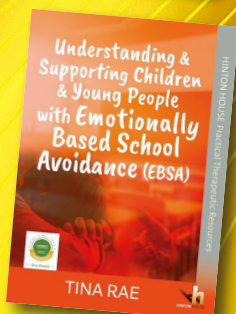
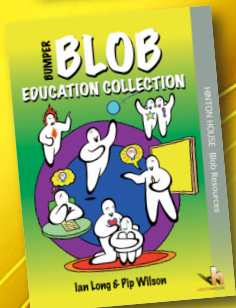
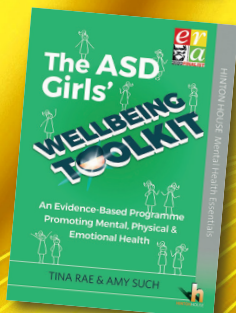
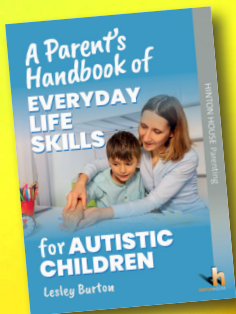
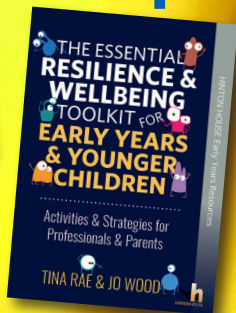
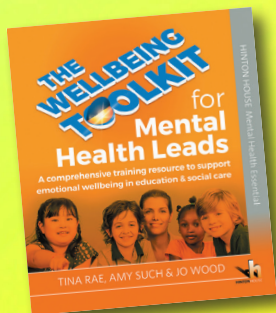


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# Hinton House Publishers New Titles & Bestsellers 2024



Books and resources for **education,**  
**special needs, therapy and social care**



## Contents

Mental Health & Wellbeing

Anxiety

Trauma, Grief & Loss

Self-Esteem & Resilience

Feelings & Emotions

Communication

Social Skills

Attendance

Anger

MENTAL HEALTH & WELLBEING

SOCIAL & EMOTIONAL

SPECIAL NEEDS

[www.hintonpublishers.com](http://www.hintonpublishers.com)

## The Wellbeing Toolkit for Mental Health Leads

A Comprehensive Training Resource to Support Emotional Wellbeing in Education & Social Care

Tina Rae, Amy Such & Jo Wood

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.

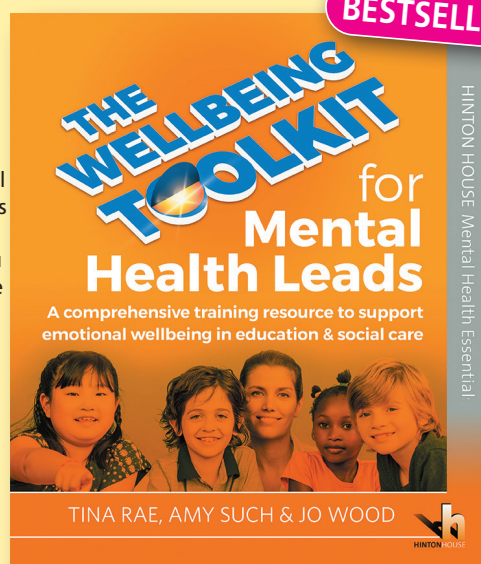
The 20 practical and accessible modules provide all of the necessary resources to enable you to maintain and enhance the well-being of the children and young people that you nurture and support, while also developing staff confidence and whole-school approaches which will support the wellbeing of the whole school community.

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

A4 Folder 400pp + CDRom with 20 PowerPoint Training Sessions

ISBN 978-1-912112-65-4

**BESTSELLER**



Ages  
6-18

The Wellbeing Toolkit for Mental Health Leads

Ref 464-HH

£149.99

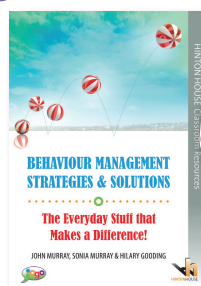
## NEW RESOURCES FOR 2024

### Positive Thinking Activity Cards



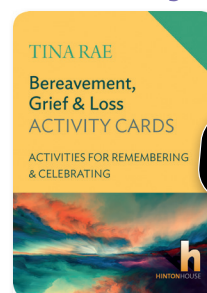
More details on  
page 5

### Behaviour Management Strategies & Solutions



More details on  
page 5

### Bereavement, Grief & Loss Activity Cards



More details on  
page 7

### Dear Colleagues

Welcome to our latest catalogue, which is packed full of practical resources. At Hinton House 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 teach 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.hintonpublishers.com](http://www.hintonpublishers.com) 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 [sales@hintonpublishers.com](mailto:sales@hintonpublishers.com)

The Hinton House Publishers Team

PS. Hinton House has an expanding publishing programme so if you have an idea that you would like published please email [info@hintonpublishers.com](mailto:info@hintonpublishers.com)

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- Building Positive Thinking Habits
- 101 Activities for Social & Emotional Resilience
- Motivation Matters
- Bouncing Back & Coping with Change
- Promoting Positive Body Image in Teenagers
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All Ages

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A set of 5 Creative and practical solutions to issues around emotional well-being in young people

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- 101 Ideas for Positive Thoughts & Feelings
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All Ages

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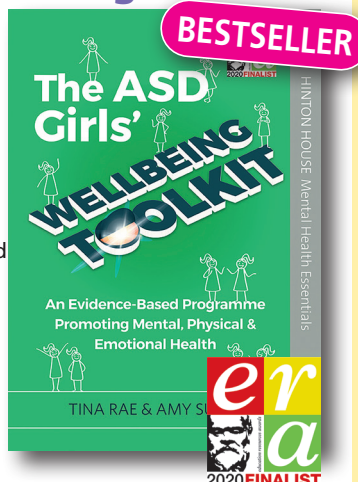
**WINNER 2020 EDUCATION BOOK OF THE YEAR EDUCATION RESOURCES AWARDS**

**An Evidence-Based Intervention Promoting Mental, Physical & Emotional Health**

Tina Rae & Amy Such

A comprehensive resource to ensure girls with ASD develop good mental health including self-esteem, emotional resilience, social communication skills and autonomy.

276pp A4 paperback + PowerPoint  
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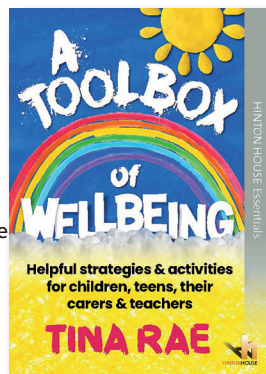
## A Toolbox of Wellbeing

**A must-have collection of easy-to-use activities to enhance emotional wellbeing in all children & young people.**

Tina Rae

These therapeutic tools will provide an excellent means of developing a whole-school culture of support and nurture. Contains user-friendly and evidence-based strategies to build good mental health and develop the resilience needed to move on from stressful situations and trauma.

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**All ages**

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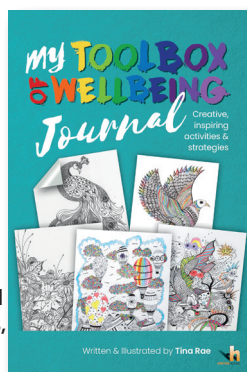
## My Toolbox of Wellbeing Journal

**Creative, inspiring activities & strategies**

Tina Rae

An illustrated journal packed with activities to help children & young people think about & manage their wellbeing. Includes a wide range of activities for young people to try out and reflect on including self-regulation, reframing negative thoughts, and making connections and engaging in Creativity and Flow activities. There are inspirational quotes, thoughts for the day, Mindfulness, Colouring/Doodling, Affirmations and Gratitude exercises and so much more in this Journal!

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**Ages 7+**

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## A Recovery Toolbox for Wellbeing

**Nurturing & Wellbeing Activities for Children and Young People Aged 3-16**

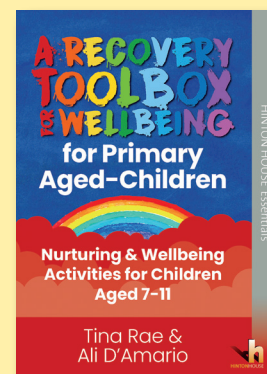
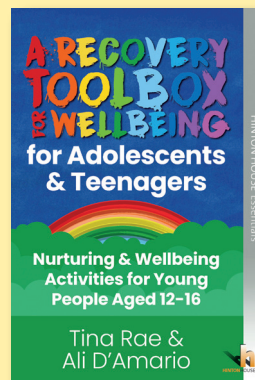
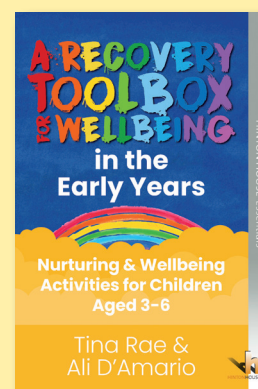
Tina Rae & Ali D'Amario

An essential collection of easy-to-use, fun activities to support younger children with their wellbeing. Each book provides an essential collection of easy-to-use, fun activities to support children and young people with their wellbeing and recovery following the COVID-19 pandemic and beyond.

These therapeutic activities and tools, ideal for use by non-specialists, fit perfectly with the idea of the Recovery Curriculum; prioritising well-being, relationships, resilience and self-esteem following the return to school after what has been a stressful and traumatic period for so many children, young people and their families.

The activities are grouped into six sections to provide a holistic, trauma-informed approach to recovery that can be tailored to meet the needs of all.

- Self-Regulation
- Resilience-building
- Self-Esteem & Social Skills
- Effective Thinking
- Anxiety-busting
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The everyday stuff that makes a difference

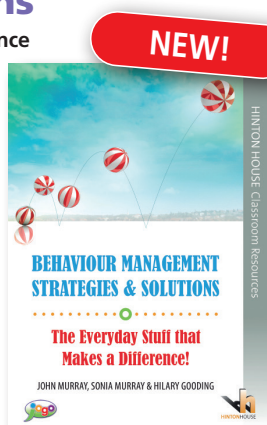
John Murray & Sonia Murray

A range of practical strategies & interventions to support behaviour management in the classroom.

Topics include:

- Influences of behaviour
- What behaviour to focus on
- 3 W's – What, when and why
- Reframing the behaviour
- Positive practical behaviour management strategies and interventions
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All ages

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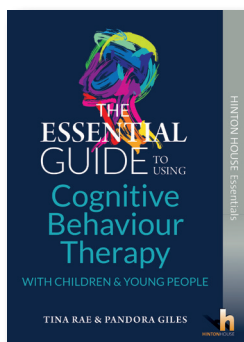
## The Essential Guide to Using Cognitive Behaviour Therapy (CBT) with Children & Young People

Learn how to use this effective problem-solving technique to help young people.

Tina Rae & Pandora Giles

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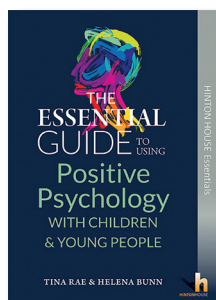
## The Essential Guide to Using Positive Psychology with Children & Young People

Help young people to recognise their strengths & use these to build confidence for the future

Tina Rae & Helena Bunn

This clear guide shows how to use practical activities to promote thoughtful discussions, engaging, strength-building exercises and confidence boosting fun to enable young people to recognise their personal strengths and use these to build healthy habits, set effective targets and make value-based decisions. Includes photocopiable activities and worksheets differentiated for use with younger children, adolescents and groups, as well as handouts for young people, parents and carers.

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All ages

**The Essential Guide to Using Positive Psychology with Children & Young People**  
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A practical guide to help teenagers develop positive strategies for coping with stress and anxiety

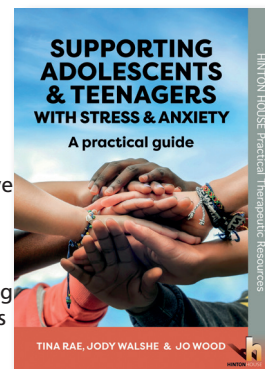
Tina Rae, Jody Walshe & Jo Wood

These evidence-based tools will support young people to build resilience and coping strategies, alongside preventative measures to build positive mental health.

Understand how to identify risk factors and tailor appropriate support for young people, using CBT and other approaches from positive psychology.

Can be used with individuals or groups or on a whole-school basis.

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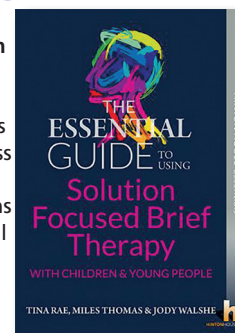
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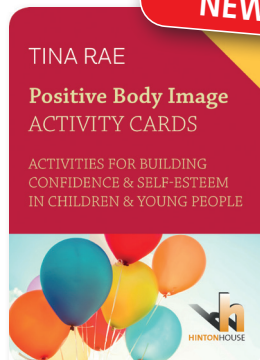
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## Positive Body Image Activity Cards

**Building Confidence & Self-Esteem in Children & Young People**  
Tina Rae

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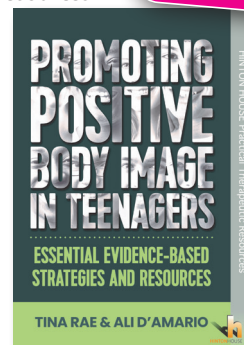
**Essential Evidence-Based Strategies and Resources**

Tina Rae & Ali D'Amario

This evidence-based resource contains practical tips and techniques to help teenagers build resilience and learn how to listen to, take care of and ultimately love their own bodies.

Sessions include challenging stereotypes, developing body appreciation, fostering a positive outlook and becoming media literate. They draw on peer-support and self-help techniques including relaxation, positive thinking, reframing, self-compassion and acceptance, prioritising and planning strategies, and wellbeing organisation skills.

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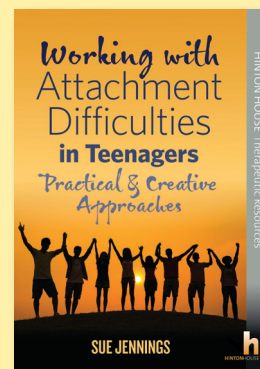
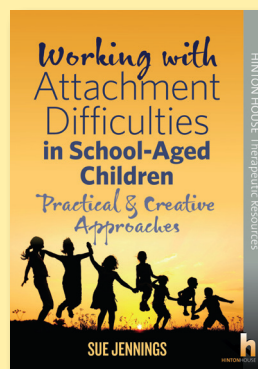
**Promoting Positive Body Image in Teenagers**  
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**A creative approach to addressing social and emotional difficulties in schools.**

Sue Jennings

A practical approach to addressing the school-based emotional and social difficulties that can result from early trauma, neglect or abuse. These difficulties can lead to isolation, anti-social or extreme behaviour, and often lead to statementing and exclusion from school. Exclusion removes the possibility of the child developing secure attachments with peers and the school system, which can result in a revolving door that becomes a trap for vulnerable and at-risk children. Contains practical and creative activities and exercises, worksheets and appraisal, together with accessible attachment theory and the neuroscience of emotions and brain development.



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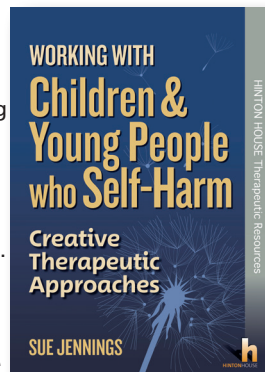
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Help young people to explore and understand feelings behind self-harming behaviour.

Practical and creative ideas, strategies and worksheets will help address issues underlying self-harm which are often stuck in repetitive and destructive cycles.

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**Working with Children & Young People who Self-Harm**  
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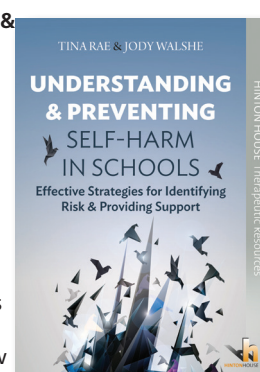
## Understanding & Preventing Self-Harm in Schools

**Effective Strategies for Identifying Risk & Providing Support**

Tina Rae & Jody Walshe

This practical, user-friendly resource is full of evidence-based strategies to support staff in identifying, preventing and supporting those at risk from self-harm and suicide in schools. The toolkit can be used on a whole school, small group or individual basis to develop preventative and supportive approaches and raise awareness of risk factors and improve mental health. Understand how to start conversations and ensure that young people are able to engage fully in the learning process.

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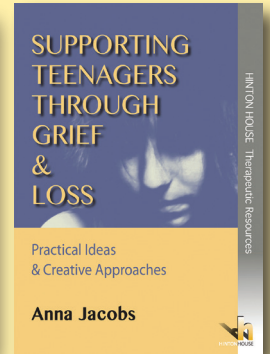
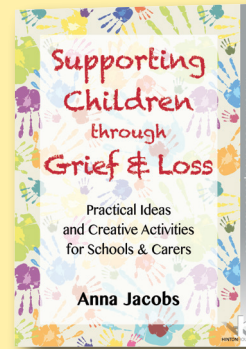
## Supporting Children and Teenagers through Grief & Loss

Practical Ideas and Creative Approaches

Anna Jacobs

A wealth of advice and helpful suggestions for those helping children and young people through bereavement and loss.

Those who experience loss through death or separation need support and understanding, both at home and at school. Staff in schools need to understand what to say and what to do, what might help and even what might not, and how to work with families. This book gives an overview of different behaviours you may encounter in school and how to respond, as well as discussing questions children may ask and how to answer them. An individual's understanding of death varies according to their stage of development and the author provides guidance on age-appropriate, honest responses along with a toolkit of creative and arts activities to help students examine and understand their emotions, physical feelings and memories.



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12-18**

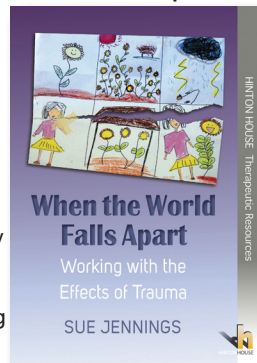
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Understand how adolescents experience loss and how to provide help and support.

Sue Jennings

Understand how adolescents experience loss and how to provide help and support. Trauma can result not just from major disasters but also serious loss, sudden disruption and abuse of all kinds. Children and teenagers can experience the effects of trauma in many ways including wakefulness, vigilance, panic attacks and disillusion. Contains practical techniques and ways of working with children and teenagers, including empowering methods to enable them to take charge of their own feelings. Provides a guide to theory and an outline of contrasting approaches to trauma work, with worksheets for both individual and group work.



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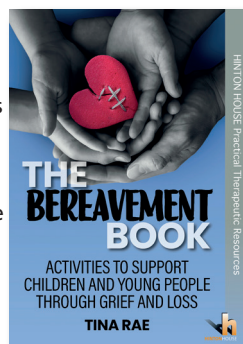
**When the World Falls Apart**  
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## The Bereavement Book

Activities to support children & young people through grief & loss

Tina Rae

In this accessible and informative handbook, Tina Rae sensitively guides teachers, support staff, SENCOs and others working with children and young people on the best ways to support their coping with grief and loss following the death of a special loved one. 80 worksheets provide a range of activities to help bereaved children attempt to understand, express and process their grief and allow them to remember and celebrate their special person. The activities are also suitable for helping young people to develop a personal bereavement box and construct a memory book or special book of remembrance.



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Ages**

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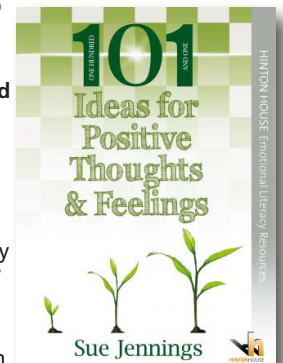
## 101 Activities for Positive Thoughts & Feelings

Easy to implement activities and ideas to help young people to regard themselves, their abilities and the world around them in a positive light.

Sue Jennings

Many young people have low feelings of self-worth, and lack confidence in their skills and abilities. This can lead to anxiety and a fear of failure, and a 'Why bother, I won't be able to do it anyway' approach to tasks and challenges they may encounter, and even deliberate sabotage of activities. Using the ideas in this book, young people can be helped to increase their optimism and discover a step by step approach to building competencies in different areas of their lives.

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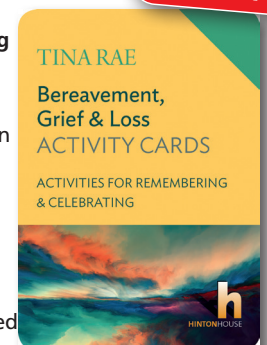
## Bereavement, Grief & Loss Activity Cards

Activities for Remembering & Celebrating

Tina Rae

Practical and creative activities to help young people to understand, reflect upon and talk about loss. These cards present a range of user-friendly practical ideas and strategies to promote and develop children's knowledge and understanding of grief and loss and to also provide opportunities to safely talk about and reflect upon such losses. They are designed to be used flexibly in 1:1, small group or whole class contexts depending upon the vulnerabilities and specific needs of each child/group.

70 Cards, instructions • 978-1-912112-56-2



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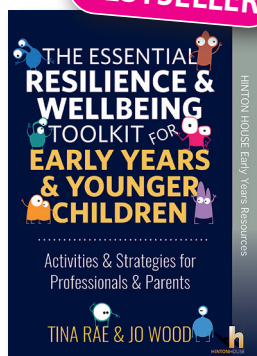
## The Essential Resilience & Wellbeing Toolkit for Early Years & Younger Children

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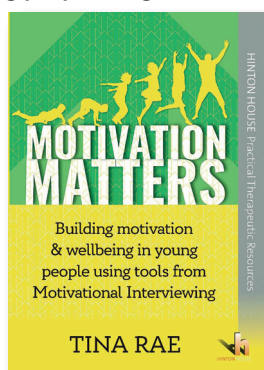
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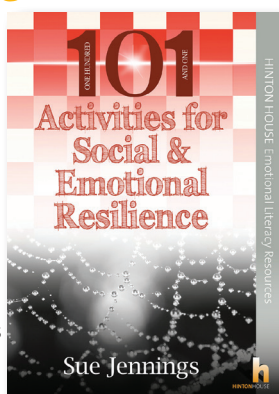
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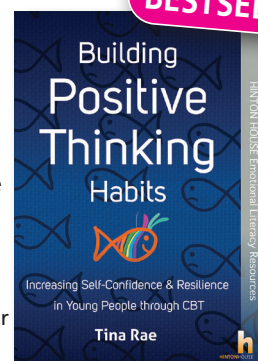
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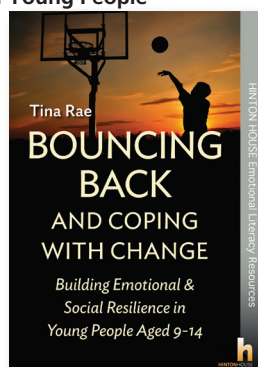
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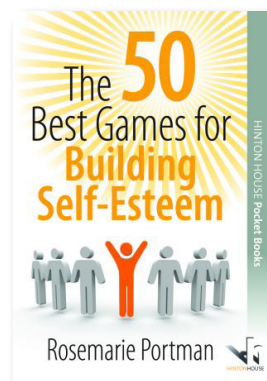
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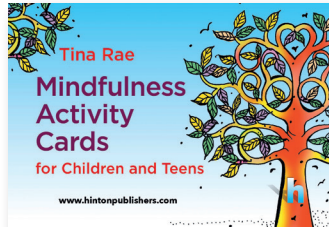
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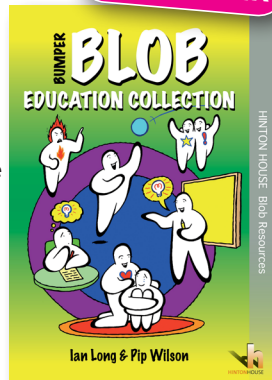
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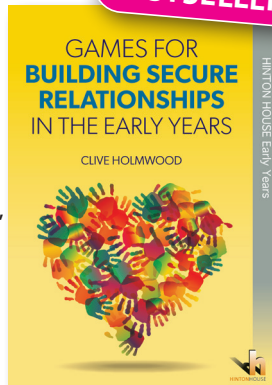
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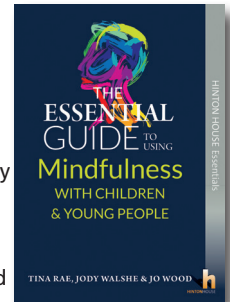
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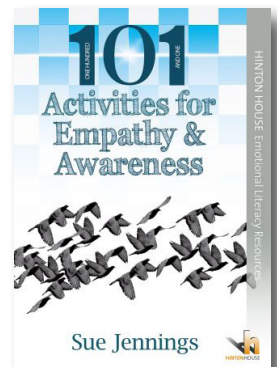
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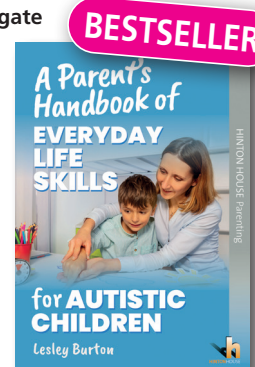
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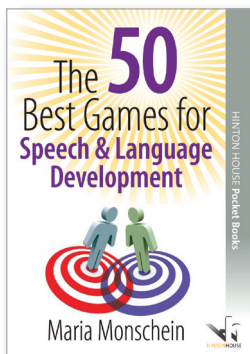
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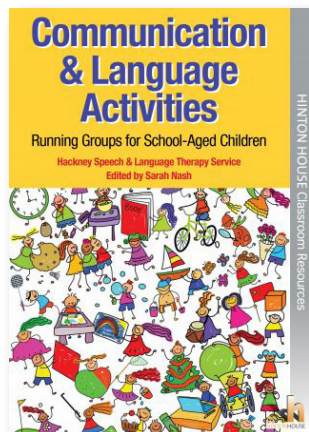
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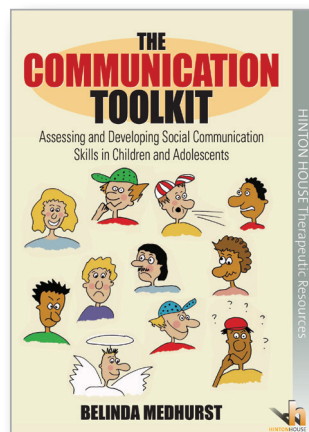
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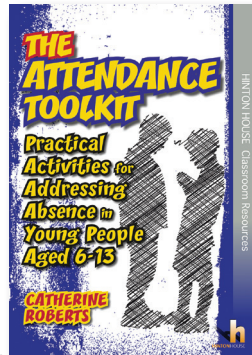
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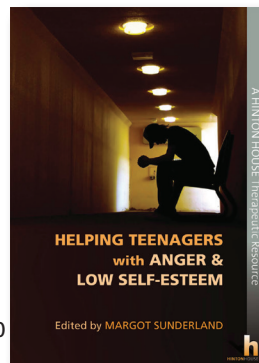
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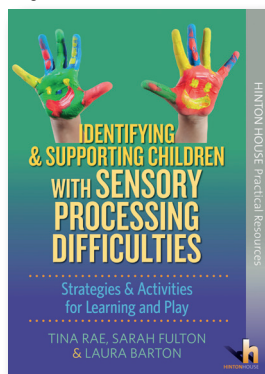
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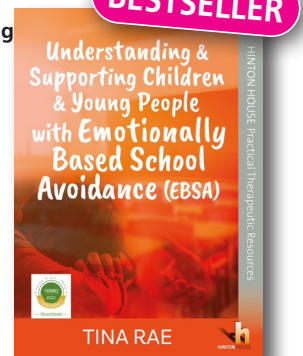
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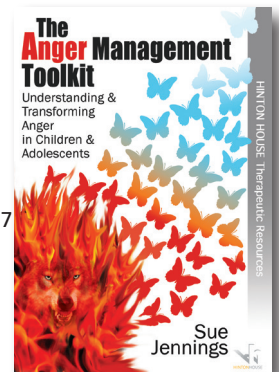
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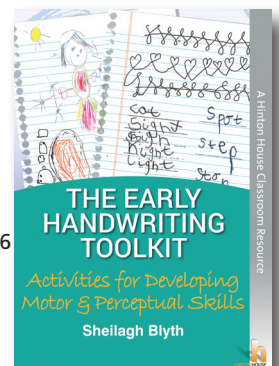
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