

Loggerhead Publishing Catalogue

2025/2026

All
Ages

**SEN, Social,
Emotional,
Positive Mental
Health, PSHE
& 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 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 437840** 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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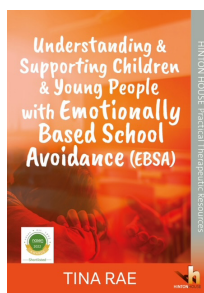
Customer Service Team: **01604 437840**

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 *

Best Sellers



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

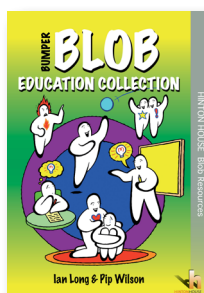
Practical user-friendly resources providing an overview of EBSA & strategies to support a planned return to school.

By **Tina Rae**

More details on page 8

Ages 5-16

Ref 466-LHH £35.99



Bumper Blob Education Collection

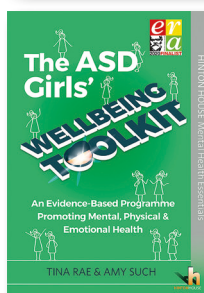
The engaging, much-loved Blob characters promote communication & help children discuss feelings & emotions.

By **Ian Long & Pip Wilson**

More details on page 29

All Ages

Ref 410-LHH £35.99



The ASD Girls' Wellbeing Toolkit

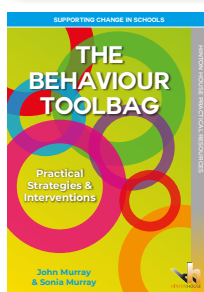
An Evidence-Based Intervention Promoting Mental, Physical & Emotional Health

By **Tina Rae & Amy Such**

More details on page 5

Ages 11-18

Ref 450-LHH £46.99



The Behaviour Toolbag

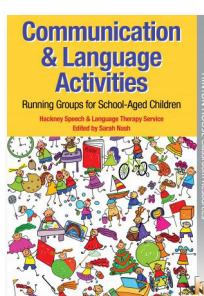
The everyday stuff that makes a difference

By **John Murray & Sonia Murray**

More details on page 8

All Ages

Ref 480-LHH £35.99



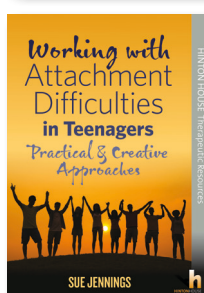
Communication & Language Activities

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

More details on page 21

Ages 4-14

Ref 412-LHH £35.99



Working with Attachment Difficulties in Teenagers

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

By **Sue Jennings**

More details on page 18

Ages 11-18

Ref 470-LHH £35.99

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

101 Activities for Empathy & Awareness

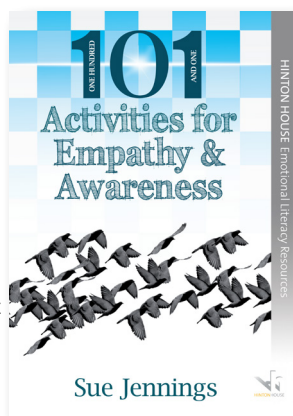
Practical, creative and adaptable ideas that will help to foster self-awareness and empathy in children and young people

By Sue Jennings

Includes clear guidelines on application and development, and a sound framework and explanation of creative and playful ways to apply these ideas. Ideas include:

- changing attitudes and behaviours
- Developing a sense of self & identity
- Finding a voice to express needs
- Possible choices & pathways for the future
- Friendships & support, learning to trust others
- Letting go of past hurts & moving on.

120pp A4 paperback



All Ages

101 Activities for Empathy & Awareness
Ref 401-LHH £35.99

Blob Tree Posters

Based on the iconic Blob Tree, 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. 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? 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*

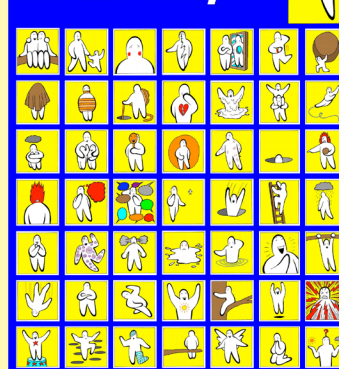
Which Blob Do You Feel Like Today? Posters

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*



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

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.

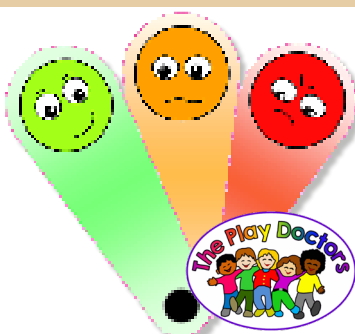


Ages
4-13

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

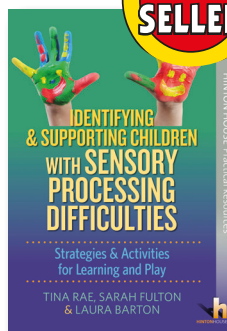
Identifying & Supporting Children & Young People with Sensory Processing Difficulties

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

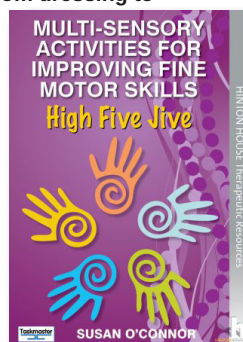
Good dexterity is vital in all areas of life, from dressing to handwriting and from turning pages to using a keyboard.

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

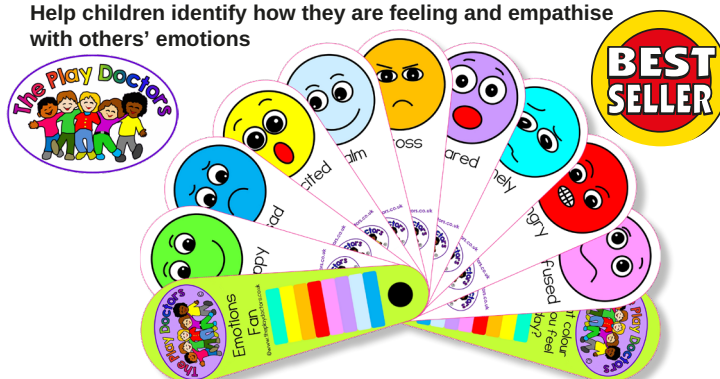


Ages
4+

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

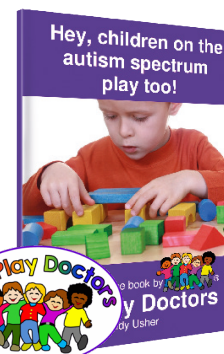
Hey, Children on the Autism Spectrum Play Too!

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

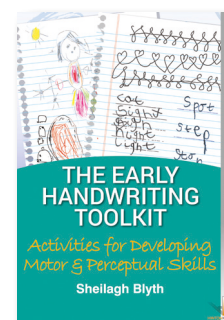
The Early Handwriting Skills Toolkit

Activities for Developing Motor & Perceptual Skills

By Sheilagh Blyth

Step-by-step activities to improve muscle strength, visual perception & hand skills.

192pp A4 paperback



Ages
4+

The Early Handwriting Skills Toolkit Ref 454-LHH £35.99

Games for Building Secure Relationships in the Early Years

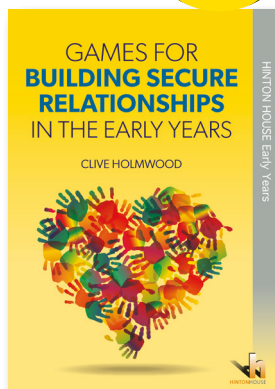
Monthly activities from birth to six years

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

**BEST
SELLER**



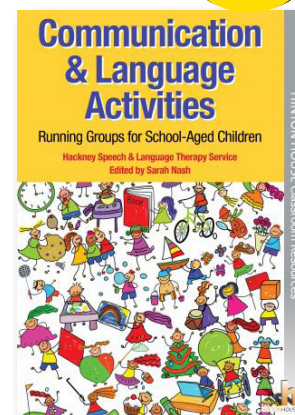
Communication & Language Activities

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

**BEST
SELLER**



**Ages
0-6**

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

**Ages
4-14**

Communication & Language Activities Ref 412-LHH £35.99

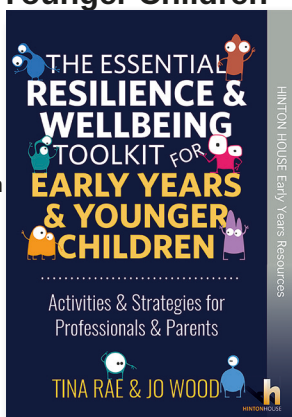
The Essential Resilience & Wellbeing Toolkit for Early Years & Younger Children

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



A Recovery Toolbox for Wellbeing in the Early Years

Nurturing & Wellbeing Activities for Young Children

By **Tina Rae & Ali D'Amario**

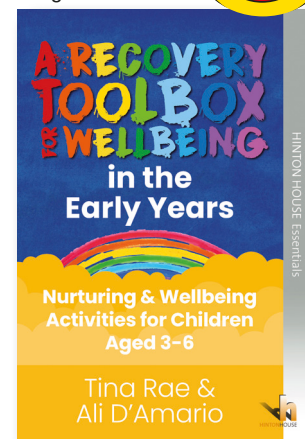
An essential collection of easy-to-use, fun activities to support younger children with their wellbeing.

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

128pp A4 paperback

**BEST
SELLER**



**Ages
4-9**

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

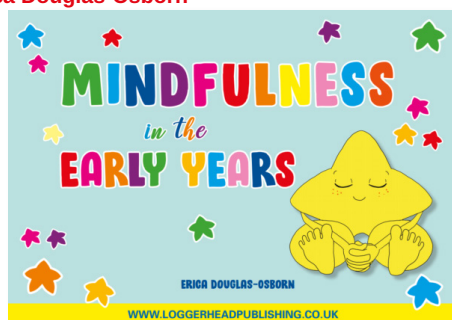
**Ages
3-6**

A Recovery Toolbox for Wellbeing in the Early Years Ref 461-LHH £35.99

Mindfulness in Early Years

Tried-and-tested mindfulness ideas

By **Erica Douglas-Osborn**



**BEST
SELLER**

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
- Mindfulness across the curriculum
- Putting it all together in the classroom

76 pages, A4, photocopyable,

**Ages
2-5**

Mindfulness in Early Years Ref 307-LHH £29.95

The 50 Best Games for Speech & Language Development

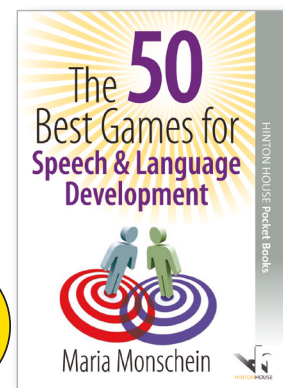
Handy pocket books full of easy to use activities!

By **Maria Monschein**

A handy pocket book of tried-and-tested activities for developing language skills.

64pp A5 paperback

**BEST
SELLER**



**All
Ages**

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

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.

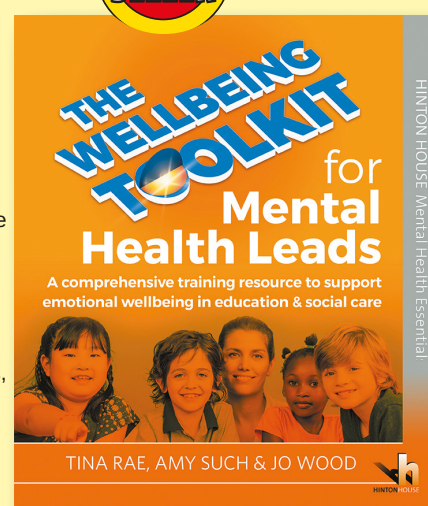
The 20 practical and accessible modules provide all of the necessary resources to enable you to maintain and enhance the well-being of the children and young people that you nurture and support, while also developing staff confidence and whole-school approaches which will support the wellbeing of the whole school community. Comprehensive, accessible, tried-and-tested classroom lessons are provided and cross-referenced throughout for easy identification.

This resource provides a knowledge base and set of tools to enable you to support the young people in your care in the most effective and ethically safe manner, drawing on a range of evidence-based approaches that promote mental and emotional health and wellbeing. The tools and strategies can be used easily and effectively by education professionals who are not therapists, but who would like to interact in a more therapeutic, nurturing and informed manner.

This new and innovative programme contains the most recent thinking and definitions around specific difficulties or mental health issues such as anxiety, ADHD, ASD, body image, anorexia, school phobia, grief and loss, trauma and Adverse Childhood Experiences (ACEs), attachment issues and mental health issues arising from using social media or online pornography. Reference is made to DSM-V criteria ensuring this is the most up-to-date and cutting-edge resource in terms of supporting and informing Mental Health Leads and their work in both school and the wider community.

A4 Folder 400pp + 20 PowerPoint Training Sessions

**BEST
SELLER**



**Ages
6-18**

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

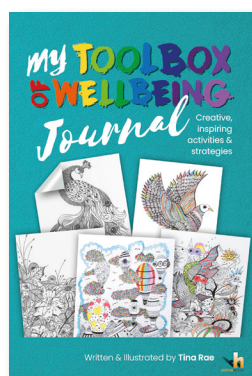
My Toolbox of Wellbeing Journal

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.

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**

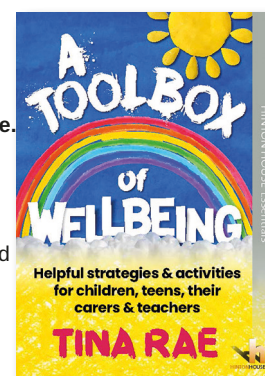
A Toolbox of Wellbeing

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

By Tina Rae

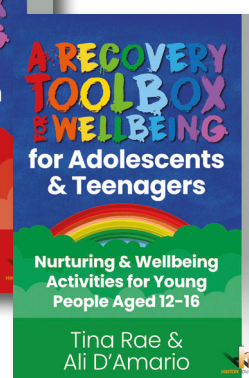
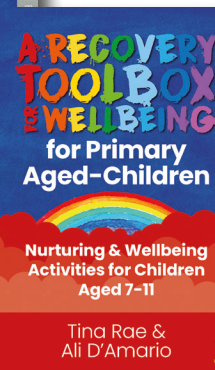
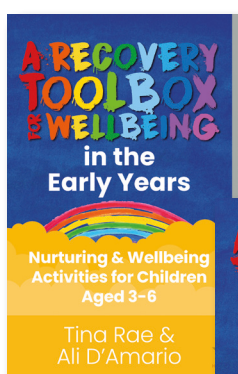
These therapeutic tools will provide an excellent means of developing a whole-school culture of support and nurture. Contains user-friendly and evidence-based strategies to build good mental health and develop the resilience needed to move on from stressful situations and trauma.

76pp A5



**All
Ages**

A Toolbox of Wellbeing
Ref 406-LHH £16.99



**BEST
SELLER**

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*

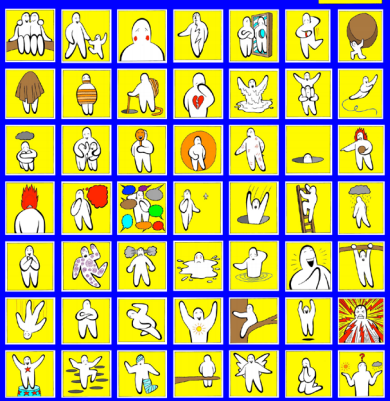
Which Blob Do You Feel Like Today? Posters

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*

VALUE
PACK

BUY BOTH RESOURCES TOGETHER
Ref: 354-LHH £49.95*

The Mental Health & Wellness Programme

Activities and exercises to enhance wellbeing for all ages

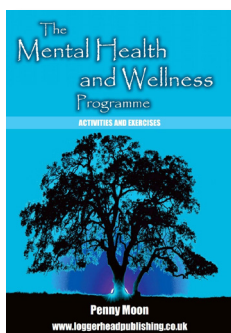
By Penny Moon

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

VALUE
PACK

BUY BOTH ALL 3 RESOURCES TOGETHER
Ref: BBASD3-LHH £83.99*

The ASD Girls' Wellbeing Toolkit

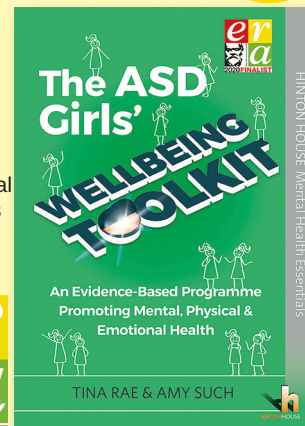
WINNER 2020 EDUCATION BOOK OF THE YEAR EDUCATION RESOURCES AWARDS

BEST
SELLER

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



Ages
6-18

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

The ASD Girls' Conversation Skills Cards

60 practical ideas and strategies to promote and develop the mental health and well-being of girls with autism

By Tina Rae

The cards are intended to reinforce and further develop a range of self-help skills and strategies emanating from Positive Psychology approaches whilst also empowering girls to navigate the complexities of social situations – both in and outside of the school context.



Ages
6-18

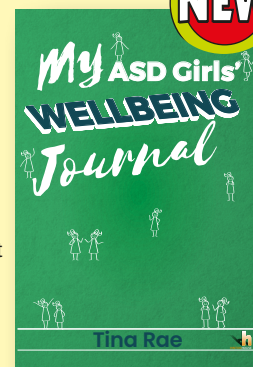
The ASD Girls' Conversation Skills Cards
Ref 488-LHH £29.99*

My ASD Girls' Wellbeing Journal

Support children and young teens to develop tools and strategies enjoy school more and make the most of all their talents and strengths.

By Tina Rae

Use the activity of journaling to help children and young people explore their own feelings and worries so they can talk through them with adults that they trust who can then make the changes they might need in school in order to feel happier and safer. A5



Ages
7+

My ASD Girls' Wellbeing Journal
Ref 490-LHH £15.99

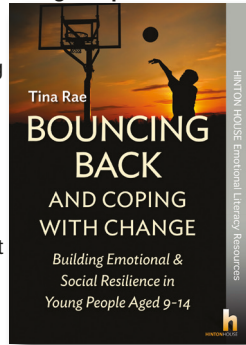
Bouncing Back & Coping with Change

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

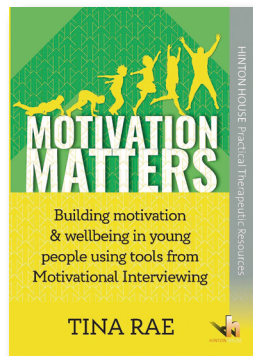
Motivation Matters

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

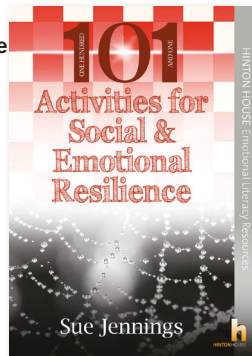
101 Activities for Social & Emotional Resilience

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

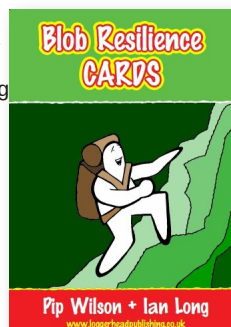
Blob Resilience Cards

48 cards to help children and young people develop resilience

By Pip Wilson & Ian Long

These cards help develop resilience through a framework for discussion along with questions which can be made easier or harder depending upon the audience. Explore the following areas:

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



All Ages

Blob Resilience Cards

Ref 385-LHH £29.95*

Resiliency Training Manual

How to develop a positive attitude

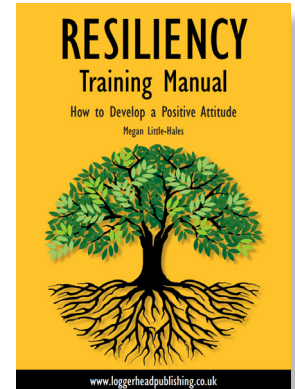
By Megan Little-Hales

The stimulating activities in this excellent resource will help students develop resiliency skills to avoid feeling overwhelmed with stress, be strong, to live more effective lives, make confident choices and decisions, and achieve their personal goals. Contents:

- Brain gym • Stress and anxiety
- Negative thoughts
- Procrastination • Confidence and self-esteem
- Self-motivation
- 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

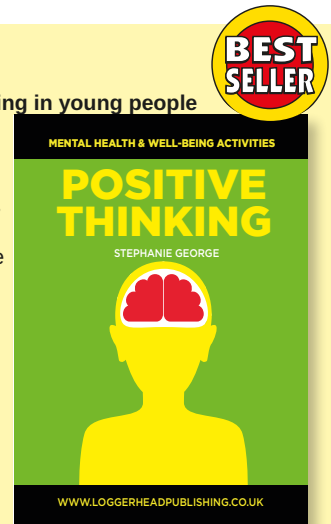
Positive Thinking

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

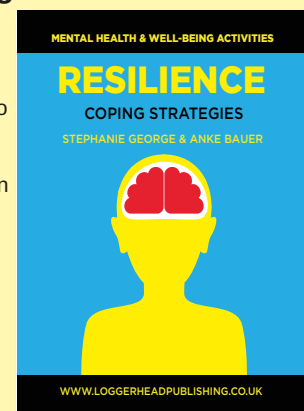
Activities focusing on resilience in young people

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

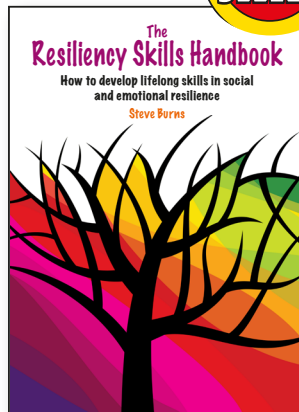
The Resiliency Skills Handbook

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

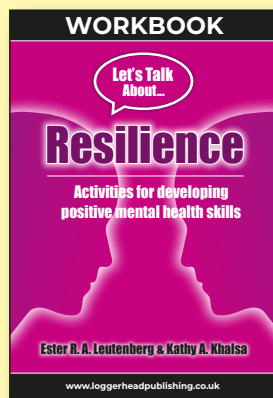
Let's Talk About Resilience Workbook

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*

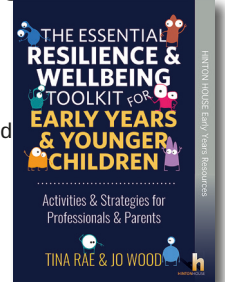
The Essential Resilience & Wellbeing Toolkit for Early Years & Younger Children

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

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*

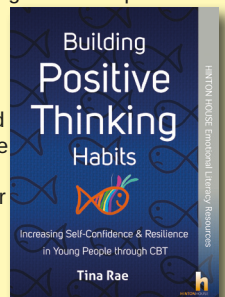
Building Positive Thinking Habits

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*

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 Behaviour Toolbag

The everyday stuff that makes a difference

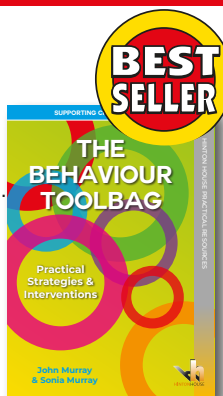
By John Murray & Sonia Murray

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
- Special educational needs
- Looking after the practitioner

220pp A4 paperback



BEST SELLER

All Ages

The Behaviour Toolbag
Ref 480-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. 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

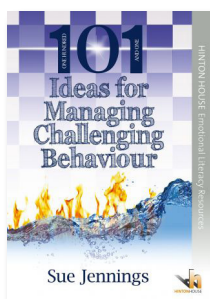
101 Ideas for Managing Challenging Behaviour

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

By Sue Jennings

These practical activities help those working with young people to address issues of challenging behaviour ranging from low-level disruption to more extreme aggression. These activities will help young people through addressing issues of self-esteem, empathy, managing emotions and social skills.

182pp A4 paperback



All Ages

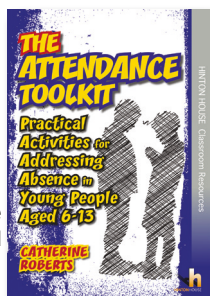
101 Ideas for Managing Challenging Behaviour
Ref 405-LHH £35.99

The Attendance Toolkit

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

By Catherine Roberts

Attendance levels can be affected by family issues, behavioural problems or by a specific factor in the classroom, and is linked with disaffection in many forms. These 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

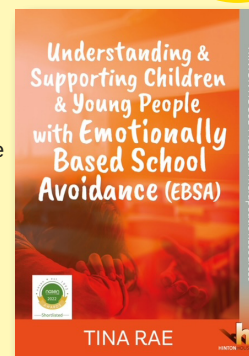
Understanding & Supporting Children & Young People with Emotionally Based School Avoidance

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



BEST SELLER

Ages 5-16

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

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



Ages 5-16

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

My Attendance Journal

Support children and young teens to develop tools and strategies to engage in or return to school

By Tina Rae

Use the activity of journaling to help students to maintain their well-being and build up the resilience needed to engage in or return to school in a healthy way, enabling them to feel safe, heard and supported. Separate pages cover specific areas which include:

- How do I feel about school?
- My biggest worries
- What would help me to attend more?
- My lesson I find hardest to attend
- My ideal school

The tools and strategies to manage anxieties and worries alongside the step-by-step plans will give students more confidence and help build their own toolbox of well-being.

A5, 54pp journal with downloadable teachers notes for guidance



NEW

Ages 5-16

My Attendance Journal
Ref 489-LHH £12.99

VALUE PACK

BUY ALL 3 RESOURCES TOGETHER
Ref: 486-LHH £54.99*

Tough Topics: Youth Violence Prevention Programme

An interactive programme with discussion cards addressing real-world scenarios related to youth violence and promoting respect

By Junior Smart OBE, Youth Violence Intervention Expert



Junior is a nationally recognised expert with over 20 years of experience in youth violence and conflict intervention. He has worked in the field of youth violence desistance and gangs, is a youth leader and campaigner as well as a qualified trainer and recognised violence intervention specialist. He is credited with developing the award-winning SOS and SOS+ projects at St Giles Trust, both of which harness the value of lived experience and stand as the UK's largest ex-offender-led exit and prevention programmes.

Youth violence is a pressing issue affecting schools and communities worldwide. Educators and youth workers need effective, engaging tools to address this challenge. Introducing Tough Topics – Youth Violence Prevention, a cutting-edge interactive educational program designed for ages 11 and up.

Why Tough Topics Stands Apart:

- **Realistic Scenarios:** Engage students with 20 true-to-life situations reflecting challenges they may encounter, such as bullying, peer pressure and gang involvement
- **Interactive Discussions:** Foster critical thinking and empathy through guided conversations.
- **Empowerment Focus:** Equip young people skills to make positive choices and become agents of change.
- **Flexible Application:** Suitable for classroom discussions, advisory sessions, after-school programmes and community initiatives.

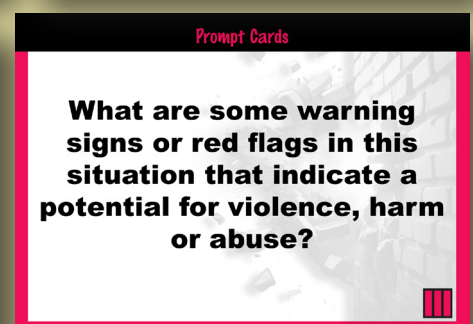
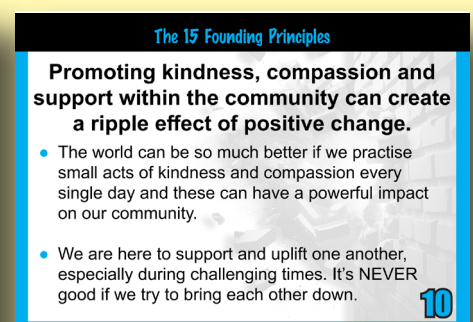
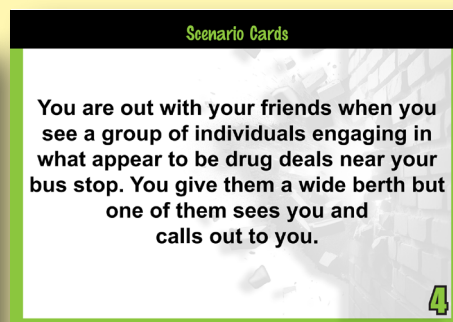
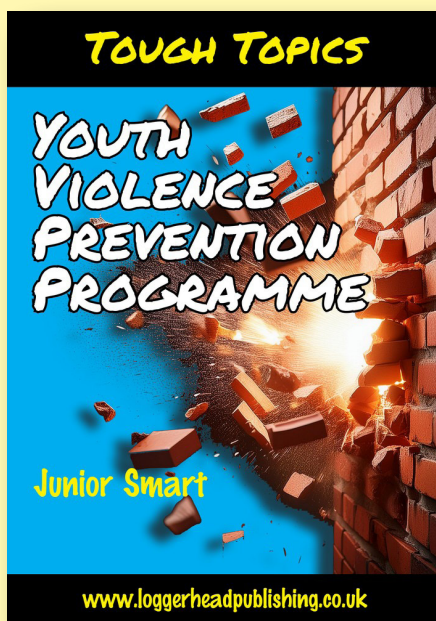
Key Features:

1. **Founding Principles:** Start with 15 core concepts to build a shared understanding of non-violence and respect.
2. **Scenario Cards:** Explore complex issues through carefully crafted, age-appropriate situations.
3. **Prompt Questions:** Encourage deep reflection and problem-solving with thought-provoking queries.
4. **Comprehensive Guide:** Detailed facilitator instructions ensure meaningful, safe discussions.

Participants will gain:

- Increased awareness of youth violence causes and consequences
- Improved critical thinking and communication skills
- Enhanced empathy and understanding
- Knowledge of prevention strategies and warning signs
- Sense of empowerment to create positive change

The programme includes 20 Scenario Cards, 15 Principles Cards, 5 Prompt Cards and a Guidance Booklet.



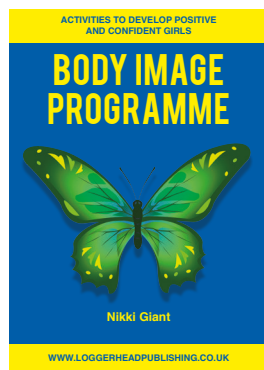
Body Image Programme

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, Healthy Living, Identity and Self-esteem. 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

Trauma and Stress Workbook

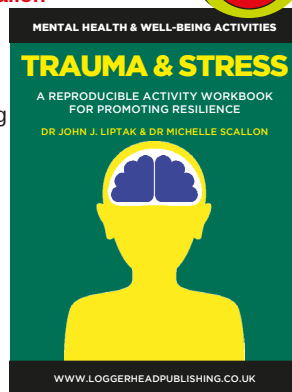
A reproducible activity workbook of strategies to develop resiliency and optimism

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 resilience 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,



Ages 11-18

Trauma and Stress Workbook
Ref 372-LHH £29.99

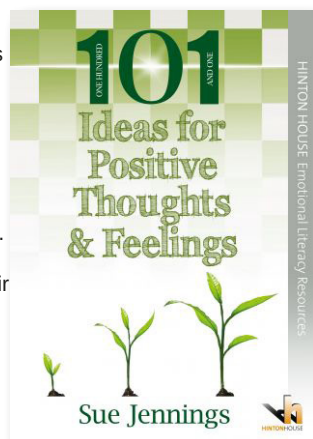
101 Activities for Positive Thoughts & Feelings

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

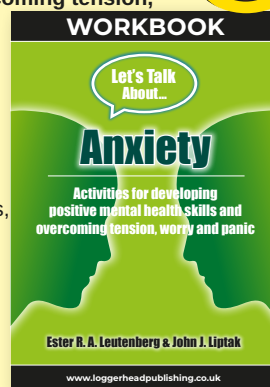
A reproducible activity workbook for developing positive mental health skills and overcoming tension, worry and panic

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



BEST SELLER

Ages 11-18

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

Let's Talk About Anxiety Discussion Cards

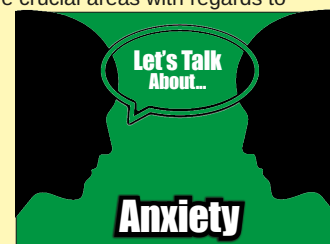
50 discussion cards to help deal with anxiety

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*

Activities to Help Young People Deal with Stress & Anxiety

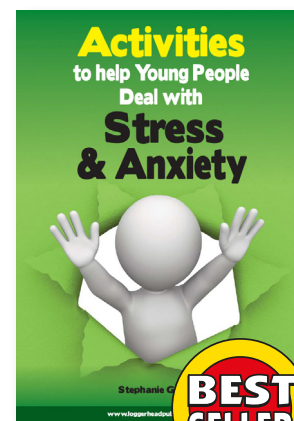
Young people will gain an understanding of stress and learn coping strategies with these activities

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.



BEST SELLER

Ages 10-18

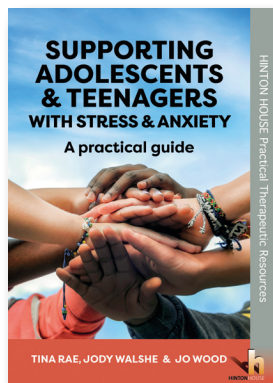
Activities to Help Young People Deal with Stress & Anxiety Ref 171-LHH £37.99

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

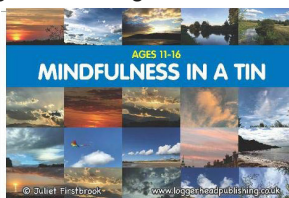
Mindfulness in a Tin

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*

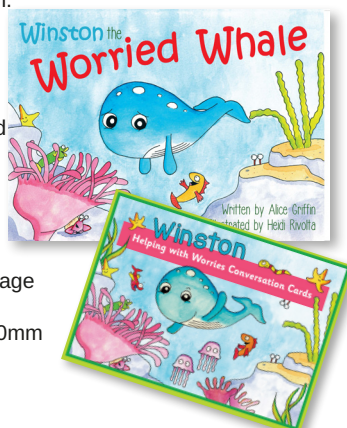
Winston the Worried Whale Book & Cards

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*

101 Ideas for Social Emotional & Mental Health in Primary Schools

Supporting the social, emotional and mental health of children from an early age will build a strong foundation for learning throughout their lives.

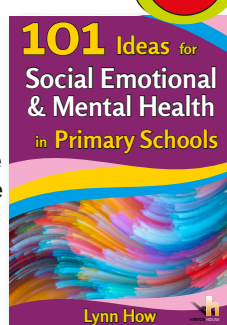
By Lynn How

Here is a plethora of readily-accessible activities to help professionals achieve this by covering:

- Whole-School & Classroom Practice
- SEND Specific • Mindfulness Ideas
- Outdoors Ideas • Sense of Self
- Sensory • Parental Engagement
- Social Skills • Empathy • Growth Mindset

A one-stop resource to help improve wellbeing in the primary classroom.

NEW



Ages 4-11

101 Ideas for Social Emotional & Mental Health in Primary Schools Ref 386-LHH £29.95

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

BEST SELLER



Ages 6-14

Blob Anxiety Book Ref 242-LHH £35.00

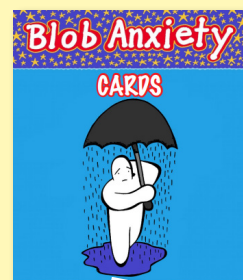
Blob Anxiety Cards

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 302-LHH £29.95*

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: 1-322-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*



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

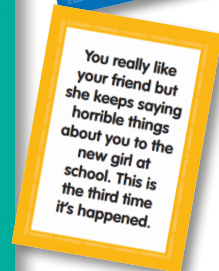
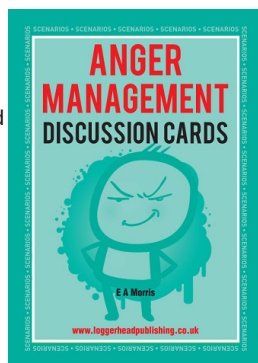
Choose from more than 40 scenarios to allow young people to open up about situations that are likely to make them angry. Users pick a card and discuss that scenario, either one to one or in small groups. The facilitator can turn the conversation onto the user's beliefs and values that are being challenged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

Anger Management Games

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

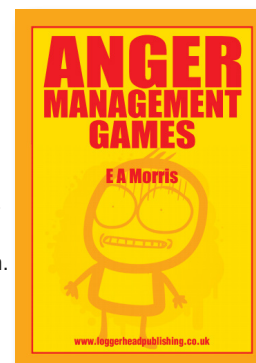
By E A Morris

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

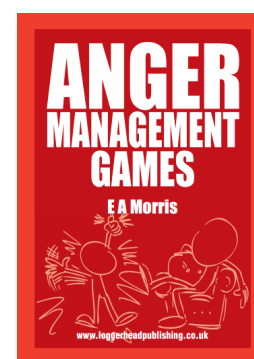
Ref 054-LHH £29.95*



Ages 11-18

Anger Management Discussion Cards Secondary

Ref 044-LHH £29.95*



Ages 11-18

Anger Management Games Cards Secondary

Ref 050-LHH £29.95*

Let's Talk About Conflict Workbook

A reproducible activity workbook for developing positive mental health skills

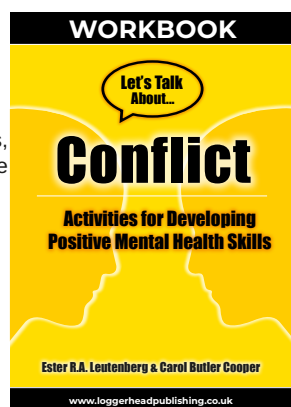
By Ester R. A. Leutenberg & Carol Butler Cooper

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

The five areas covered are:

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

Ages 11+ 80 pages, A4, photocopiable



Ages 11-18

Let's Talk About Conflict Workbook

Ref 305-LHH £45.00

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

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*

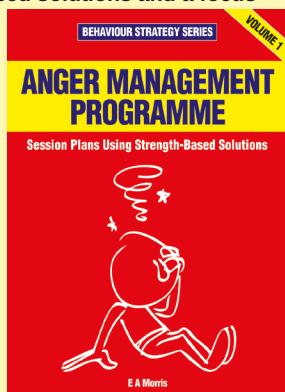
Anger Management Programme

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

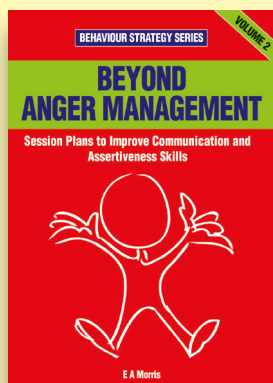
Beyond Anger Management

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

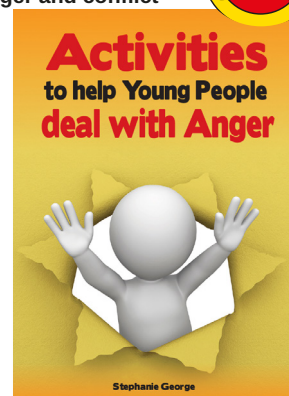
How to address issues relating to anger and conflict using a mentoring approach

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.

BEST SELLER



Ages 11-18

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

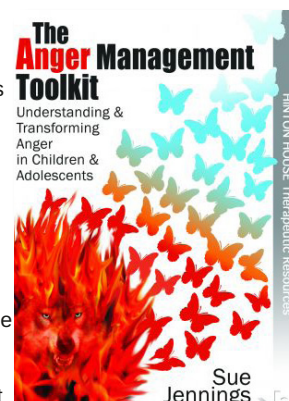
The Anger Management Toolkit

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

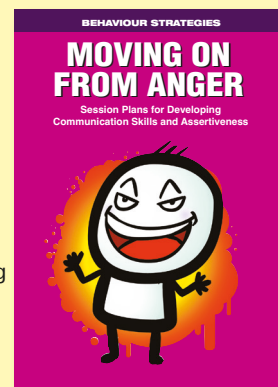
The Anger Management Toolkit
Ref 449-LHH £35.99

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

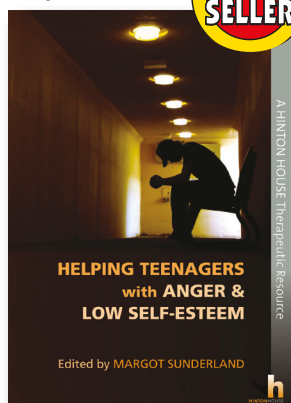
Look beyond angry behaviour and find ways to reach defensive teenagers.

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***

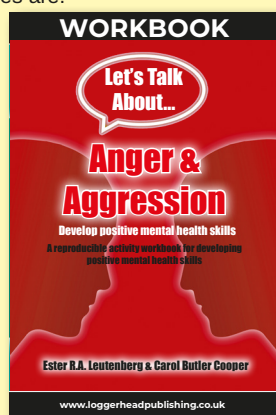
Anger and Aggression Workbook

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

Set of 5 posters to serve as 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***

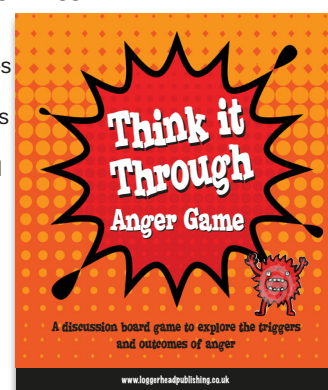
Think it Through Anger Game

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***

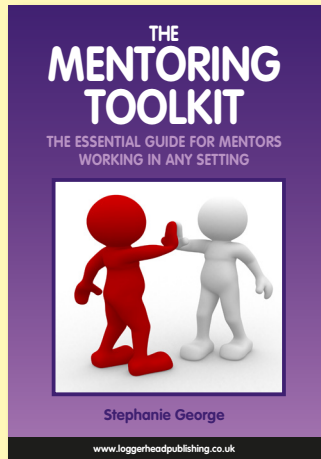
The Mentoring Toolkit

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



Ages
11-18

The Mentoring Toolkit
Ref 191-LHH £39.95

Activities for Mentoring Young People

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

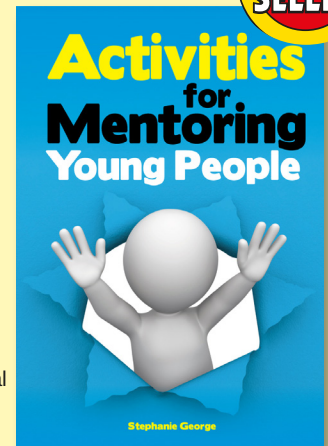
By **Stephanie George**

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

"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



**BEST
SELLER**

Ages
11-18

Activities for Mentoring Young People
Ref 062-LHH £37.99

**VALUE
PACK**

BUY BOTH WORKBOOKS TOGETHER

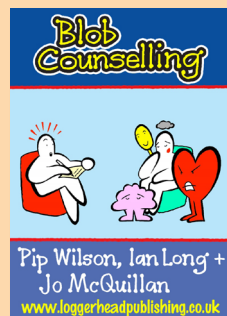
Ref: 212-LHH £73.00

Blob Counselling

A variety of tools expanding the Blobs into the whole field of counsellor training, useful for Counsellors working particularly with visual learners enabling them to grasp complex theories more easily.

By **Pip Wilson, Ian Long & Jo McQuillan**

- Contents include:
- Ethics • Assessments • Empathy
 - Relationships • Sad to Happy Scale
 - Self-Determination • Archetypes • CBT



All
Ages

Blob Counselling
Ref 382-LHH £35.00

NEW

Blob Counselling Cards

48 cards to help children and young people through life's traumatic experiences

By **Pip Wilson & Ian Long**

Designed to use the Blobs Unique Feelosophy to explore topics including:

- Grief • Trauma • Illness • Ethics • Empathy
- Equality • Relationships • Personal Growth



All
Ages

Blob Counselling Cards
Ref 383-LHH £29.95*

**VALUE
PACK**

**BUY BOTH WORKBOOK AND
CARDS SET OF 2**

Ref: 389-LHH £59.95*

Life Skills

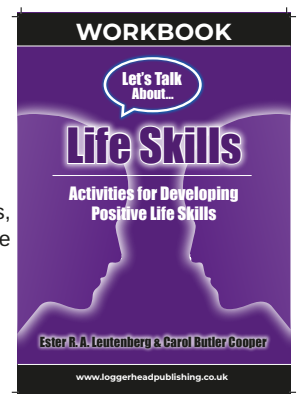
A reproducible activity workbook for developing positive mental health skills

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

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

The five areas covered are:

- Self
- Health
- Social
- Education
- Career



Ages
11-18

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

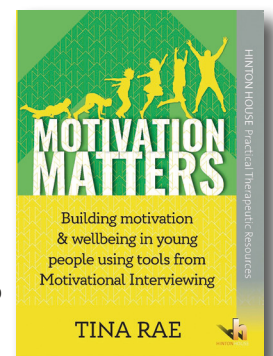
Motivation Matters

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

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

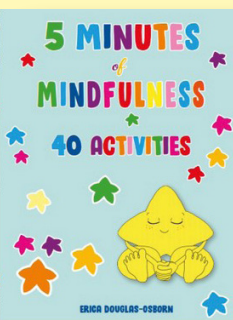
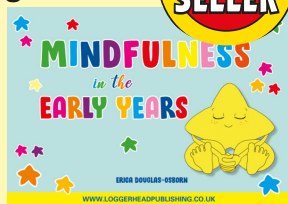
Designed for early years practitioners, these cards contain quick and easy mindfulness ideas, including breathing exercises, sensory activities and guided imagery that practitioners can add to their daily classroom routines. Ready to pick up and go, the cards can be used with a whole class, small group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



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SELLER**

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

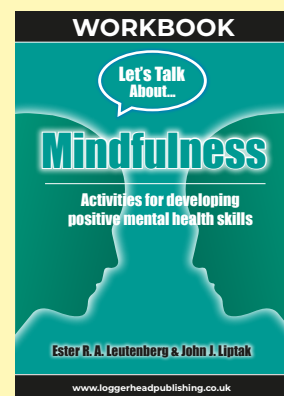
Ref 422-LHH £24.95*

Mindfulness 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*

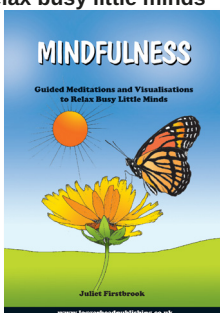
Mindfulness

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

**VALUE
PACK**

**BUY BOTH WORKBOOK AND CARDS
TOGETHER**

Ref: 320-LHH £71.95*

Blob Relationships

Use Blobs as an innovative way to discuss relationships

By Pip Wilson & Ian Long

Relationships are the essence of life. The Blobs here depict feelings and behaviours that are recognised by all and provide an opportunity for open discussion about them.

Based upon the relationships strand of the RSE programme of study, each Blob page links to one or more of the learning objectives. Areas covered include:

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

80 pages, A4, photocopiable



All Ages

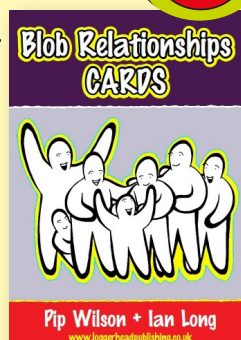
Blob Relationships
Ref 311-LHH £35.00

Blob Relationships Cards

48 cards to help children and young people discuss the importance of 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.



All Ages

Blob Relationships Cards
Ref 384-LHH £29.95*

VALUE PACK

BUY BOTH WORKBOOK AND CARDS SET OF 2
Ref: 388-LHH £59.95*

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

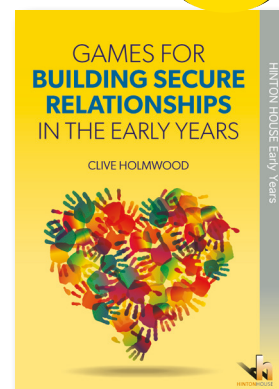
Games for Building Secure Relationships in the Early Years

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



BEST SELLER

Ages 0-6

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

Friendship Skills

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

By E A Morris

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

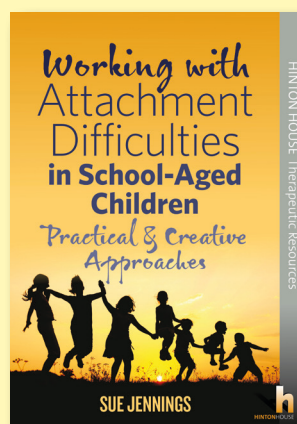
Areas covered include: • Showing generous behaviour by sharing or forgiving • Listening • Involving others in their games or activities • Recognising when others are upset and doing something about it • Smiling and laughing with others • Respecting another's body space • Being able to challenge someone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

80 cards 90 x 130cm



Ages 7-13

Friendship Skills
Ref 102-LHH £29.95*

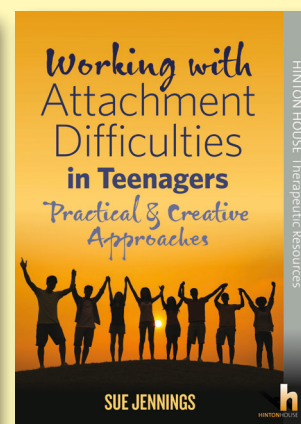


for Teenagers

192pp A4 paperback

Ages 12-18

Working with Attachment Difficulties in Teenagers
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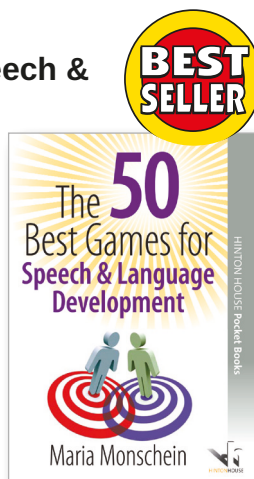


The 50 Best Games for Speech & Language Development

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

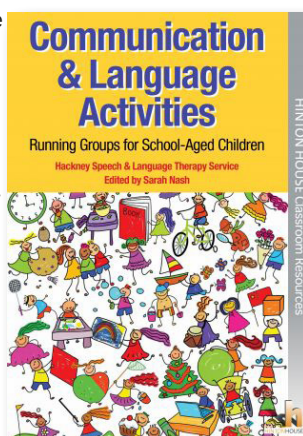
The 50 Best Games for Speech & Language Development Ref 447-LHH £13.99

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

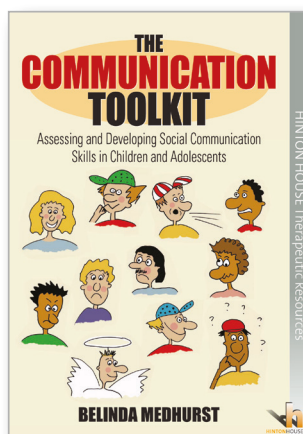
The Communication Toolkit

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

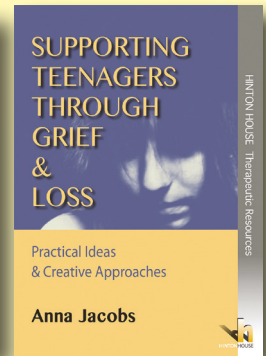
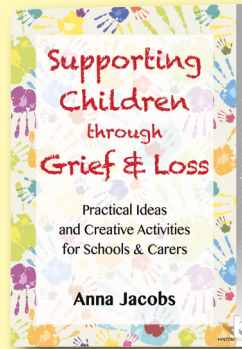
How's My World? Feelings & Emotions Cards Ref 418-LHH £29.99*

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.



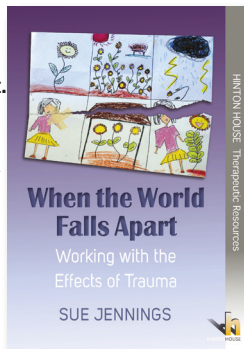
Ages 5-11 Supporting Children through Grief & Loss Ref 439-LHH £35.99

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.



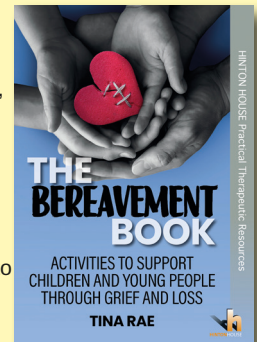
Ages 11-18 Supporting Teenagers through Grief & Loss Ref 440-LHH £35.99

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. 232pp



All Ages The Bereavement Book Ref 452-LHH £35.99

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

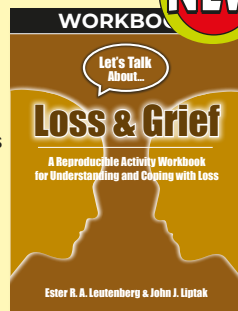
Loss & Grief Workbook

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

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. 70 Cards, instructions



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

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: 487-LHH £59.99

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

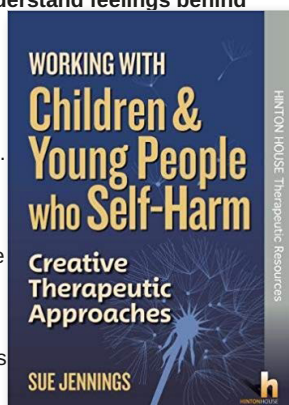
VALUE PACK BUY BOTH WORKBOOK AND CARDS TOGETHER Ref: 377-LHH £66.40*

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

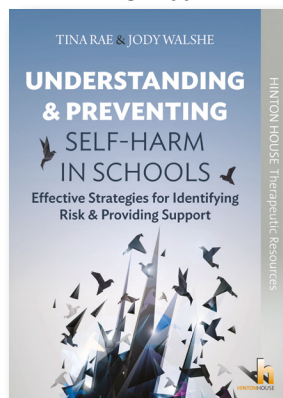
Working with Children & Young People who Self-Harm Ref 471-LHH £35.99

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

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

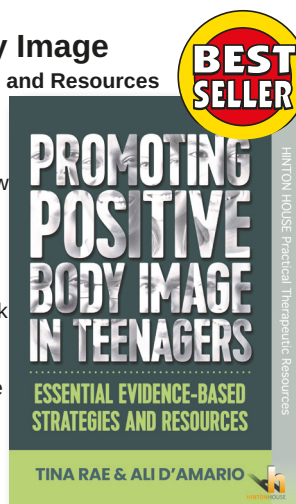
Blob Addiction & Recovery Ref 378-LHH £32.50

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

Blob Depression

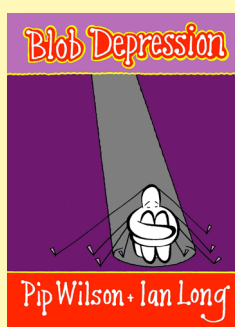
Use these Blob pages as discussion starters on the subject of depression

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, photocopyable



Ages 11-18

Blob Depression Ref 308-LHH £35.00

Blob Depression Cards

52 cards to help talk about depression

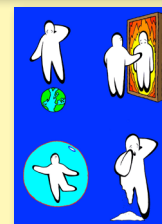
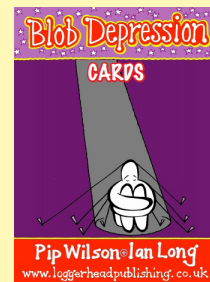
By Pip Wilson & Ian Long

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?

Ages 11-18

Blob Depression Cards Ref 309-LHH £29.95*



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Ref: 321-LHH £66.40*

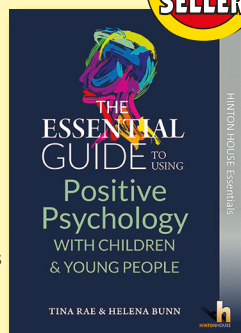
The Essential Guide to Using Positive Psychology with Children & Young People

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

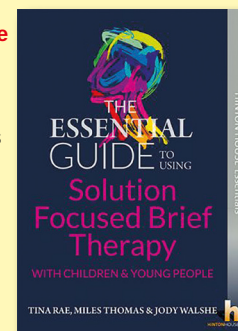
The Essential Guide to Using Solution Focused Brief Therapy with Children & Young People

Help young people to learn to devise solutions & focus on the future rather than the past.

By Tina Rae, Miles Thomas & Jody Walshe

SFBT outlines key techniques and strategies that have been shown to be effective across a wide range of difficulties and problems, however serious these may seem. It explains clearly how and why to use these successful methods to help young people find solutions, build confidence and reach their goals.

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All Ages

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All Ages

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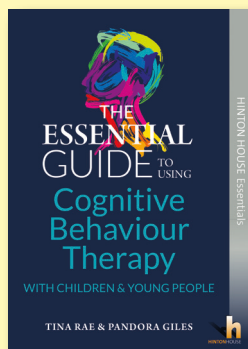
The Essential Guide to Using Cognitive Behaviour Therapy (CBT) with Children & Young People

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

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



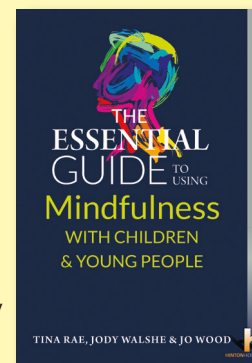
The Essential Guide to Using Mindfulness with Children & Young People

A practical, user-friendly introduction to key tools and strategies

By Tina Rae, Jody Walshe & Jo Wood

Mindfulness can help young people to develop the ability to calm themselves; to pay attention to themselves in the world and to think about and reflect upon their actions and relationships. These practical skills can help build resilience and manage anxiety and stress through increased sensory awareness; regulation of emotions and attention and acceptance of thoughts and feelings. Through these easy to use techniques, young people will be better able to manage social relationships, anxiety levels, memory, self-understanding and relaxation.

132pp A5 paperback



All Ages

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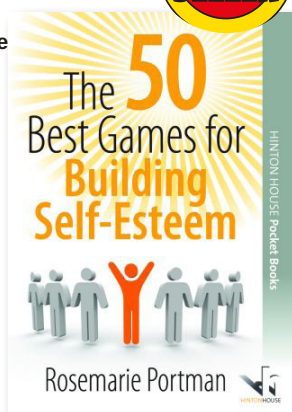
The 50 Best Games for Building Self-Esteem

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.

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BEST SELLER

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The 50 Best Games for Building Self-Esteem
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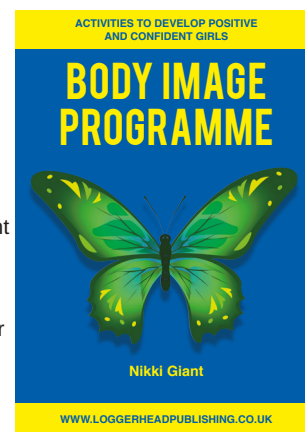
Body Image Programme

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

Mental Health and Life Skills Workbook Collection

Ages 11-18

By Stephanie George

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.

The Mentoring Toolkit

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THE ESSENTIAL GUIDE FOR MENTORS
WORKING IN ANY SETTING



Stephanie George

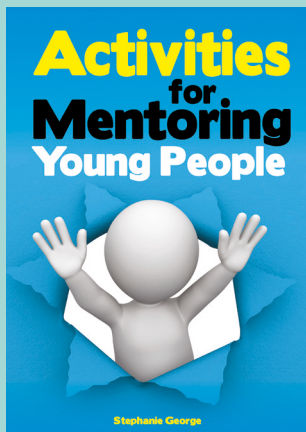
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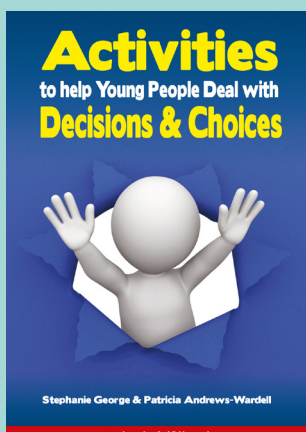
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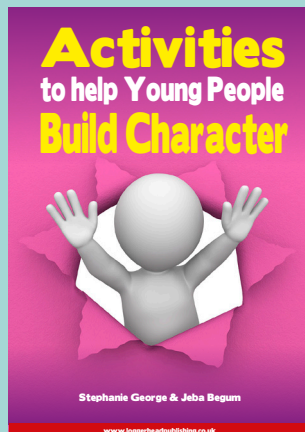
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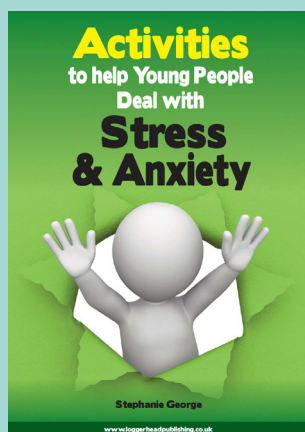
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Character-building activities
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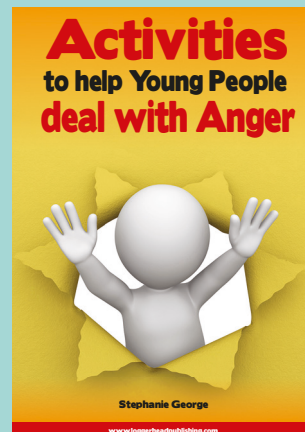
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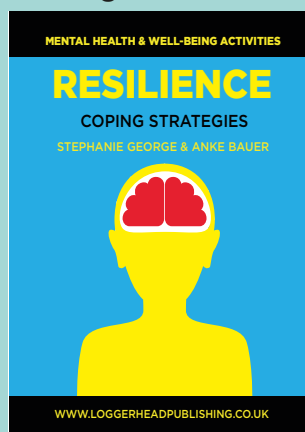
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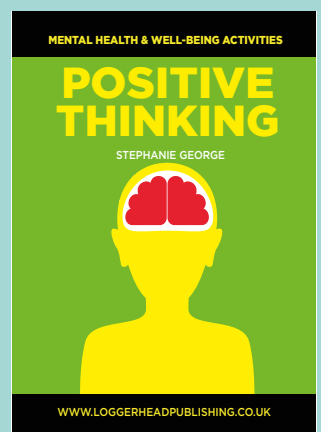
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Ages 11-18

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



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The five areas covered are:

- Stay present
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- Pay attention



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Anger & Aggression

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- Anger awareness
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- Mourning loss
- Finding meaning from my loss
- Move forward



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



Let's Talk About Problem Solving Discussion Cards

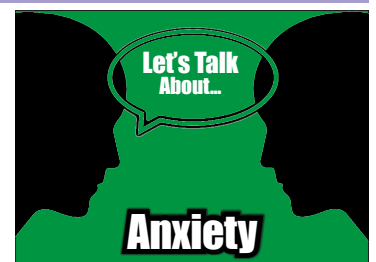
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- Understand Conflict
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- Relationships
- Creativity
- Humour
- Insight
- Hope, positivity and optimism



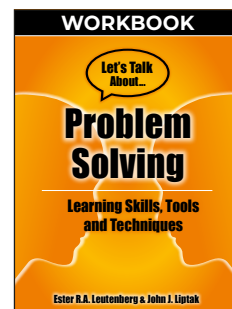
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Problem Solving

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



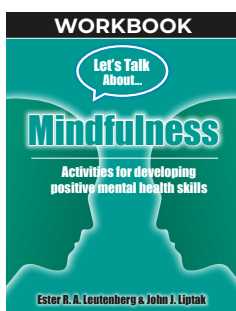
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Mindfulness

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

The five areas covered are:

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



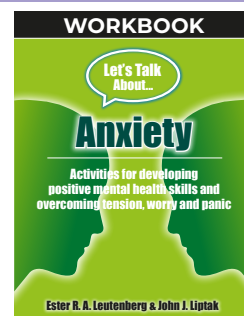
Let's Talk About Mindfulness Workbook
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Anxiety

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



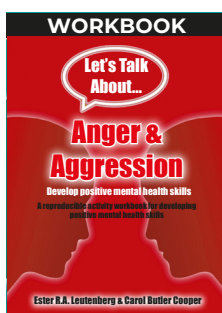
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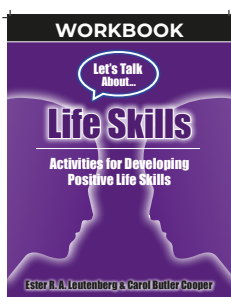
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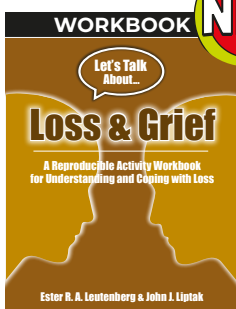
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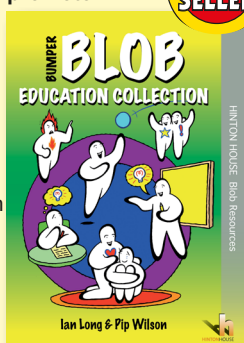
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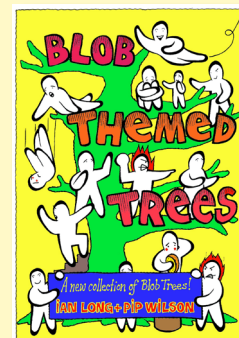
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