper**

The five areas covered are:

- Understand conflict
- Prepare for 'The Talk'
- Communicate
- Resolve
- Scenarios

Ages 11+ 50 cards in a tin, booklet



Let's Talk about Conflict Discussion Cards Ref 305-BB £35.00*

Conflict Workbook

A reproducible activity workbook for developing positive mental health skills

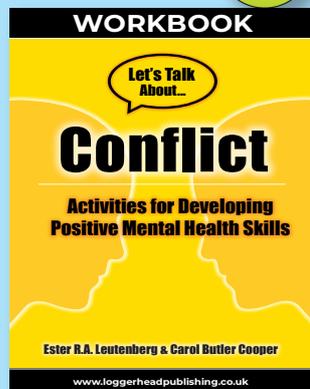
By **Ester R. A. Leutenberg & Carol Butler Cooper**

A ready-to-use workbook focusing on anger and aggression with affirmations, assessments, drawing activities, journals, quotations, case studies, topics to debate and so much more!

The five areas covered are:

- Understand conflict
- Prepare for 'The Talk'
- Communicate
- Resolve
- Scenarios

Ages 11+ 50 cards in a tin, booklet



Conflict Workbook Ref 351-BB £45.00

SPECIAL OFFER BUY LET'S TALK CONFLICT WORKBOOK AND CARDS AT A SAVING Ref 349-BB £71.95*

Resiliency Training Manual

How to develop a positive attitude

By **Megan Little-Hales**

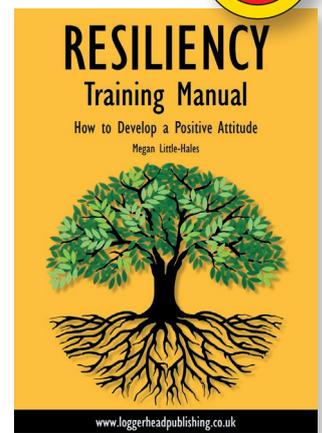
The stimulating activities in this excellent resource will help students develop resiliency skills to avoid feeling overwhelmed with stress, be strong,

to live more effective lives, make confident choices and decisions, and achieve their personal goals. Contents:

- Brain gym • Stress and anxiety • Negative thoughts • Procrastination • Confidence and self-esteem • Self-motivation • Organisation and time management • Concentration • Memory • Responsibility

Practical resource to build positive skills in young people to develop confidence, manage stress and change the way they think about themselves.

Ages 11-18 Approx. 90 pages, A4, photocopiable ISBN 978-1-9161866-5-1



Resiliency Training Manual Ref 317-BB £45.00

Blob Resilience

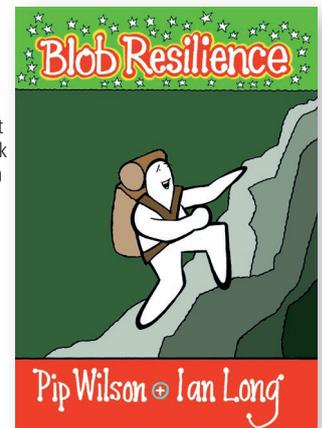
Use the uniqueness of the Blobs to explore and enhance resilience

By **Pip Wilson & Ian Long**

The field of Emotional Resilience is rapidly expanding. This book is about developing resilience through a series of exercises, quotations, reflections and images. It does not provide answers; instead it offers a framework for discussion along with questions which can be made easier or harder depending upon the audience. Areas covered include:

- Signs of low resilience • Building resilience
- Resilient traits • Self-confidence
- Relationships • Building networks
- Dealing with conflicts • Self-awareness
- Self-regulation • Attitude and motivation

A4, 94 pages ISBN 978-1-9164122-2-4



Blob Resilience Ref 314-BB £35.00

Blob Resilience Download Ref 314-D-BB £25.00

Activities to Help Young People Deal with Decisions & Choices

A resource to support teachers and pastoral staff to help students navigate the choices, well-being and character development journeys that they make each and every day

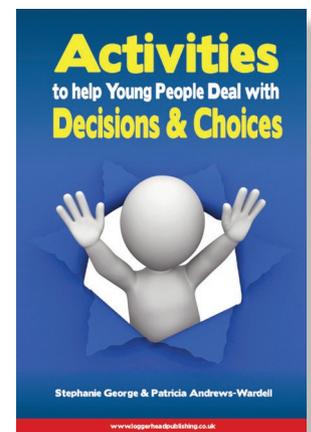
By **Stephanie George & Patricia Andrews-Wardell**

Here are 20 Choices and Decision-Making activities that cross the bridge between the pastoral and curriculum aspects of learning, including:

- Self-Assessment • Action Plan • Choices at 16 • Choices at 14

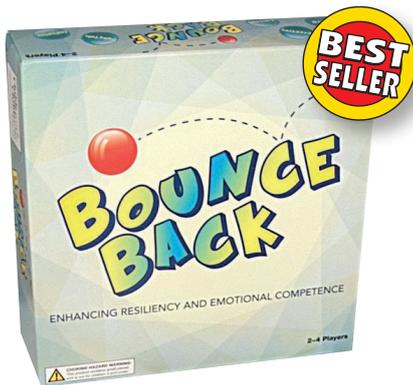
There is real pressure on our young people in modern society. When pressure leads to poor choices and decisions this can have undesirable consequences at a time of intense physical and emotional change. This book is about helping young people to make informed choices and decisions.

ISBN 978-1-909380-92-9 Ages 11-18 A4, 80 pages



Activities to Help Young People Deal with Decisions & Choices Ref 198-BB £37.99

Bounce Back Game



An educational game to teach resiliency skills

Designed to encourage students to become more aware of the resiliency skills that may help them reduce and cope with the stress in their lives.

These skills include:

- Co-operation
- Optimism
- Attentiveness
- Empathy
- Curiosity
- Independence.

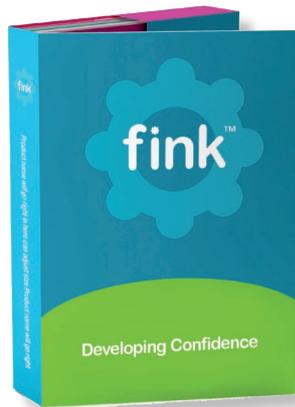
Bounce Back is intended to help students learn the values of using these skills to solve both everyday problems and more serious "crisis". Especially useful for those who are considered "at risk".

Game board - 3 decks of problem and crisis cards and the Bounce Back pack.

Bounce Back Game for 8-12
Ref 45-50136-BB **£55.00***

Bounce Back Game for Teens
Ref 45-1486-BB **£55.00***

Developing Confidence Fink Cards



48 conversation cards to help children and young people develop confidence

Real confidence helps children's emotional health enormously. It helps them stay robust when life challenges come along such as bereavement or parental separation. It helps them deal with transitions to new schools and evolving and tricky friendships. Confidence is key to well-being and needs lots of encouragement.

The cards can be used at home, at school and in youth groups. The questions can be easily modified to suit all age groups and are in four colour coded categories

- Defining Confidence
- Current Confidence
- Affirming Confidence
- Increasing Confidence

Ages 7+

Developing Confidence Fink Cards
Ref 515-51479-BB **£19.99***

Quandaries



By John Linstead

30 discussion cards on a wide range of PSHE topics including fairness, bullying, risk-taking and social responsibility

Generate discussion with a difference by posing these quandaries and encouraging responses by asking the questions given. Take it a stage further by finishing the session with the big/wider issue suggested. The areas covered include:

- Equality
- Rule breaking
- Bystanders
- Cyberbullying
- Alcohol
- Strangers
- Online safety
- Courage
- Animal cruelty
- Litter
- Climate change
- Graffiti

30 A5 cards Ages 9-14 ISBN 978-1-909380-96-7

Quandaries Ref 194-BB £29.95*

What Would You Do if ... ? Discussion Cards

Choices

Covers issues that young people face in today's society **By Eve Wilson**

This unique resource covers topics that present concern in a young person's life. This set includes 30 laminated discussion cards which cover drugs, mobile phones, Internet chat-lines

and other important issues. Also included in the set is a supporting CD-ROM which contains the same 30 printable activity sheets together with full instructions and suggestions for use including a description of Edward de Bono's 'Thinking Hats'.

Includes a supporting CD-ROM. 30 cards.

Ages 11+ ISBN 978-1-907370-14-4

What would you do if ...
You want to earn some extra money: a neighbour who is known to complain a lot offers you some work in her house?

Relationships

Covering everyday situations around all kinds of relationships

By Eve Wilson

Relationships is an area that often causes anxiety and problems to youngsters. These discussion cards examine a range of relationships including friendships, family, teachers and internet chat rooms. An accompanying CD-Rom contains the same 30 questions presented as printable activity sheets. Also includes full instructions and suggestions for use. The activities present a range of everyday, real-life, challenging situations all of which demand a decision. Participants are encouraged to suggest possible courses of action and in doing so will be able to develop important life skills and strategies.

Includes a supporting CD-ROM. 30 cards

ISBN 978-1-907370-17-5 Ages 11+

What would you do if ...
You arrange to go and visit your elderly relative who can't get out but just as you are about to go, your friend turns up to take you to the cinema to see a film you've been dying to see?

Dilemmas

Helping young people consider what decisions they could make in a range of real-life situations

By Eve Wilson

This useful resource covers themes which include safety, honesty and personal responsibility.

The set comprises of 30 laminated discussion cards plus supporting CD-Rom that offers the same 30 printable activity sheets together with full instructions and suggestions for use including a description of Edward de Bono's 'Thinking Hats'. The activities present a range of everyday, real-life challenging situations all of which demand a decision. Participants are encouraged to suggest possible courses of action and in doing so will be able to develop important life skills and strategies.

Includes a supporting CD-ROM. 30 cards

ISBN 978-1-907370-11-3 Ages 11+

What would you do if ...
You are out on your bike with a friend when a car swerves round the corner and knocks him off. The car doesn't stop but you are fairly sure the driver is another friend's Dad?

What would you do Choices
Ref 1-011-BB **£25.95***

What would you do Relationships
Ref 1-013-BB **£25.95***

What would you do Dilemmas
Ref 1-012-BB **£25.95***



BUY ALL 3 WHAT WOULD YOU DO IF SETS AT A SAVING Choices, Relationships, Dilemmas Ref 1-296-BB **£69.99***

Let's Talk Resilience Discussion Cards

50 cards to enable individuals to get through the tough times



By Ester R. A. Leutenberg & Kathy A. Khalsa

The five areas covered are:

- Relationships
- Creativity
- Humour
- Insight
- Hope, positivity and optimism

Ages 11+ 50 cards in a tin, booklet



Resilience Discussion Cards Ref 235-BB £35.00*

Resilience Workbook

A reproducible activity workbook for developing positive mental health skills

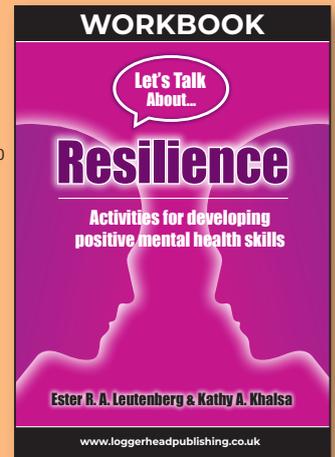
By Ester R. A. Leutenberg & Kathy A. Khalsa

Ready-to-use with a focus on resilience with affirmations, assessments, drawing activities, quotations, case studies, topics to debate and more!

The five areas covered are:

- Relationships
- Creativity
- Humour
- Insight
- Hope, positivity and optimism

Ages 11+ 50 cards in a tin, booklet



Resilience Workbook Ref 347-BB £45.00



PURCHASE THE RESILIENCE WORKBOOK AND CARDS TOGETHER AT A SAVING

Ref 350-BB £71.95*

Mental Health: Positive Thinking

Activities all about using positive thinking strategies

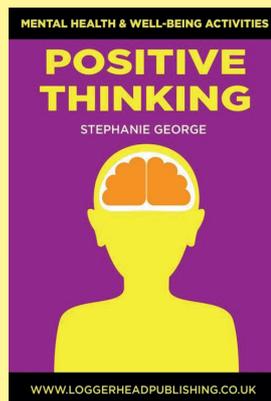
By Stephanie George

In the same way that we have designated safeguarding leads in schools, we are now seeing, in the twentieth-first century, and not before time, designated mental health, well-being and emotional coaching leads in schools charged with recognising mental health concerns and providing support for those in need. This book on positive thinking provides practical activities to help practitioners when working with children and young people in schools. This resource provides 20 activities for this purpose including:

- What is positive thinking? • Socratic thinking - What is thought? • Oxytocin – What is that? • Moments of reflection • Positivity and the senses • Message making • A mind set • Change and emotion • The positive thinking matrix • Seasons for change • A lock, key or a combination

Intended for use by those working in a variety of settings including schools, inclusion settings, SEN departments and access teams. The activities can be led by teachers, behaviour mentors, pastoral team leaders/assistants, learning mentors, exclusion rooms staff, special educational needs staff, HLTAs, welfare team workers and family support workers.

Ages 10+ Approximately 80 pages



Positive Thinking Ref 301-BB £37.99

Mental Health: Resilience Coping Strategies

Activities focusing on identifying, building and supporting resilience in young people

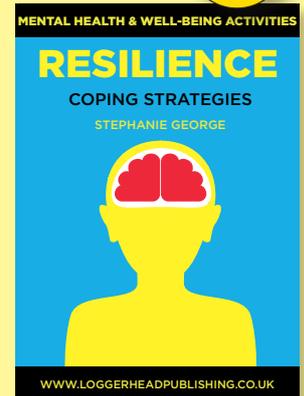
By Stephanie George & Anke Bauer

Recognising the importance of resilience as a coping strategy, this book provides practical activities to help practitioners when working on this area with children and young people in schools. The activities include:

- Mental Health – What is it? • Building Resilience - Initial Self-Assessment • Building Resilience Action Plan • Resilient, Really? Me? • Giving Gifts • Help! My Community of Helpers • Train your Resilience Muscle • My Place of Strength • Do Something for Your Community • The Resilience Choice Card Game • What is This Feeling? • Ways of Coping with Different Situations

Includes a photocopiable Student Feedback and Tracking Workbook.

Ages 10-16, 78 pages, A4, photocopiable ISBN 978-1-909380-05-9



Resilience Coping Strategies Ref 231-BB £37.99



PURCHASE BOTH WORKBOOKS TOGETHER AT A SAVING

Ref 351-BB £68.95

Mindfulness in a Tin - Primary

40 cards depicting natural images for introducing children to mindfulness

By Juliet Firstbrook

Ideal as an introduction to mindfulness, each card shows an image from nature – flowers and baby animals – with a statement on the reverse which helps to bring about calmness. These statements include:

- Breathe deeply and count the flowers in the picture.
- Squeeze your hands tightly and see if they tingle.

ISBN 978-1-909380-99-8



Take a deep breath and feel a balloon blowing up inside your tummy.

Mindfulness in a Tin Ages 5-11 Ref 240-BB £32.00*

Mindfulness in a Tin - Secondary

40 cards to bring young people back to the present moment and give them relief from negative thinking

By Juliet Firstbrook

These photographs of skylines and the accompanying suggestions/strategies on the reverse promote mindfulness and will help to bring about calmness, aid focus and develop positivity. Examples include:

- Breathe deeply and know that right at this very moment you have no problems and nothing to worry about.
- Do you know what time it is? Time to look around and find something new to focus your attention on.

40 cards 90 x 130mm in a tin.

ISBN 978-1-907370-13-7



Take a deep breath and make this moment your friend. Yesterday no longer exists and tomorrow has not yet arrived so be aware of what you are doing now.

Mindfulness in a Tin Ages 11-18 Ref 241-BB £32.00*

Blob Mindfulness

Use the Blobs to apply mindfulness to all aspects of life

By Ian Long & Pip Wilson

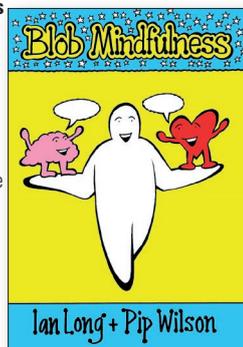
Mindfulness is a refocusing of the mind upon the present moment. These Blob activities will help to do this but also move beyond purely personal exercises and try to apply it to the whole of life – becoming mindful to enrich all we do. The contents include:

- Blob Mindful • Blob Mindful Tree • Mindful Techniques
- Making Our Day Mindful • Prioritising and Mindfulness
- Qualities of Mindfulness • Blob Self-Awareness
- Blob Awakening • Drawing the Line: anxiety, depression, stillness, sensing, observing, quiet, volume, isolation, personal space, anger, noise, shame, age, eating, mental health
- How Mindfulness Helps Resolve Conflict • Mindfulness Cards • Mindful Holidays, Mindful Sleep

Ages 11-18 Approx. 86 pages, A4, photocopyable ISBN 978-1-9161866-6-8

Blob Mindfulness Ref 318-BB £29.95

Blob Mindfulness Download Ref 318-D-BB £25.00



Mindfulness in Early Years

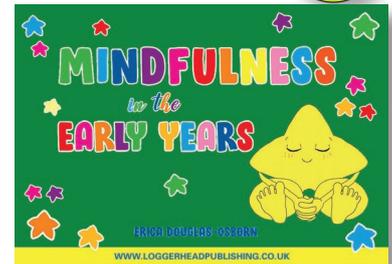
Tried-and-tested mindfulness ideas

By Erica Douglas-Osborn

Showing how to set up a mindfulness approach within any early years setting, this resource also includes a CD of scripts ready for practitioners to just pick up and use. The areas covered are:

- Breathing exercises
- Guided imagery
- Mindful eating
- Mindful walking (with pictures)
- Mindfulness across the curriculum
- Putting it all together in the classroom

Ages 2-5 Approx. 76 pages, A4, photocopyable, FREE CD ISBN 978-1-9161866-2-0



Mindfulness in Early Years Ref 307-BB £29.95

Let's Talk About Mindfulness

50 discussion cards to help implement mindfulness

By Ester R A Leutenberg & John J Liptak

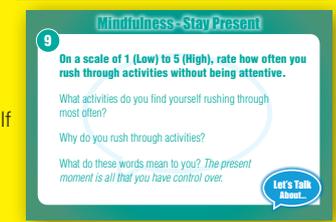
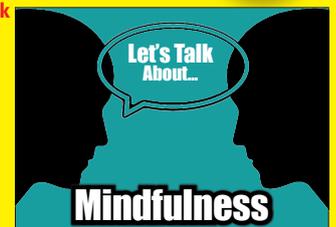
Mindfulness has been described as the ability to stay present with your immediate experience and not be judgmental. It is the capacity to observe your feelings, thoughts and sensations while experiencing ordinary moments, stressful moments and joyful moments.

The value of slowing down has been forgotten – mindfulness is one of the best ways to slow life down. These discussion cards explore five aspects of mindfulness:

- Stay present • Slow down • Love yourself
- Inner calmness • Pay attention

Ages 11+ 50 cards, booklet

ISBN 978-1-909380-40-0



Let's Talk About Mindfulness Ref 237-BB £35.00*

Mindfulness Workbook

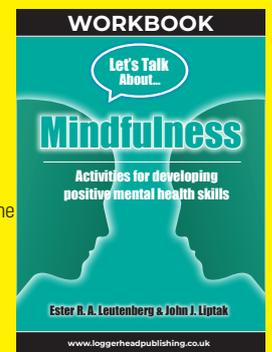
A reproducible activity workbook for developing positive mental health skills

By Ester R. A. Leutenberg & John J. Liptak

A ready-to-use workbook focusing on mindfulness with affirmations, assessments, drawing activities, journals, quotations, case studies, topics to debate and so much more! Covering five essential areas, some examples of activities are:

- **Stay present:** Inner thought journal; What thoughts help you to stay calm? Do you easily become distracted? Multi-tasking
- **Slow down:** Exploring patience; How's your compassion? Physical health questionnaire; Breathing exercises
- **Self-Love:** Do you show kindness? Do you love yourself?
- **Inner calmness:** Do you live life on autopilot? Daily level of calmness diary
- **Pay attention:** Do you have emotional awareness? Label your thoughts

Ages 11+ Approx. 80 pages, A4, photocopyable ISBN 978-1-9161866-1-3



Mindfulness Workbook Ref 306-BB £45.00

SPECIAL OFFER VALUE! BUY LET'S TALK ABOUT MINDFULNESS AND MINDFULNESS WORKBOOK AT A SAVING Ref 320-BB £71.95

Social Skills Workbook

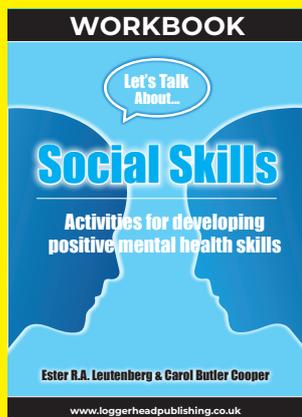
A reproducible activity workbook for developing positive mental health skills

By Ester R A Leutenberg & Carol Butler Cooper

A ready-to-use workbook focusing on mindfulness with affirmations, assessments, drawing activities, journals, quotations, case studies, topics to debate and so much more! Covering five essential areas, some examples of activities are:

- Communication
- Relationships
- Building Up
- Impulses
- Empathy

Ages 11+ 80 pages, photocopiable



Let's Talk About Social Skills Ref 358-BB £45.00

Let's Talk About Social Skills

50 discussion cards to help improve social skills

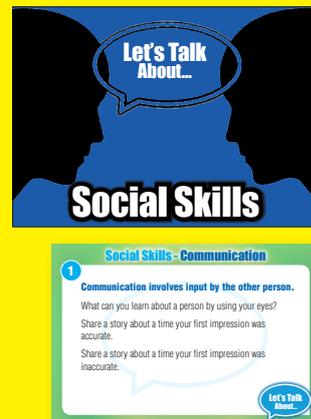
By Ester R A Leutenberg & Carol Butler Cooper

These discussion cards explore the five social skills areas of:

- Communication • Relationships • Building Up • Impulses • Empathy

Each covers many different aspects of the topic; for instance, communication is more than talking and listening; relationships are multi-faceted and involve family dynamics, friendships, partnerships and cultural considerations; building people up is a social skill that starts with oneself and includes positive self-talk and self-respect; impulses are instincts that can hurt or help; empathy is the ability to sense what someone may be experiencing and then to act with kindness towards that person.

Ages 11+ 50 cards, booklet
ISBN 978-1-909380-34-9



Let's Talk About Social Skills Ref 233-BB £35.00*



VALUE! BUY LET'S TALK ABOUT SOCIAL SKILLS WORKBOOK AND CARDS AT A SAVING Ref 359-BB £71.95

Social Skills Learning

Activities to develop social skills in a practical and fun way

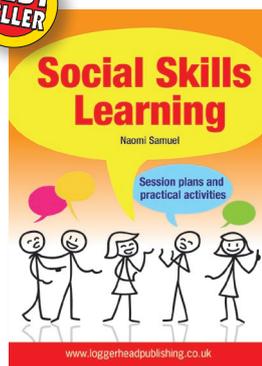
By Naomi Samuel

Give children of all ages and abilities the opportunity to build up a toolbox of social skills for life with these session plans based around tried-and-tested activities. The activities include:

- About me • Rules • Feelings • Mixed feelings
- Boasting • We're all different • Empathy
- Feeling good • Honesty • Emotions
- Saying "Thank You" • Respecting differences
- Focus on feelings • In someone else's shoes
- Making compliments • How do you want to be treated by others?
- Listening • Healthy eating • Personal hygiene • Growing pains • Appropriate language • What I have learned • 'Just for Fun' activities throughout

A4, 88 pages, photocopiable Ages 5-11 ISBN 978-1-909380-91-2

Social Skills Learning Ref 190-BB £29.95



Social Skills 6 Board Games

Six games to develop social and emotional skills

This resource contains six different board games which address:

- Morals - what would you do?
- Manners – how to behave
- Empathy – how others feel
- Friendship – what makes a good friend?
- Showing emotions – acting out
- Managing emotions – mountains of emotions.

The games are bright and colourful, easy to play, and are extremely good value with all six games in one box.



Early Years Ref 331-51641-BB £29.95*

Primary Ref 331-9755-BB £29.95*

Activities for Building Self-Confidence

A collection of activities and games to promote self-confidence and enhance self-esteem in young people

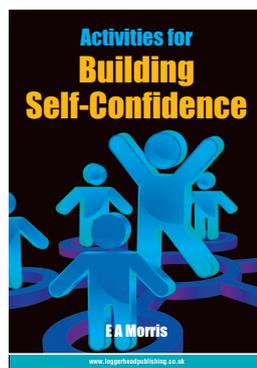
By E A Morris

These activities recognise that self-confidence and self-esteem are interrelated. They can be used to create a programme for developing self-confidence in young people and include ways to help them:

- learn to focus and concentrate • pay attention • learn to speak up for themselves
- acknowledge what they have already learnt • to accept praise and appreciation • to accept and give compliments and criticism • speak openly about their strengths • to acknowledge achievements • to gain an awareness of their strengths • take control • focus on the good things in their lives

A4, 62 pages, photocopiable Ages 11-16 ISBN 978-1-909380-55-4

Activities for Building Self-Confidence Ref 110-BB £29.95



Activities for Social and Life Skills Cards

Cards of games and activities that are not only fun but will also develop social and life skills at the same time

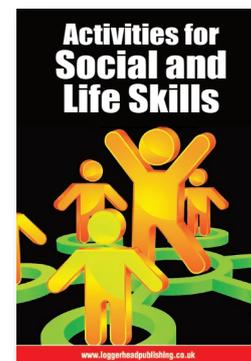
By E A Morris

These carefully selected games involve role-play situations, discussion and working in groups. The skills and areas covered are many and varied, such as: aspirations; awareness of others; co-operation; concentration; creative thinking; determination; developing trust; differences of opinion; empathy; giving feedback; goal-setting; honesty; improving relationships and listening. This resource is:

- Designed to broaden and deepen your work with young people
- Ideal to use as a complete programme
- Easy to use when you need a few selected activities to suit the group.

20 cards 130 x 90mm Ages 11-16 ISBN 978-1-907370-08-3

Activities for Social and Life Skills Cards Ref 052-BB £22.50*



Anger Management Programme

A practical programme of strength-based solutions and a focus on dealing with 'emotional hijacks'

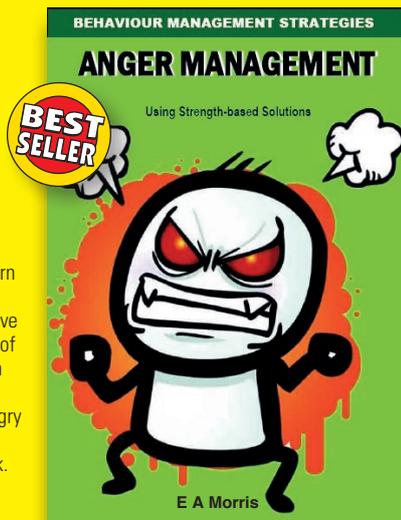
By E A Morris

This collection of session plans covers every aspect of running an anger management programme, based on appropriate behaviour strategies. By linking to emotional literacy children will learn the skills of self-awareness, self-management, impulse control, active listening, empathy, understanding of non-verbal cues, conflict resolution and mediation. Central to the programme is how to deal with angry outbursts – known as 'emotional hijacks' – both pre- and post-hijack.

The manual's contents include:

- Feelings Focus • Different Kinds of Anger • What I Get Angry About • What I Can do When my Anger is Building up
- When I Talk to Myself • Melt Down • After the Storm

80 pages, A4, photocopiable ISBN 978-1-907370-72-4 Ages 5-11



Moving on from Anger

A one-stop resource of practical session plans to help develop communication skills and assertiveness

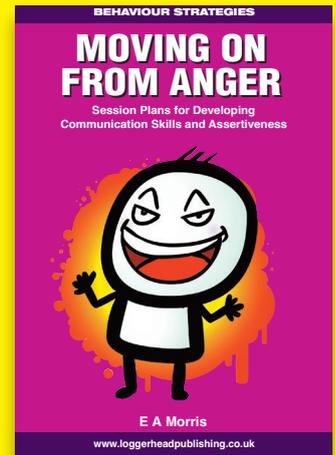
By E A Morris

For children who are able to manage their anger the next step is to work on other social skills, in particular communication and assertiveness. This manual covers these areas in 10 one-hour session plans, each clearly outlining the aims of the session, resources required and a step-by-step method with timings. Any resource sheets necessary for the sessions are included and can be freely copied for handing out to participants. Session contents cover:

- Introducing Assertive Behaviour
- What Do You Think You Have the Right to Do, Think and Feel? • Behaviour Options
- More Behaviour Options • What Do I Want and How Can I Get It? • How to Ask for What I Want • How to Say "No!" • Practice Makes Perfect • Kindly Speak Up!

This one-stop resource includes notes on assessment and management suggestions for facilitators as well as ideas on how to run the sessions within Circle Time.

A4, 102 pages, photocopiable ISBN 978-1-907370-78-6 Ages 5-11



Anger Management Programme Ref 043-BB £42.50

Moving on from Anger Ref 049-BB £42.50

PURCHASE BOTH TITLES AT A SAVING

Anger Management Programme • Moving on from Anger
Ref 053-BB **£80.75**



Anger Management Programme

A practical programme of strength-based solutions and a focus on dealing with 'emotional hijacks'

By E A Morris

This collection of ten session plans covers every aspect of running an anger management programme with secondary-aged students. By linking to emotional literacy, students will learn the skills of self-awareness, self-management, impulse control, active listening, empathy, understanding of non-verbal cues, conflict resolution and mediation.

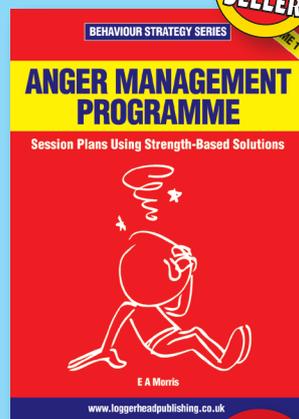
The ultimate aim is to elicit in participants an optimistic outlook, a better focus, and acceptance of other people and how they are. Central to the programme is how to deal with angry outbursts – known as 'emotional hijacks' – both pre- and post-hijack.

Each session plan details the aim, resources required and method, and is accompanied by reproducible student and teacher sheets.

Contents: • Introduction • Suggested ways in which to use the session plans

- The sessions: 1 Feelings focus, 2 Different kinds of anger, 3 What I get angry about, 4 What I can do when my anger is building up, 5 When I talk to myself 6 Melt down! 7 Melt down 2! 8 After the storm 9 Making 'I' statements 10 Rules for myself.

A4, 76 pages, photocopiable Ages 11-16 ISBN 978-1-907370-24-3



Beyond Anger Management

Session plans to improve communication and assertiveness skills

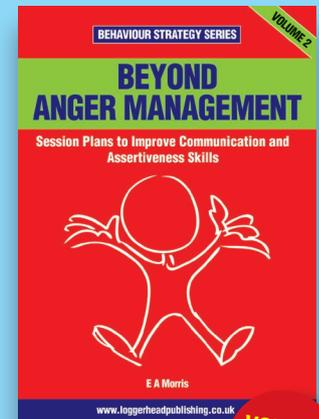
By E A Morris

Help young people learn better communication skills, particularly when to apply the assertive option, with this practical manual. Areas covered include personal rights, body language, making requests and expressing feelings in an emotionally literate way. The exercises allow practice in being assertive, including how to say "No!" confidently. An assertiveness questionnaire enables you to monitor progress. Particularly useful as a follow-up programme to any anger management course.

The manual's contents include:

- Introduction • Assessment
- Management suggestions for teachers/group facilitators
- The sessions: 1 Introducing assertive behaviour, 2 What do you think you have the right to do, think and feel?, 3 Behaviour options, 4 What do I want and how can I get it?, 5 How to ask for what I want, 6 How to say "No!", 7 Kindly speak up!, 8 More behaviour options, 9 Practice makes perfect!, 10 How assertive are you now?

A4, 84 pages, photocopiable Ages 11-16 ISBN 978-1-907370-75-5



Anger Management Programme Ref 036-BB £42.50

Beyond Anger Management Ref 045-BB £42.50

PURCHASE BOTH TITLES AT A SAVING

Anger Management Programme • Beyond Anger Management
Ref 070-BB **£80.75**



Activities to help Young People deal with Anger

How to address issues relating to anger and conflict using a mentoring approach

By **Stephanie George**

These activities have a particular focus on developing skills for managing anger, conflict and relating to others. They provide specific, structured tasks that can be used during one-to-one mentoring intervention and for group work.

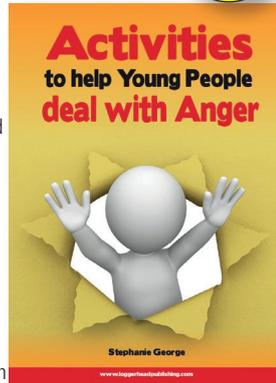
There are 20 conflict/anger management specific activities that cross the bridge between the pastoral and curriculum aspects of learning. The activities include:

- My Anger Triggers • Anger Matrix • Initial Self-Assessment – Relating to Others • Student Reassessment and Evaluation • How I Feel When I am Angry • Ways of Coping • What Happens Next? • Stop Seeing Red • My Autobiography • My Progress • Target Setting and Action Planning • Review

Each activity includes full instructions and any necessary worksheets to photocopy or print out.

74 pages A4, photocopiable Ages 11-16 ISBN 978-1-909380-49-3

Activities to Help Young People Deal with Anger Ref 104-BB £37.99



Anger Control Cards

Cards to help manage anger in a helpful way

By **Betty Rudd**

These *Anger Control Cards* will help users deal with anger healthily by discussing anger issues in an enjoyable and safe way. As well as initiating discussion they can also be used in a game format. The intention is to:

- Help develop resilience & self-worth • Enable individuals to cope better • Teach how to change negative thoughts to positive ones • Encourage listening respectfully

Many valuable tips, step-by-step instructions, discussion about the importance of managing anger healthily and developing emotional literacy to help build mental resiliency are incorporated into the booklet.

Ages 11+ 40 cards, 90 x 130mm, booklet, storage tin ISBN 978-1-9164122-0-0

Anger Control Cards Ref 245-BB £32.00*



Anger Management

Carefully designed to help raise and discuss potentially challenging issues around strong emotions, particularly anger

By **Sue Neame & Ashley Ross**

Session plans to help deal with situations in which young people might become angry, the activities and resource sheets are designed to help young people reflect and develop their skills in managing anger.

TOPICS INCLUDE

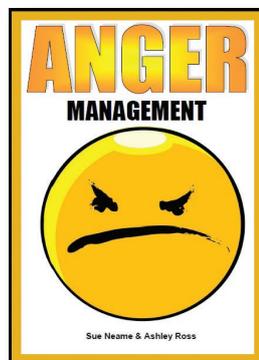
- How anger affects the individual – what makes them angry?
- How a young person's anger impacts on others
- Expressing angry feelings in a safe way
- Improving communications and relationships

ISBN 978-1-907370-30-4 (ages 5-11) ISBN 978-1-907370-29-8 (ages 11-16)

USB

Anger Management USB Memory Stick Ages 5-11 Ref 2-284-BB £39.95*

Anger Management USB Memory Stick Ages 11-16 Ref 2-285-BB £39.95*



Think it Through Anger Game

A discussion game exploring anger triggers and how to deal with them

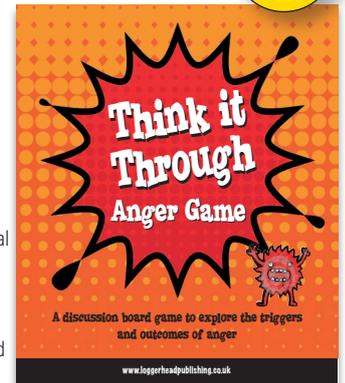
By **Hilary Whates**

This diverse board game challenges players to consider a range of scenarios which may cause feelings of anger and provides a calm platform to discuss appropriate and inappropriate ways to deal with the situation. By playing the game participants have an opportunity to recognise their personal anger 'triggers' and look at alternative ways they could overcome their usual response.

This easy to understand game begins when players move around the board in turn. Landing on a 'Situation Square' delivers a 'Solve it!' card to the player. This describes a scenario which includes an anger trigger and offers several ways to deal with it. Players must discuss and decide which they feel is the most appropriate course of action from those provided – or look for their own solutions. The game can be played on a one-to-one basis or in groups – either way it provides an ideal platform to discuss specific issues and coping strategies. The facilitator can use all the cards provided or select key ones relevant to the players. Anger triggers featured include: • Sadness • Frustration • Embarrassment • Jealousy • Hurt • Disappointment

Ages 10-14 ISBN 978-1-909380-79-0

Think it Through Anger Game Ref 178-BB £47.50*



Conflict Resolution Discussion Cards

Use these scenarios to help students think about how they can deal with conflicts appropriately

By **Vanessa Harrison**

The focus is on clashes in school with peers, family, teachers and other adults including those in authority. Students discuss the situation and suggest strategies for resolving the conflict. They can call upon the ideas on the Resolution Cards if necessary, which include:

- Walking away • Listening to what the other person is saying • Suggesting a solution

Includes guidance cards with an introduction to the topic, the aims of the resource and how to use the cards

20 A6 conflict cards, 16 A6 resolution cards Age 11-16 ISBN 978-1-909380-93-6

Conflict Resolution Discussion Cards Ref 197-BB £29.95*



Anger Management Games

Group games using compassion and care to deal with situations of conflict and anger

By **E A Morris**

Help young people begin to understand what they are feeling and work out ways to use those feelings to achieve better outcomes. The majority of these games are to be played first in an angry way and then in a more controlled, compassionate and caring way for comparison and contrast in the subsequent discussion. Supplied on cards, this resource provides:

- Essential games for any anger management programme
- A chance to show how we pay attention and learn to behave
- The opportunity to promote positive relationships

The game pairs include: When I am angry/When I am happy; Symbols of anger/Symbols of love; A picture of anger/A picture of peace; The evil eye/Friendly eyes; This is mine/This is ours; I was really angry pairs/Compassion pairs; A picture of my anger/A picture of my gentleness

38 cards 130 x 185mm.

ISBN 978-1-907370-04-5 (ages 11-16) ISBN 978-1-907370-01-4 (ages 7-11)

Anger Management Games Ages 7-11 Ref 054-BB £29.95*

Anger Management Games Ages 11-16 Ref 050-BB £29.95*



Anger & Aggression Workbook

A reproducible activity workbook for developing positive mental health skills

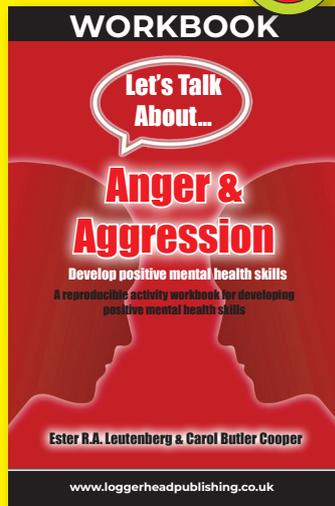
By Ester R A Leutenberg & John J Liptak

The workbook explores five areas relating to anger and aggression:

- Anger Awareness
- Anger Thinking
- Anger Triggers
- Assertive Communication
- Managing Aggression

Help young people to: take steps to reduce anger before it escalates; identify unhealthy thoughts that contribute to their anger intensity and any inappropriate methods of expressing that anger; find their anger triggers; learn tools and techniques for managing their anger; communicate in effective ways – a critical skill for both preventing anger and overcoming anger once it is aroused; manage their anger rationally and so much more.

Ages 11+



Let's Talk About Anger & Aggression Discussion Cards

50 discussion cards to help deal with anger and aggression

By Ester R A Leutenberg & John J Liptak

These discussion cards explore five areas:

- Anger Awareness
- Anger Thinking
- Anger Triggers
- Assertive Communication
- Managing Aggression

The discussions generated with these cards will help users to: take steps to reduce anger before it escalates to a level in which calm feeling, thinking and acting is difficult; identify unhealthy thoughts; find their anger triggers; learn tools and techniques for managing their anger; communicate in effective ways – a critical skill for both preventing anger and overcoming anger once it is aroused; manage their anger rationally and so much more.

Ages 11+ 50 cards, booklet ISBN 978-1-909380-37-0



Anger & Aggression Workbook Ref 361-BB £45.00

Let's Talk About Anger & Aggression Ref 234-BB £35.00*

PURCHASE BOTH TITLES AT A SAVING
Anger & Aggression Workbook and Discussion Cards Ref 352-BB £71.95*

Anger Management Discussion Cards

The perfect way to help young people talk about anger-inducing situations and how they would cope

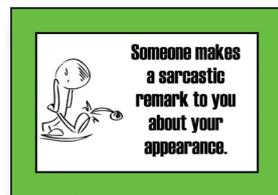
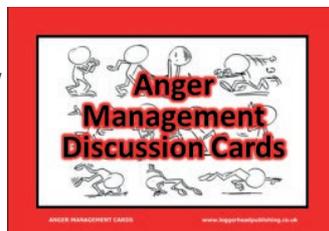
By E A Morris

Choose from more than 40 scenarios to allow young people to open up about situations that are likely to make them angry. Users pick a card and discuss that scenario, either one to one or in small groups. The facilitator can turn the conversation onto the user's beliefs and values that are being challenged by the situation suggested on the card. This can be followed up by role-play and the opportunity to practise different strategies for dealing with similar situations. Contains:

- More than 40 cards with scenarios such as 'Your bus is stuck in a traffic jam and you have an exam that starts in 10 minutes.'
- A card of suggested calming-down techniques
- CD-Rom with background information, notes for facilitators, and an anger questionnaire, communication assessment form and inventory all ready to print out.

42 cards 90 x 130mm

ISBN 978-1-909380-08-0 (ages 9-11) ISBN 978-1-907370-77-9 (ages 11-16)



Anger Management Discussion Cards Age 9-11 Ref 063-BB £29.95*

Anger Management Discussion Cards Ages 11-16 Ref 044-BB £29.95*

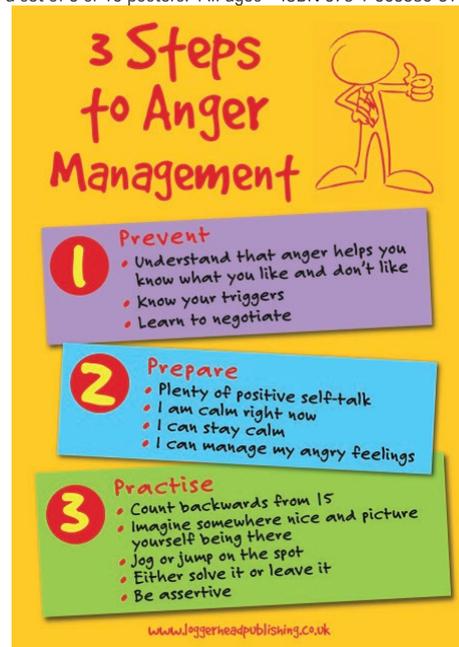
3 Steps to Anger Management Posters

Help young people deal with their angry feelings

By E A Morris

This colourful poster is a useful reminder to students of three crucial steps to managing anger: Prevent, Prepare, Practise.

Available in a set of 5 or 10 posters. All ages ISBN 978-1-909380-51-6



3 Steps to Anger Management 5 Posters Ref 090-BB £24.95*

3 Steps to Anger Management 10 Posters Ref 091-BB £47.95*

The Mentoring Toolkit

The essential guide for mentors working in any setting

By **Stephanie George**

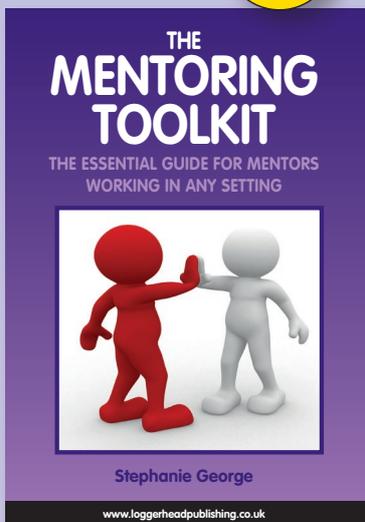
As one of the UK's leading practitioners/trainers in mentoring, Stephanie George shares her vast experience in this practical resource book for learning mentors, intervention workers, behaviour mentors and pastoral support teams. Whether used within a school, pupil/student referral unit, exclusion/inclusion unit or any other educational establishment the resources in this toolkit will ultimately help improve progress and attainment. Includes a step-by-step guide to the process of mentoring and covers identification of students, resources for intervention, monitoring, assessment and evaluation, including:

- The Mentoring Process
- Mentoring Policy, Protocols, Permissions and Agreements
- Identification of Barriers to Progress and Learning
- Question and Discussion Prompts Resources and Strategy Banks
- Assessments and Reassessments
- Action Plans, Target Setting, Monitoring and Review
- Daily Evidence Records
- Evaluation, Feedback and Exit Resources

Ideal for all forms of intervention: one-to-one, workshop or large group and for the AQA Unit Award Qualification – Progress and Review with a Learning Mentor.

A4, 112 pages, photocopiable

Ages 11-18 ISBN 978-1-909380-95-0



Activities for Mentoring Young People

A practical, comprehensive range of activities to help engage productively with young people

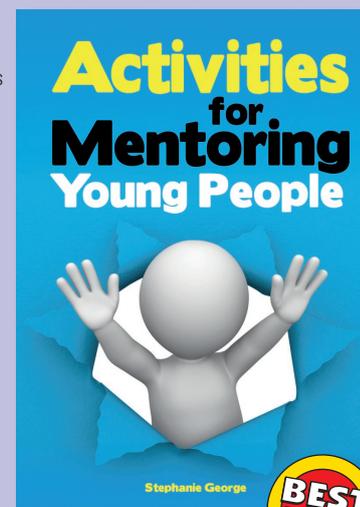
By **Stephanie George**

Engaging with young people as a mentor can be difficult but here the author draws on her years of experience to provide tried and tested activities that will help. The mentoring activities include:

- Knowing Me, Knowing You
- Planning the Journey
- Initial Self-Assessment
- Target Setting and Action Planning
- Improving Attendance
- Conflict – What it is and How to Deal with it
- I'm Seeing Red/Stop Seeing Red
- It's About Time
- A Place to Study

Essential for learning mentors, behaviour mentors, inclusion teams and SEN teams.

ISBN 978-1-909380-03-5, A4, 92 pages, photocopiable Ages 11-16



"In her manual Activities for Mentoring Young People Stephanie George has developed a comprehensive programme of activities to enable children and young people in their life choices and relationships ... the supportive, patient and caring mentorship this programme endorses can only enhance, encourage and equip the children and young people we seek to support." Bill Rogers, Education Consultant

The Mentoring Toolkit Ref 191-BB £39.95

Activities for Mentoring Young People Ref 062-BB £37.99



BUY BOTH MENTORING BOOKS AT A SAVING The Mentoring Toolkit & Activities for Mentoring Young People Ref 212-BB £73.00

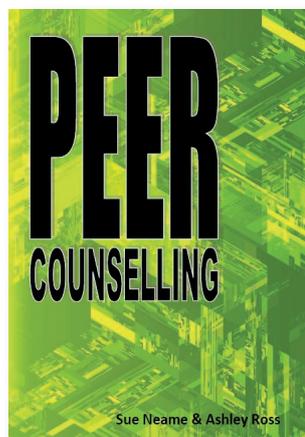
Peer Counselling

Successfully helps you train students to be peer counsellors

By **Sue Neame & Ashley Ross**

Suitable for students in years 11,12, and 13, the course can be delivered by teachers or support staff. Focusing on basic counselling and active listening techniques, it can be used to improve emotional health, reduce bullying and improve behaviour in your school.

Ages 11-16



Peer Support

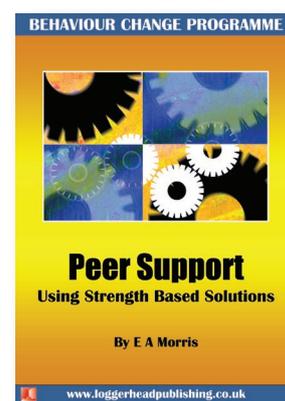
Comprehensive resource on setting up and reviewing a peer support programme with lesson plans and supporting documentation

By **E A Morris**

For any professional looking to set up a Peer Support programme or who wishes to review a programme already running. This will be a useful tool in creating best practice approaches that seek to develop the emotional literacy of students to enable them to develop and help others.

This essential pack covers every aspect of developing a Peer Support programme from conception to celebrating success. It is divided into sections to assist with specific needs followed by lesson plans and resources, all supported with sample documents such as planning sheets, forms and a certificate. All information is given as a guide and can be adapted to use in any setting.

Ages 11-16



Peer Counselling Ref 357-BB £32.50

Peer Support Ref 358-BB £32.50

Body Image Programme

Activities to develop positive and confident girls

By Nikki Giant

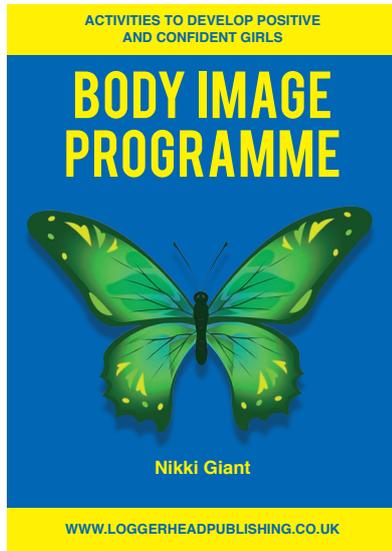
Organised into structured weekly sessions this comprehensive programme includes a range of interactive and hands-on activities exploring the key themes of:

- Self-Image
- Media Literacy
- Healthy Living
- Identity
- Sex and Relationships (ages 11-14 only)
- Body celebration and self-love

The programme acknowledges that developing a strong and healthy self-image during the key period of early adolescence can:

- Positively affect young people's ability to form and maintain healthy friendships and relationships
- Help them avoid risky behaviours
- Maintain school attendance and academic attainment
- Build an optimistic outlook for the future.

Ages 7-14 A4, 170 pages, photocopiable. ISBN 978-1-909380-11-0



Body Image Programme Ref 210-BB £45.00

Assessing and Developing Self-Esteem

An easy way to explore a young person's self-esteem, their sense of self, belonging and personal power

By E A Morris

With this resource a self-esteem indicator is used to explore a young person's self-esteem, their sense of self, belonging and personal power. Its key features are that it:

- Provides a quick and informal assessment
- Offers a practical facility for reassessment
- Has age-related activities designed for individuals and whole classes
- Includes planning support for individual intervention programmes
- Is an innovative, photocopiable resource

Its purpose is to assess and develop self-esteem at three different ages and to provide follow-up activities for intervention. Includes teacher guidance and is suitable for group and individual work.

A4 92 pages (preschool), 107 pages (ages 5-11), 150 pages (ages 11-16)

ISBN 978-1-909380-46-2 (preschool)

ISBN 978-1-909380-47-9 (ages 5-11)

ISBN 978-1-909380-48-6 (ages 11-16)



Assessing and Developing Self-Esteem Preschool Ref 093-BB £42.50

Assessing and Developing Self-Esteem Ages 5-11 Ref 094-BB £42.50

Assessing and Developing Self-Esteem Ages 11-16 Ref 095-BB £45.00

Games for Building Self-Esteem Cards

Comprehensive range of games focusing on three key areas of self-esteem

By E A Morris

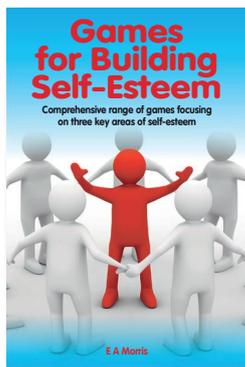
A collection of games and activities to promote self-esteem by working on three crucial areas – sense of self (knowing who you are, what you like/don't like, what your beliefs are, what you want); sense of belonging (being connected to others); sense of personal power (awareness of the impact you have on what happens around you including that you will be listened to and your views respected). These cards:

- Are easy to use
- Work with classes and small groups
- Include games to promote brain development
- Build self-esteem in children who have lower self-esteem
- Maintain self-esteem for children who have sound self-esteem.

78 cards, 90 x 130mm Ages 7-11

ISBN 978-1-909380-43-1

Games for Building Self-Esteem Cards Ref 216-BB £29.95*



Talking About Self-Esteem

34 activity cards allowing discussion on inner beliefs that can help or hinder self-esteem and self-confidence

By E A Morris

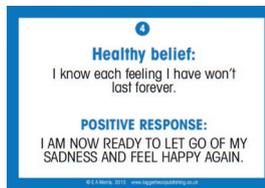
Double-sided cards covering aspects of self-esteem and self-confidence where one side shows a healthy belief and a life-affirming positive response to it. Side two shows a corresponding unhealthy belief and a damaging negative response to it. Exploring some of these abstract concepts in a safe group will guide users towards real understanding. The cards can be used:

- As visual prompts to help the group identify and talk about their beliefs
- To show how beliefs can be healthy, unhealthy or in-between
- To suggest how to use positive responses to begin to change their more negative beliefs

Ages 11-18 34 cards, 90 x 130 mm

ISBN 978-1-909380-50-9

Talking About Self-Esteem Ref 103-BB £29.95*



Little Stars

A self-esteem building resource book for working with younger children

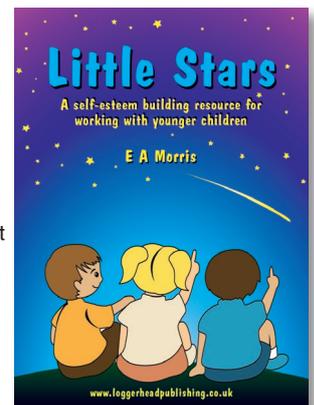
By E A Morris

Activities and games to build emotional foundations, promote confidence and enhance self-esteem. The activities support different areas:

- Building confidence and self-belief in being able to do things such as getting to know themselves better – activities include A Useful Dictionary of Feelings, The Happy-Sad Beanbag Game
- Improving their friendship-making skills (the ESSENTIAL skill for life) – activities include All About me, What do I Look Like?
- Working on the belief that they can master a wide variety of tasks and skills – activities include 'I Can ...' Awards, Strength Builder. Includes photocopiable resource sheets.

Ages 4-7 ISBN 978-1-909380-57-8

Little Stars Ref 092-BB £27.50



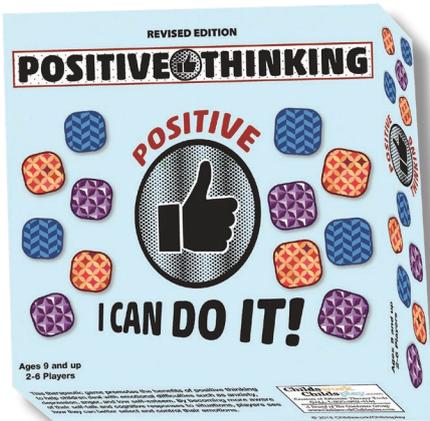
Positive Thinking Game

Maintains the premise that thought is the source of our emotional states

By becoming more aware of our self-talk and cognitive responses to situations, we can better control or select our emotions.

This game is helpful in addressing emotional difficulties such as anxiety, depression, anger/rage and general low esteem. Suitable for groups.

Ages 9-18, 2-6 players



Positive Thinking Game Ref 45-1621-BB **£54.99***

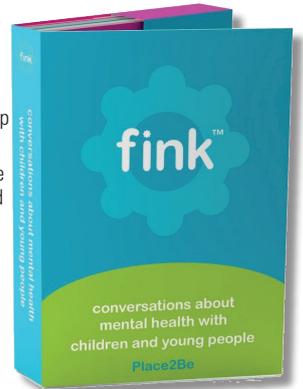
Conversations about Mental Health with Children & Young People Fink Cards

48 conversation cards to encourage children and young people to talk about mental health and emotional wellbeing

Simple and easy to use, these question cards are designed to help explore and develop children and young people's understanding about mental health, including: what it is; how good mental health can be maintained; and how to access help when needed.

The cards can be used to enable pupils to explore their own mental health and to better understand and empathise with others.

If used sensitively by a trusted adult, these cards will encourage children and young people to talk about mental health without feeling it is a taboo subject.



Conversations about Mental Health with Children & Young People Ref 515-51549-BB **£19.99***

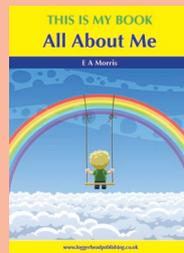
All About Me

Worksheets to boost self-esteem, encourage self-reflection and help children come to know themselves better

By E A Morris

Through the interactive worksheets, children are given the opportunity to learn more about themselves, increase their self-awareness, build up their knowledge and skills, socialise and cooperate with one another. The worksheets include:

- My Favourite Things to Eat • My Favourite Things at School
- Who am I? • Dear Me • My Very Best Memory
- How I Feel and How I Look – Inside • How I Feel and How I Look – Outside
- The Silliest Songs in the World. Ages 4-11 ISBN 978-1-909380-71-4



All About Me Ref 155-BB **£19.95**

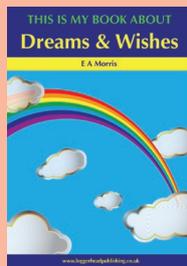
Dreams & Wishes

These worksheets will encourage children to feel good about their own creativity and enjoy the extent of their imaginations

By E A Morris

A child should know that it's perfectly normal to dream and have wishes but the worksheets in this book also help them to realise that some dreams are achievable if they break them down into smaller, manageable steps. Helping children to use and learn about their imaginations, the worksheets include:

- Dream Collage • Zippy Zappy Zoom 1 • Zippy Zappy Zoom 2
- Hurray for Our Heroine/Hero • Achievement Tower • Queen/King for a Day
- Future • Space Capsule. Ages 7-11 ISBN 978-1-909380-74-5



Dreams & Wishes Ref 157-BB **£19.95**

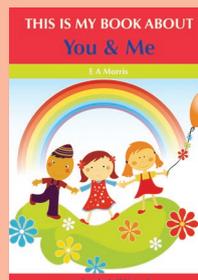
You & Me

Worksheets to encourage children to think about themselves and their social relationships with a variety of important people

By E A Morris

These activities will help them realise what connections they have with other people and how important these relationships are, define the wider context of their family and peer group, and begin to communicate better within these contexts. The worksheets include:

- My Important People Portrait • Me & My Important People Tree • Me & My School • Happy Times • Important People Song • Letterbox. Ages 7-11 ISBN 978-1-909380-75-2



You & Me Ref 159-BB **£19.95**

Me & My World

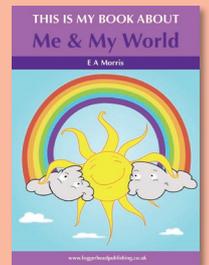
Help children start to consider themselves in relation to the world around them with these worksheets

By E A Morris

The activities include the place in which they live, their school, the town, buildings, the natural world, weather and seasons. These worksheets will encourage children to think about themselves as part of a society, not just with regard to themselves and their own feelings or their close relationships such as friends but in a much wider way, taking in the cultures surrounding them and the natural environment. The worksheets include:

- Myself • Me and My Home • School • Shops • Me and My Street • Me and My Town • Getting to School • Winter Feelings • Summer Feelings • Summer Events • Summer Time • Autumn Feelings • Things I do in Autumn • Autumn Events • Spring Things to do • Spring Events • Seasons • My Favourite Season • The Class Thunderstorm – raindrops • Special Time

Ages 4-11 ISBN 978-1-909380-73-8



Me & My World Ref 158-BB **£19.95**

Daily Dilemmas

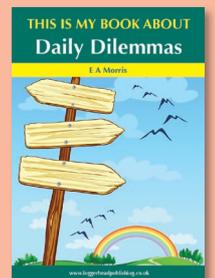
A collection of worksheets on daily dilemmas designed to encourage children to think about and discuss situations that do not have clear-cut 'right' and 'wrong' answers

By E A Morris

These activities encourage children to be empathic and think about how others might feel and then find a way to deal with these situations. The situations on the worksheets are:

- Happy at your School • Horrible Haircut • Lost Fare • Gangs
- No Celebration Cheer • Sleepover • Favourite Things
- My Favourite TV Show • Tea-Time • Show-Off • On Top of the World
- Florida Photos • Sticks and Stones • Dreams Can Come True
- Being Left Out • Reach your Target • Good Friends

Ages 7-11 ISBN 978-1-909380-72-1



Daily Dilemmas Ref 156-BB **£19.95**



PURCHASE ALL 5 TITLES AT A SAVING
This is My Book Series Ref 164-BB **£94.75**

Blob Tree Posters

By Pip Wilson & Ian Long

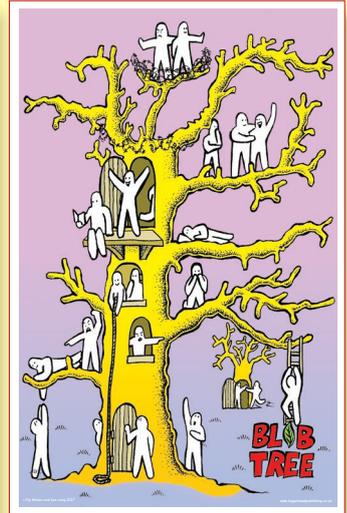
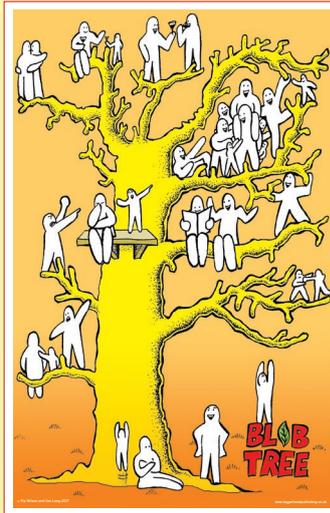
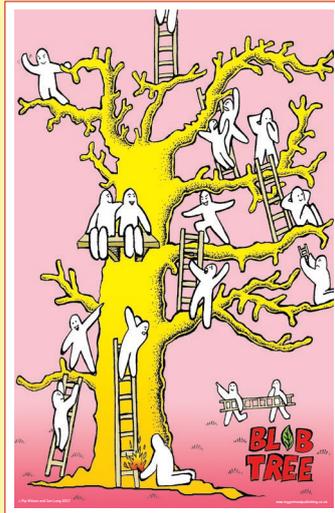
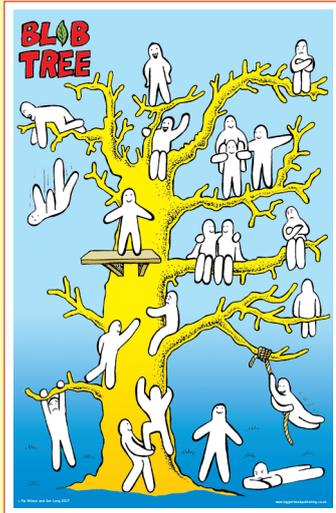


Four unique posters to help children talk about feelings

Use these Blob Tree posters to initiate and promote discussion of feelings. The internationally renowned 'Blob' figures are non-threatening and appeal to all ages. Each poster contains a different set of feelings to explore and discuss.

All ages 4 posters, A3 (30.5 x 42.5cm), encapsulated; guidance notes. ISBN 978-1-909380-94-3

Blob Tree Posters Ref 215-BB £19.95*



Blob Emotions Posters

By Pip Wilson & Ian Long



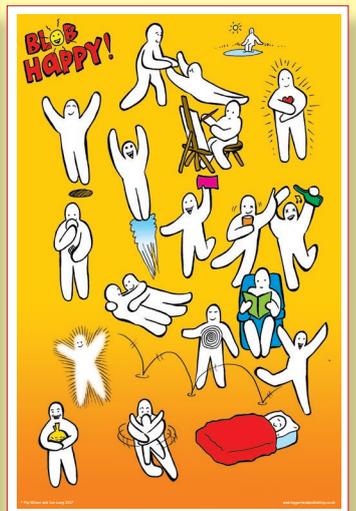
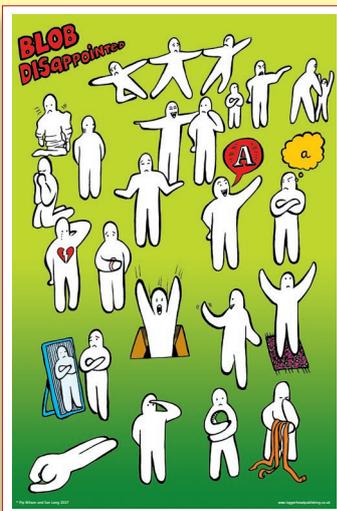
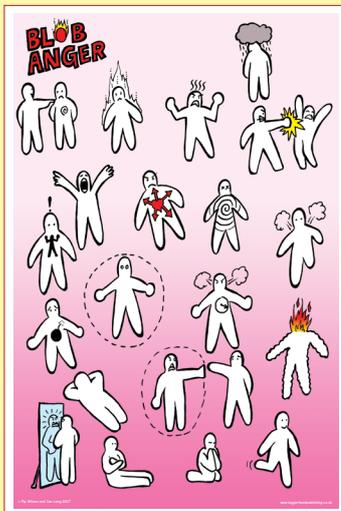
Four posters to help children talk about specific emotions

From the creators of the hugely successful Blob Tree phenomenon - four more posters on the specific emotions of:

- Happy
- Disappointed
- Calm
- Anger

All ages 4 posters, A3 (30.5 x 42.5cm), encapsulated; guidance notes. ISBN 978-1-909380-36-3

Blob Emotions Posters Ref 214-BB £19.95*



PURCHASE BOTH SETS OF POSTERS AT A SAVING Blob Tree and Blob Posters Set Ref 217-BB £43.50*

Blob Depression



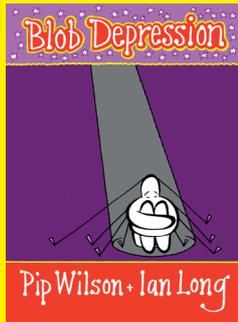
Use these Blob pages as discussion starters on the subject of depression

By Pip Wilson & Ian Long

Using the Blobs rather than words opens up the topic of depression to everyone. They can be used with sufferers, partners and those keen to know more. The sheets contain a range of approaches which have been developed with people over the years. Contents include:

- Blob Depression Tree • Cycle of Depression
- Causes of Depression • Symptoms of Depression
- Dealing with Depression • Blob Self-Harming • Blob Support • Blob Grief • Blob Resilient Traits • Blob Relationships • Blob Caged • Blob Mindfulness • Blob Health • Blob Personal Wellness • Blob Bridge • Blob Sleep

Age 11-18 96 pages, A4, photocopiable. ISBN 978-1-9164122-4-8



Blob Depression Ref 308-BB £29.95

Blob Depression Download Ref 308-D-BB £29.95

Blob Depression Cards

52 cards to help talk about depression

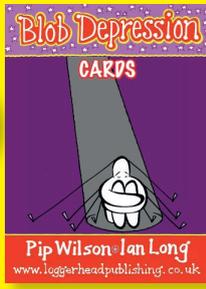
By Pip Wilson & Ian Long



Depression has come to the foreground as an area which requires focused support. These cards use Blobs to depict feelings described by sufferers and cover the whole cycle of depression. Activities to undertake with the cards include:

- Choosing cards to summarise how the user's depression feels
- Finding a Blob they have felt most like recently
- Selecting feelings that they would like to go away
- Suggesting strategies for managing their feelings
- Picking cards that would indicate a good or a bad day
- Blobs that they would like to feel like. What changes would they need to make?

Age 11-18 52 cards 90 x 130mm, booklet, tin ISBN 978-1-9164122-5-5



Blob Depression Cards Ref 309-BB £29.95*



VALUE BUY BLOB DEPRESSION AND BLOB DEPRESSION CARDS AT A SAVING Ref 321-BB £66.40*

Blob Themed Trees

This innovative visual tool applies to many of the most emotive topics of today

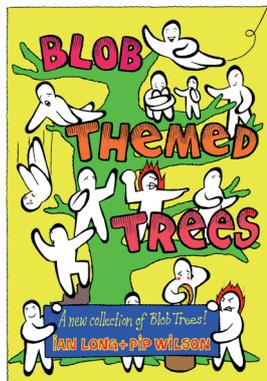
By Pip Wilson & Ian Long

Blob themed trees covering a wide range of emotionally important discussion topics, including:

- Mental health • Gender • Power
- Terrorism • Disability • Anxiety • OCD
- Empathy • Emotional intelligence

This set of photocopiable sheets will enable individuals, small groups and larger gatherings to consider the topics from a feelings' perspective as well as reflecting upon opinions. Each sheet comes with a set of discussion starters which can be built upon, depending upon the needs of the person/group.

Ages 11-18 108 pages, A4, photocopiable ISBN 978-1-909380-45-5



Blob Themed Trees Ref 243-BB £32.50

Blob Themed Trees Download Ref 243-D-BB £25.00

Which Blob Do You Feel Like Today? Posters

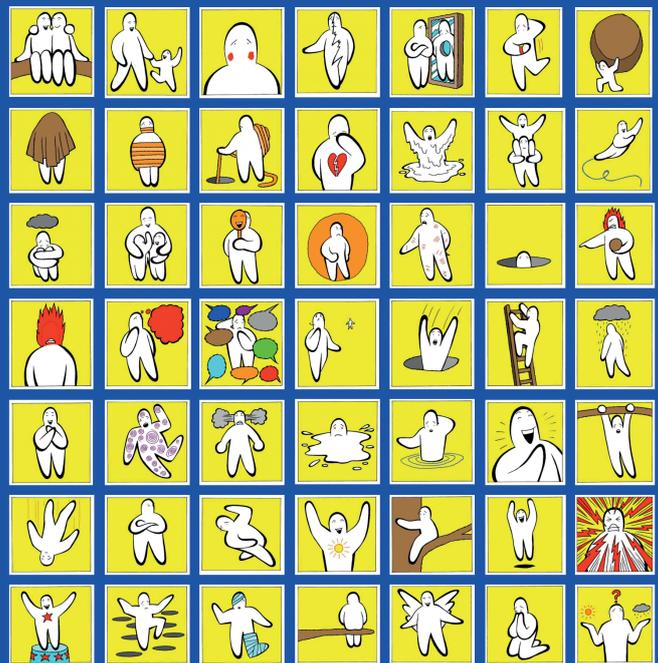
Over 50 individual blobs on one A3 size poster!

By Pip Wilson & Ian Long

With so many blob pictures on one poster you will never run out of ideas for discussion. Includes notes for guidance.

Available in a set of 5 or 10 posters. All ages ISBN 978-1-909380-98-1

Which Blob Do You Feel Like Today?



Which Blob Do You Feel Like Today? 5 Posters Ref 246-BB £26.95*

Which Blob Do You Feel Like Today? 10 Posters Ref 300-BB £49.95*

Which Blob Do You Feel Like Today? Cards

50 flash cards to stimulate discussion and sharing of how one feels and why

By Pip Wilson & Ian Long

Covering a huge range of emotions, each image can be interpreted differently by each individual leading to endless possibilities for discussing feelings and emotions. A 'cool' resource for use with all ages.

50 cards 90 x 130mm with notes for guidance



Which Blob Do You Feel Like Today? Cards Ref 353-BB £29.95*



VALUE BUY BUY POSTERS AND CARDS TOGETHER AT A SAVING Ref 354-BB £49.95*

Blob Loss

A series of reflective tools to help everyone through the process of grief

By Pip Wilson & Ian Long

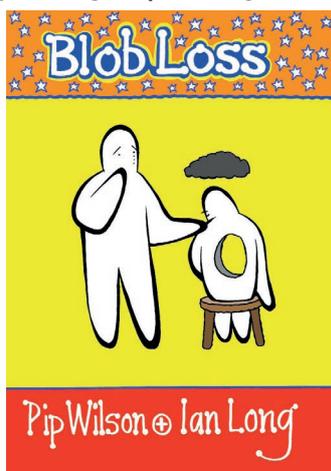
For many people, losing a loved one is one of the most challenging emotional periods of their life. Grief is a process that can take months and even years to work through fully. These visual materials have been devised to help young people to reflect upon a range of traumatic experiences, including:

- Illness • A Car crash • Murder
- Suicide • Accidental death
- The funeral • Grief

Includes sheets for individuals, small groups and larger gatherings and activities cards.

Ages 11-18, A4, 108 pages

ISBN 978-1-909380-44-8



Blob Loss	Ref 335-BB	£35.00
Blob Loss Download	Ref 335-D-BB	£25.00

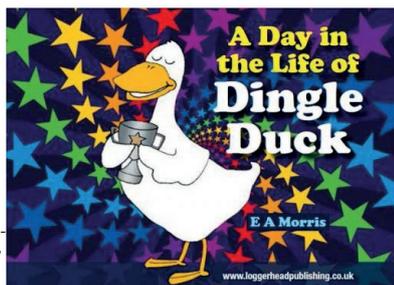
A Day in the Life of Dingle Duck

An easy-to-use resource for exploring feelings in everyday situations with young children

By E A Morris

Meet Dingle Duck, a charming character who encounters all kinds of emotional situations, from a happy birthday surprise to an annoying time when another duck knocked over his tower of bricks. These drawings act as prompts for discussions in Circle Time or one-to-one time so that children can safely explore the emotions involved in everyday situations. Building up a good emotional vocabulary and emotional awareness is an important first step for young children as they develop social, personal and behavioural skills. This resource, developed by specialists in this field, will give early years' practitioners an excellent tool to enhance their work in this vital area of child development.

Ages 2-6 26 A5 cards ISBN 976-1-909380-70-7



A Day in the Life of Dingle Duck	Ref 165-BB	£27.50*
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What are They Feeling?

Help children develop an understanding of others by 'putting themselves in their shoes' with these probing question cards

By Eve Wilson

These 60 cards offer a range of questions that will allow children to think about and discuss what others may be feeling in a given situation. They can develop their empathy skills and understanding of other people, thus enhancing their social and communication abilities.

The cards can be used with groups where discussion can be extended to comparing and analysing responses. They are equally useful for individual work and cards could be selected to target an area of importance to a particular person. Each question starts with 'If Someone ...' and is followed by one of 60 situations, for example:

- asks to speak to me • avoids me • disagrees with me • snaps at me

60 cards, 90 x 130mm Ages 7-16 ISBN 978-1-909380-00-4



What are They Feeling?	Ref 1-307-BB	£29.95*
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Blob Colouring Book

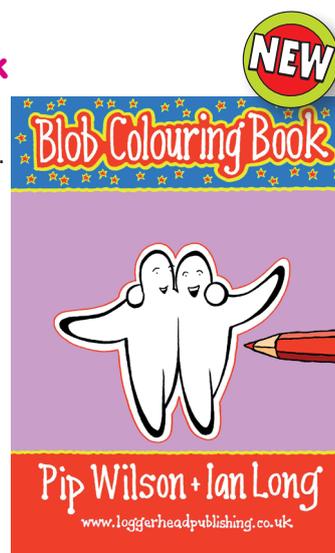
Experience the Blobs as never before – highlight feelings, annotate and reflect upon life as you colour them in.

By Pip Wilson & Ian Long

It is designed to be used both as a personal calming set of images, and for professionals to photocopy and provide as a resource for small and medium sized groups. The images also incorporate significant phrases which lie at the heart of personal growth and encouragement. Sections include:

- Angrr! • Attitude • Mental Health • Charitable • Sadness • Helpful
- Relationships • Behaviour • Grit

A4, 94 pages ISBN 978-1-9164122-2-4



Blob Colouring Book	Ref 335-BB	£29.95
Blob Colouring Book Download	Ref 335-D-BB	£25.00

Being Me

A time-saving and useful publication. Realistic, positive and practical.

By Sue Neame & Ashley Ross

Designed to open discussions with pupils about issues of body image and self-awareness. This useful programme of lesson plans includes activities, resource sheets and background information and has been written in the light of increased concerns regarding how youngsters 'view themselves'. Sensitive and supportive, this publication will prove useful as part on your school's PSHEE and Citizenship programme.

ISBN 978-1-907370-35-9 (Ages 5-11)

ISBN 978-1-907370-36-6 (Ages 11-16)



Being Me Ages 5-11 USB Memory Stick	Ref 2-289-BB	£39.95*
Being Me Ages 11-16 USB Memory Stick	Ref 2-290-BB	£39.95*

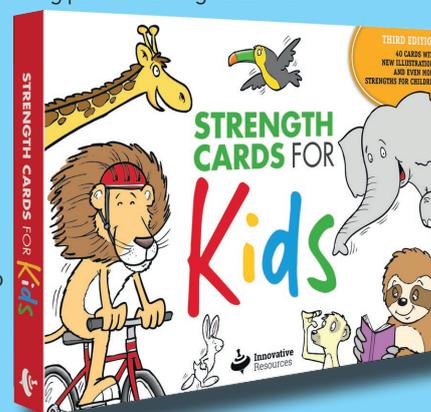
Strength Cards for Kids

Revised edition – 40 brand new illustrations & 14 new statements

Strength Cards for Kids has a simple message: all children deserve to be recognised and celebrated for their strengths. It features a mixed bunch of animal characters demonstrating personal strengths such as:

- I am calm
- I am full of energy
- I am reliable
- I share with others
- I join in • I try my best
- I like to play
- I am brave

Use these cards for group activities, Circle Time, stories and creative play to share those all-important, strengths-based messages!



Strength Cards for Kids	Ref: 99-1670-BB	£37.95*
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Emotions Discussion Cards

By **Eve Wilson**

Four sets of discussion cards all about emotions with sentences which are open-ended and invite participants to complete the sentence as personally appropriate.

• **'I feel ... when'** and **'When ... I feel'** – for identifying and naming personal emotions; also understanding that different

When I Feel ... Cards

Situation-based cards that will help users learn that they may experience a positive, negative or neutral reaction in response and thus help them identify key 'triggers'. The situations include: 'When someone pays me a compliment I feel ...', 'When I am left out of a game I feel ...' and 'When I don't know what to do I feel ...'.
ISBN 978-1-907370-99-1



When I Feel ... Cards Ref 1-015-BB £29.95*

I Can if ... Cards

These cards each state a positive action and invite the user(s) to complete the sentence by suggesting when it would be appropriate to use it. Some ideas offer good advice generally, such as 'I can ... listen more carefully if ...'; others are more specific recommendations for well-being as in 'I can eat more healthily if ...' and there are plenty of prompts for dealing with difficult situations e.g. 'I can ... say I'm sorry if ...'.
ISBN 978-1-907370-96-0



I Can if ... Cards Ref 1-028-BB £29.95*

people will have a different response depending on their character and previous experiences.

• **'I can ... if'** and **'If ... I can'** – these cards are for developing strategies to cope with their own emotions. 60 cards in each pack with suggestions for use. Ages 7-16

I Feel When ... Cards

A set of cards each focusing on a separate emotion word. Both positive and negative emotions are covered.

Users complete the sentence by stating when they feel that particular emotion. The statements include: 'I feel thrilled when ...', 'I feel angry when ...', 'I feel different when ...' and 'I feel confident when ...'.
ISBN 978-1-907370-97-7



I Feel When ... Cards Ref 1-014-BB £29.95*

If I Can ... Cards

Each of these discussion cards features a statement linked to a negative emotional state and users are encouraged to complete the sentence with an appropriate response. A few examples are: 'If I feel anxious I can ...', 'If I have been rude to someone I can ...', 'If I am bored with nothing to do I can ...' plus many more.
ISBN 978-1-907370-98-4



If I Can ... Cards 1-029-BB £29.95*



PURCHASE ALL 4 CARD SETS AT A SAVING Emotions Discussion Cards Ref 1-033-BB £113.85*

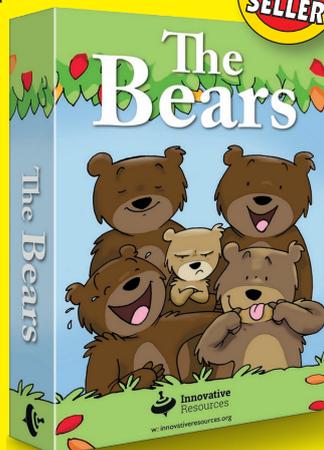
The Bears Cards

48 endearing bear cards ideal for talking about feelings and more

Use these cards to help children communicate feelings about family, friends and classmates. There are no words on the cards so this resource is very accessible to young children and those with literacy challenges. They can be used in a variety of situations: as an ice-breaker, and for one-to-one, small group and whole class sessions.

Ask children to:

- Select a bear that illustrates how they feel right now
- Pick bears that show how they would like to feel most of the time
- Consider if they ever feel several emotions at once and choose cards to illustrate these mixed emotions.



The Bears Cards Ref: 99-1666-BB £37.95*

Blob Kindness

Promote kindness in all aspects of life with the help of the Blobs



By **Pip Wilson & Ian Long**

What is kindness? Here is a series of visual tools to help children and young people talk through this important question, which may lead to changes in attitudes and behaviours. The content includes:

- Using Blob Trees: Kindness Blob Tree, Unkind Blob Tree
- Blob Kindness Discussion Sheets: Kindness Words, Empathy Words, Listening Words
- Blob Drawing the Line Sheets: Use as part of an assessment
- Blob Self-Bsessment Tools: Kindness, Unkind, Caring, Charitable, Helpful, Generous,

Feelings About School, Feelings About Our Current Class

- Blob Kindness Situations: Classroom Un/Kindness, Playground, PE Lesson

Includes 48 Blob Kindness Cards to photocopy and use in discussions.



Blob Kindness Ref 334-BB £32.50

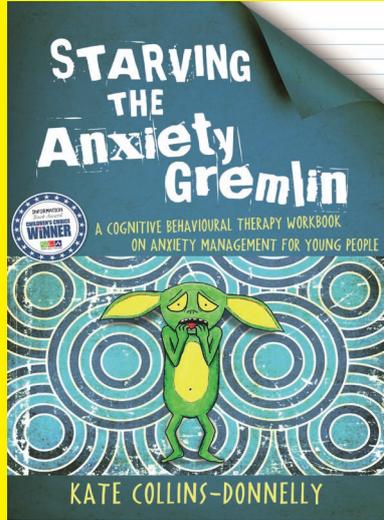
Blob Kindness Download Ref 334-D-BB £25.00

VALUE!
BUY ALL FIVE
WORKBOOKS AT A
SAVING
Ref: 48-51345-BB
£70.95

Starving the Anxiety Gremlin

A cognitive behavioural therapy workbook on anxiety management

By Kate Collins-Donnelly



The Anxiety Gremlin loves to eat anxious feelings, and the more anxious you feel, the more he eats and the bigger he gets! This unique resource helps young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder.

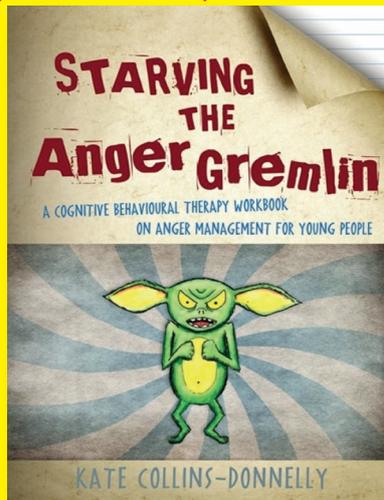
Ages 10-18, 166 pages

Ref: 48-50287-BB **£14.99**

Starving the Anger Gremlin

A cognitive behavioural therapy workbook on anger management

By Kate Collins-Donnelly



The Anger Gremlin is a troublesome pest whose favourite meal is your anger, and the more he eats the angrier you get!

The activities help young people understand why they get angry, how their anger affects themselves and others, and teaches them how to manage angry thoughts and behaviours.

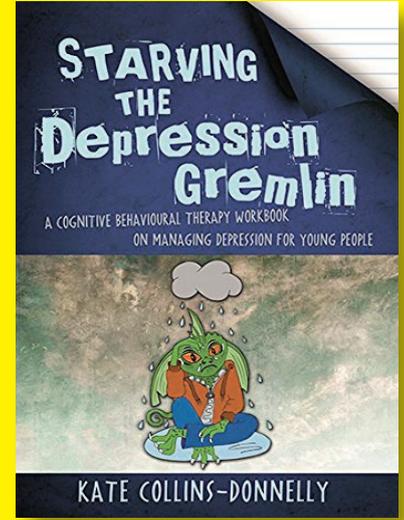
Ages 10-18, 88 pages

Ref: 48-50425-BB **£14.99**

Starving the Depression Gremlin

A cognitive behavioural therapy workbook on managing depression

By Kate Collins-Donnelly



Have you met the depression gremlin? He's a troublesome creature who likes nothing more than to feed off your low mood. And the more he devours, the bigger he gets and the more sadness you feel. But never fear - starve him of depression-related thoughts, feelings and behaviours and watch him shrink and shrivel away!

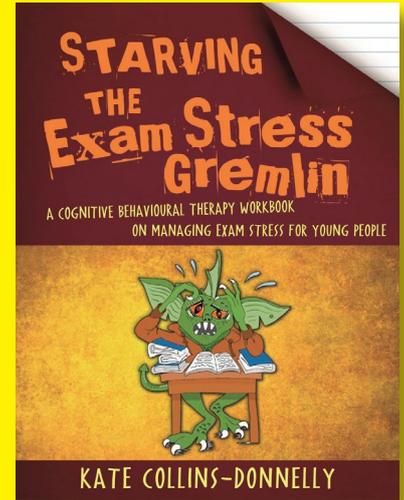
Ages 10-18, 176 pages

Ref: 48-51302-BB **£14.99**

Starving the Exam Stress Gremlin

A CBT workbook on exam stress management for young people

By Kate Collins-Donnelly



When exam time comes around, the Exam Stress Gremlin is in his element, feeding off exam fears and anxieties. This workbook teaches young people how to starve their gremlin by learning to cope with exam stress. Full of fun activities based on cognitive behavioural therapy, it is the ideal resource for supporting young people during exam time.

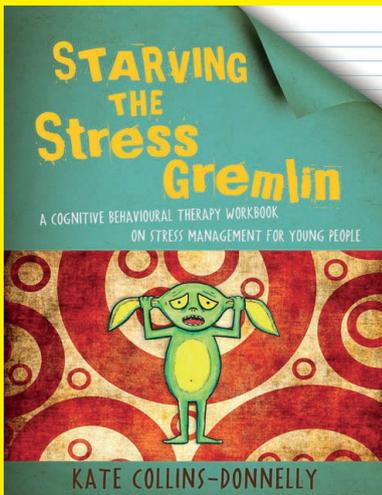
Ages 10-18, 160 pages

Ref: 48-50724-BB **£14.99**

Starving the Stress Gremlin

A cognitive behavioural therapy workbook on stress management

By Kate Collins-Donnelly



The Stress Gremlin loves to feed on your stress and as he gets bigger you get more stressed! This workbook shows young people how our thoughts are related to our behaviour and emotions, allowing them to understand why they get stressed, the effects of stress and how to manage it.

Ages 10-18, 136 pages

Ref: 48-50427-BB **£14.99**

Character Education Cards

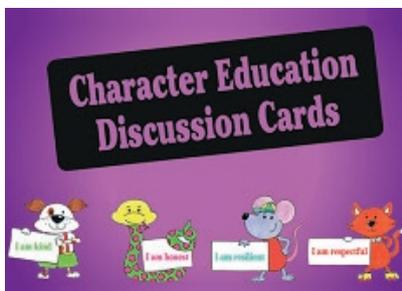
80 character building cards covering kindness, honesty, resiliency and respect

By Alice Smith

These cards have been designed to help you nurture strength of character in your pupils – enabling them to take responsibility for their own behaviour and help others. These practical cards will develop awareness, insight and understanding of four core values, with 20 scenarios covering each one:

- Kindness
- Honesty
- Resiliency
- Respect

The broad range of scenarios is suitable across the primary age range and they have all been carefully selected to reflect familiar situations, making it easy for your pupils to relate to.



Ages 5-11

80 discussion cards with 4 introduction cards

ISBN 978-1-909380-01-1

Character Education Cards Ref 203-BB £29.98*

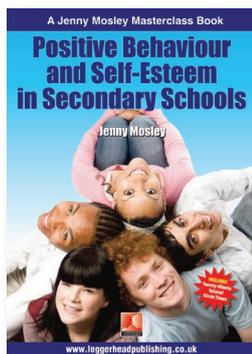
Positive Behaviour and Self-Esteem in Secondary Schools

A popular and practical range of 20-minute session plans

By Jenny Mosley

Particularly ideal for tutorial periods and PSHEE sessions, but also for use during any subject lesson, these session plans promote:

- Positive relationships throughout school
- Personal, moral and social development in all students
- Sound self-esteem in all members of the school community
- Respectful and democratic school systems
- Reduction in bullying
- Positive behaviour management
- Democratic listening systems which develop a sense of citizenship.



ISBN 978-1-907370-18-2 A4, 112 pages Ages 11-16

FREE CD ROM

Positive Behaviour and Self-Esteem Ref 024-BB £29.95

Circle Time Activities

Effective, stimulating and easy to use. This programme of lesson plans can quickly be developed into your own style.

By Sue Neame & Ashley Ross

Includes 'warm-up' rounds, learning objectives, key questions, focused activities and plenary rounds. A set of comprehensive guidance notes support the lesson plans.

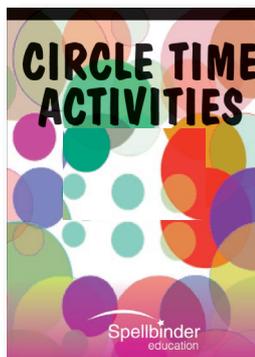
TOPICS INCLUDE

- Listening, empathising, reflecting
- Making safe choices
- Respecting difference
- Who can you trust?
- What do I think?
- Risks, dangers, conflicts

ISBN 978-1-907370-39-7 (ages 7-11)

ISBN 978-1-907370-40-3 (ages 11-16)

USB



Circle Time Activities Ages 7-11 USB Memory Stick Ref 2-300-BB £39.95*

Circle Time Activities Ages 11-16 USB Memory Stick Ref 2-301-BB £39.95*

CIRCLE TIME DISCUSSION CARDS

Circle Time Discussion Cards ... Families

BEST SELLER

This set encourages participants to discuss their own position within all types of family and home environments. They have an opportunity to share the joys, responsibilities and stresses of being a family member. The use of cards offers youngsters an opportunity to express concerns and anxieties within a safe environment.

All ages ISBN 978-1-907370-82-3

Circle Time Discussion Cards - Families
Ref 1-202-BB £22.50*

A Mum is a special person because ...

A special person in my family is ...

Circle Time Discussion Cards ... Myself

These cards encourage participants to really consider their views of themselves, and to find ways to improve their self-worth. By sharing and discussing the statements they will develop confidence in expressing their own views

All ages ISBN 978-1-907370-84-7

Circle Time Discussion Cards - Myself
Ref 1-201-BB £22.50*

When people disagree with me I ...

If I have to learn something new I ...

Circle Time Discussion Cards ... Feelings

These cards promote discussion on issues surrounding feelings. Participants are encouraged to consider how they feel and what impacts upon those feelings, and therefore begin to understand not only the huge range of human emotional states and triggers, but also an awareness that other people may react differently. This understanding will eventually lead to empathy with others and to knowing that we all have control over our emotions.

All ages ISBN 978-1-907370-83-0

Circle Time Discussion Cards - Feelings
Ref 1-207-BB £22.50*

I feel envious of my friend because ...

I feel really surprised when ...

Circle Time Discussion Cards ... Friends

This best-selling set of discussion cards has enormous potential for use in developing self-awareness, self-esteem, self image and a personal belief system. This set covers all the important aspects of friendship including the qualities of good friends, the emotioxxve impact that effective, healthy friendships have on our emotional well-being.

ISBN 978-1-907370-83-0

Circle Time Discussion Cards - Friends Ref 1-200-BB £22.50*

If someone is unkind to my friend I ...

You can make a new friend by...

Circle Time Discussion Cards ... Occasions

For many people, celebrations can be times of stress and anxiety. These cards cover a whole range of such occasions including Christmas and other religious festivals, a new baby, birthday and seasons of the year. Participants are encouraged to share feelings and develop strategies that they can use to cope with these times.

All ages ISBN 978-1-907370-85-4

Circle Time Discussion Cards - Occasions Ref 1-203-BB £22.50*

When it gets near my Birthday I begin to feel...

When it gets near Christmas I feel...

SPECIAL OFFER

BUY ALL 5 CARD SETS AT A SAVING Circle Time Cards SET Ref 1-208-BB £99.95*

Autism Resource Kit in a Bag

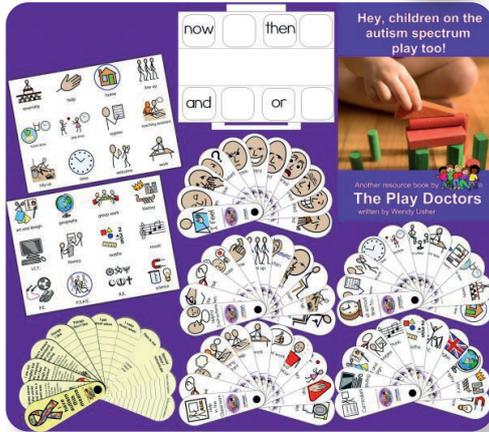
Practical tools to support those with autism in the classroom

Help children understand what is happening next, routines and sequences to make choices and communicate more effectively.

Content:

- 24 communication symbols
- 1 pyramid display board
- 8 symbol fans
- 1 practical resource book that helps the reader to understand effective ways of working with autism

Ages 4-12



Autism Resource Kit in a Bag Ref 460-51902-BB £74.95*

Emotions Face Fan

Help children identify how they feel and empathise with others



Used as a visual aid for children who have communication difficulties or with English as a Foreign language, this single 11 petal fan has colourful emotion faces representing a variety of emotions.

Emotions Face Fan Set of 6 Ref 460-51636-BB £26.95*

Social Situations Bingo

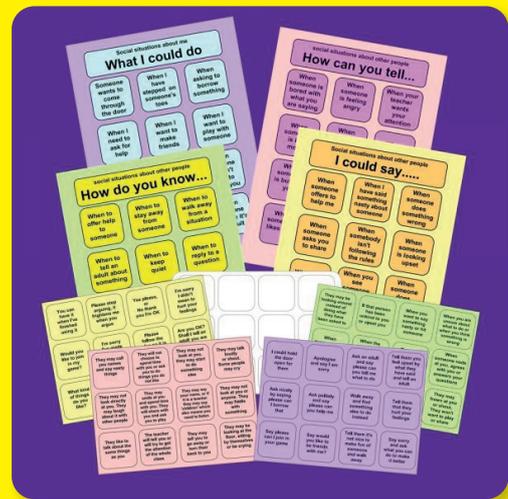
Support children and young people to deal with social situations and understand the meaning behind words and actions.

This resource has been designed to improve children and young people's social skills by asking them to consider a situation or action and decide what response would be the most appropriate from the choices provided. The boards are designed to instigate discussion and debate and help young people to make their own choices as well.

Use the extra mini dry wipe boards and pen to record alternative responses and discuss why these may be more appropriate in different situations as well as any other social situations you feel the child or young person may benefit from discussing.

Contents:

- 4 x A4 Scenario, Action or Situations Boards
- 48 x Response Tiles
- 12 x blank response tiles
- Dry wipe pen and instructions



Social Situations Bingo Ref 460-51357-BB £59.95*

Behaviour Fan

Help children understand appropriate behaviour and know what to do next

Use the traffic lights to indicate 'green' well done, 'amber' think, 'red' stop. Ask the child to think about what should happen next by saying sorry and



being friends. Use the thumbs up and star petals to praise appropriate action and reinforce the resulting positive behaviour.

Behaviour Fan Set of 6 Ref 460-51445-6-BB £26.95*

Anxiety and Worry Kit in a Tin

A programme teaching young people to manage their own anxiety and worry

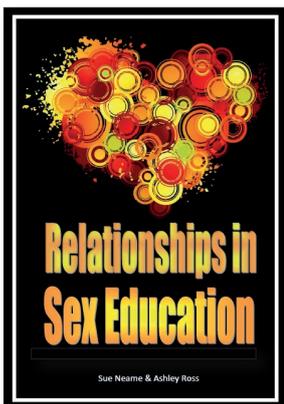


A resource with lots of techniques for young people to use on their own when they begin to feel worried printed onto a fan to keep in their pocket or bag. Includes a downloadable pack with printable resources, instruction booklet and over 80 question 'petals' on six fans to initiate conversations about how the individual is feeling.

Anxiety and Worry Kit in a Tin Ref 460-50320-BB £42.95*

Relationships in Sex Education

Detailed lesson plans that address relationships and complement the biological elements of any sex education programme



By Sue Neame & Ashley Ross

This CD-Rom includes 28 carefully planned lessons on a range of topics, with supporting resource sheets. There are 28 lessons with supporting resources sheets.

TOPICS INCLUDE

- Friendships • Boys' and girls' emotions
- Growing up • Families • Responsibilities
- Boys' responsibilities • Teenage pregnancy and its implications

ISBN 978-1-907370-62-5 (ages 5-11) ISBN 978-1-907370-63-2 (ages 11-16)



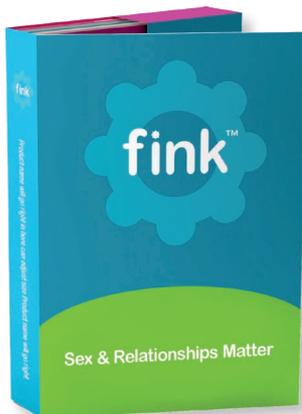
Relationships in Sex Education Ages 5-11 USB Memory Stick Ref 2-302-BB £39.95*

Relationships in Sex Education Ages 11-16 USB Memory Stick Ref 2-303-BB £39.95*

Sex & Relationships Matter Fink Cards

Help Young People Develop Confidence In Their Relationships and Start Sex & Relationship Conversations

This edition of Fink Cards gets young people thinking and talking about relationships and sex. It provides an opportunity to think about different issues and hear different perspectives and views. Sex & Relationships Matter allows them to contribute their own experience, views and opinions and feel listened to.



Written by Brook, the leading sexual health charity for young people, it is based on almost 50 years of talking with young people about relationships and sex.

Sex & Relationships Matter Ref 515-51473-BB £19.99

Friendship Skills

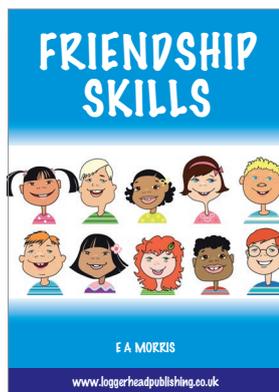
Discussion cards that will help young people focus on the essential issues surrounding friendship

By E A Morris

These cards are designed to promote discussion about friendship and social skills and will help young people to realise that they are able to change their way of thinking and feeling.

- Areas covered include:
- Showing generous behaviour by sharing or forgiving
 - Listening
 - Involving others in their games or activities
 - Recognising when others are upset and doing something about it
 - Smiling and laughing with others
 - Respecting another's body space
 - Being able to challenge someone else respectfully
 - Giving feedback
 - Making up after a quarrel.

80 cards 90 x 130cm Ages 7-13 ISBN 978-1-909380-63-9



Friendship Skills Ref 102-BB £29.95*

Blob Relationships

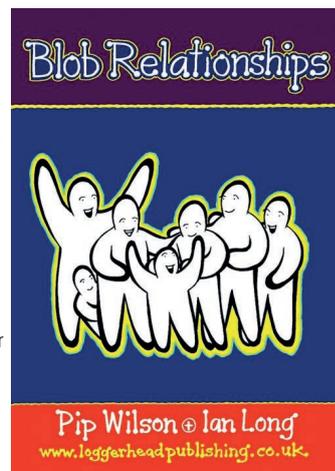


Use Blobs as an innovative way to discuss relationships

By Pip Wilson & Ian Long

Relationships are the essence of life. The Blobs here depict feelings and behaviours that are recognised by all and provide an opportunity for open discussion about them. Based upon the relationships strand of the RSE programme of study, each Blob page links to one or more of the learning objectives. Areas covered include:

- Sharing feelings • How behaviour affects others • Secrets/surprises
- Fair or unfair? • Differences and similarities • Special people who care for us • Types of physical contact
- Feelings and bodies can be hurt
- How to manage unkindness
- Teasing/bullying • Challenging stereotypes • Sex, gender identity, orientation • Abuse • Personal boundaries • Right to privacy

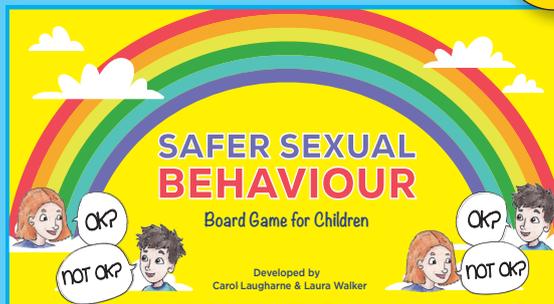


Age 5-11 Approx 80 pages, A4, photocopiable ISBN 978-1-9164122-7-9

Blob Relationships Ref 311-BB £35.00

Blob Relationships Download Ref 311-D-BB £25.00

Safer Sexual Behaviour Board Game for Children



A game to enable discussion with children about 'OK/Not OK' or unsafe sexual behaviour in schools, including issues of risk to Child Sexual Exploitation

By Carol Laugharne & Laura Walker

This game is for teachers, learning mentors or SENCOs to play with a small group of up to six children aged 5-11 (or older if they have learning needs) where there have been worries about low-level sexual behaviour. It will enable such children to understand what's OK and what's NOT OK in terms of sexual behaviour.

Children remember more of what they have learnt through taking part in discussions with other children while having fun playing. They will identify with the visual depictions of a school day – this is particularly important for those children with Autism Spectrum Disorders or learning needs.

Players take it in turns to move around the board answering questions from one of nine areas:

- School bus • Classroom • Playtime • Swimming lessons • Games & PE
- Lunchtime • Toilets • Trips out • Walking home

Guidance for responding to each scenario is given in the instruction manual but the best results will be had from facilitating a group discussion so that the children can hear each other's views – the facilitator can then 'round up' the discussion drawing on relevant points from the guidance.

Includes some 'just for fun' and blank cards to personalise for your group.

Ages 5-11 ISBN 978-1-909380-09-7

Safer Sexual Behaviour Board Game for Children Ref 232-BB £45.00*

LET'S TALK ABOUT CARDS SERIES

By Ester R.A. Leutenberg, Kathy Khalsa, John J. Liptak & Carol Butler Cooper

Written by a team of best-selling authors, the card sets in this series are designed to enhance mental health and well-being by acknowledging that 'it's good to talk about it'. They encourage discussion about eight specific areas: resilience, mindfulness, anxiety, anger & aggression, social skills, problem solving, conflict and life skills. Each set covers five carefully chosen topics, with ten thought-provoking cards per topic.

Resilience

By Ester R. A. Leutenberg & Kathy Khalsa

The five areas covered are:

- Relationships
- Creativity
- Humour
- Insight
- Hope, positivity and optimism

Ages 11+ 50 cards, booklet Ref: 235-BB **£35.00***



Problem Solving

By Ester R. A. Leutenberg & John J. Liptak

The five areas covered are:

- Obstacles to problem solving
- Problem-solving techniques
- Cognitive problem solving
- Creative problem solving
- Problem-solving process

Ages 11+ 50 cards, booklet Ref: 236 -BB **£35.00***



Mindfulness

By Ester R. A. Leutenberg & John J. Liptak

The five areas covered are:

- Stay present
- Slow down
- Love yourself
- Inner calmness
- Pay attention

Ages 11+ 50 cards, booklet Ref: 237-BB **£35.00***



Anxiety

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

- Mental and physical stress
- Types of anxiety
- Reasons for anxiety
- Thoughts
- Actions

Ages 11+ 50 cards, booklet Ref: 238-BB **£35.00***



Anger & Aggression

By Ester R. A. Leutenberg & John J. Liptak

The five areas covered are:

- Anger awareness
- Anger thinking
- Anger triggers
- Assertive communication
- Managing aggression

Ages 11+ 50 cards, booklet Ref: 234-BB **£35.00***



Social Skills

By Ester R. A. Leutenberg & John J. Liptak

The five areas covered are:

- Communication input and output
- Relationships
- Building up or tearing down?
- Impulse control
- Empathy

Ages 11+ 50 cards, booklet Ref: 233-BB **£35.00***



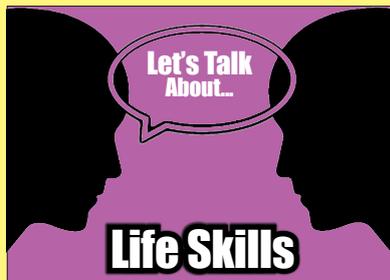
Life Skills

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

- Self
- Health
- Social
- Education
- Career

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Conflict

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

- Understand Conflict
- Prepare for "The Talk"
- Communicate
- Resolve
- Scenarios

Ages 11+ 50 cards, booklet Ref: 305-BB **£35.00***



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Written by a team of best-selling authors, the workbooks in this series are designed to accompany each card set in order to enhance mental health and well-being by acknowledging that 'it's good to talk about it'. They encourage discussion about eight specific areas: resilience, mindfulness, anxiety, anger & aggression, social skills, problem solving, conflict and life skills. Each workbook covers five carefully chosen topics, with ten thought-provoking cards per topic.

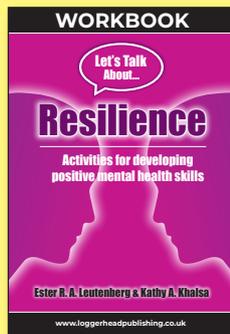
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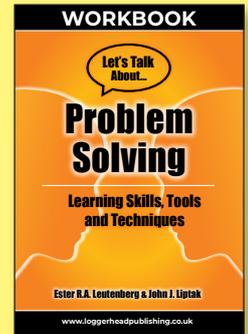
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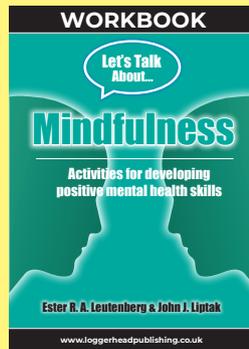
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- Stay present
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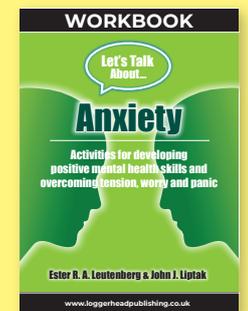
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By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

- Mental and physical stress
- Types of anxiety
- Reasons for anxiety
- Thoughts
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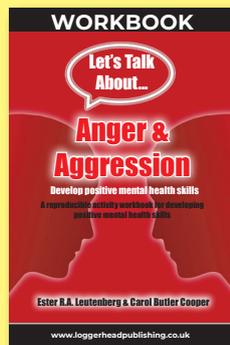
Anger & Aggression

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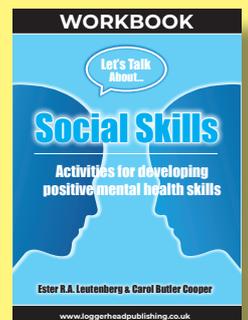
Social Skills

By Ester R. A. Leutenberg & John J. Liptak

The five areas covered are:

- Communication input and output
- Relationships
- Building up or tearing down?
- Impulse control
- Empathy

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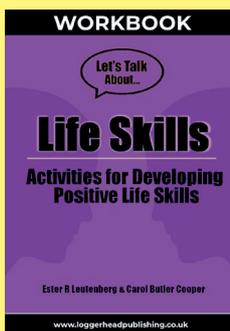
Life Skills

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

- Self
- Health
- Social
- Education
- Career

Ages 11+ Ref: 356-BB **£45.00**



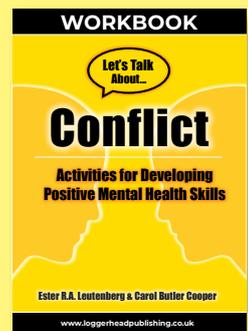
Conflict

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

- Understand Conflict
- Prepare for "The Talk"
- Communicate
- Resolve
- Scenarios

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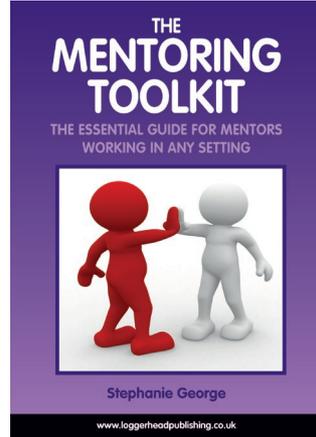


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Stephanie George is a deputy head teacher, trainer and established author whose best-selling titles are featured here. Stephanie has been responsible for the training and development of Learning Mentors since their inception and regularly runs courses and INSET on all aspects of mentoring practice in schools. She is also the recipient of two Department for Education Excellence in Cities awards.

Age **11-18**

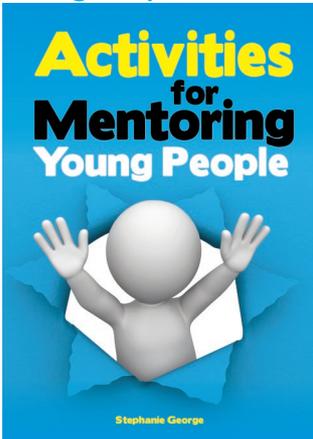
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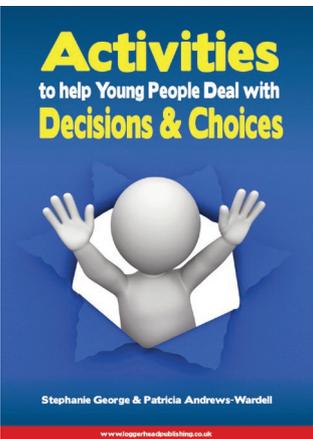
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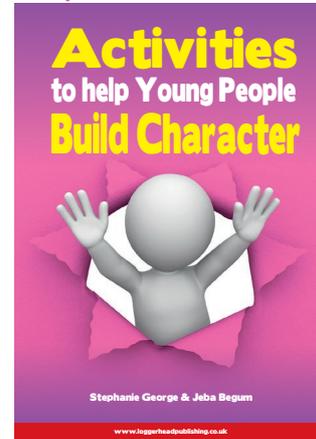
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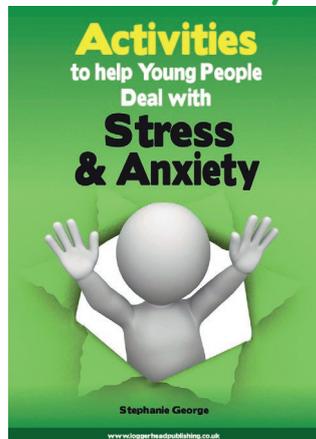
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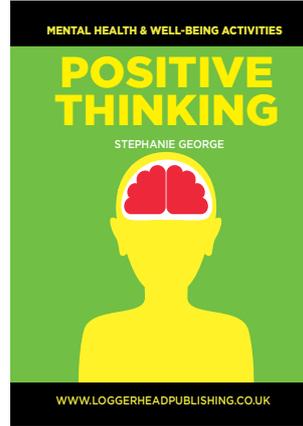
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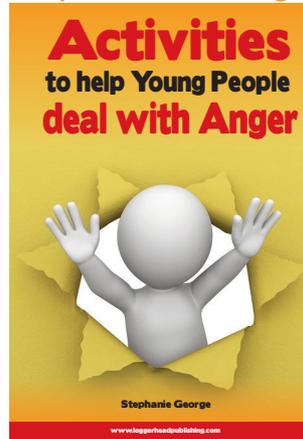
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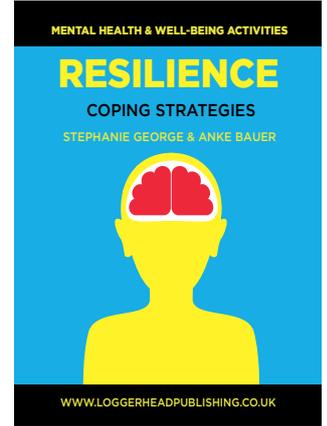
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How to address issues relating to anger and conflict using a mentoring approach

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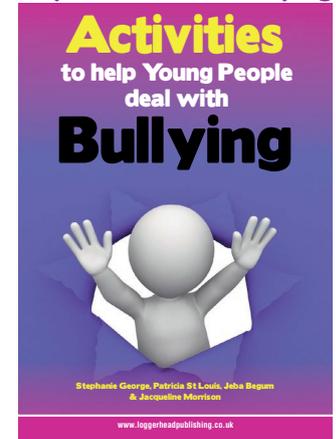
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Activities focusing on resilience in young people

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Activities to Help Young People Deal with Bullying



Ideal for anyone working with young people who want to address bullying issues

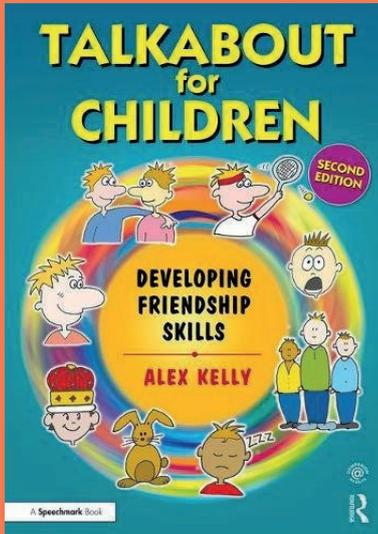
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**Talkabout for Children:
Developing Friendship Skills
Second Edition**

By Alex Kelly

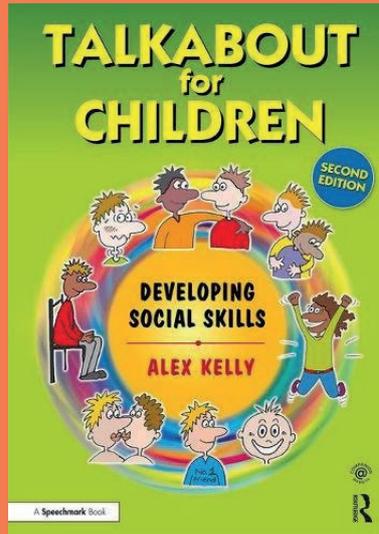


This excellent photocopiable resource is packed with 225 group activities providing a wealth of ideas for those running children's social skills training.

Ref: 77-50016-BB £44.99

**Talkabout for Children:
Developing Social Skills
Second Edition**

By Alex Kelly

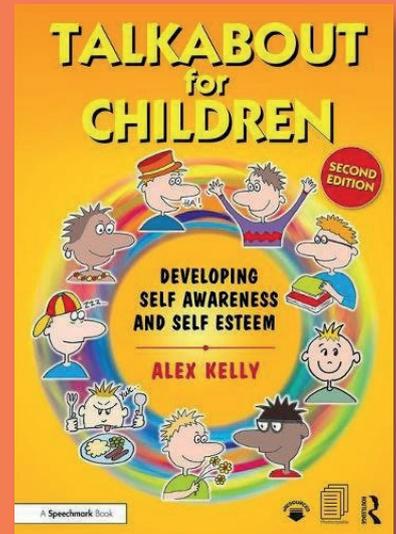


This practical book is ideal for developing social competence. New talkabout characters, puppets and animals will bring concepts to life to enhance children's learning about social skills.

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**Talkabout for Children:
Developing Self-Awareness and
Self-Esteem Second Edition**

By Alex Kelly



A comprehensive book on developing self-awareness and self-esteem includes

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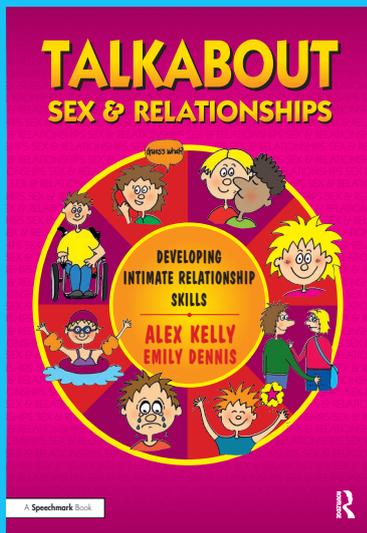


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Talkabout Sex & Relationships 1

By Alex Kelly & Emily Dennis

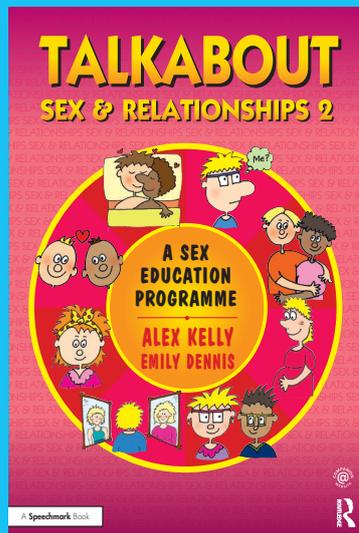


A comprehensive toolkit for all educators and support staff who deliver relationship education to people with special needs. It is intended primarily to support groupwork but activities can be easily adapted to suit the needs of individuals with varying abilities.
Ages 11 -18

Ref: 77-51193-BB £44.99

Talkabout Sex & Relationships 2

By Alex Kelly & Emily Dennis

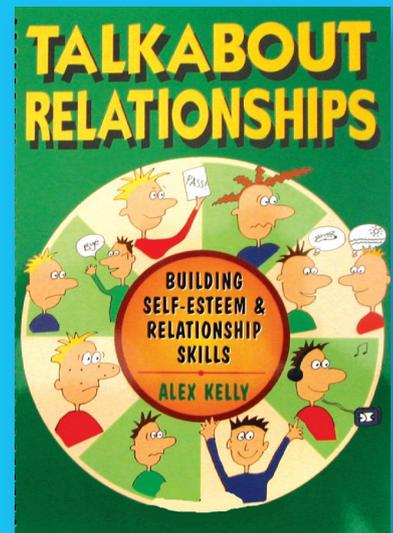


This resource emphasises the importance of being well informed in regards to the physical, interpersonal and emotional aspects of sex.

Ref: 77-51375-BB £44.99

Talkabout Relationships

By Alex Kelly



A hands-on groupwork resource ideal for teachers or anyone working with those who have difficulty making or maintaining friendships.

Ref: 77-5456-BB £44.99



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COUNSELLING TOOLS

Internationally respected, Innovative Resources' products are known for their originality, wisdom and striking visual style. Their discussion cards are used the world over to enrich conversation about the important aspects of life – feelings, hopes, strengths, relationships, values and goals.

Anxiety Solutions

50 ways to calm the mind and soothe the body

Anxiety is one of the most common mental health conditions in the UK. It is therefore useful to have some simple, fun and effective strategies to calm the mind and soothe the body. The Anxiety Solutions cards for young people provide 50 strategies for managing anxious thoughts based on clinically-proven techniques including:

- Mindfulness
- Brain research
- Positive psychology
- Cognitive Behavioural Therapy
- Solution-focused Brief Therapy

50 laminated, full-colour cards



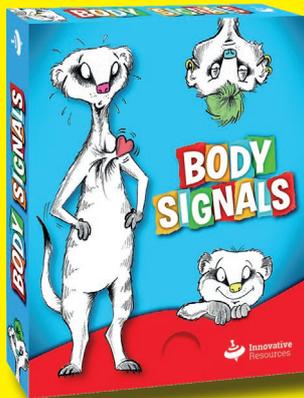
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Body Signals

Learning to interpret body signals

Body signals are sometimes called butterflies, goosebumps, beating head, early warning signs; they let us know immediately when we feel stressed or unsafe. Recognising and managing body signals helps build emotional and mental resilience. The cards will help children and young people to recognise what happens in your body when you're happy, sad, scared, angry, hot, tired or hungry.

40 laminated, full-colour cards, 120 x 150mm, polypropylene box, booklet



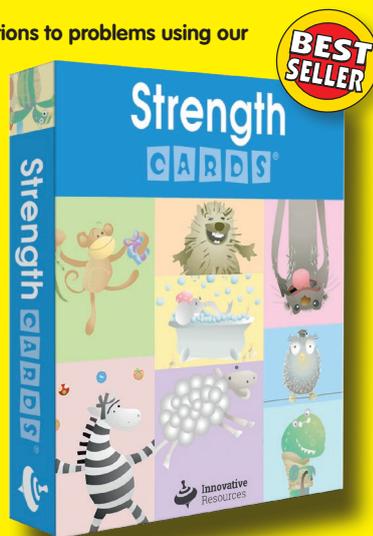
Ref: 99-51540-BB £39.99*

Strength Cards

Cards to produce positive solutions to problems using our strengths

The 54 cards display a simple graphic with a positive concept to create a versatile tool to reinforce the important principle: we all have strengths! It's a very versatile resource that will help users to concentrate on producing positive solutions to problems.

54 laminated full colour cards
150 x 120mm, cardboard box,
40 page booklet of suggested
uses.



Ref: 99-1667-BB £37.95*

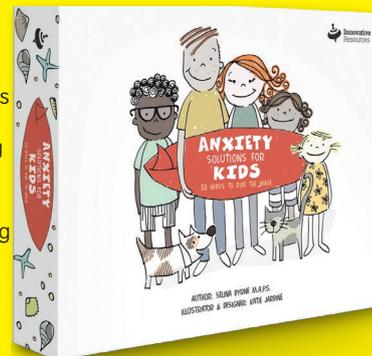
Anxiety Solutions for Kids

50 cards with lots of simple, practical, creative and fun activities for children who experience worry or anxiety from time to time – and that is every child!

By Selina Byrne

These cards are based on solution-focused, strengths-based techniques to help children with worry and anxiety, and to build their well-being and resilience.

Use the cards in story time, show and tell, group time as well as linking to other curriculum activities such as drawing or colouring, counting, movement or nature activities. Ideal for circle time, relaxation exercises and to link to themes in class.



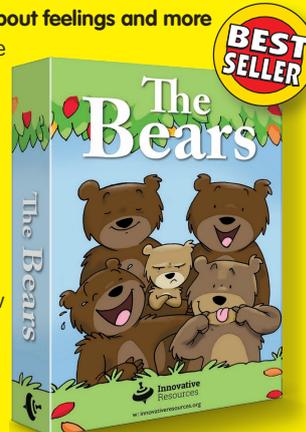
Ref: 99-50733-BB £39.95*

The Bears Cards

48 endearing bear cards ideal for talking about feelings and more

Use these cards to help children communicate feelings about family, friends and classmates. There are no words on the cards so this resource is very accessible to young children and those with literacy challenges. They can be used in a variety of situations: as an ice-breaker, and for one-to-one, small group and whole class sessions.

Ask children to: • Select a bear that illustrates how they feel right now • Pick bears that show how they would like to feel most of the time • Consider if they ever feel several emotions at once and choose cards to illustrate these mixed emotions.



Ref: 99-1666-BB £37.95*

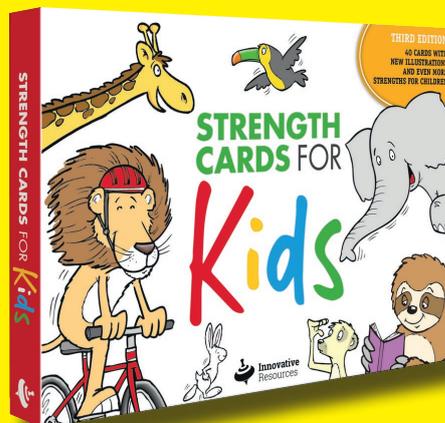
Strength Cards for Kids

Revised edition – 40 brand new illustrations & 14 new statements

Strength Cards for Kids has a simple message: all children deserve to be recognised and celebrated for their strengths. It features a mixed bunch of animal characters demonstrating personal strengths such as:

- I am calm
- I am full of energy
- I am reliable
- I share with others
- I join in • I try my best
- I like to play
- I am brave

Use these cards for group activities, Circle Time, stories and creative play to share those all-important, strengths-based messages!



Ref: 99-1670-BB £37.95*

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