

Loggerhead Publishing

2024

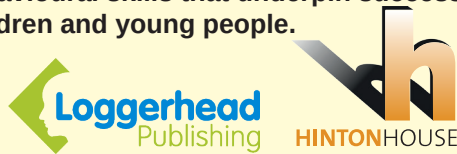
Social, Emotional, Positive Mental Health & Wellbeing Resources



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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 teach essential social, emotional and behavioural skills that underpin success for children and young people.



We are pleased to announce that **Hinton House Publishers** is now an imprint of **Loggerhead Publishing** and all titles are now available from us and in this catalogue.

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

matthew@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

It's so easy to order

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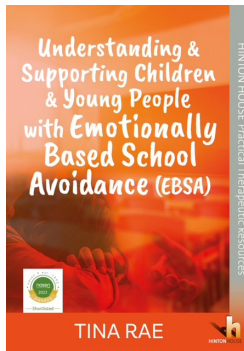
Customer Service Team: **01604 870828**

Packing and Delivery Costs

- £3.50 on orders below £15
- £5 on orders £15 to £50
- £8.75 on orders £50 to £100
- £15 on orders over £100

VAT to be added to products featuring *

Important Issues



Understanding & Supporting Children & Young People with Emotionally Based School Avoidance (EBSA)

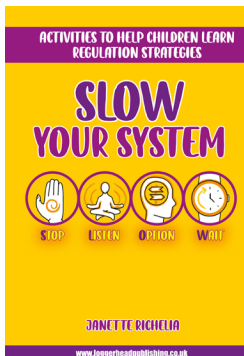
Practical user-friendly resources providing an overview of EBSA & strategies to support a planned return to school.

By **Tina Rae**

More details on page 27

Ages 5-16

Ref 466-LHH £35.99



SLOW Your System

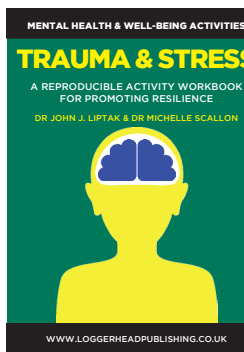
A body sensation focused method of self-regulation

By **Janette Richelia**

More details on page 14

Ages 5-11

Ref 340-LHH £29.95



Trauma and Stress Workbook

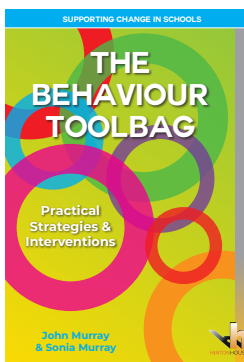
A reproducible activity workbook of strategies to develop resiliency and optimism

By **John J. Liptak and Dr Michele Scallan**

More details on page 10

Ages 11-18

Ref 372-LHH £45.00



The Behaviour Toolbag

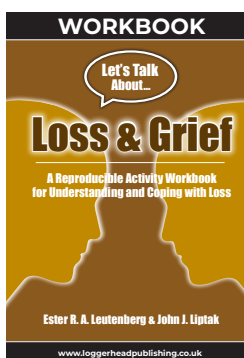
The everyday stuff that makes a difference

By **John Murray & Sonia Murray**

More details on page 27

All Ages

Ref 480-LHH £35.99



Loss & Grief Workbook

A reproducible activity workbook for understanding and coping with loss

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

More details on page 24

Ages 11-18

Ref 375-LHH £45.00

The Wellbeing Toolkit for Mental Health Leads

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

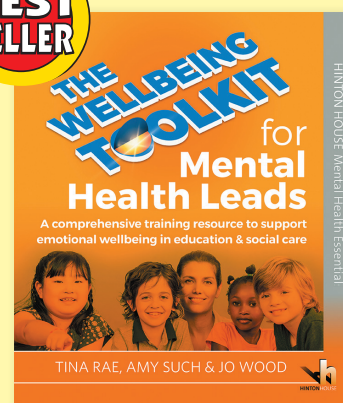
By Tina Rae, Amy Such & Jo Wood

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 + 20 PowerPoint Training Sessions

**BEST
SELLER**



**Ages
6-18**

The Wellbeing Toolkit for Mental Health Leads Ref 464-LHH £149.99

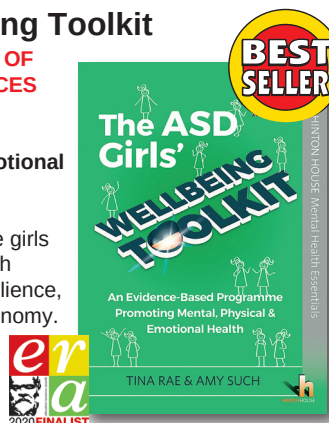
The ASD Girls' Wellbeing Toolkit

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

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

By 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.
A4 276pp



**BEST
SELLER**

**Ages
6-18**

The ASD Girls' Wellbeing Toolkit
Ref 450-LHH £46.99

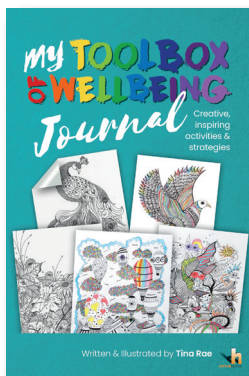
My Toolbox of Wellbeing Journal

Creative, inspiring activities & strategies

By 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!

128pp A5



**Ages
7+**

My Toolbox of Wellbeing Journal
Ref 425-LHH £15.99

A Recovery Toolbox for Wellbeing

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

By 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 • Transition

Early Years Ref 461-LHH £35.99

Primary Aged Children Ref 462-LHH £35.99

Adolescents & Teenagers Ref 460-LHH £35.99

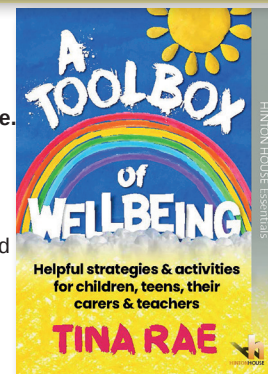
A Toolbox of Wellbeing

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

By 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.

76pp A5



**All
Ages**

A Toolbox of Wellbeing
Ref 406-LHH £16.99

The Mental Health & Wellness Programme

Activities and exercises to enhance wellbeing for all ages

By Penny Moon

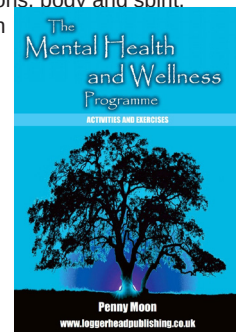
Based on the concept of 'holism' in its fullest sense, this wellbeing programme utilises both traditional and complementary approaches in support of the whole person – mind, emotions, body and spirit.

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 • Physical aspects
- A healing environment • The relaxed classroom

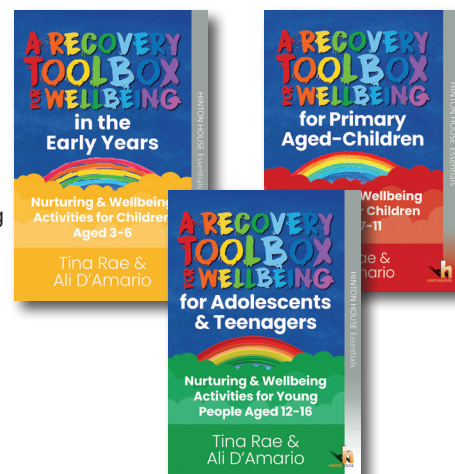
The book also includes guided visualisations and relaxation exercises.

A4, photocopiable, 164 pages



**Ages
5-16**

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





Carefully Selected Blob Resources to focus on developing awareness of feelings and emotions

- Blob Emotions Posters • Blob Tree Posters • Which Blob do you Feel like Today? Poster • Blob Anxiety book
- Blob Kindness book • Blob Resilience book • Blob Themed Trees book • Blob Loss book

SPECIAL OFFER

Blob Best Sellers Special Collection

Ref: BBBC-LHH

£199.99*



8 books of themed games and activities

- The 50 Best Games for Building Self-Esteem
- The 50 Best Games for Speech & Language Development
- The 50 Best Games for Brain Exercise
- The 50 Best Games for Relaxation & Concentration
- The 50 Best Games for Sensory Perception
- The 50 Best Games for Children's Groups
- The 50 Best Games for Groups
- The 50 Best Indoor Games for Groups



A collection of our top selling Stress & Anxiety products.

- Little Tin of Niggles • Little Tin of Teenage Worries
- Little Tin of Big Worries • Little Tin of Transition Worries
- Let's Talk About Anxiety Discussion Cards
- Anxiety Workbook • Colour Away Your Worries
- Blob Anxiety • Activities to Help Young People Deal with Stress & Anxiety

SPECIAL OFFER

The 50 Best Games Best Buy Pack

Ref: BBBGG-LHH

£74.99

SPECIAL OFFER

Stress & Anxiety Bundle for Ages 11-18

Ref: BBSA-LHH

£294.95*



The practical resources in this collection will provide everything needed to introduce mindfulness to young people

- Blob Mindfulness
- Teen Mindfulness Skills Workbook
- Mindfulness Activity Cards
- Mindfulness Workbook
- Let's Talk about Mindfulness Discussion Cards
- Mindfulness in a Tin
- Positive Affirmations

SPECIAL OFFER

Mindfulness Collection

Ref: BBMC-LHH £229.00*



Develop resiliency skills with the activities, ideas and discussion cards in this collection

- Resiliency Skills Handbook
- Positive Thinking
- Resilience Coping Strategies
- Let's Talk About Resilience Discussion Cards
- Inner Strength Cards
- Resiliency Training Manual
- Resilience Workbook

SPECIAL OFFER

Resiliency Collection

Ref: BBRC-LHH £269.99*



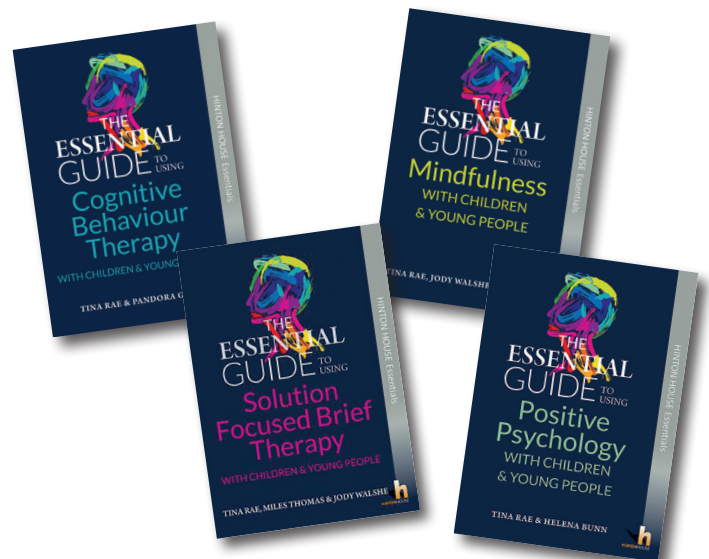
A set of 5 Creative and practical solutions to issues around emotional well-being in young people

- 101 Ideas for Managing Challenging Behaviour
- 101 Activities for Social & Emotional Resilience
- 101 Ideas for Increasing Focus & Motivation
- 101 Ideas for Positive Thoughts & Feelings
- 101 Activities for Empathy & Awareness

SPECIAL OFFER

101 Activities & Ideas Best Buy Pack

Ref: BB101-LHH £135.99



A set of 4 resources to using different therapeutic techniques with children and young people

- The Essential Guide to Using Positive Psychology with Children & Young People
- The Essential Guide to Using Cognitive Behaviour Therapy (CBT) with Children & Young People
- The Essential Guide to Using Solution Focused Brief Therapy with Children & Young People
- The Essential Guide to Using Mindfulness with Children & Young People

SPECIAL OFFER

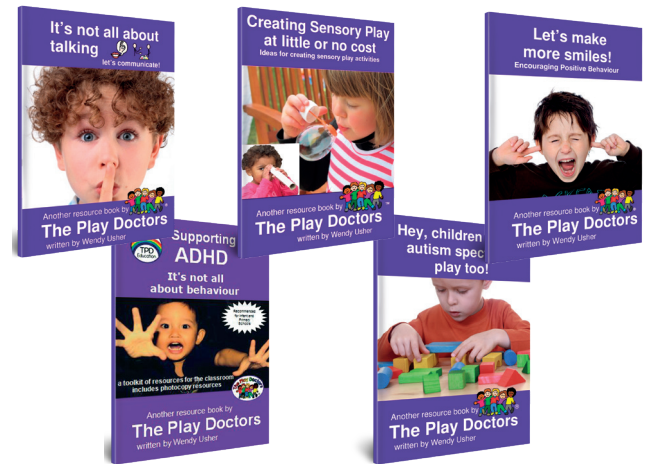
Essential Guides to Therapy Best Buy Set

Ref: BBEG-LHH £67.99



Best-selling resources to improve Social Skills

- Friendship Skills
- Social Skills Learning
- Social Skills Role Play Cards: Social Situations for Children
- Social Skills Role Play Cards: Facial Expressions & Body Language



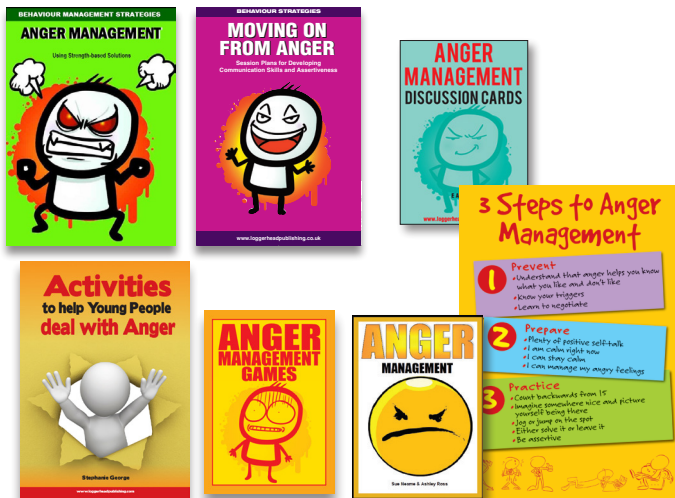
5 books to support inclusion and provide great thoughts and resources to help adults work with all children to ensure they are offered the same chances and experiences as others.

- Hey, children on the autism spectrum play too!
- Let's make more smiles – Encouraging Positive Behaviour
- It's not all about talking, Let's Communicate
- Creating Sensory Play at little or no cost
- Supporting ADHD – It's not all about behaviour



Social Skills Toolkit

Ref: BBSST-LHH £89.99*



An invaluable kit containing 7 different resources:

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



SEN Practical Resource Books Set of 5

Ref: PDB014-LHH £99.95



An invaluable kit containing 7 different resources:

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



The Anger Management Toolkit for Ages 5-11

Ref: 154-LHH £199.00*



The Anger Management Toolkit for Ages 11-18

Ref: 151-LHH £199.00*



A set of 7 carefully selected resources to promote positive thinking and self-esteem, increase feelings of self-worth and build emotional resilience

- The 50 Best Games for Building Self-Esteem
- Building Positive Thinking Habits
- 101 Activities for Social & Emotional Resilience
- Motivation Matters
- Bouncing Back & Coping with Change
- Promoting Positive Body Image in Teenagers
- Bumper Blob Education Collection

SPECIAL OFFER **Self-Esteem & Resilience Best Buy Pack**
Ref: BBSER-LHH **£199.99**



A set of 6 carefully selected resources to promote support children and young people with grief and loss.

- The Bereavement Book
- Supporting Teenagers through Grief & Loss
- 101 Activities for Social & Emotional Resilience
- 101 Activities for Positive Thoughts & Feelings
- Bouncing Back & Coping with Change
- Rory's Story

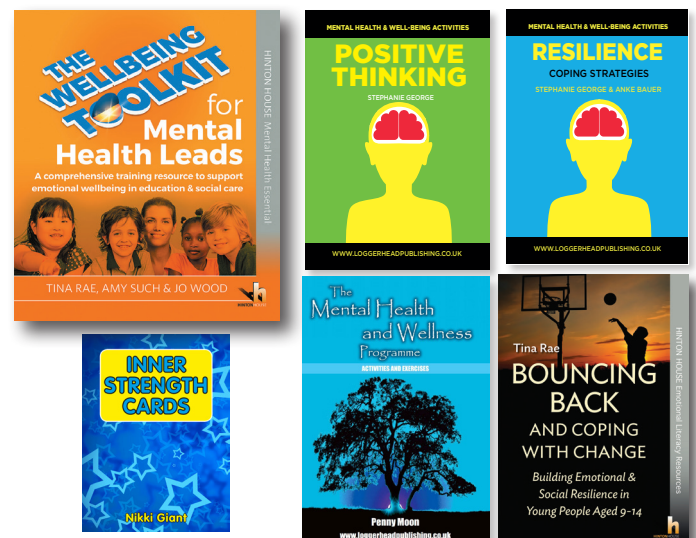
SPECIAL OFFER **Grief and Loss Best Buy Pack**
Ref: BBGL-LHH **£179.99**



A set of 4 best selling resources for developing children's speech and language

- The Communication Toolkit
- Communication and Language Activities
- The 50 Best Games for Speech & Language Development
- Social Skills Role Play Cards: Facial Expressions & Body Language

SPECIAL OFFER **Language and Communication Best Buy Pack**
Ref: BBCOM-LHH **£99.99***



6 best selling resources for enhancing wellbeing

- The Wellbeing Toolkit for Mental Health Leads
- The Mental Health and Wellness Programme
- Bouncing Back & Coping with Change
- Inner Strength Cards
- Positive Thinking
- Resilience Coping Strategies

SPECIAL OFFER **Mental Health & Wellbeing Best Buy Pack**
Ref: BBMHW-LHH **£299.99**

Inner Strength Cards

Help students build resiliency and self-esteem by finding their inner strengths

By Nikki Giant

Help young people to adopt a more positive, healthy mindset, strengthen their inner sense of self and become more emotionally intelligent. The cards can support the process of positive thinking and help young people to cope with stressful events, manage disappointments, build healthy relationships and develop self-confidence. Includes additional cards with introductory material, hints/tips and instructions for different activities.

All ages, 55 cards 90 x 130mm



Ages 11-18

Inner Strength Cards
Ref 209-LHH £29.99*

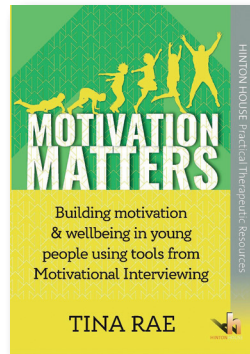
Motivation Matters

Building motivation & wellbeing using tools from Motivational Interviewing (MI)

By Tina Rae

A user-friendly introduction to techniques for understanding and building motivation in young people to enhance wellbeing. This resource will enable school-based staff to feel confident in using tools from MI to engage young people, both as a means of preventing escalation of difficulties and also to support them in the process of changing behaviour patterns.

146pp



Ages 5-16

Motivation Matters
Ref 423-LHH £35.99

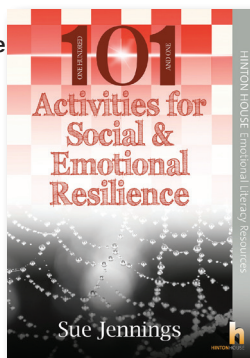
101 Activities for Social & Emotional Resilience

Activities and ideas to help young people to deal with life's challenges

By Sue Jennings

Social & emotional resilience are important for young people's development and growing independence. It is vital that they possess the tools to deal with effectively with challenges encountered both at school and in social situations. This book provides the opportunity to rehearse these skills through easy-to-implement ideas and activities suitable for all ages.

182pp



All Ages

101 Activities for Social & Emotional Resilience
Ref 423-LHH £35.99

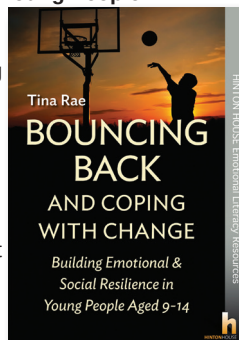
Bouncing Back & Coping with Change

Building Emotional & Social Resilience in Young People

By Tina Rae

Practical evidence-based strategies to teach young people to bounce back and keep going in the face of adversity. These strategies, drawn from evidence-based approaches such as mindfulness and CBT, will help them to build the ability to bounce back when things go wrong. These 20 clearly presented sessions will help build self-esteem, empathy & assertiveness, develop stress management and problem-solving skills and a reflective approach.

224pp



Ages 9-14

Bouncing Back & Coping with Change
Ref 408-LHH £35.99

Resiliency Training Manual

How to develop a positive attitude

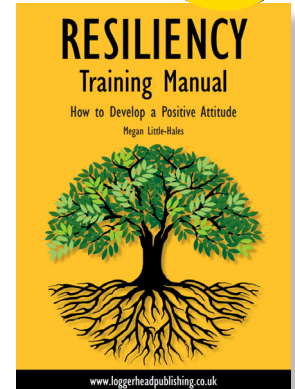
By Megan Little-Hales

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
- Concentration • Organisation
- Memory • Responsibility

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

A4, 194 pages



Ages 11-18

Resiliency Training Manual
Ref 317-LHH £45.00

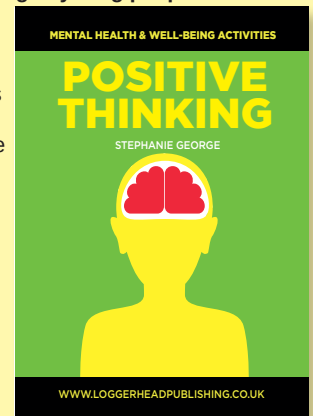
Positive Thinking

Activities to encourage positive thinking in young people

By Stephanie George

Not before time we are now seeing 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 young people in schools. The activities include:

- How I know what I know
- I think, I see, I feel
- Now you see it, now you don't
- Are you talking to me?
- The Positive thinking matrix



Ages 11-18

Positive Thinking
Ref 301-LHH £37.99

Resilience Coping Strategies

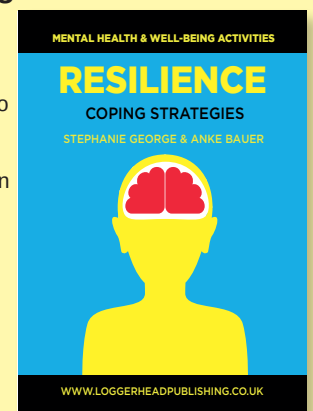
Activities focusing on resilience in young people

By Stephanie George & Anke Bauer

A valuable source of practical activities to help educational practitioners including:

- Early help assessment tools
- Identifying a mental health need • When to act and how • What is happening to me? • Friend or foe?
- One, two, three, is this me? • I'm not lost, I am re-routing • Action plans
- Assessment matrices • Ways to help contextualise student experiences
- Signposting tools

A4, photocopyable



Ages 11-18

Resilience Coping Strategies
Ref 231-LHH £37.99



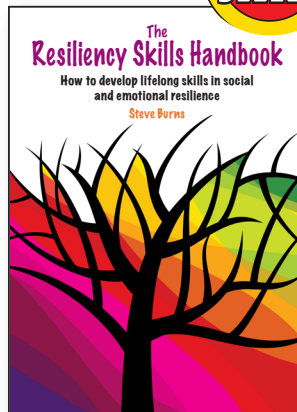
BUY BOTH WORKBOOKS AT A SAVING
Ref: 376-LHH £68.95

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 activities 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. Includes exercises, stories, games and puzzles suitable for either one-off lessons, looking at specific issues, or can be delivered as a series of developmental sessions which can also be adapted for accreditation. 132 pages with 128 page downloadable activity manual.



**BEST
SELLER**

**Ages
11-18**

The Resiliency Skills Handbook
Ref 180-LHH £45.00

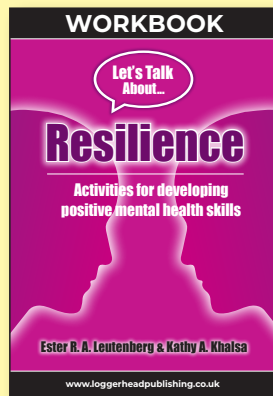
Let's Talk About Resilience Workbook

A reproducible activity workbook for developing positive mental health skills

By Ester R. A. Leutenberg & Kathy 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



**Ages
11-18**

Let's Talk About Resilience Workbook
Ref 347-LHH £45.00

Let's Talk About Resilience Cards

50 cards to enable individuals to get through the tough times

By Ester R. A. Leutenberg & Kathy Khalsa

The five areas covered are:

- Relationships
 - Creativity
 - Humour
 - Insight
 - Hope, positivity and optimism
- 50 cards, booklet



**Ages
11-18**

Let's Talk About Resilience Cards
Ref 347-LHH £45.00

**VALUE
PACK**

**LET'S TALK ABOUT RESILIENCE
WORKBOOK AND CARDS SET OF 2**
Ref: 350-LHH £71.50*

Positive Thinking Activity Cards for Children & Young People

Develop positive thinking habits and build emotional resilience through user-friendly activities.

By Tina Rae

A range of user-friendly, practical ideas and strategies to promote and develop children's positive thinking skills. 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, instruction



NEW

**Ages
9-14**

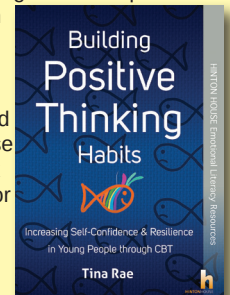
Building Positive Thinking Habits
Ref 481-LHH £29.99*

Building Positive Thinking Habits

Increasing Self-Confidence & Resilience in Young People

By Tina Rae

Support young people to develop effective thinking skills to improve mental health & wellbeing. Learn to engage with young people to develop their knowledge of key tools and strategies to promote positive thinking and self-esteem, and increase their sense of self-worth and achievement. These 15 structured and themed sessions, each with a warm up, case study, discussion points, activities and feedback will help young people to focus on what works for them rather than what has gone wrong or what they are not good at. 224pp



**Ages
9-14**

Building Positive Thinking Habits
Ref 409-LHH £35.99

**VALUE
PACK**

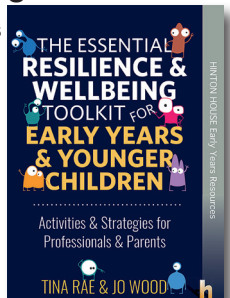
**BUY BOTH WORKBOOK AND
CARDS SET OF 2**
Ref: 483-LHH £59.99*

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

A 'must have' for all early years practitioners seeking to help young children to thrive.

By Tina Rae & Jo Wood

Supporting the mental well-being of younger children will enable them to thrive emotionally and socially, and learn to cope with life's adversities as they grow older. This huge range of easy-to-use activities are drawn from evidence-based approaches such as mindfulness and CBT. 202pp A4 paperback



**Ages
4-9**

**The Essential Resilience & Wellbeing Toolkit for Early
Years & Younger Children** Ref 459-LHH £35.99

Blob Resilience

Use the uniqueness of the Blobs to explore and enhance resilience

By Pip Wilson & Ian Long

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
- Self-confidence
- Relationships
- Dealing with conflicts
- Self-awareness



**All
Ages**

Blob Resilience
Ref 314-LHH £35.00*

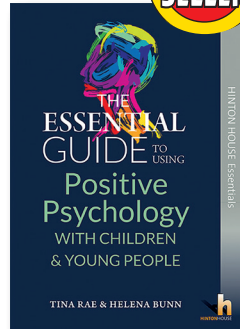
The Essential Guide to Using Positive Psychology with Children & Young People

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

By 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.

168pp A5 paperback



BEST SELLER

All Ages

The Essential Guide to Using Positive Psychology with Children & Young People Ref 450-LHH £22.50

Trauma and Stress Workbook

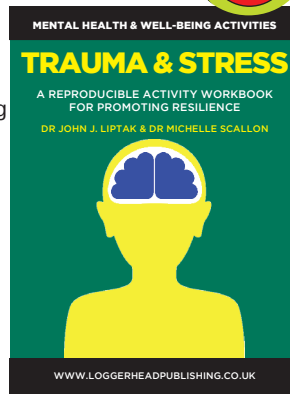
A reproducible activity workbook of strategies to develop resiliency and optimism

By John J. Liptak and Dr Michele Scallion

This ready-to-use workbook contains five separate chapters of activity-based handouts that will help participants learn more about themselves while overcoming traumatic stress, enhancing resiliency and building hope. Some examples of activities are:

- Master the art of motivation
- Set hope goals
- Create resilient relationships
- Take control of your life
- Harness your strengths

180 pages, A4, photocopiable,



NEW

Ages 11-18

Trauma and Stress Workbook Ref 372-LHH £45.00

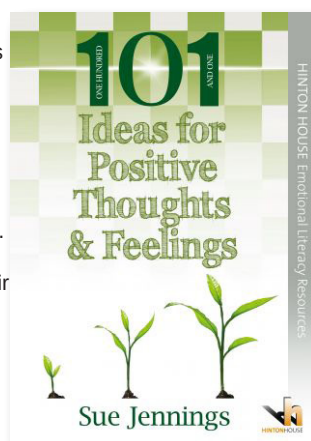
101 Activities for Positive Thoughts & Feelings

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

By 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.

204pp A4 paperback



All Ages

101 Activities for Positive Thoughts & Feelings Ref 403-LHH £35.99

Anxiety Workbook

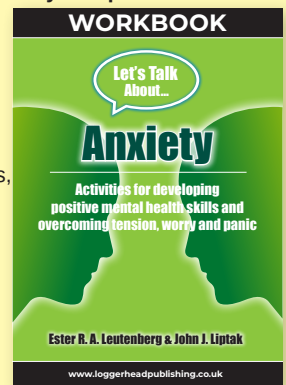
A reproducible activity workbook for developing positive mental health skills and overcoming tension, worry and panic

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

80 pages, A4, photocopiable



Ages 11-18

Let's Talk About Anxiety Workbook Ref 304-LHH £45.00

Let's Talk About Anxiety Discussion Cards

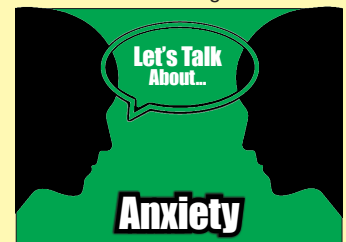
50 discussion cards to help deal with anxiety

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

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

50 cards, booklet



Ages 11-18

Let's Talk About Anxiety Discussion Cards Ref 236-LHH £35.00*

VALUE PACK

BUY BOTH WORKBOOK AND CARDS SET OF 2

Ref: 348-LHH £71.95*

Positive Affirmations Cards

50 powerfully positive affirmation cards to build bouncebackability

By Liz Morris

Use these affirmations to empower students to be resilient, confident, happy, positive, build up a better resistance to the challenges of life and acquire bouncebackability. Ideal for work with groups or individuals who would like to:

- Address their feelings of anxiety
- Improve their self-esteem and self-confidence
- Acquire a more positive mindset
- Understand that they can learn new things and make changes.



All Ages

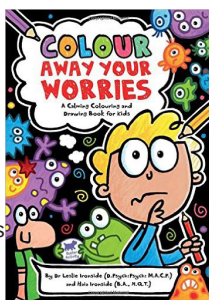
Positive Affirmations Cards Ref 312-LHH £29.95*

Colour Away your Worries

Help children and young people to reduce stress levels and relax through colouring, doodling & drawing

By Dr Leslie Ironside & Haia Ironside

The activities explore common sources of worries, the different feelings children have when they are worried and how to distinguish between things that it is OK to worry about and those times when our worries can get too big.



Ages 6-14

Colour Away your Worries
Ref 411-LHH £16.00

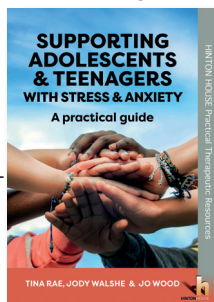
Supporting Adolescents & Teenagers with Stress & Anxiety

A practical guide to help teenagers develop positive strategies for coping with stress and anxiety

By 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.
192pp



Ages 6-14

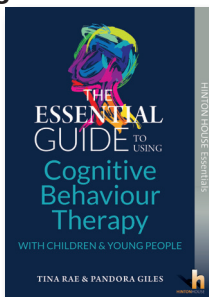
Supporting Adolescents & Teenagers with Stress & Anxiety
Ref 438-LHH £35.99

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.

By Tina Rae & Pandora Giles

Through the use of problem-solving skills young people can learn to reconsider negative assumptions and reframe their self-perception to improve their emotional well-being. Full of easy-to-use practical techniques and strategies.
200pp A5 paperback



All Ages

The Essential Guide to Using CBT with Children & Young People
Ref 455-LHH £22.50

Winston the Worried Whale Book & Cards

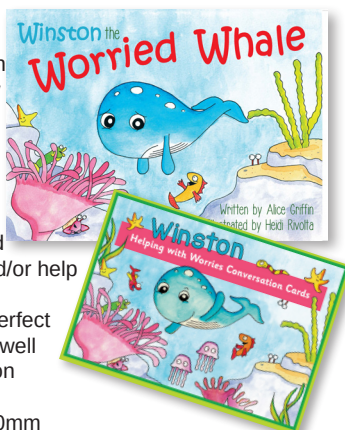
This captivating storybook and card set provides a fun way to approach the sensitive subject of worries with young children

Written by Alice Griffin, Illustrated by Heidi Rivolta

This imaginatively illustrated picture book takes young children on a journey through Winston's worries, in turn helping them to think about how they can work through their own. Each of the 30 discussion cards presents a different worry that will stimulate open conversation and encourage children to understand how it might feel to have a worry and how they can deal with their own and/or help others with theirs.

Teachers will find these resources perfect for capturing children's attention, as well as to stimulate valuable discussion on ways to manage worries.

A5, 20 pages. 30 cards, 90mm x 130mm



Ages 4-12

Winston the Worried Whale Book & Cards
Ref 316-LHH £36.50*

Activities to Help Young People Deal with Stress & Anxiety

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

By Stephanie George

This book offers a range of activities that include identification of stress, assessment, the impact of stress upon a young person, relaxation techniques and other ways that help learners to manage stress and anxiety.

The content covers:

- What is stress and anxiety
- Recognising stress and anxiety
- Managing stress and anxiety
- Moving forwards with coping.



Ages 10-18

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

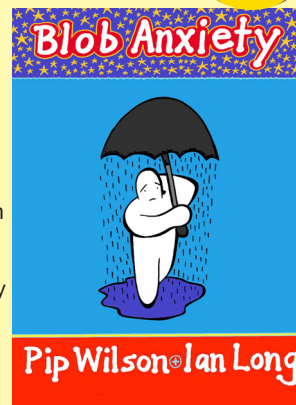
Blob Anxiety Book

Essential visual tools to help people discuss and manage their anxieties

By Pip Wilson & Ian Long

Feeling anxious is a normal human response, but there are times when these feelings overwhelm us. This book provides a number of visual discussion sheets and cards to help individuals, small groups and larger gatherings share their anxieties through using visual prompts and sensitive questioning. Themes covered include:

- What causes us to worry
- The anxiety cycle
- Physical signs of anxiety
- Breaking the cycle
- Self-harm
- Eating anxieties
- Paranoia
- What helps us to relax
- Calm



Ages 6-14

Blob Anxiety Book
Ref 242-LHH £35.00

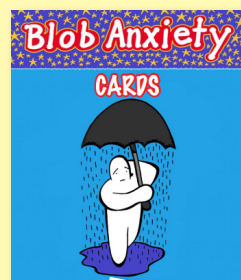
Blob Anxiety Cards

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?



Ages 6-14

Blob Anxiety Cards
Ref 411-LHH £16.00

VALUE PACK

BUY BOTH WORKBOOK AND CARDS SET OF 2

Ref: 319-LHH £59.50



**VALUE
PACK**



**BUY ALL 4 TINS TOGETHER AT A
SAVING**
Ref: 319-LHH £99.95

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

**Ages
10-12**

Little Tin of Transition Worries
Ref 1-320-LHH £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

**Ages
11-18**

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



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

**BEST
SELLER**



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

**All
Ages**

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

**BEST
SELLER**



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

**Ages
11-18**

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

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 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

76 pages, A4, photocopiable,

Ages 2-5

Mindfulness in Early Years

Ref 307-LHH £29.95

5 Minutes of Mindfulness Cards

40 short and fun mindfulness ideas for the early years

By Erica Douglas-Osborn

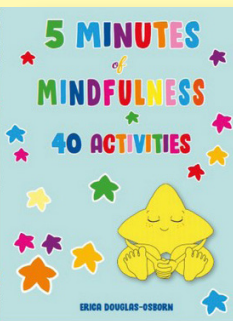
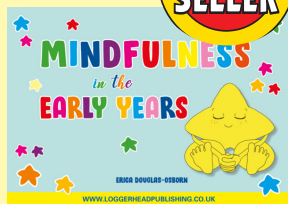
Designed for early years practitioners, these cards contain quick and easy mindfulness ideas, including breathing exercises, sensory activities and guided imagery that practitioners can add to their daily classroom routines. Ready to pick up and go, the cards can be used with a whole class, small group or with individual children. Activities include:

- Breathing exercises • Sensory activities • Guided imagery scripts • A mindfulness walk • Instructions for how to write your own mindfulness scripts.

Ages 2-5

5 Minutes of Mindfulness Cards

Ref 363-LHH £24.95*



BEST SELLER

Mindfulness in a Tin

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

By Juliet Firstbrook

Each card has a suggestion or strategy which helps to draw the reader's attention away from the clutter and troubles on their mind and into the 'now', to bring about calmness, aid focus and develop positivity.

One tin is aimed at children aged 5-11 and includes flowers and baby animals

on one side and on the reverse statements such as: • Squeeze your hands tightly and see if they tingle.

The tin for students aged 11-16 includes photographs of skyscapes and statements including: • Do you know what time it is? Time to look around and find something new to focus your attention on

Ages 5-11

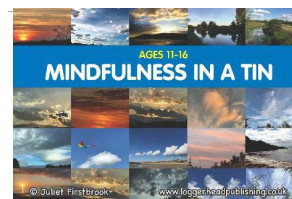
Mindfulness in a Tin 5-11

Ref 240-LHH £29.95*

Ages 11-18

Mindfulness in a Tin 11-18

Ref 241-LHH £29.95*



Mindfulness Activity Cards for Children and Teens

48 cards with practical ideas and strategies to promote and develop mindfulness skills

By Tina Rae & Jo Wood

A series of practical and user-friendly activities to use with young people. The activities are divided into four sections, each of which comprises ten cards aimed at developing key skills.

The four sections consist of: Mindful seeing & breathing, Mindful listening & smelling, Mindful doing, Mindful creating

All Ages

Mindfulness Activity Cards

Ref 422-LHH £24.95*



Mindfulness - How to Calm Your Class

Guided meditations and visualisations to relax busy little minds

By Juliet Firstbrook

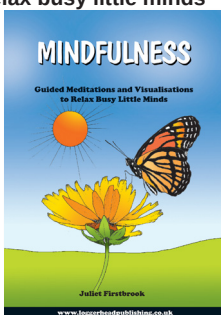
These meditations encourage children to stop and reflect in a relaxing and enjoyable way. There are 20 meditations on the theme of nature which take the listener to a place where they feel safe, happy and calm. The 20 themes include:

- Beach • Kingfisher • Butterfly • Campfire • Garden
- Each meditation has a follow-up activity and colouring picture. With a original piano compositions with soothing nature sounds in the background.

Ages 4-11

Mindfulness

Ref 058-LHH £29.95



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 Tree • Mindful Techniques • Making Our Day Mindful • Prioritising and Mindfulness • Qualities of Mindfulness • Blob Awakening • How Mindfulness Helps Resolve Conflict

86pp

Ages 4-11

Blob Mindfulness

Ref 318-LHH £35.00



Mindfulness Workbook

A reproducible activity workbook for developing positive mental health skills

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

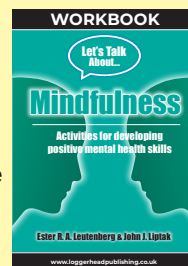
A ready-to-use workbook focusing on mindfulness with affirmations, assessments, drawing activities, journals, quotations, case studies, topics to debate and so much more!

80 pages, A4, photocopiable

Ages 11-18

Mindfulness Workbook

Ref 306-LHH £45.00



Let's Talk About Mindfulness Discussion Cards

50 discussion cards to help implement mindfulness

By Ester R A Leutenberg & John J Liptak

These discussion cards explore the five areas outlined in the companion workbook to encourage reflection leading to insight and modification of thoughts, feelings and actions.

50 cards, booklet

Ages 11-18

Mindfulness Discussion Cards

Ref 237-LHH £35.00*



VALUE PACK

BUY BOTH WORKBOOK AND CARDS TOGETHER

Ref: 320-LHH £71.95*

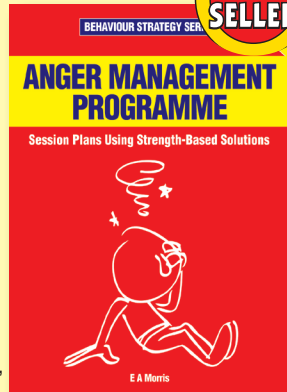
Anger Management Programme

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

By E A Morris

Ten session plans covering every aspect of running an anger management programme. Students will learn the skills of:

- Self-awareness • Self-management
 - Impulse control • Active listening
 - Empathy • Understanding of non-verbal cues • Conflict resolution • Mediation
- 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.



Ages 11-18

Anger Management Programme
Ref 036-LHH £42.50

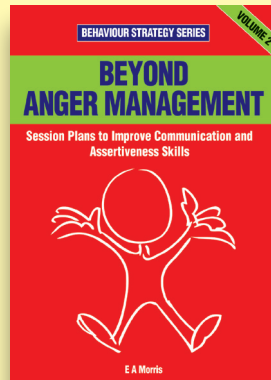
Beyond Anger Management

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 • 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. Includes photocopyable student and teacher sheets.



Ages 11-18

Beyond Anger Management
Ref 045-LHH £42.50

VALUE PACK

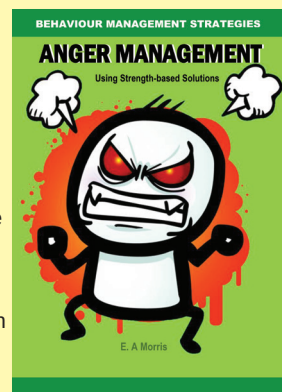
BUY BOTH WORKBOOKS TOGETHER
Ref: 070-LHH £80.75

Anger Management

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.



Ages 5-11

Anger Management
Ref 043-LHH £42.50

VALUE PACK

BUY BOTH WORKBOOKS TOGETHER
Ref: 053-LHH £80.75

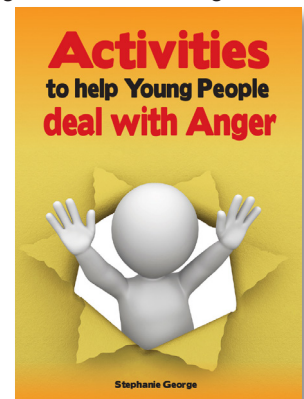
Activities to Help Young People Deal with Anger

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



Ages 11-18

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

The Anger Management Toolkit

Understanding & Transforming Anger in Children & Young People

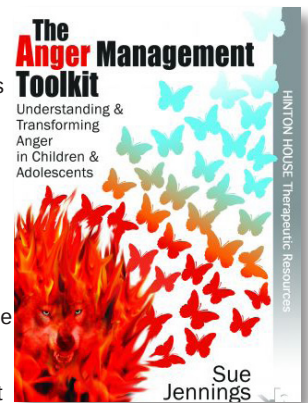
By Sue Jennings

Creative activities to help understand & manage feelings of anger.

Young people often express themselves through anger, in sudden outbursts with little pause for thought and out of proportion to the trigger.

This innovative toolkit suggests alternative responses and ways of understanding the underlying causes, with ideas that can be adapted for individuals or groups.

With age-appropriate methods the theme of the Wolf is used to help understand and respond to feelings. Wolves have many facets: they can be very angry but also very nurturing; loners as well as protective of others.



All Ages

The Anger Management Toolkit
Ref 449-LHH £35.99

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.



Ages 5-11

Moving on from Anger
Ref 049-LHH £42.50

Helping Teenagers with Anger & Low Self-Esteem

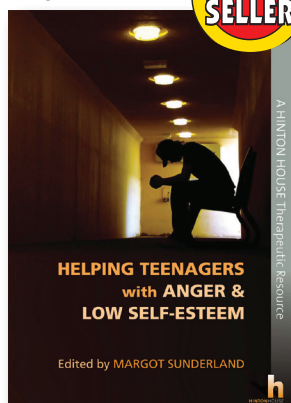
Look beyond angry behaviour and find ways to reach defensive teenagers.

Edited by Margot Sunderland

When teens are clearly troubled, this book can help. If feelings of rejection, anxiety and low self-esteem overwhelm, they may withdraw or vent their anger through anti-social behaviour.

A vital resource for professionals and parents who seek to help teens who struggle with anger and feelings of alienation.

232pp



**Ages
11-18**

Helping Teenagers with Anger & Low Self-Esteem Ref 417-LHH £35.99

Anger and Aggression Discussion Cards

Cards acknowledging that 'it's good to talk'

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

The five areas covered are:

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

50 cards, booklet



**Ages
11-18**

**Anger and Aggression Discussion Cards
Ref 234-LHH £35.00***

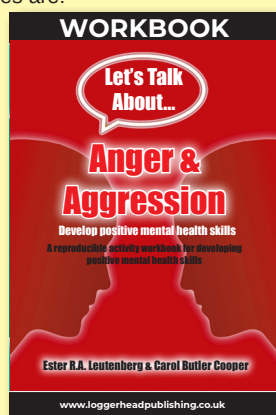
Anger and Aggression Workbook

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! Covering five essential areas, some examples of activities are:

- **Anger awareness:**
What fuels your anger?
- **Anger thinking:**
Aggression or self-protection?
- **Anger triggers:**
Anger intensity varies; Love, trust, power;
Re-think!
- **Assertive communication:**
Communication: Angry or respectful?
- **Managing aggression:**
Your lifestyle can lessen aggression



**Ages
11-18**

**Anger and Aggression Workbook
Ref 361-LHH £45.00**

**VALUE
PACK**

**BUY BOTH WORKBOOK AND CARDS
TOGETHER
Ref: 352-LHH £71.95***

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.



**All
Ages**

**3 Steps to Anger Management 5 Posters
Ref 090-LHH £24.99***

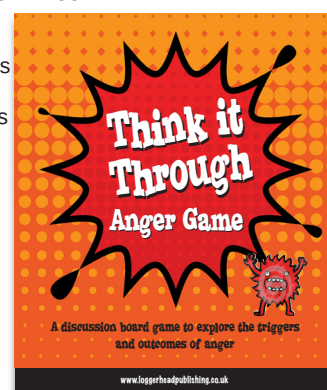
Think it Through Anger Game

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.



**Ages
10-14**

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

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

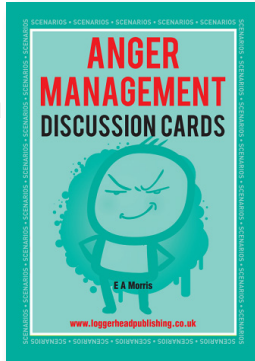
Choose from more than 40 scenarios to allow young people to open up about situations that are likely to make them angry. Users pick a card and discuss that scenario, either one to one or in small groups. The facilitator can turn the conversation onto the user's beliefs and values that are being challenged 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

- Contains background information, notes for facilitators, and an anger questionnaire, communication assessment form and inventory all ready to print out.

42 cards 90 x 130mm



Ages 9-11 Anger Management Discussion Cards Primary
Ref 063-LHH £29.95*



Ages 11-18 Anger Management Discussion Cards Secondary
Ref 044-LHH £29.95*

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



Ages 11-18 Conflict Resolution Discussion Cards
Ref 197-LHH £29.95*

Anger Management Games

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

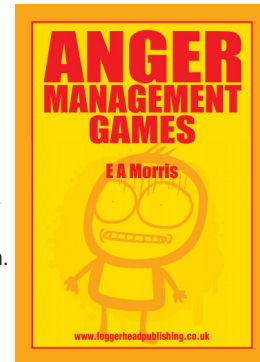
By E A Morris

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:

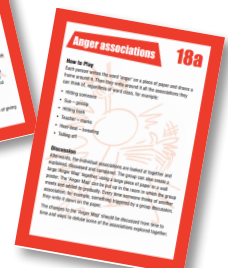
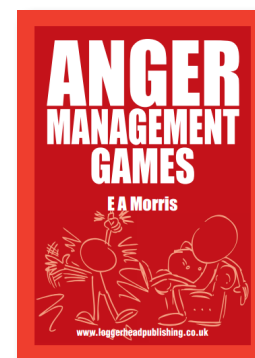
- Essential games for any anger management programme
- A chance to show how we pay attention and learn to behave
- The opportunity to promote positive relationships

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 90mm.



Ages 7-11 Anger Management Games Cards Primary
Ref 054-LHH £29.95*



Ages 11-18 Anger Management Games Cards Secondary
Ref 050-LHH £29.95*

Anger Control Cards

Cards to help manage anger in a helpful way

By Betty Rudd

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.

40 cards, 90 x 130mm, booklet, storage tin



Ages 11-18 Anger Control Cards
Ref 245-LHH £29.95*

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 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.



Ages
5-11

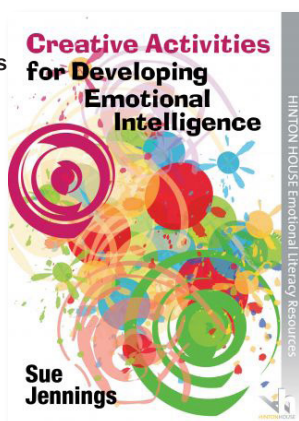
Blob Kindness
Ref 334-LHH £35.00

Creative Activities for Developing Emotional Intelligence

Arts & drama activities to help young people understand & express their emotions.

By Sue Jennings

This resource is full of creative activities and worksheets using art, journaling, drama, puppetry and storytelling to help young people to explore their emotions and learn new ways to manage and express them. The activities are flexible and require no previous experience, so are easy to implement with little preparation or equipment.

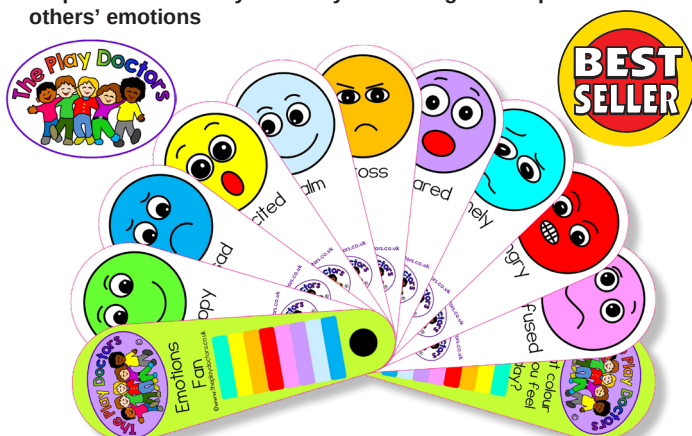


All Ages

Creative Activities for Developing Emotional Intelligence
Ref 413-LHH £35.99

Emotions Face Fan

Help children identify how they are feeling and empathise with others' emotions



Used as a visual aid for children who have communication difficulties or with English as a Foreign language, this single 10 petal fan has colourful emotion faces representing a variety of emotions. Colours also represent emotions: 'seeing red' or 'feeling blue'. Fans are double laminated for extra strength and are 125mm tall by 45mm at their widest point.

Ages
4-12

Emotions Face Fan
Set of 6 Ref 1206-10-LHH £34.95*

SLOW Your System

A body sensation focused method of self-regulation

By Janette Richelia

The SLOW Your System approach is a body sensation focused method of self-regulation. Self-regulation is a life skill including the ability to control emotions, interact positively with others and demonstrate appropriate behaviour. Help students learn to recognise the body sensations they are experiencing and then try out strategies aimed at regulating those sensations. The areas covered by the activities include: The five areas covered are:

- All about emotions • What are my triggers?
- Body sensations • Body scan self-reflection
- Slow your thoughts • Slow your heart
- Slow your breath • Slow your stomach
- Slow your muscles • Slow your skin sensations

Each activity includes a script that acts as a guide for the facilitator and will prompt conversation.

50 pages, A4, photocopyable

NEW



Ages
5-11

SLOW Your System
Ref 340-LHH £29.95

Bumper Blob Education Collection

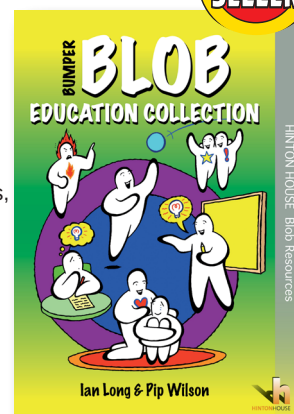
The engaging, much-loved Blob characters promote communication & help children discuss feelings & emotions.

By Ian Long & Pip Wilson

This exciting collection is packed with new material. It features numerous topical and thought-provoking scenarios, including Wet Play Day and The Inspection, student cards, Blob Tree sheets and a range of visual, emotional intelligence materials. Each image can be used as a short discussion starter or as the basis for a whole lesson.

158pp

BEST SELLER



All Ages

Bumper Blob Education Collection
Ref 410-LHH £35.99

Blob Colouring Book

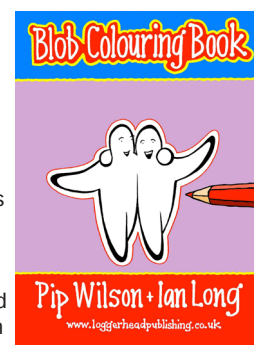
Experience the Blobs as never before – highlight feelings, annotate and reflect upon life as you colour them in.

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. Each section focuses upon images with a set of questions to use, if you wish to be directed, or simply enjoy colouring in each illustration. The topics are wide ranging and allow everyone the opportunity to pause, reflect and consider aspects of their life – both where we may be now, and where we would like to move towards. Sections include:

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

A4, 94 pages, photocopyable



Ages
4-12

Blob Colouring Book
Ref 335-LHH £35.00

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
- 96 pages, A4, photocopiable



Ages 11-18

Blob Depression
Ref 308-LHH £35.00

Blob Depression Cards

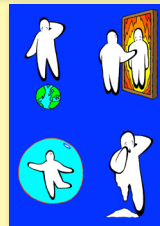
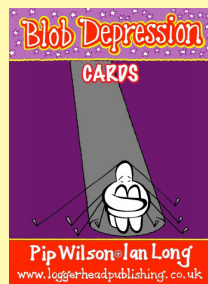
52 cards to help talk about depression

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?

52 cards 90 x 130mm, booklet, tin



Ages 11-18

Blob Depression Cards
Ref 309-LHH £29.95*

VALUE PACK

BUY BOTH WORKBOOK AND CARDS TOGETHER
Ref: 321-LHH £66.40*

Which Blob Do You Feel Like Today? Flash 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



All Ages

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

VALUE PACK

BUY 5 POSTERS AND CARDS TOGETHER Ref: 354-LHH £49.95*

Blob Tree Posters

Four unique posters to help children talk about feelings

By Pip Wilson & Ian Long

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.

4 posters, A3 (30.5 x 42.5cm),



All Ages

Blob Tree Posters
Ref 215-LHH £24.95*

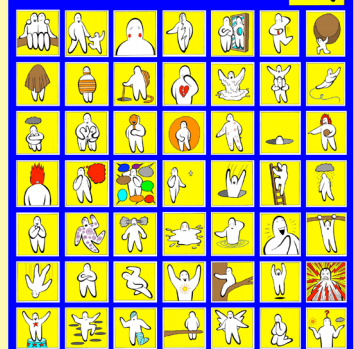
Which Blob Do You Feel Like Today? Posters

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.

Which Blob Do You Feel Like Today?



All Ages

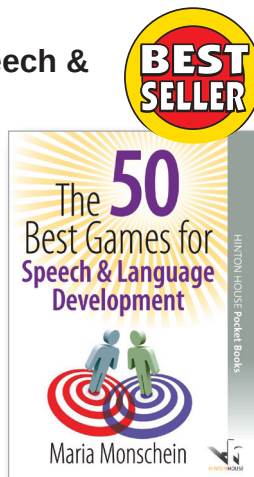
Which Blob Do You Feel Like Today? Posters
Set of 5 Ref 246-LHH £26.95*

The 50 Best Games for Speech & Language Development

Handy pocket books full of easy to use activities!

By Maria Monschein

A handy pocket book of tried-and-tested activities for developing language skills. 64pp A5 paperback



All Ages

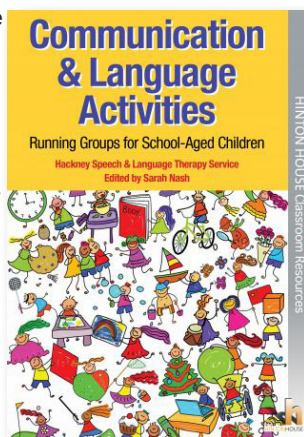
The 50 Best Games for Speech & Language Development Ref 447-LHH £13.99

Communication & Language Activities

Fun, structured activities for children with speech, language & communication needs

A comprehensive resource for anyone working with children with speech, language & communication needs. Provides background information, fun activities and games, and all the basics you need to run effective communication groups in mainstream and SEN settings, as well as ideas for the home.

234pp A4 paperback



Ages 4-14

Communication & Language Activities Ref 412-LHH £35.99

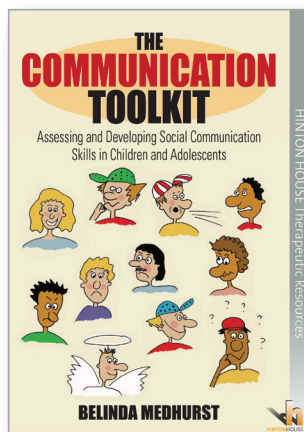
The Communication Toolkit

Assessing & Developing Social Communication Skills in Children & Adolescents

Belinda Medhurst

A practical collection of user-friendly resources for use with young people aged 8 to 16 who have social and communication difficulties.

The accessible worksheets cover subjects such as self-concept & self-esteem, body language & facial expressions, awareness of self and others, relationship skills, conversational & listening skills, feeling safe and staying in control. 206pp A4 paperback



Ages 8-16

The Communication Toolkit Ref 453-LHH £35.99

Social Skills Role Play Cards

A fun way to help young people to develop deeper social understanding.

By Sue Jennings & Sarah Miles

Facial Expressions & Body Language

Cover the basics of communication with facial expressions, body parts and whole body posture. Clear, one sentence scenarios start by eliciting basic emotions and expressions e.g., Happy, Sad, Angry, Excited, Scared, before moving on to more complex whole body postures and movements. 48 cards, instructions



Ages 4-12

Facial Expressions & Body Language Ref 434-LHH £29.99*

Social Situations for Children

Many young people struggle to develop friendships as they are unable to use or misinterpret cues. These fun role-play scenarios enable young people to practice and reinforce both verbal and non-verbal cues in simple scenarios and build on these with more complex interactions in social situations. Use at school, home or in therapy, with individuals or small and whole groups. 48 cards, instructions



Ages 4-12

Social Situations for Children Ref 435-HH £29.99*

Social Situations for Teens

These fun role-play scenarios enable young people to practice and reinforce both verbal and non-verbal cues in simple scenarios and build on these with more complex interactions in social situations. With scenarios aimed at teenagers these role-play cards will help with the social interactions that teenagers encounter and which can often prove difficult to negotiate. 48 cards, instructions



Ages 13-18

Social Situations for Teens Ref 436-HH £29.99*

How's My World? Feelings & Emotions Cards

A unique way to initiate discussion about thoughts, feelings and emotions.

Helen Rogerson

The scenarios depicted on the cards reflect both positive and negative situations, some of which may be difficult to approach in other ways. 40 cards, instructions •



Ages 11-18

How's My World? Feelings & Emotions Cards Ref 418-LHH £29.99*

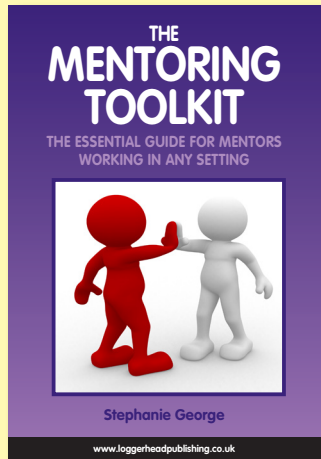
The Mentoring Toolkit

The essential guide for mentors working in any setting

By **Stephanie George**

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
- A4, 112 pages, photocopiable



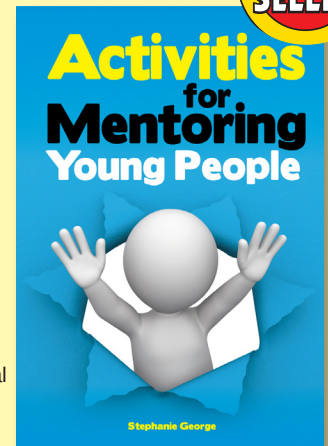
Activities for Mentoring Young People

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:

- Planning the Journey
 - Initial Self-Assessment
 - Target Setting and Action Planning
 - Improving Attendance
 - Conflict – What it is and How to Deal with it
 - A Place to Study
- A4, 92 pages, photocopiable



BEST SELLER

“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

Ages 11-18

The Mentoring Toolkit
Ref 191-LHH £39.95

Ages 11-18

Activities for Mentoring Young People
Ref 062-LHH £37.99

VALUE PACK

BUY BOTH WORKBOOKS TOGETHER

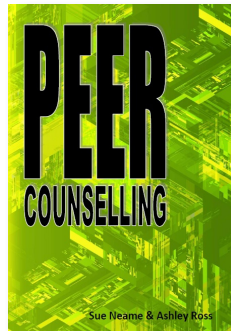
Ref: 212-LHH £73.00

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 Counselling
Ref 357-LHH £32.50

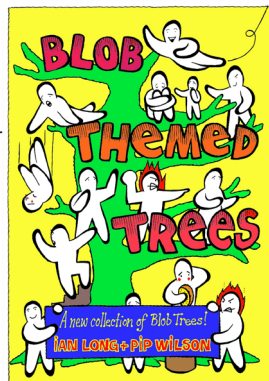
Blob Themed Trees

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.
- 108 pages, A4, photocopiable



Ages 11-18

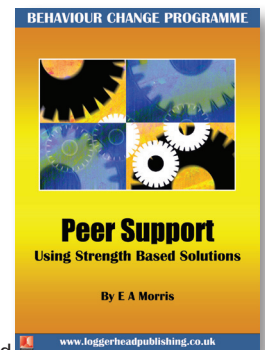
Blob Themed Trees
Ref 243-LHH £35.00

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. 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 Support
Ref 358-LHH £32.50

Positive Affirmations Cards

50 powerfully positive affirmation cards to build bouncebackability

By **E A Morris**

Use these affirmations to empower students to be resilient, confident, happy, positive, build up a better resistance to the challenges of life and acquire bouncebackability. Ideal for work with groups or individuals who would like to:

- Address their feelings of anxiety
- Improve their self-esteem and self-confidence
- Acquire a more positive mindset
- Understand that they can learn new things and make changes.



All Ages

Positive Affirmations Cards
Ref 312-LHH £32.50*

Body Image Programme

Activities to develop positive and confident girls

By Nikki Giant

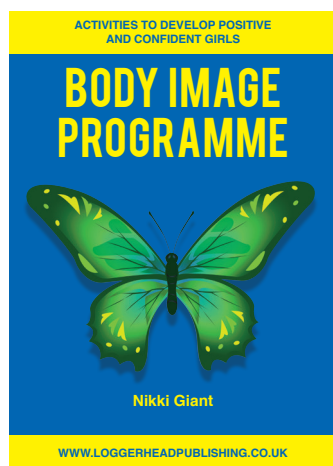
Organised into structured weekly sessions this comprehensive programme includes a range of interactive and hands-on activities exploring the key themes of:

- Self-Image
- Media Literacy
- Healthy Living
- Identity
- Sex and Relationships
- 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.

A4, 170 pages, photocopiable.



**Ages
7-14**

Body Image Programme
Ref 210-LHH £45.00

Games for Building Self-Esteem Cards

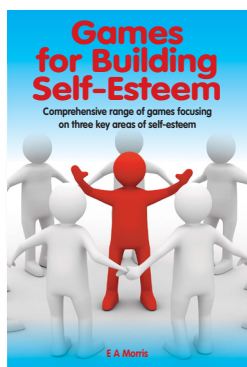
Comprehensive range of games focusing on three key areas of self-esteem

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**

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

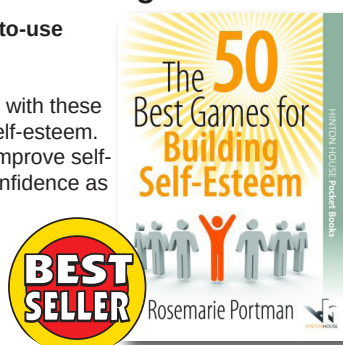
The 50 Best Games for Building Self-Esteem

Handy pocket book full of easy-to-use activities!

By Rosemarie Portman

Help create self-confident children with these games for building strength and self-esteem. This selection of games will help improve self-awareness, assertiveness, and confidence as well as respect for others.

65pp A5 paperback



**All
Ages**

The 50 Best Games for Building Self-Esteem
Ref 442-LHH £15.99

Assessing and Developing Self-Esteem

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

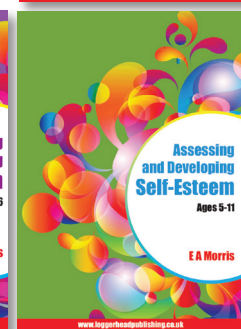
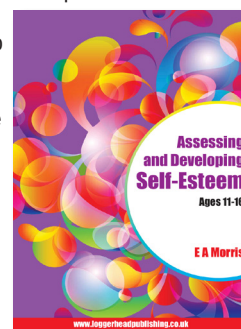
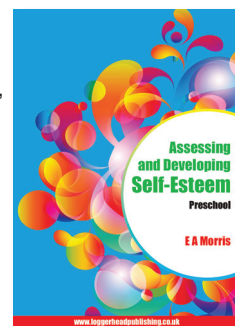
By E A Morris

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



**Ages
2-5**

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

**Ages
5-11**

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

**Ages
11-16**

Assessing and Developing Self-Esteem Ages 11-16
Ref 095-LHH £42.50

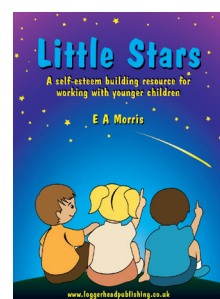
Little Stars

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
- Improving their friendship-making skills



**Ages
4-7**

Little Stars
Ref 092-LHH £27.50

Talking About Self-Esteem

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

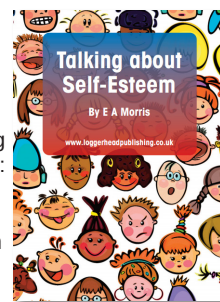
By E A Morris

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. 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**

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



**Ages
11-18**

Let's Talk About Discussion Cards and Workbooks Series

Written by a team of best-selling authors, the card sets and workbooks 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 nine specific areas: resilience, mindfulness, anxiety, anger & aggression, social skills, problem solving, conflict, loss & grief and life skills. Each resource covers five carefully chosen topics, with ten thought-provoking questions per topic.

Each card pack has 50 cards and instructions booklet. Workbooks contain approximately 90 pages.

Resilience

By Ester R. A. Leutenberg & Kathy Khalsa

The five areas covered are:

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



Let's Talk About Resilience Discussion Cards

Ref 235-LHH £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



Let's Talk About Problem Solving Discussion Cards

Ref 236-LHH £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



Let's Talk About Mindfulness Discussion Cards

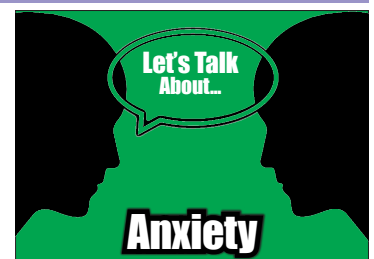
Ref 237-LHH £35.00*

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



Let's Talk About Anxiety Discussion Cards

Ref 238-LHH £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



Let's Talk About Anger & Aggression Discussion Cards

Ref 234-LHH £35.00*

Social Skills

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

The five areas covered are:

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



Let's Talk About Social Skills Discussion Cards

Ref 233-LHH £35.00*

Life Skills

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

- Self
- Health
- Social
- Education
- Career



Let's Talk About Life Skills Discussion Cards

Ref 303-LHH £35.00*

Conflict

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

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



Let's Talk About Conflict Discussion Cards

Ref 305-LHH £35.00*

Loss & Grief

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

The five areas covered are:

- Coping with grief
- Engaging in mindful self-care
- Mourning loss
- Finding meaning from my loss
- Move forward



Let's Talk About Loss & Grief Discussion Cards

Ref 329-LHH £35.00*



**BUY ALL 9 LET'S TALK ABOUT
DISCUSSION CARDS PACKS
TOGETHER**

Ref: 212-LHH £279.99*

Resilience

By Ester R. A. Leutenberg & Kathy Khalsa

The five areas covered are:

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



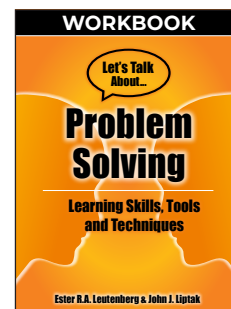
Let's Talk About Resilience Workbook
Ref 347-LHH £45.00

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



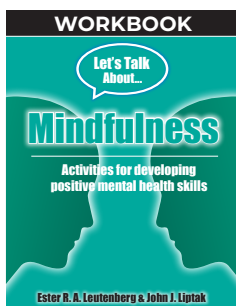
Let's Talk About Problem Solving Workbook
Ref 346-LHH £45.00

Mindfulness

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

The five areas covered are:

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



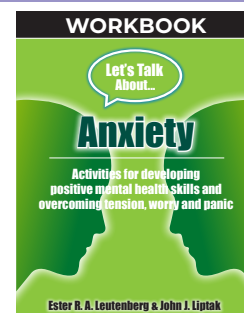
Let's Talk About Mindfulness Workbook
Ref 306-LHH £45.00

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



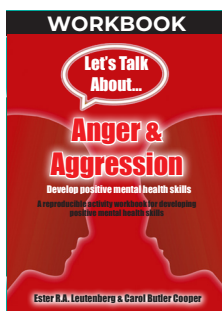
Let's Talk About Anxiety Workbook
Ref 304-LHH £45.00

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



Let's Talk About Anger & Aggression Workbook
Ref 359-LHH £45.00

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



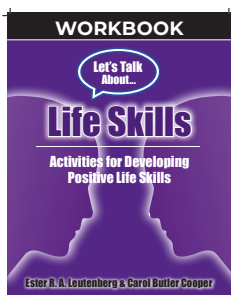
Let's Talk About Social Skills Workbook
Ref 358-LHH £45.00

Life Skills

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

- Self
- Health
- Social
- Education
- Career



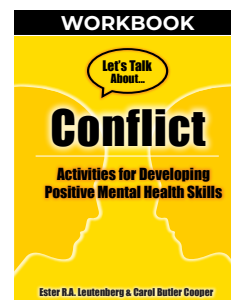
Let's Talk About Life Skills Workbook
Ref 356-LHH £45.00

Conflict

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

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



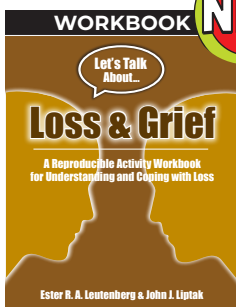
Let's Talk About Conflict Workbook
Ref 305-LHH £45.00

Loss & Grief

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

The five areas covered are:

- Coping with grief
- Engaging in mindful self-care
- Mourning loss
- Finding meaning from my loss
- Move forward



Let's Talk About Loss & Grief Workbook
Ref 375-LHH £45.00



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WORKBOOKS TOGETHER**
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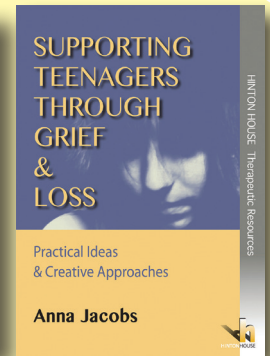
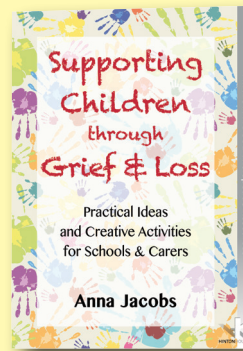


Supporting Children and Teenagers through Grief & Loss

Practical Ideas and Creative Approaches

By 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.



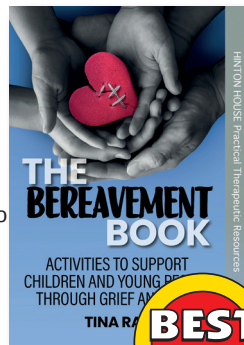
Ages 5-11 Supporting Children through Grief & Loss Ref 439-LHH £35.99

The Bereavement Book

Activities to support children & young people through grief & loss

By 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. 232pp



BEST SELLER

All Ages The Bereavement Book Ref 452-LHH £35.99

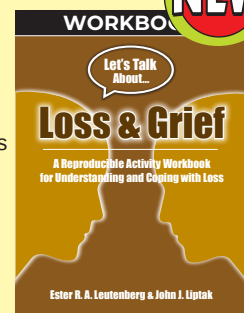
Loss & Grief Workbook

A reproducible activity workbook for understanding and coping with loss

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

This ready-to-use workbook covers five areas concerning loss and grief:

- Coping with grief
- Engaging in mindful self-care
- Mourning loss
- Finding meaning from my loss
- Move forward



NEW

Ages 11-18 Loss & Grief Workbook Ref 375-LHH £45.00

Loss & Grief Discussion Cards

50 discussion cards to help deal with loss and grief

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

The discussions generated with these cards will help users to: understand grief and the grieving process; practise mindful self-care; accept the reality of the loss; hold onto the memories of their loss while at the same time moving forward with their life, and so much more. 50 cards, booklet



NEW

Ages 11-18 Loss & Grief Discussion Cards Ref 329-LHH £35.00*

VALUE PACK

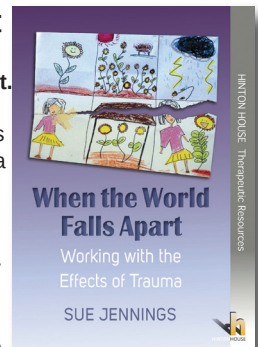
BUY BOTH WORKBOOK AND CARDS TOGETHER
Ref: 377-LHH £66.40*

When the World Falls Apart

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

By 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.



Ages 4-16 When the World Falls Apart Ref 468-LHH £35.99

Blob Loss Book

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



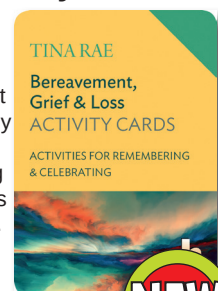
All Ages Blob Loss Book Ref 244-LHH £35.99

Bereavement, Grief & Loss Activity Cards

Activities for Remembering & Celebrating

By 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



NEW

All Ages Bereavement, Grief & Loss Activity Cards Ref 482-LHH £29.99*

Working with Children & Young People who Self-Harm

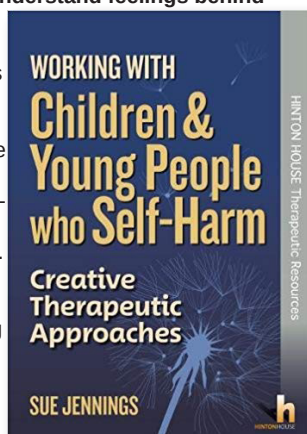
Help young people to explore and understand feelings behind self-harming behaviour.

By Sue Jennings

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

Deals with feelings experienced in self-harm, e.g., guilt, fear, loneliness, lack of self-worth and negative body image. Takes a mindfulness and positive communication approach of 'How I am feeling' rather than 'Why are you doing this?'.

Ideal for parents, therapists and teachers alike.



Ages 11-18

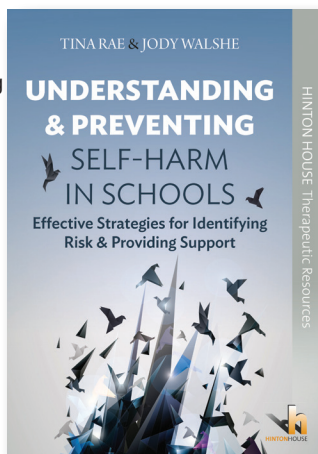
Working with Children & Young People who Self-Harm Ref 471-LHH £35.99

Understanding & Preventing Self-Harm in Schools

Effective Strategies for Identifying Risk & Providing Support

By 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. 224pp



Ages 11-18

Understanding & Preventing Self-Harm in Schools Ref 465-LHH £35.99

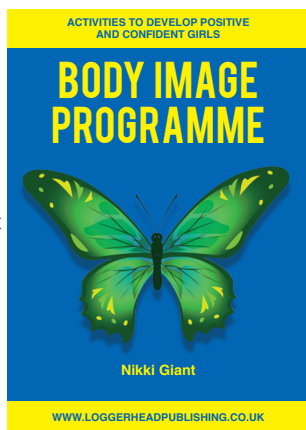
Body Image Programme

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 – body perception, physical and emotional well-Being
- Media Literacy – including media messages, becoming body confident and media savvy
- Healthy Living – including moving our bodies, healthy eating and nutrition, healthy mind, nurturing our bodies
- Identity – including exploring and celebrating our uniqueness, style, fashion and image messages, inner beauty
- Body Celebration and Self-Love – including positive affirmations, self-care techniques, celebrating body confidence



Ages 7-13

Understanding & Preventing Self-Harm in Schools Ref 465-LHH £35.99

Blob Addiction & Recovery

A series of discussion sheets to stimulate conversations to help those wrestling addictions to alcohol, drugs and other addictions.

By Pip Wilson and Ian Long

Through a series of creative sheets based upon many of the internationally recognised recovery programmes, the Blobs provide a visual starting point for those on the seemingly endless cycle of addiction.

Contents include:

- Recognising addiction
- Powerlessness to resist
- The need for support
- Rehab
- the 12 Steps
- Mood swings
- Establishing new patterns



Ages 11-18

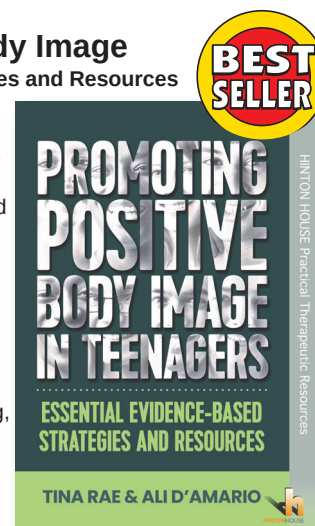
Blob Addiction & Recovery Ref 378-LHH £32.50

Promoting Positive Body Image

Essential Evidence-Based Strategies and Resources

By 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. 148pp



Ages 11-18

Promoting Positive Body Image Ref 429-LHH £35.99

Positive Body Image Activity Cards

Building Confidence & Self-Esteem in Children & Young People

By Tina Rae

Promote and develop body image through easy-to-use activities. These cards present a range of user-friendly practical ideas and strategies to promote and develop children's body image. 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



Ages 5-11

Positive Body Image Activity Cards Ref 481-LHH £29.99*

Blob Relationships

Use Blobs as an innovative way to discuss relationships

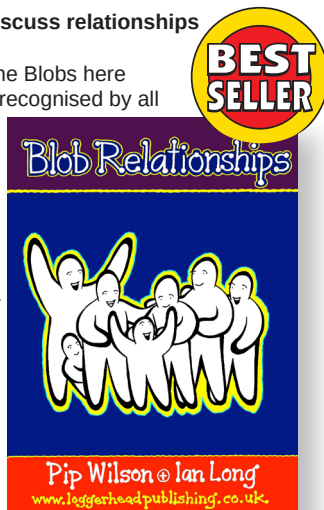
By Pip Wilson & Ian Long

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

80 pages, A4, photocopiable



Ages 5-11

Blob Relationships
Ref 311-LHH £35.00

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

Friendship Skills
Ref 102-LHH £29.95*

Working with Attachment Difficulties

A creative approach to addressing social and emotional difficulties in schools.

By 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.

in School-Aged Children

192pp A4 paperback

Ages 6-11

Working with Attachment Difficulties in School-Aged Children
Ref 469-LHH £35.99

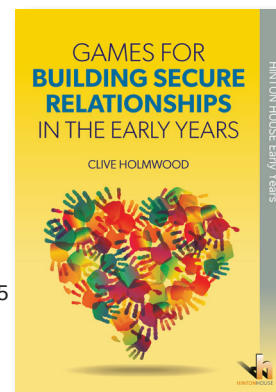
Games for Building Secure Relationships in the Early Years

Monthly activities from birth to six years

By Clive Holmwood

Seventy-two playful games & activities, one per month of life, for play therapists, reception & nursery staff, childminders & parents. For ease of reference, each activity is organised chronologically, one per month of life, from birth to six years of age. The activities, each spanning a double-page, are further arranged into three main sections, which correlate directly to the three key developmental stages of young children.

192pp A4 paperback • 978-1-912112-97-5



Ages 0-6

Games for Building Secure Relationships in the Early Years
Ref 416-LHH £35.99

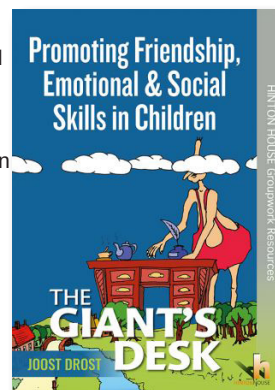
Promoting Friendship, Emotional & Social Skills in Children – The Giant's Desk

An innovative resource to help young children develop emotional & friendship skills.

By Joost Drost

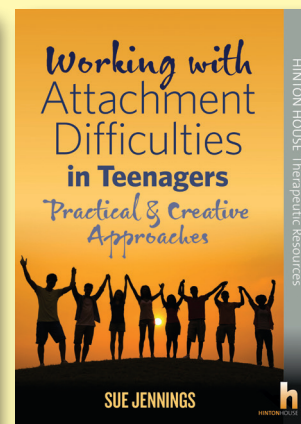
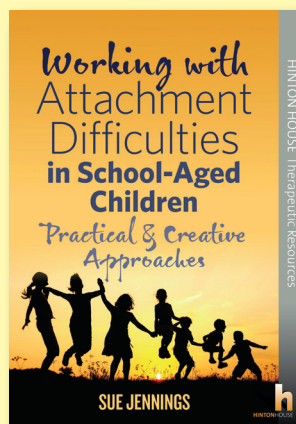
Every chapter of this appealing illustrated story contains themed activities, from simple worksheets and drawing, to discussion, role-play and quizzes, which will encourage children, individually and in groups, to think about the emotions and skills that play a role in friendships. With a basis in cognitive behavioural theory, children will learn skills to help them listen, talk, trust and explore the links between emotions, thoughts and behaviour, and increase empathy and self-awareness.

276pp A4 paperback



Ages 6-13

Promoting Friendship, Emotional & Social Skills in Children
Ref 428-LHH £35.99



for Teenagers

192pp A4 paperback

Ages 12-18

Working with Attachment Difficulties in Teenagers
Ref 470-LHH £35.99

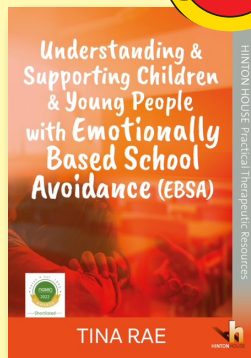
Understanding & Supporting Children & Young People with Emotionally Based School Avoidance

Practical user-friendly resources providing an overview of EBSA & strategies to support a planned return to school.

By Tina Rae

This toolkit of resources will give confidence to anyone working with or looking after young people in understanding the basis for EBSA and will provide practical, helpful strategies that can be implemented by parents and school-based staff to support young people back into the learning environment.

128pp A4 paperback


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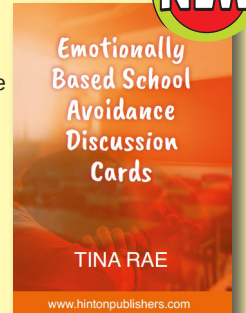
Emotionally Based School Avoidance (EBSA) Cards

60 user-friendly cards with practical ideas and strategies to promote and develop children's attendance

By Tina Rae

They will help to develop a range of self-help skills. These include how to remain self-regulated, manage stress and anxiety, become more organised and access appropriate support. Three sections with 20 cards each cover:

- Understanding feelings and worries
 - Building my skills
 - Positive transitioning
- 60 cards, instructions


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5-16**

Understanding & Supporting Children & Young People with EBSA Ref 466-LHH £35.99

**Ages
5-16**

Emotionally Based School Avoidance Cards Ref 485-LHH £29.99*

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Ref: 486-LHH £54.99*

The Behaviour Toolbag

The everyday stuff that makes a difference

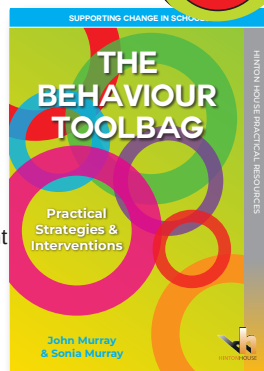
By John Murray & Sonia Murray

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
- Special educational needs
- Looking after the practitioner

220pp A4 paperback


NEW
**All
Ages**

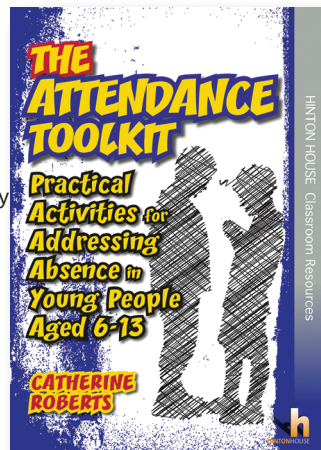
The Behaviour Toolbag Ref 480-LHH £35.99

The Attendance Toolkit

Tried & tested activities to uncover the core issues behind poor attendance in primary school.

By Catherine Roberts

Poor attendance is a way of life for some children, a way of coping for many and a genuine problem for others. Attendance levels can be affected by family issues, poor parenting, behavioural problems or by a specific factor in the classroom, and is linked with disaffection in many forms, as well as underachievement, problems with confidence and poor peer relations. Practical, creative activities will help gain an insight into the child's lifestyle and encourage and promote good attendance while helping children to understand the issues that they face. 192pp A4 paperback


**Ages
6-13**

The Attendance Toolkit Ref 451-LHH £35.99

Activities to Help Young People Deal with Bullying

This book is ideal for anyone working with young people who want to address bullying issues

By Stephanie George, Patricia St Louis, Jeba Begum & Jacqueline Morrison

This book of 56 activities will help professionals to work through bullying issues with young people and address the underlying causes. Each activity is laid out with an activity objective, an intended audience, activity instructions and how to end the activity. All of the activities have accompanying activity sheets. Most of the activities can be used discretely as stand-alone activities.

The activities cover the range of bullying behaviours that can be seen in educational settings including:

- Considering whether a student is exhibiting bullying behaviours
 - The role of the bystander and how those behaviours are contributory or not
 - The perception of bullying as a behaviour choice
 - The impact of bullying upon others.
- 74 pages, A4, photocopiable


**Ages
9-18**

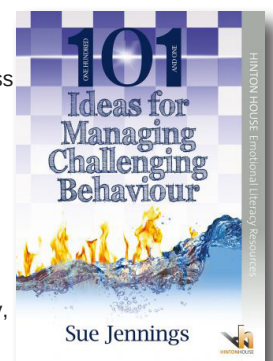
Activities to Help Young People Deal with Bullying Ref 105-LHH £37.99

101 Ideas for Managing Challenging Behaviour

Practical and creative ideas and activities for managing challenging behaviour in young people

By Sue Jennings

These practical activities and ideas help those working with young people to address issues of challenging behaviour ranging from low-level disruption to more extreme aggression. Background information includes definitions of challenging behaviour, emotional & behavioural difficulties; understanding challenging behaviour & strategies for coping. The activities will help young people through addressing issues of self-esteem, empathy, managing emotions and social skills. 182pp A4 paperback


**All
Ages**

101 Ideas for Managing Challenging Behaviour Ref 405-LHH £35.99

Mood Bands Set of 2

Help children tell you how they feel, turn them over to illustrate feelings such as 'It's all OK' or 'It's not OK'

These silicone wrist bands are coloured green on the outside and amber on the inside. Help children to understand if they are doing well by showing them the green side, or amber side to help them know they need to "wait" or "think" about what they are doing.

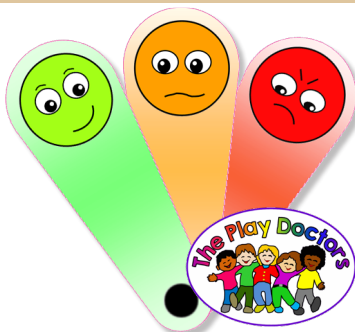


Ages
4-13

Mood Bands Set of 2
Ref 1529-2-LHH £4.50*

Traffic Light Emotions & Behaviour Fan

Help children identify their feelings, their level of confidence in a situation, their understanding of an activity or use as a behaviour action indicator



Ages
4-13

Traffic Light Emotions & Behaviour Fan
Ref 1660-1-LHH £4.99

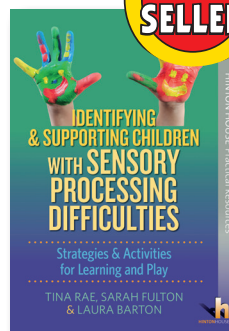
Identifying & Supporting Children & Young People with Sensory Processing Difficulties

Strategies & Activities for Learning and Play

By Tina Rae, Sarah Fulton & Laura Barton

Evidence-based resources to help develop effective support and meet sensory processing needs.

208pp A4 paperback + Powerpoint



BEST SELLER

Ages
6-18

Identifying & Supporting Sensory Processing Difficulties Ref 419-LHH £35.99

Multi-Sensory Activities for Fine Motor Skills

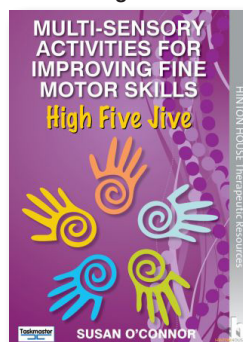
Good dexterity is vital in all areas of life, from dressing to handwriting and from turning pages to using a keyboard.

By Susan O'Connor

'High Five Jive' is an effective and integrated programme, designed to improve and develop:

Hand & finger strength, Manipulation & dexterity, Hand – eye coordination, Visual perception, Sequencing skills, Movement & coordination.

Ideal for use individually, in small or whole groups, and in mainstream or SEN settings. 164pp A4 paperback

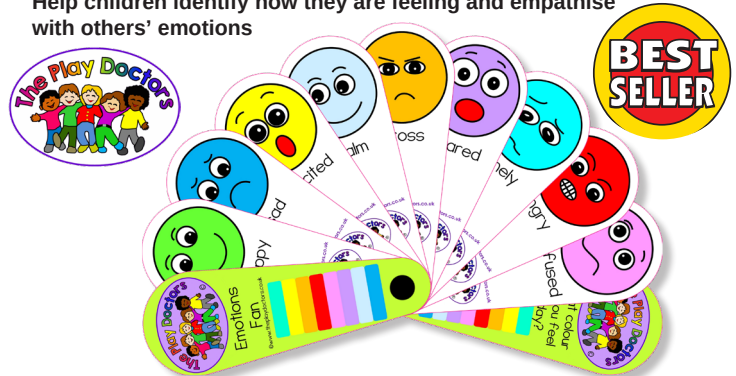


Ages
4+

Multi-Sensory Activities for Fine Motor Skills Ref 424-LHH £35.99

Emotions Face Fan

Help children identify how they are feeling and empathise with others' emotions



Used as a visual aid for children who have communication difficulties or with English as a Foreign language, this single 10 petal fan has colourful emotion faces representing a variety of emotions. Colours also represent emotions: 'seeing red' or 'feeling blue'. Fans are double laminated for extra strength and are 125mm tall by 45mm at their widest point.

Ages
4-13

Emotions Face Fan
Ref 1206-1-LHH £6.99*

The Play Doctors
The UK's widest selection of SEN, communication & social skills resources
www.theplaydoctors.co.uk

Hey, Children on the Autism Spectrum Play Too!

This book considers how we can include children on the autism spectrum into our settings and challenges you to take a look at play from the child's perspective

By Wendy Usher

Written to support those working or living with children on the autism spectrum and provide great ideas to encourage them to play and interact. The thoughts and resources in the book are designed to help adults work with all children to ensure they are offered the same chances and experiences as others.

80 pages, A4 photocopyable



Ages
4-13

Hey, Children on the Autism Spectrum Play Too! Ref PDB001-LHH £25.00

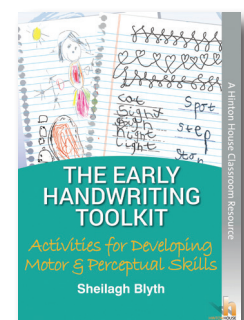
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By Sheilagh Blyth

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Ages
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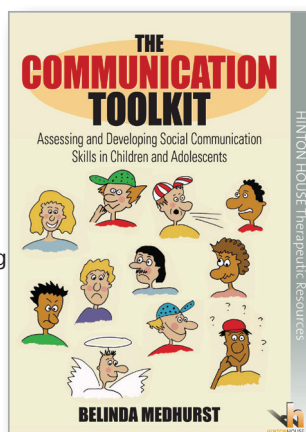
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Belinda Medhurst

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Ages 8-16

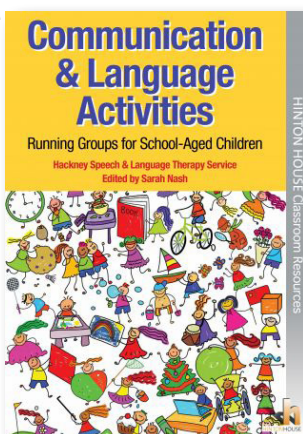
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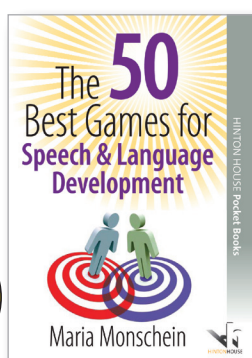
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Practical strategies and customisable routines to help you and your child find ways to navigate the stresses of everyday life

Lesley Burton

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Tried-and-tested mindfulness ideas

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- Breathing exercises • Guided imagery • Mindful eating • Mindful walking (with pictures)
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Ages 2-5

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Nurturing & Wellbeing Activities for Young Children

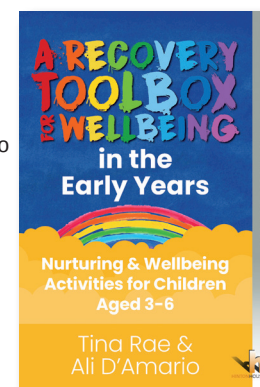
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The activities are grouped into six sections to provide a holistic, trauma-informed approach to recovery that can be tailored to meet the needs of all.

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- Resilience-building
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Ages 3-6

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Ages 11-18

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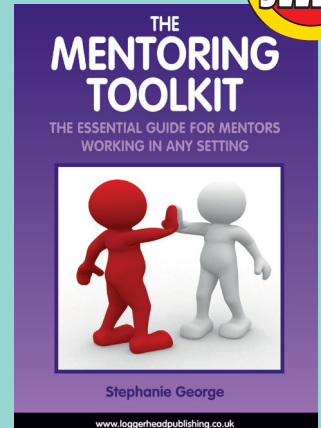
Stephanie is a deputy head teacher, trainer and established author whose best-selling titles are featured here. She has been responsible for the training and development of Learning Mentors since their inception and regularly runs courses and INSET on all aspects of mentoring practice in schools. She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

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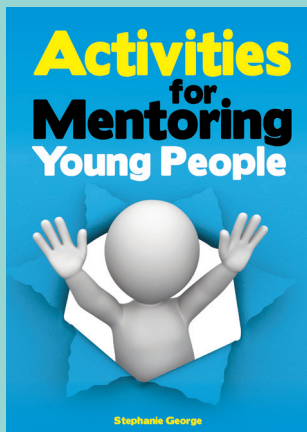
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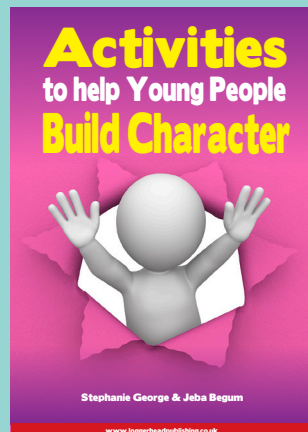
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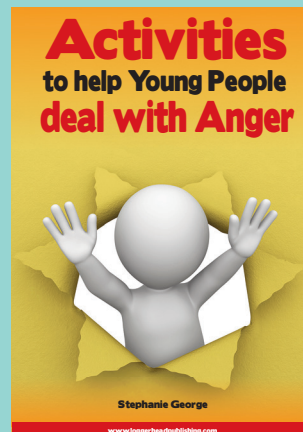
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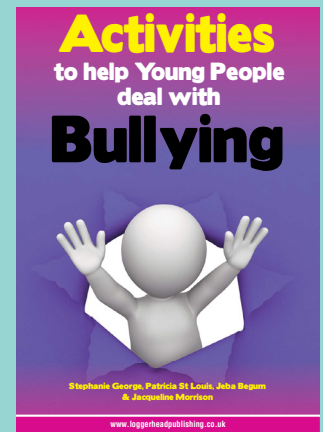
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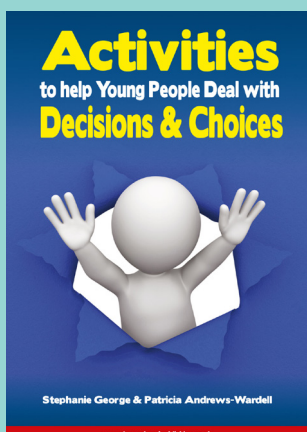
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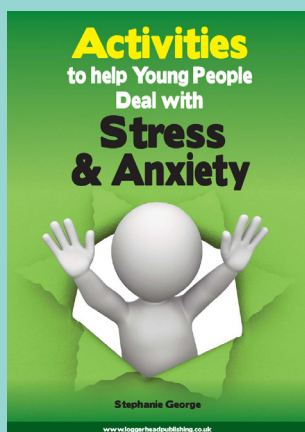
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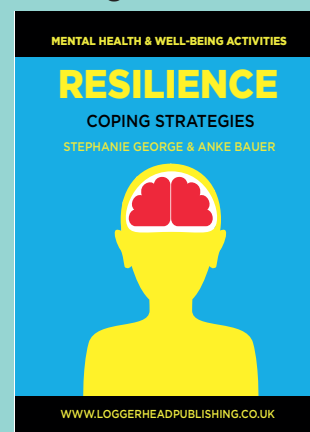
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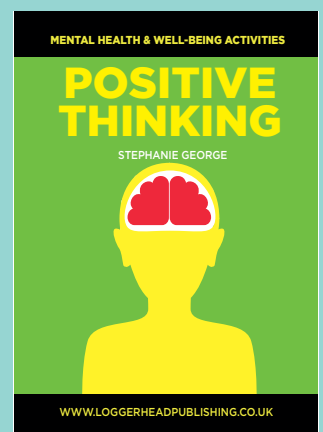
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The Blobs workbooks series

By Pip Wilson and Ian Long

Everlasting and powerful visual tools for use with all ages to develop Communication, Feelings, Emotions & encourage change. Blobs are delightful characters (without age or gender) that help to facilitate and stimulate meaningful discussions about difficult issues or situations. Individuals or groups can start a discussion by identifying themselves, or others, with an individual or a group of blobs whose actions or feelings represent their own.

Blob Relationships

Use Blobs as an innovative way to discuss relationships

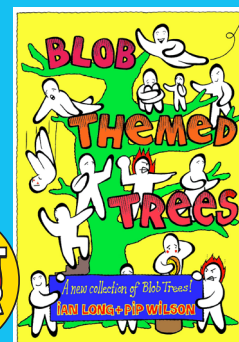
Relationships are the essence of life. The Blobs here depict feelings and behaviours that are recognised by all and provide an opportunity for open discussion about them. Based upon the relationships strand of the RSE programme of study, each Blob page links to one or more of the learning objectives. 80 pages, A4



Blob Themed Trees

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

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. 108 pages, A4

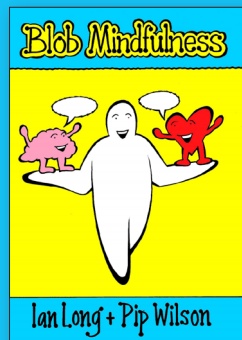


Ages
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Ages
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Blob Mindfulness

Use the Blobs to apply mindfulness to all aspects of life

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. 86 pages, A4



Blob Resilience

Use the uniqueness of the Blobs to explore and enhance resilience

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. A4, 94 pages

Ages
11-18

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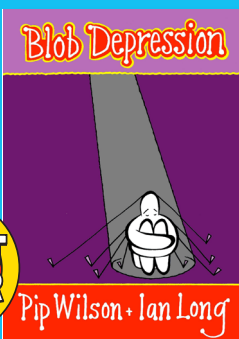
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Use these Blob pages as discussion starters on the subject of depression

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. 96 pages, A4



Ages
11-18

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Blob Kindness

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

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Blob Loss

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