

# Incentive Plus Catalogue 2024

All  
Ages

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

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## Dear Colleague

Welcome to our latest brochure of selected best seller and special offer products. At Incentive Plus, we are experts in providing effective teaching resources. In this catalogue you will find an valuable range of motivating, useful and engaging products to help you develop important social, emotional, behavioural, mental health and well-being skills that underpin the success of children and young people. To see our full range of resources visit our website:

[www.incentiveplus.co.uk](http://www.incentiveplus.co.uk)

If you wish to contact us please call **01604 870828** or email [orders@incentiveplus.co.uk](mailto:orders@incentiveplus.co.uk)

We look forward to hearing from you.

**The Incentive Plus Team**

## Full line catalogue

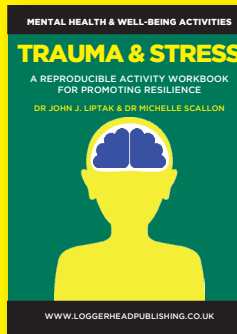
Visit [www.incentiveplus.co.uk](http://www.incentiveplus.co.uk) to see our full range of products to help you raise the achievement and fulfil the potential of children and young people.

## It's so easy to order

- ✓ Online: [www.incentiveplus.co.uk](http://www.incentiveplus.co.uk)
- ✓ Phone: **01604 870 828**
- ✓ Email: [orders@incentiveplus.co.uk](mailto:orders@incentiveplus.co.uk)

VAT to be added to products showing \*  
Education, health, social services and other public sector establishments in the UK can order on account.

## NEW RESOURCES



### The Wellbeing Toolkit for Mental Health Leads

For full details please see page 32

Age **11-18**

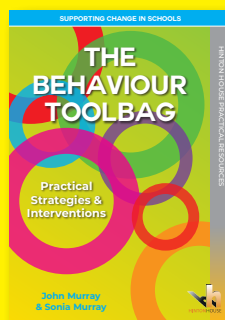
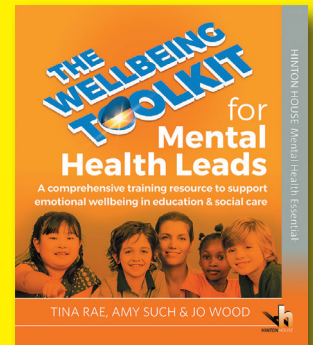
Ref: 412-51813-J **£149.99**

### Trauma and Stress Workbook

For full details please see page 29

Age **11-19**

Ref: 386-51974-J **£45.00**



### The Behaviour Toolbag

For full details please see page 3

All ages

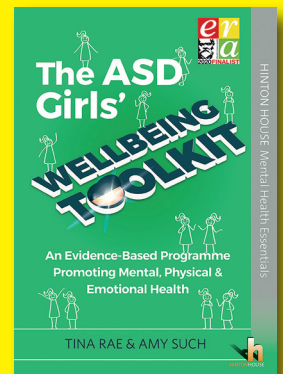
Ref: 412-52613-J **£35.99**

### The ASD Girls' Wellbeing Toolkit

For full details please see page 32

Age **11-18**

Ref: 412-52052-J **£46.99**



## Available again!

### Talkabout Board Game

Game to promote social communication, self-esteem and friendship skills

The *Talkabout Board Game* is a journey through the week encountering a number of different social skills tasks which must be completed in order to get to the end of the week. The purpose of the game is to promote teamwork: players work with each other to achieve the goal. The game can be played at six different levels, each tackling a different skill:

- Self-awareness and self esteem • Body language
- Conversational skills • Friendship skills • Assertiveness skills
- Any combination of the above.

Age **7-16** 2-6 players. Game board, 6 Talkabout character pieces, 5 sets of Talkabout Challenge Cards, 1 set of chance cards  
Ref: 77-10698-J **£49.99\***

**best seller**





## 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.

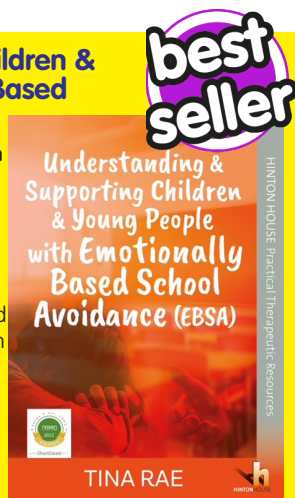
By Tina Rae

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

Age 5-16

Ref: 412-52054-J £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

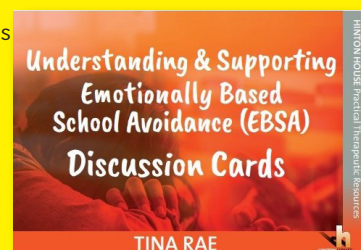
They will help to develop a range of self-help skills. These include how to remain self-regulated, manage stress and anxiety, become more organised and access appropriate support. Three sections with 20 cards each cover:

- Understanding feelings and worries
- Building my skills
- Positive transitioning

60 cards, instructions

Age 5-16

Ref: 412-52611-J £29.99\*



value set

## VALUE! EBSA WORKBOOK AND CARDS SET OF 2

Ref: 412-52612-J £54.99\*

## The Behaviour Toolbag

The everyday stuff that makes a difference

By John Murray & Sonia Murray

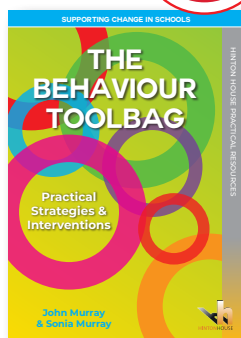
A range of practical strategies & interventions to support behaviour management in the classroom.

Topics include:

- Influences of behaviour
- What behaviour to focus on
- 3 W's – What, when and why
- Reframing the behaviour
- Positive practical behaviour management strategies and interventions
- Special educational needs
- Looking after the practitioner

220pp A4 paperback

All ages Ref: 412-52613-J £35.99



new!

## A Toolbox of Wellbeing

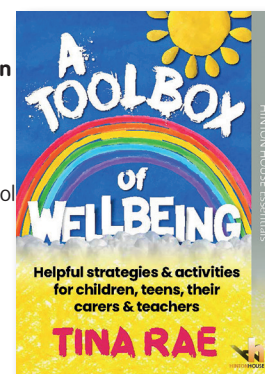
A must-have collection of easy-to-use activities to enhance emotional wellbeing in all children & young people.

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.

All ages 76pp A5

Ref: 412-51787-J £16.99



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

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

special collection

Blob Best Sellers Special Collection

Ref: 386-51824-J £199.99\*



**special  
collection**

**Trauma Bundle for Ages 11-18**

**Ref: 386-51691-J**

**£209.99\***



**Resources to support young people with mental health, trauma and emotional literacy**

- Managing Trauma Workbook for Teens
- Trauma Reaction Cards
- The Trauma Treasure Deck
- Talking about Trauma Fink Cards
- Therapeutic Treasure Box
- Therapeutic Treasure Deck of Strengths and Self-Esteem Cards
- Therapeutic Treasure Deck of Sentence Completion and Feelings Cards
- Therapeutic Treasure Deck of Grounding, Soothing, Coping and Regulating Cards

**special  
collection**

**The 50 Best Games Best Buy Pack**

**Ref: 412-52615-J**

**£89.95\***



**8 books of themed games and activities**

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

**special  
collection**

**Stress & Anxiety Bundle  
for Ages 11-18**

**Ref: 386-51555-J**

**£294.95\***



**A collection of our top selling Stress & Anxiety products.**

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



**special  
collection**

**Mindfulness Collection**  
Ref: 386-51689-J **£229.00\***



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

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

**special  
collection**

**Resiliency Bundle**  
Ref: 519-51688-J **£269.99\***



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

- Resiliency Skills Handbook
- Bounce Back Game
- Positive Thinking Game
- Let's Talk About Resilience Discussion Cards
- Resiliency Training Manual
- Resilience Workbook

**special  
collection**

**101 Activities & Ideas  
Best Buy Pack**  
Ref: 412-52614-J **£165.99**

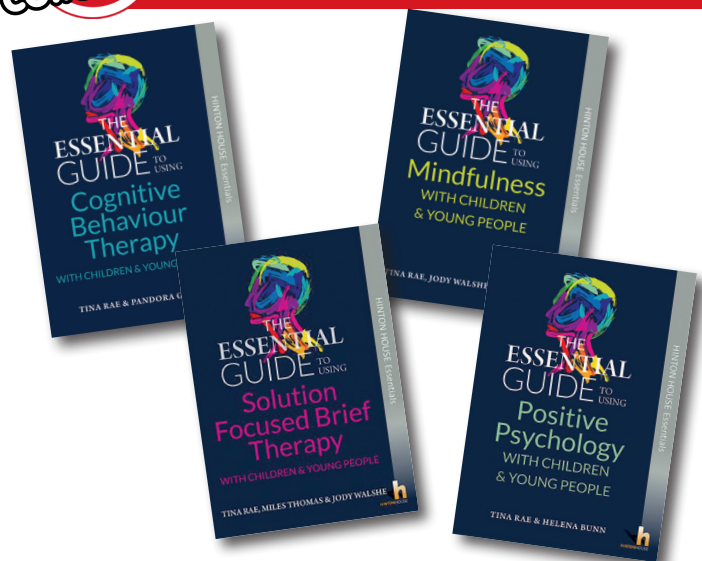


A set of 5 Creative and practical solutions to issues around emotional well-being in young people

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

**special  
collection**

**Essential Guides Set of 4**  
Ref: 412-52623-J **£74.99**



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

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

## Crime Prevention Discussion Cards

These cards cover a range of important issues that could help teenagers stay on the right side of the law by learning the difference between right and wrong through discussion. Each card set is an excellent toolkit for communication, conversation and life skills and includes an instruction card, question card, ground rules card, answer card, other ideas for this game card and 30 smaller choice answer cards.



### Knife Crime Culture

These discussion cards will encourage young people NOT to carry or use knives and if they do, to hand them in. Explore why young people carry knives and deepen their understanding of the harm that may result.

Age 11+

Ref: 508-50485-J £38.50\*



### Anger

Use to discuss what anger means to young people, their view of how and why it happens, outcomes, how it can be managed and how it feels if someone is angry with them.

Age 11+

Ref: 508-50488-J £38.50\*



### Gang Crime Culture

Focuses on gang culture, particularly why young people join, form or belong to a gang. Discussion about the outcomes of joining a gang will help issues to emerge, such as dealing with peer pressure, aiming to prevent those not in a gang from joining one.

Age 11+

Ref: 508-50490-J £38.50\*



### Drugs Awareness

Aimed at young people, these cards will help them talk about their feelings and emotions through discussion of any issues they have about drugs. Covers the effects of drugs and why some people use them.

Age 11+

Ref: 508-50486-J £38.50\*



**VALUE! PURCHASE ALL 5 CARD SETS AT A SAVING**  
Ref: 508-50494-J £179.99\*

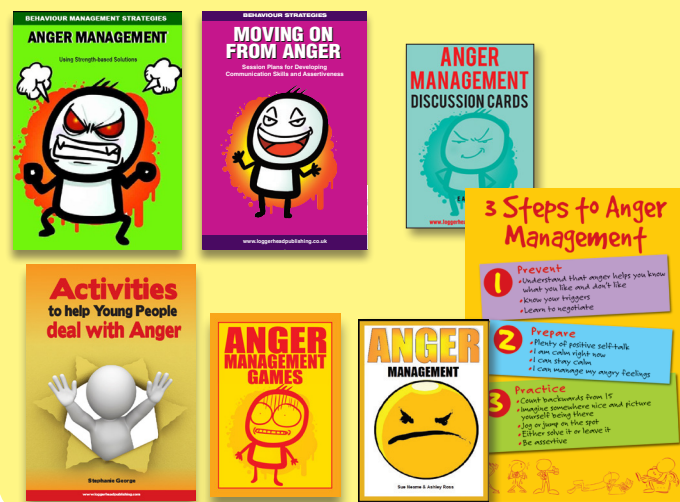
special collection

## The Anger Management Toolkit for Ages 5-11

Ref: 386-51350-J £199.00\*

An invaluable kit containing 7 different resources:

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



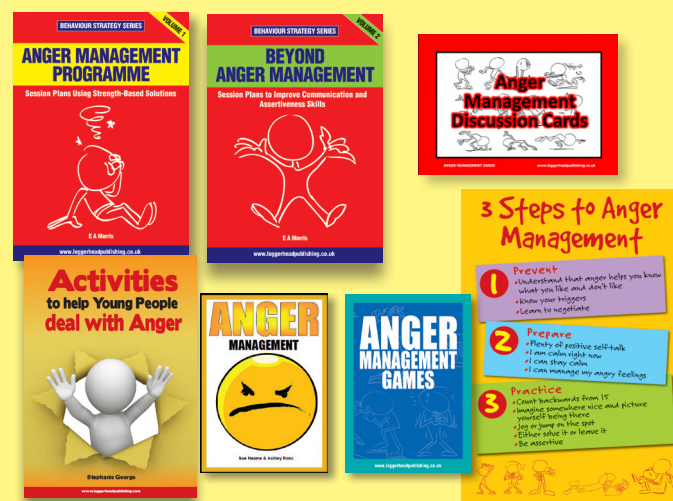
special collection

## The Anger Management Toolkit for Ages 11-18

Ref: 386-50699-J £199.00\*

An invaluable kit containing 7 different resources:

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





**special  
collection**
**Self-Esteem & Resilience Best Buy Pack**  
 Ref: 412-52624-J £199.99


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

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

**special  
collection**
**Grief and Loss Best Buy Pack**  
 Ref: 412-52625-J £179.99


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

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

## A Recovery Toolbox for Wellbeing

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

By Tina Rae & Ali D'Amario

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

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

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

- Self-Regulation
- Resilience-building
- Self-Esteem & Social Skills
- Effective Thinking
- Anxiety-busting
- Transition

### Early Years

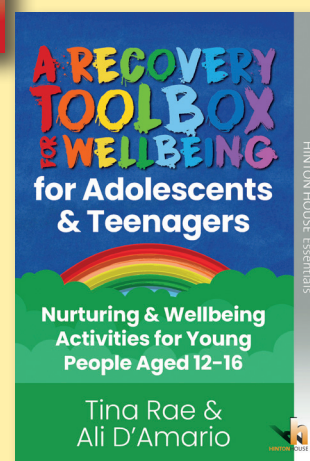
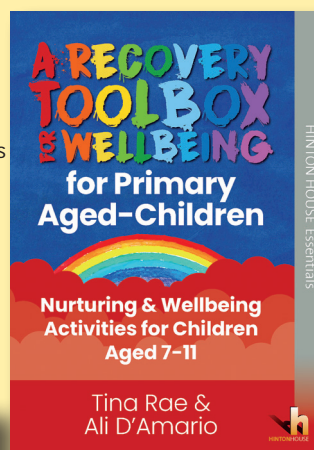
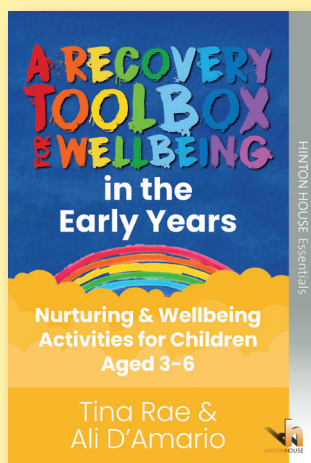
Ref: 412-51841-J £35.99

### Primary-Aged Children

Ref: 412-51842-J £35.99

### Adolescents & Teenagers

Ref: 412-51843-J £35.99


**best  
seller**

## Bounce Back Game

An educational game to teach resiliency skills

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

These skills include: • Co-operation  
• Optimism • Attentiveness  
• Empathy • Curiosity • Independence.

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

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

Age **7-12** For Children Ref: 45-50136-J **£55.00\***

Age **11-18** For Teens Ref: 45-1486-J **£55.00\***



## Motivation Matters

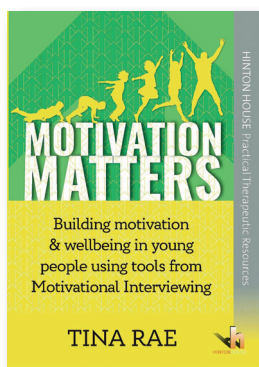
Building motivation & wellbeing using tools from Motivational Interviewing (MI)

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.

Ages **5-16** 146pp

Ref: 412-51797-J **£35.99**



## 101 Activities for Social & Emotional Resilience

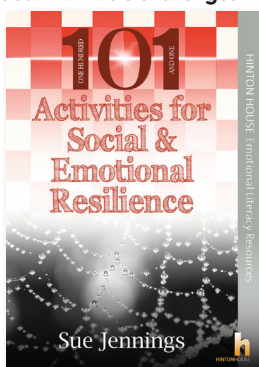
Activities and ideas to help young people to deal with life's challenges

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.

All ages 182pp

Ref: 412-412-50598-J **£35.99**



## Bouncing Back & Coping with Change

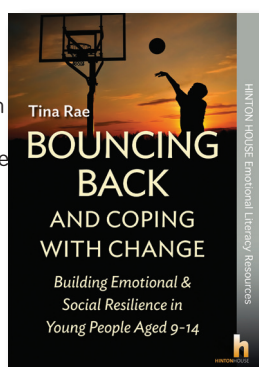
Building Emotional & Social Resilience in Young People

By Tina Rae

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

Ages **9-14** 224pp

Ref: 412-51289-J **£35.99**



## Resiliency Training Manual

How to develop a positive attitude

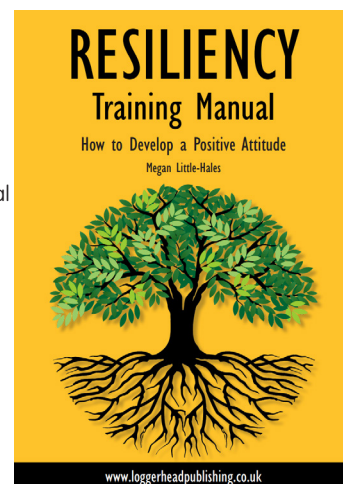
By Megan Little-Hales

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

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

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

Ages **11-18** A4, 194 pages Ref: 386-51694-J **£45.00**



## Mental Health & Well-Being Activities

### Positive Thinking

Activities to encourage positive thinking in young people

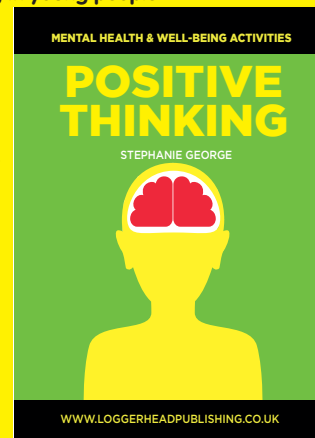
By Stephanie George

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

Age **10+**

Ref: 386-51547-J **£37.99**



### Resilience Coping Strategies

Activities focusing on resilience in young people

By Stephanie George & Anke Bauer

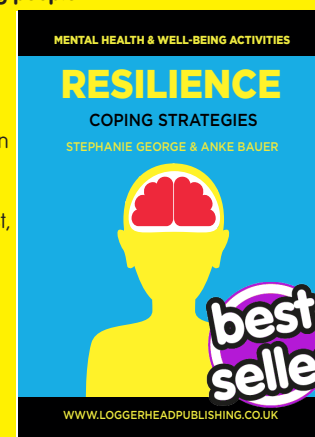
A valuable source of practical activities to help educational practitioners including:

- 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

Age **10-16**

Ref: 386-51286-J **£37.99**



**VALUE! BUY BOTH WORKBOOKS AT A SAVING**

Ref: 386-51793-J **£68.95**



## The Resiliency Skills Handbook

How to develop lifelong skills in social and emotional resilience

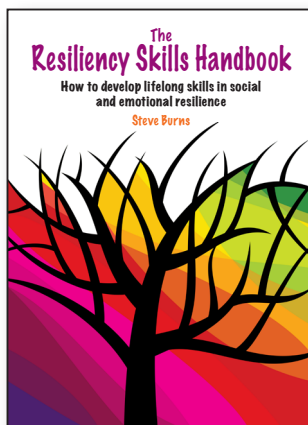
By Steve Burns

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.

Age **11-18** Ref: 386-50144-J **£45.00**



## Let's Talk About Resilience Workbook

A reproducible activity workbook for developing positive mental health skills

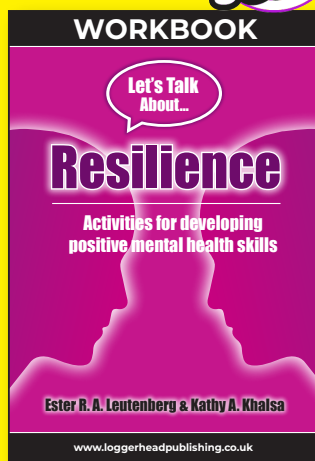
By Ester R. A. Leutenberg & Kathy Khalsa

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

Age **12+**

Ref: 386-51849-J **£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

Age **12+**

50 cards, booklet

Ref: 386-51292-J **£35.00\***



**VALUE! LET'S TALK ABOUT RESILIENCE WORKBOOK AND CARDS SET OF 2**

Ref: 386-51850-J **£71.95\***

## 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.

60 Cards, instruction

All ages Ref: 412-52616-J **£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

Age **9-14** Ref: 412-50601-J **£34.99**



Building Positive Thinking Habits

Increasing Self-Confidence & Resilience in Young People through CBT

Tina Rae



**VALUE! POSITIVE THINKING BOOKS AND CARDS SET OF 2**

Ref: 412-52626-J **£59.99\***

## Positive Thinking Game

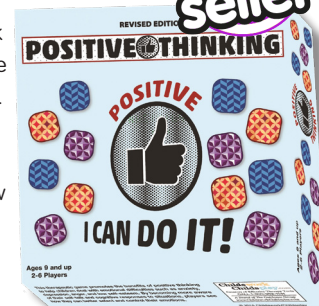
Maintains the premise that thought is the source of our emotional states

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

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

Age **9-18** 2-6 players

Ref: 45-1621-J **£54.99\***



## Blob Resilience

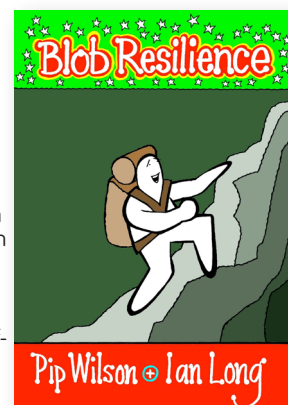
Use the uniqueness of the Blobs to explore and enhance resilience

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
- Self-regulation

All ages Ref: 386-51374-J **£35.00**



## Anxiety Solutions

50 ways to calm the mind and soothe the body

By Selina Byrne

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

Age **11-18** Ref: 99-51501-J **£39.99\***



best seller

## Anxiety Solutions for Kids

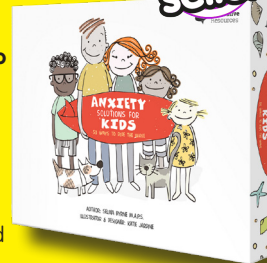
50 cards with lots of simple, practical, creative and fun activities for children who experience worry or anxiety from time to time – and that is every child!

By Selina Byrne

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

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

Age **5-11** Ref: 99-50733-J **£39.99\***



## 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

These cards provide the school-based practitioner with 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

48 full colour cards, instructions

All ages

Ref: 412-52041-J **£29.99\***



## 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

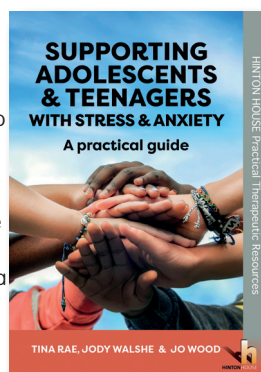
These evidence-based tools will support young people to build resilience and coping strategies, alongside preventative measures to build positive mental health.

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

Age **11-18** Ref: 412-51448-J **£35.99**



## Activities to Help Young People Deal with Stress & Anxiety

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

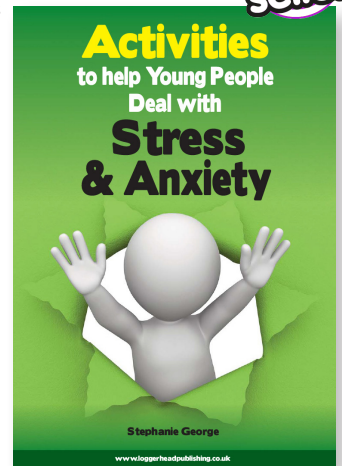
By Stephanie George

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 – Definitions
- Recognising stress and anxiety – What happens when I am stressed? Why I need to do something about it
- Managing stress and anxiety – Coping strategies and techniques
- Moving forwards with coping.

Age **10-18**

Ref: 386-50147-J **£37.99**



best seller

## 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

Age **11-18** Ref: 386-51359-J **£35.00**



## Blob Anxiety Cards

48 cards to encourage discussion about anxiety

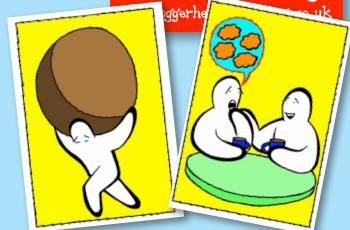
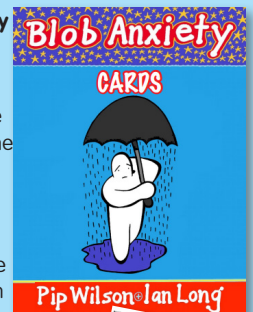
By Pip Wilson & Ian Long

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?

Age **11-18**

Ref: 386-5759-J **£29.95\***



value set

**VALUE! BLOB ANXIETY BOOK AND CARDS SET OF 2**

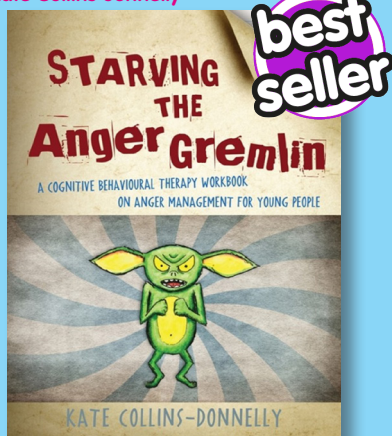
Ref: 386-51857-J **£59.95\***



### Starving the Anger Gremlin

A CBT workbook on anger management

By Kate Collins-Jonnelly



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

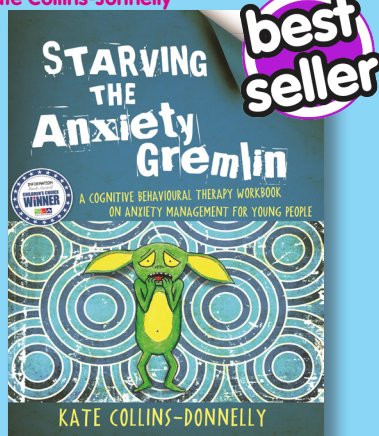
Age 10+ 88 pages

Ref: 48-50425-J £14.99

### Starving the Anxiety Gremlin

A CBT workbook on anxiety management

By Kate Collins-Jonnelly



Help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety and obsessive compulsive disorder.

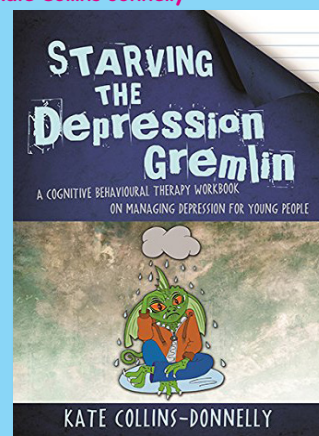
Age 10+ 166 pages

Ref: 48-50287-J £14.99

### Starving the Depression Gremlin

A CBT workbook on managing depression

By Kate Collins-Jonnelly



Full of fun and creative activities to help support and inform wider therapeutic work with young people with depression. Can be used independently or with a parent or practitioner.

Age 10+ 176 pages

Ref: 48-51302-J £14.99

### Starving the Stress Gremlin

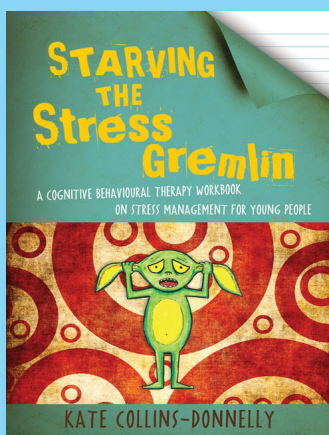
A CBT workbook on stress management

By Kate Collins-Jonnelly

This workbook shows young people how our thoughts are related to our behaviour and emotions, allowing them to understand why they get stressed, the effects of stress and how to manage it.

Age 10+ 136 pages

Ref: 48-50427-J £14.99



### Starving the Exam Stress Gremlin

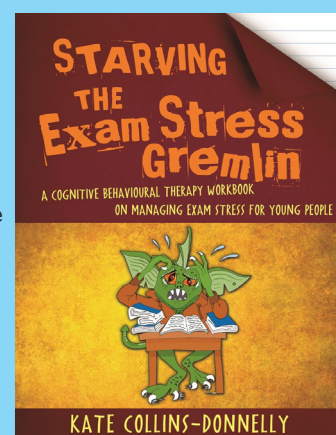
A CBT workbook on exam stress management

By Kate Collins-Jonnelly

Full of fun activities based on cognitive behavioural therapy, it is the ideal resource for supporting young people during exam time.

Age 10+ 160 pages

Ref: 48-50724-J £14.99



**VALUE! BUY ALL FIVE WORKBOOKS AT A SAVING**

Ref: 48-51345-J £70.95\*

### Starving the Anxiety Gremlin for Children

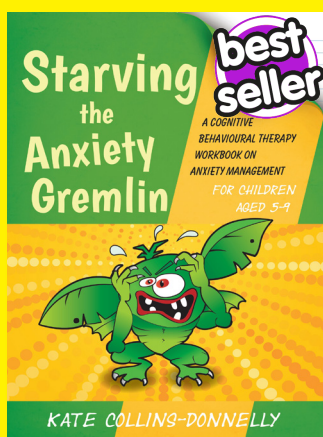
A CBT workbook on anxiety management for children

By Kate Collins-Jonnelly

The Anxiety Gremlin loves to eat anxious feelings, and the more anxious you feel, the more he eats and the bigger he gets! Learn how to get rid of the Anxiety Gremlin with this fun workbook. It's packed with puzzles, games, colouring and drawing activities to help children understand their anxiety and how to control it.

Ages 5-9 192 pages

Ref: 48-50286-J £15.99



### Starving the Anger Gremlin for Children

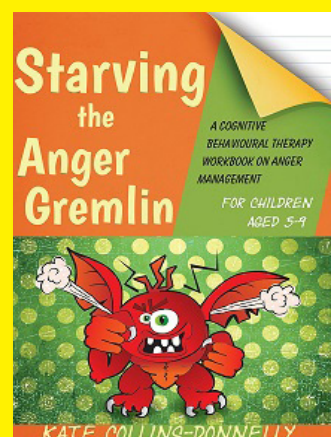
A CBT workbook on anger management for children

By Kate Collins-Jonnelly

This imaginative workbook shows children how to starve their anger gremlin and control their anger effectively. Made up of engaging and fun activities, it helps them to understand why they get angry and how their anger affects themselves and others, and teaches them how to manage angry thoughts and behaviours.

Ages 5-9 176 pages

Ref: 48-50423-J £15.99



**VALUE! BUY BOTH GREMLIN WORKBOOKS AT A SAVING**

Ref: 48-50660-J £28.50



**value set**

**VALUE! BUY ALL FOUR WORRY TINS AT A SAVING**

Ref: 199-50356-J **£99.95\***

## Little Tin of Big Worries

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

By Eve Wilson

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

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



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

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

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

All ages Ref: 199-50001-J **£29.95\***

## Little Tin of Transition Worries

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

By Eve Wilson

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

Each card outlines one cause for concern, for example:

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

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

Age 10-12 Ref: 199-50140-J **£29.95\***



## Little Tin of Teenage Worries

70 discussion cards tackling big issues in the teenage world

By Eve Wilson

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

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

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

Age 11-18 Ref: 199-50015-J **£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:

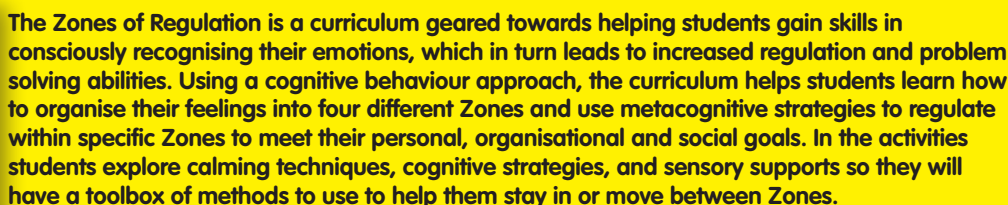
- Someone using my things without asking
- People letting me down at the last minute

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

Age 11-18 Ref: 199-50141-J **£29.95\***



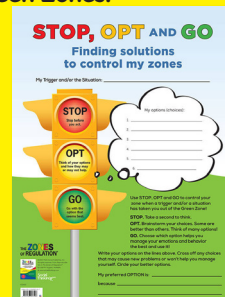




**THE ZONES OF REGULATION**

- BLUE ZONE (Calm)**: Icons include a person sleeping, a person sitting at a desk, a person sitting at a desk with a laptop, and a person sitting at a desk with a laptop and a book. Strategy: **Engage Your Senses** (Write, Draw, Listen, Read, Think, Write).
- GREEN ZONE (Engage)**: Icons include a person sitting at a desk, a person sitting at a desk with a laptop, a person sitting at a desk with a laptop and a book, and a person sitting at a desk with a laptop and a book. Strategy: **Connect Your Senses** (Drink, nod, nod, nod, nod, nod).
- YELLOW ZONE (Express)**: Icons include a person sitting at a desk, a person sitting at a desk with a laptop, a person sitting at a desk with a laptop and a book, and a person sitting at a desk with a laptop and a book. Strategy: **Release Your Senses** (Deep breaths).
- RED ZONE (Resist)**: Icons include a person sitting at a desk, a person sitting at a desk with a laptop, a person sitting at a desk with a laptop and a book, and a person sitting at a desk with a laptop and a book. Strategy: **Regulate Your Senses** (Take a break).

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- The Zones of Regulation
- The Zones of Regulation Poster Set
- Tools to Try Cards for Kids OR Tweens & Teens
- Navigating The Zones - A Pathway to Self-Regulation
- Advanced Pack: Cards to Extend Play with Navigating The Zones



**THE ZONES OF REGULATION RESOURCE PACK PRIMARY** Ref: 520-51965-J **£259.99\***

**THE ZONES OF REGULATION RESOURCE PACK SECONDARY** Ref: 520-51944-J £259.99\*

**All titles available separately.**

The Zones of Regulation framework uses four colours to help individuals identify how they are feeling in the moment given their energy, emotions, and level of alertness. By understanding how to read their bodies, detect triggers, think about the social context, and consider their reactions, individuals learn a system for how to increase their ability to regulate their emotions, manage their sensory needs, and become more self-aware and skillful problem solvers.

## Navigating The Zones - A Pathway to Self-Regulation

A co-operative game that encourages students to collaboratively build different “Zones Pathways”- visual, sequential, and concrete road maps that help participants practice the process of social problem solving needed for emotional self-regulation.

This three-step process involves thinking about a situation (where are we, who are we with?), exploring a feeling that may be experienced in response to the situation, and considering different tools or strategies that may be used when experiencing this situation and feeling.

Includes: • 320 Situation Cards • 60 Feeling Cards • 40 Tool Cards

All ages Ref: 520-51936-J £77.99\*

## Tools to Try Cards

## Advanced Pack: Cards to Extend Play with Navigating The Zones

**An additional card set for Navigating the Zones to help more sophisticated thinkers (age 10+) further develop their problem solving and self-regulation skills**

Add these advanced cards to the Navigating The Zones game to introduce three additional levels of play—including competitive game play! The provides more complex and nuanced Situation and Feeling Cards and encourages more flexible, strategic thinking by introducing Wild Cards, Trade-A-Cards, and more.

Includes: • 300 Advanced Situation Cards • 100 Advanced Feeling Cards  
• 40 Tool Cards • 30 Starter Cards • 25 Challenge Cards

**Age** 11-18 **For Teens and Tweens** Ref: 520-51943-J **£29.99\***

**Age** 11-18 **Ref:** 520-51937-J **£35.99\***

## Anger Management Programme

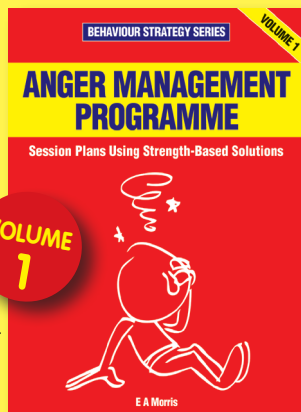
A practical programme of strength-based solutions and a focus on dealing with 'emotional hijacks'

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.

Age **11-16** Ref: 386-10935-J **£42.50**



## Beyond Anger Management

Session plans to improve communication and assertiveness skills

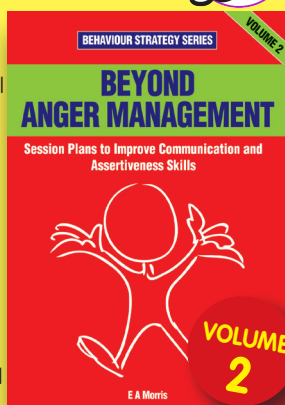
By E A Morris

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 photocopiable student and teacher sheets.

Age **11-16** Ref: 386-50000-J **£42.50**



**best seller**

**value set**

**VALUE! BUY BOTH BOOKS AT A SAVING**  
Anger Management Programme and Beyond Anger Management  
Ref: 386-50010-J **£79.50**

## Anger Management

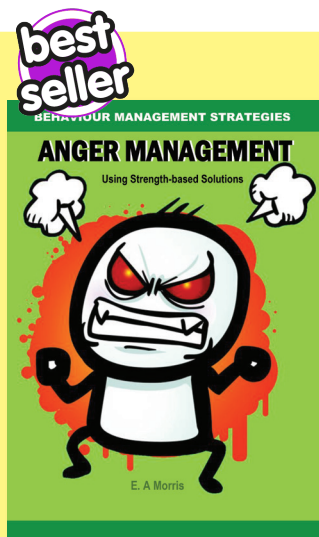
A practical programme of strength-based solutions and a focus on dealing with 'emotional hijacks'

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.

Age **5-11** Ref: 386-50009-J **£42.50**



## Activities to Help Young People Deal with Anger

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

By Stephanie George

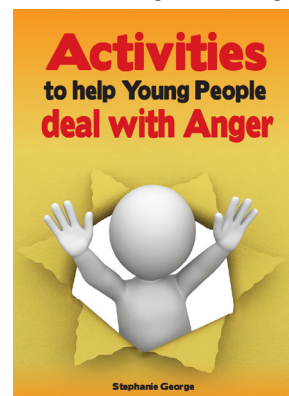
These activities have a particular focus on developing skills for managing anger, conflict and relating to others. They provide specific, structured tasks that can be used during one-to-one mentoring intervention and for group work.

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

- My anger triggers • Anger matrix
- Initial self-assessment – relating to others • Student reassessment and evaluation • How I feel when I am angry • Ways of coping • Improving my listening • Dilemmas • Conflict – what it is and how to deal with it • What happens next?

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

Age **10-16** Ref: 386-50025-J **£37.99**



## The Anger Management Toolkit

Understanding & Transforming Anger in Children & Young People

By Sue Jennings

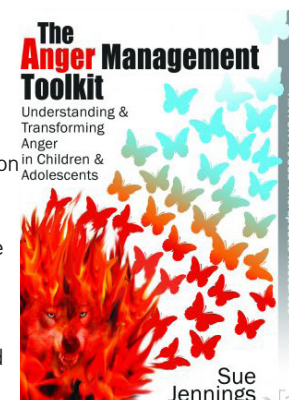
Creative activities to help understand & manage feelings of anger.

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 Ref: 412-50612-J **£35.99**



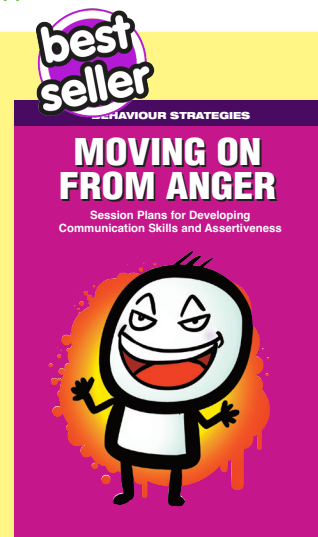
## Moving on from Anger

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.

Age **5-11** Ref: 386-11272-J **£42.50**



**value set**

**VALUE! BUY BOTH BOOKS AT A SAVING** Anger Management and Moving On From Anger  
Ref: 386-50008-J **£79.50**



## Helping Teenagers with Anger & Low Self-Esteem

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

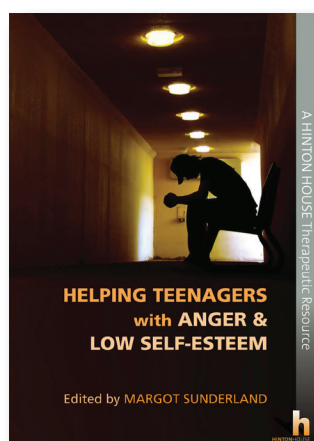
Edited by Margot Sunderland

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.

Age 10-18

Ref: 412 50611-J £35.99



## From Rage to Reason Board Game

Teach players how to control anger and avoid violence

By playing this game young people will learn how to stay calm, make good decisions and prepare for difficult situations. Three areas of skill are covered:

- Self skills – Know how they feel, stay calm (take deep breaths etc), give feedback

- Thinking skills – Prepare, make a decision, postpone the reaction, think ahead about results

- People skills – Be assertive, ignore, say how they feel, ask a good question

Age 13+

Ref: 45-51400-J £56.99\*



## Let's Talk About Anger and Aggression

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

Age 11+

50 cards, booklet

Ref: 386-51297-J £32.00\*



## Anger and Aggression Workbook

A reproducible activity workbook for developing positive mental health skills

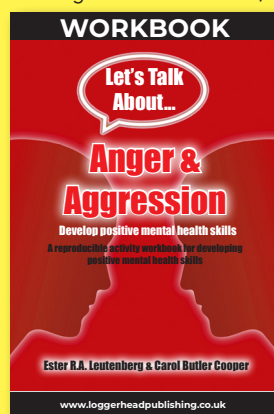
By Ester R. A. Leutenberg & Carol Butler Cooper

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

Approx 80 pages, A4, photocopiable

Age 11+ Ref: 386-51800-J £32.00\*



## Anger IQ Game

Give teens the skills they need to make good decisions and avoid violence.



Questions and prompts encourage players to analyze anger-provoking situations, identify possible consequences of bad decisions, and make good choices. "Stop and think carefully before you act" and "avoid violence and stereotypes" are just two of the guidelines presented in the game. Players develop and improve important skills, including anger management, interpersonal relations, and decision making.

Age 11-18

Ref: 45-51863-J £32.95\*

## Teen Anger Workbook

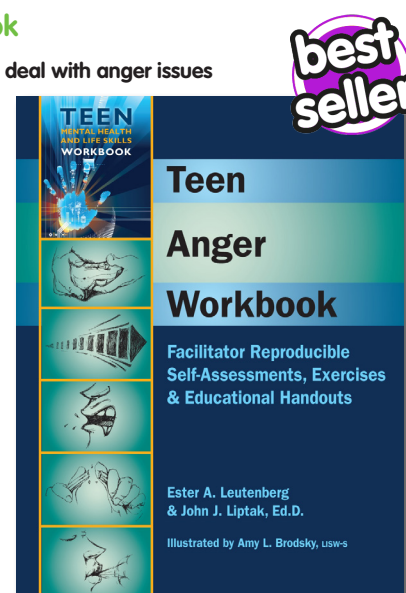
Reproducible activities which deal with anger issues

This will help them to be more successful in school, friendships and family relationships. The five sections of this workbook encourage self-reflection to examine the thoughts and feelings that lead to angry emotions.

- Teen Anger Trigger
- Teen Anger Intensity
- Teen Anger Expression
- Teen Anger Consequences
- Teen Anger Management

Age 11-19 121 pages

Ref: 446-10949-J £50.99

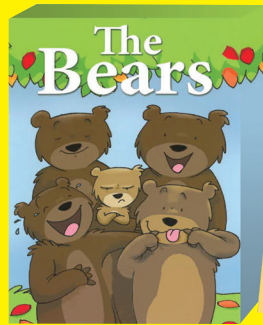


**VALUE! BUY BOTH RESOURCES AT A SAVING**  
Ref: 386-51795-J £65.00\*

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

## The Bears Cards

48 endearing bear cards ideal for talking about feelings and more



**best  
seller**

Talking about feelings is one of the cornerstones of emotional literacy. Here are 48 colourful, loveable cartoon characters – happy, sad, confident, afraid, shy, energetic, tired, noisy, caring, grumpy, and many more.

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

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

**Age 4-11** 48 full-colour laminated cards, 105 x 150mm, with a 42 page instruction booklet Ref: 99-1666-J **£39.95\***



## Funky Fish Feelings Cards

48 cards to get participants talking about feelings

These cards show fish with attitude such as the flummoxed flounder, cranky crab, despondent dolphin and shy shark. Each card also features a cute little seahorse who plays the role of observer. Having an observer as a witness creates different ways of building conversations and can turn a two-person dialogue into a 'trialogue'. For example:

- What do you think the seahorse is seeing?
- Do you think the seahorse could have a different perspective from yours?

Ideal for ice breakers, storytelling and therapeutic conversations.

48 full-colour A5 cards, 24-page booklet

**Age 4-11** Ref: 99-50413-J **£39.95\***



## Stones... Have Feelings Too! Cards

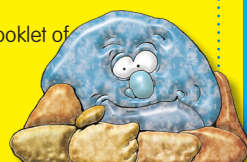
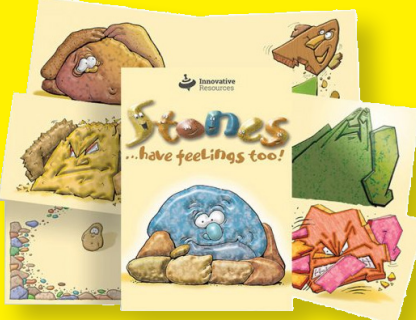
52 quirky, engaging, happy, sad, afraid, shy, joyful and just plain outrageous 'stone' character cards!

Help students build a vocabulary for naming feelings, as well as prompting discussion about how feelings are interpreted.

Each card features a delightful stone character brimming with personality and wearing a different expression. There are no words on the front of the cards, leaving the user free to interpret the feeling portrayed. On the back are three possible words for that feeling. Comes with 44 page booklet of uses.

52 full colour laminated cards 100 x 150mm

**Age 4-11** Ref: 99-5174-J **£39.95\***



## Strength Cards for Kids

Revised edition – 40 brand new illustrations & 14 new statements



**best  
seller**

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

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

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

**Age 7-11** Ref: 99-1670-J **£39.95\***

**value  
set**

**VALUE! PURCHASE ALL 4 RESOURCES AT A SAVING**  
The Bears Cards, Funky Fish Feelings, Strength Cards  
for Kids and Stones...Have Feelings Too!

Ref: 99-51866-J **£138.95\***



### The Mood Kit

Based on cognitive behavioural therapy, mindfulness and positive psychology, THE MOOD CARDS offers a fun and accessible way to help you identify and explore your moods and emotions.

By Andrea Ham

#### Mood Cards – Make Sense of Your Moods

42 cards showing a variety of emotions, ranging from happy and sad to resentment, guilt and stress. Each card includes guided questions for self-exploration plus an affirmation for positive thinking.

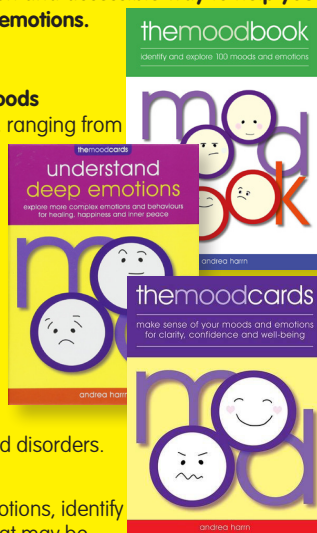
#### Mood Cards – Understand Deep Emotions

50 cards to help you work with even more complex emotions and behaviours. Embark on a deeper journey of self-discovery, including feelings of abandonment and rejection; passive aggressive behaviour and mood disorders.

#### The Mood Book

Learn to recognise your moods and emotions, identify triggers and overcome any obstacles that may be affecting your personal life with this accessible in-depth book on over 100 feelings, states of mind and mood disorders.

Age **7-16** Ref: 518-51584-J **£48.99\***



### Bumper Blob Education Collection

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

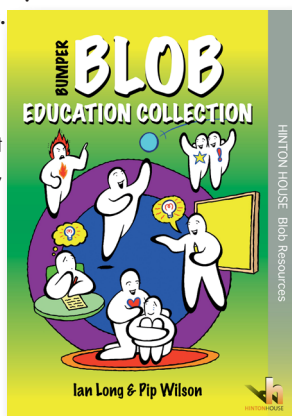
By Ian Long & Pip Wilson

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

158pp

All ages

Ref: 446-52037-J **£35.99**



### Emotions Face Fan

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



Age **4-12**

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.

SET OF 6 Ref: 460-1206-6-J **£34.95\***

SET OF 30 Ref: 460-1206-30-J **£169.95\***

### Talk-It-Out Game

A therapeutic board game designed to encourage teenagers to communicate

This game supports the therapeutic process by addressing cognitive, emotional and behavioural issues that affect adolescents. A sturdy, beautifully produced game board, spinner and large colourful game cards give teens the opportunity to discuss family, friends, feelings, dreams and hopes for the future. Questions posed are thought-provoking, imaginative and sure to engage even the most resistant teen.

Age **12+** 2-6 players Ref: 152-4512-J **£56.99\***



### 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

Ref: 386-51906-J **£29.95\***



### Which Blob Do You Feel Like Today? Poster Set of 5

Over 50 individual blobs on one giant 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. Set of 5 posters includes notes for guidance.

All ages Ref: 460-51373-J **£26.95\***



## Talkabout for Children: Developing Friendship Skills Second Edition

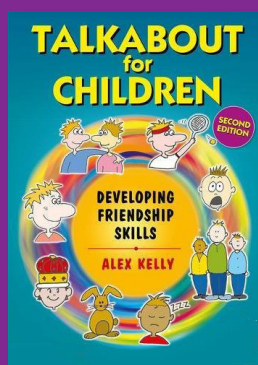
By Alex Kelly

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

Within each group activity the resource outlines any required materials and preparation and also refers to the relevant worksheets in *Talkabout* for those using this as the framework for their social skills.

Age **4-11**

Ref: 77-50016-J **£46.99**



## Talkabout for Children: Developing Social Skills Second Edition

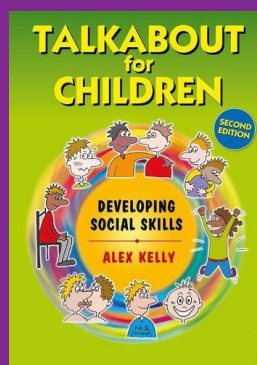
By Alex Kelly

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

- Over 60 activities to develop social skills in body language, conversations and assertiveness
- Teaching plan to help teachers incorporate groups into school curriculum

Age **4-11**

Ref: 77-10959-J **£46.99**



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

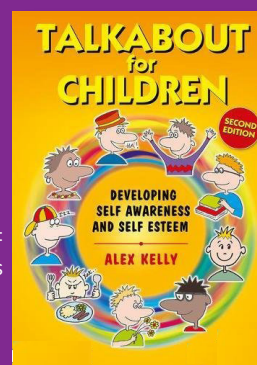
By Alex Kelly

This comprehensive book on developing self-awareness and self-esteem includes:

- Over 40 activities to develop self-awareness and self-esteem
- A year's teaching plan to help teachers incorporate group work into the school curriculum

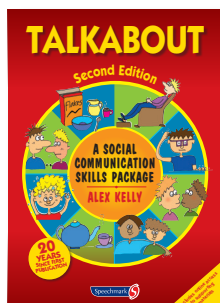
Age **4-11**

Ref: 77-10695-J **£46.99**



**VALUE! PURCHASE ALL THREE TALKABOUT BOOKS AT A SAVING**

Ref: 77-50155-J **£128.00**



## Talkabout

A practical resource packed with activities and games for developing social skills

By Alex Kelly

Social competence is an essential aspect of our quality of life and this resource will help you to develop these skills with this client group. The book includes:

- Over 60 activities to develop social skills in body language, the way we talk, conversations and assertiveness
- An assessment of social skills and planning sheet for intervention
- Forms and evaluation sheets to help with the smooth running of groups
- All activities available to download to print out and use.

All ages A4, 216 pages Ref: 77-1775-J **£46.99**



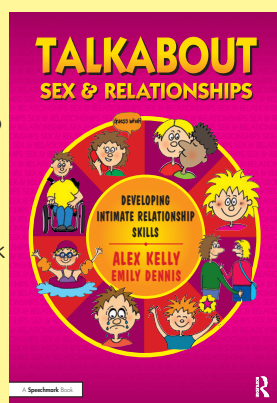
## Talkabout Sex & Relationships 1

Programme to develop intimate relationship skills

By Alex Kelly & Emily Dennis

A comprehensive toolkit for all educators and support staff who deliver relationship education to people with special needs. It is intended primarily support groupwork but activities can be easily adapted to suit the needs of individuals with varying abilities. The resource emphasises the importance of happy, healthy and positive relationships. 312 pages

Age **11-18** Ref: 77-51193-J **£46.99**



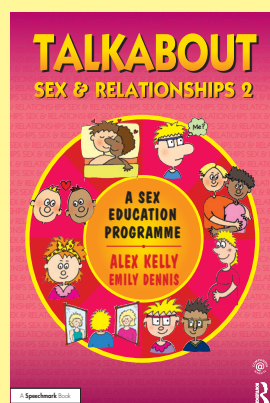
## Talkabout Sex & Relationships 2

A sex education programme

By Alex Kelly & Emily Dennis

This resource emphasises the importance of being well informed in regards to the physical, interpersonal and emotional aspects of sex. It is packed with practical activities which are designed to open up discussion around sensitive issues in a fun, informative and non-judgemental way. Each activity comes with guidance for practitioners on how to prepare for and deliver the sessions. 236 pages

Age **11-18** Ref: 77-51375-J **£46.99**



## Talkabout Relationships

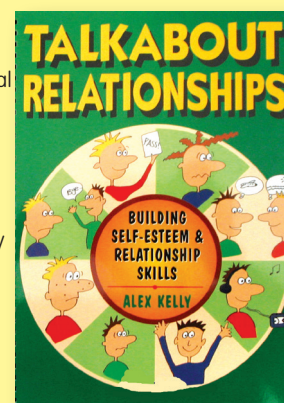
Building self-esteem & relationship skills

By Alex Kelly

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

photocopiable worksheets to help teachers work through self-esteem and relationship skills within a structural group setting. 256 pages

All ages Ref: 77-5456-J **£46.99**



**VALUE! PURCHASE ALL 3 BOOKS TOGETHER AT A SAVING**

Ref: 77-51583-J **£128.00**



## Let's Get Talking Health Series

Discussion cards to help young people learn life skills by using these cards to talk about and discuss real-life issues in a non-judgemental way. Throughout the discussions, observation takes place of their own and each other's facial expressions, opinions and body language. The cards will help to develop their self-esteem, social skills, confidence, team skills, decision making and exploration of thoughts and feelings.

### Depression

Explore young people's understanding of depression – its causes, the effects on others and the feelings it produces.

27 cards, boxed

Age **11-18**

Ref: 508-51312-J **£38.50\***



### Alcohol

Raise awareness about alcohol and the effect it has on the body. Covers drink measures, the consequences of drinking too much, typical behaviours and drink-related crime.

37 cards, boxed

Age **11-18**

Ref: 508-51313-J **£38.50\***



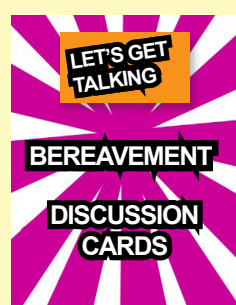
### Sexuality

Use this set to explore young people's knowledge and understanding of sexuality. The cards need to be supervised by staff.

27 cards, boxed

Age **11-18**

Ref: 508-51321-J **£38.50\***



### Bereavement

A sensitive set that can be used to explore what death and bereavement bring to the lives of people who have lost a close friend, relative or someone they admired.

27 cards, boxed

Age **11-18**

Ref: 508-51318-J **£38.50\***



### Smoking

Encourages discussion about the effects and consequences of smoking and how it can damage health, the mind and body.

29 cards, boxed

Age **11-18**

Ref: 508-51317-J **£38.50\***



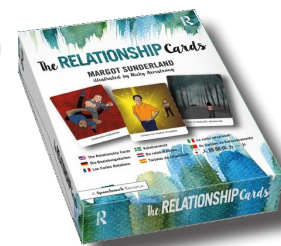
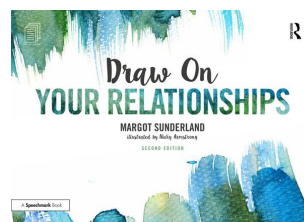
**VALUE! PURCHASE ALL 5 CARD SETS AT A SAVING**

Ref: 508-51311-J **£179.99\***

## Draw on your Relationships and The Relationships Cards

Creative Ways to Explore, understand and work through Important relationship issues

By Margot Sunderland and Nicky Armstrong



This unique book explores a range of emotions surrounding a person's important life experiences, key memories, relationships, best times, worst times and who they are as a person. Built around five key themes, each section contains a simple picture exercise with clear objectives, instructions and suggestions for development. The picture activities have been carefully designed to help ease the process of both talking about feelings and exploring life choices, by trying out alternatives safely on paper. The 48 cards provide an engaging way for people to talk about and clarify their feelings, while reflecting on what they value in their relationships and what they might want to change.

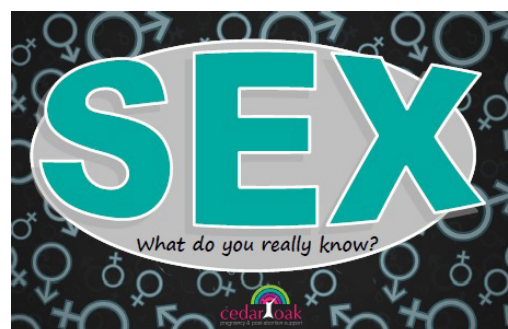
Age **11-18** Ref: 77-51645-J **£79.99\***

### What do you really know? About Sex

Encourage open and honest conversations and dispel some interesting myths about sex and relationships that you may have thought were true.

42 hard-hitting cards, each one of which displays one statement, many of which have actually been claimed by students during S&R lessons, and reveal that, although young people today have far greater access to information and knowledge than previous generations, that knowledge can be frighteningly patchy or based on myths passed on by friends.

Age **11-18** Ref: 464-50246-J **£39.99**



### What Do you Really think? About Relationships

These cards offer that opportunity: by posing the question 'Is it OK to...'

They will encourage full and frank discussion around the whole issue of relationships so that students have a chance to explore their own beliefs and to examine whether these beliefs are actually beneficial to their emotional and mental health or whether they wish to amend them to fit a more healthy approach.

Age **11-18** Ref: 464-50247-J **£39.99**



## Teen Mental Health & Life Skills Workbooks and Card Discussion Packs

Fully photocopiable workbooks of activities and handouts addressing essential areas affecting teenagers

By Ester A. Leutenberg & Dr John J. Liptak

The fully reproducible self-assessments, activities, worksheets and educational handouts in these workbooks help teenagers engage in self-reflection, examine their thoughts and feelings, learn new skills and explore ways to lead healthier, happier lives.

Available as a value set or as individual titles.



value  
set

**VALUE! SET OF 14 TEEN WORKBOOKS**  
Ref: 446-51720-J **£676.00**

value  
set

**VALUE! SET OF 14 DISCUSSION CARDS**  
Ref: 446-51875-J **£199.00\***

### Teen Anger Workbook

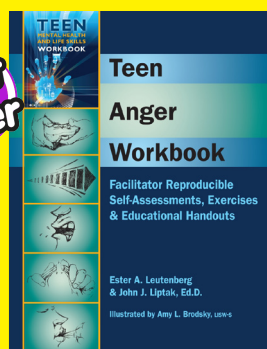
- Teen Anger Trigger
- Teen Anger Intensity
- Teen Anger Expression
- Teen Anger Consequences
- Teen Anger Management

Age **11-19** 121 pages

Ref: 446-10949-J **£50.99**

Cards Ref: 446-51876-J **£14.95\***

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seller



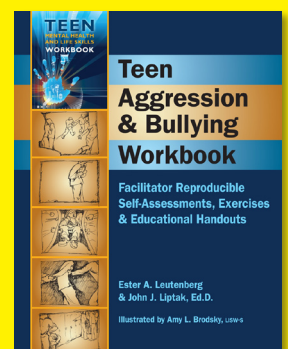
### Teen Aggression & Bullying Workbook

- Violence Motivation
- Environmental Aggression
- Are You Being Bullied?
- Are You a Bully?
- Bystander Behaviour
- Depression and Suicide

Age **11-19** 132 pages

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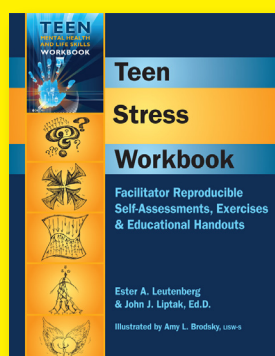
### Teen Stress Workbook

- How Do I Know When I'm Stressed?
- My Stressors
- Eustress Versus Distress
- Stressed for Success
- How I Deal with my Stress

Age **11-19** 120 pages

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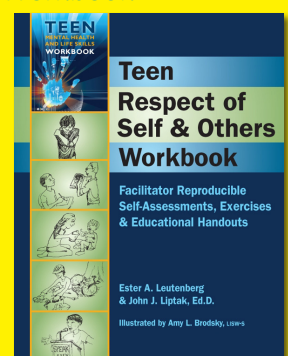
### Teen Respect of Self & Others Workbook

- Being Respectful of Myself
- Being Respectful to Others
- Being Generous
- Being Kind to the Universe
- Being a Social Activist

Age **11-19** 122 pages

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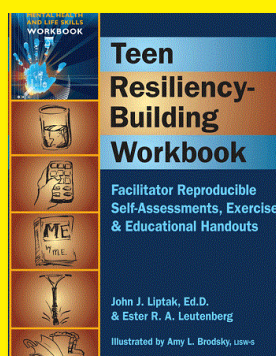
## Teen Resiliency-Building Workbook

- Optimistic Outlook
- Sense of Control
- Sense of Self
- Ability to Bounce Back
- Change Management

**Age 11-19** 122 pages

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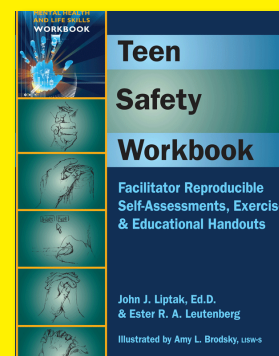
## Teen Safety Workbook

- Positive Feelings
- Healthy Choices
- Social Media Safety
- Relationship Safety
- Self-Harm

**Age 11-19** 132 pages

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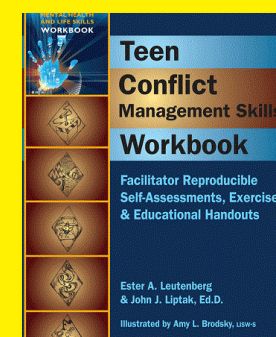
## Teen Conflict Management Skills Workbook

- Conflict Triggers
- Conflict Management
- Anger Control
- Exchange of Information
- Alternatives to Conflict

**Age 11-19** 124 pages

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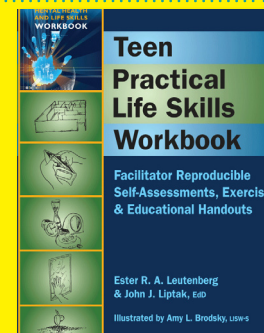
## Teen Practical Life Skills Workbook

- Problem Solving
- Money Management
- Time Management Skills
- Self-awareness
- Personal Change

**Age 11-19** 120 pages

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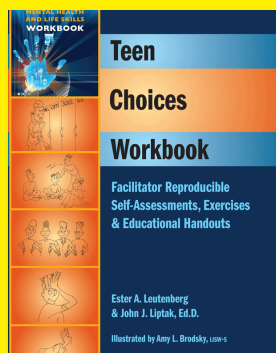
## Teen Choices Workbook

- Teen Action Choices
- Teen Relationship Choices
- Teen Cultural Differences
- Teen 'Not-So-Jreat' Choices
- Teen Risk-Taking Behaviour

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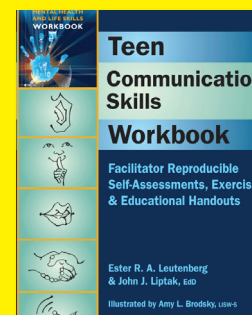
## Teen Communication Skills Workbook

- Active Listening
- Non-Verbal Communication
- Communications Skills
- Cross-cultural Communication
- Negotiation Skills

**Age 11-19** 126 pages

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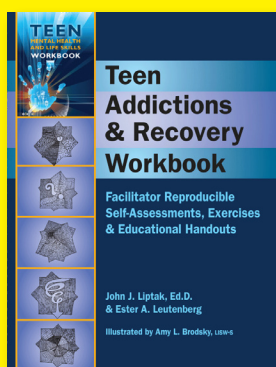
## Teen Addictions & Recovery Workbook

- Do I Overdo My Habits?
- Am I Likely to be Addicted?
- Am I Addicted?
- Am I Relapsing?
- Can I Stop?
- Change and Recovery

**Age 11-19** 122 pages

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**Cards** Ref: 446-51886-J **£14.95\***



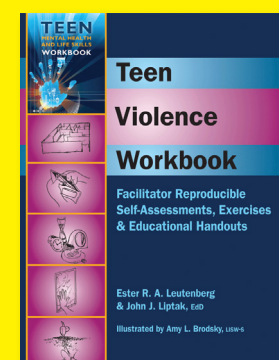
## Teen Violence Workbook

- Types of Violence
- Self-Empowerment Signs
- Dating Violence
- Personal Safety
- Symptoms of Dating Violence

**Age 11-19** 130 pages

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**Cards** Ref: 446-51887-J **£14.95\***



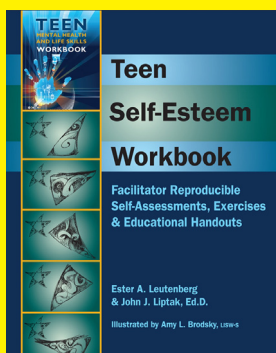
## Teen Self-Esteem Workbook

- Teen Self-Esteem
- Teen Self-Worth
- Teen Self-Awareness
- Teen Self-Responsibility
- Teen Assertiveness

**Age 11-19** 125 pages

Ref: 446-11018-J **£50.99**

**Cards** Ref: 446-51888-J **£14.95\***



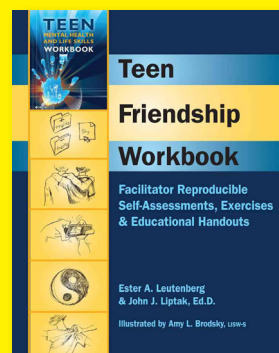
## Teen Friendship Workbook

- Characteristics of Friends
- Friendship Skills
- Friend Communication Skills
- Friendship Personality
- Peer Pressure

**Age 11-19** 116 pages

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**Cards** Ref: 446-51889-J **£14.95\***



## Let's Talk About Workbook Series

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

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



**VALUE!** BUY ALL 8 LET'S TALK ABOUT WORKBOOKS AT A SAVING Ref: 386-51951-J **£324.00**

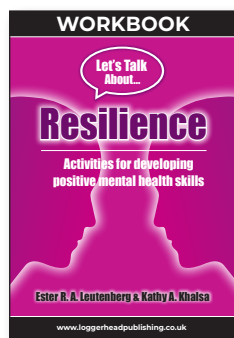
### Resilience

By Ester R. A. Leutenberg & Kathy Khalsa

The five areas covered are:

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

Age **11+** Ref: 386-51849-J **£45.00**



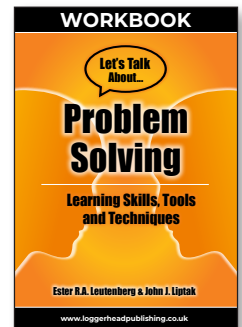
### Problem Solving

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

The five areas covered are:

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

Age **11+** Ref: 386-51852-J **£45.00**



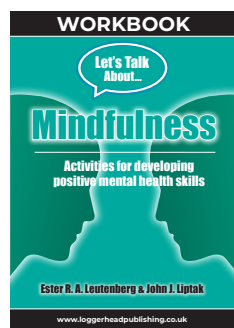
### Mindfulness

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

The five areas covered are:

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

Age **11+** Ref: 386-51699-J **£45.00**



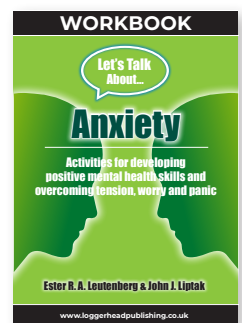
### Anxiety

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

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

Age **11+** Ref: 386-51702-J **£45.00**



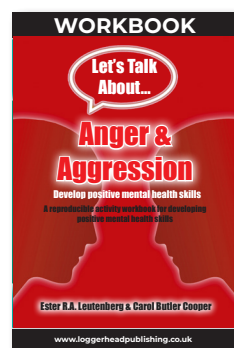
### Anger & Aggression

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

The five areas covered are:

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

Age **11+** Ref: 386-51800-J **£45.00**



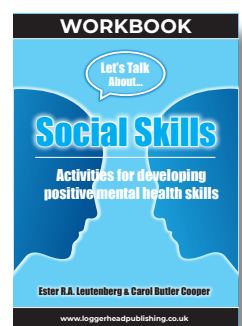
### Social Skills

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

The five areas covered are:

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

Age **11+** Ref: 386-51869-J **£45.00**



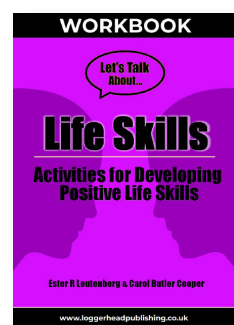
### Life Skills

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

- Self
- Health
- Social
- Education
- Career

Age **11+** Ref: 386-51950-J **£45.00**



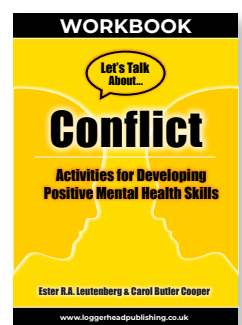
### Conflict

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

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

Age **11+** Ref: 386-51915-J **£45.00**





## Let's Talk About Series of Discussion Cards

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

This card series is designed to enhance mental health and well-being by acknowledging that 'it's good to talk'.

Each set covers five carefully chosen topics, with ten thought-provoking cards per topic. Use these cards with a wide range of groups and clients to:

- Ask non-threatening questions
- Encourage reflection leading to insight and modification of thoughts, feelings and actions
- Allow participants to explore their effectiveness by rating themselves in a variety of critical life skills
- Encourage lively discussion and open conversation in a group
- Allow participants to explore important attitudes and personal experiences in a safe setting
- Introduce activities and establish the perfect basis for writing diaries, creative expression, games, slogans, board activities, technology and other techniques. For use with groups and individuals aged 11 and up. Includes a booklet full of ideas for using the cards.

**Best Selling Series**



**VALUE! BUY ALL 8 LET'S TALK ABOUT CARD SETS AT A SAVING** Ref: 386-51727-J **£230.00\***

### Resilience

By Ester R. A. Leutenberg & Kathy Khalsa

The five areas covered are:

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

Age **11+** 50 cards, booklet Ref: 386-51292-J **£35.00\***



### Problem Solving

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

The five areas covered are:

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

Age **11+** 50 cards, booklet Ref: 386-51293-J **£35.00\***



### Mindfulness

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

The five areas covered are:

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

Age **11+** 50 cards, booklet Ref: 386-51294-J **£35.00\***



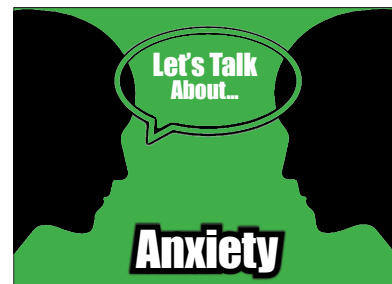
### Anxiety

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

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

Age **11+** 50 cards, booklet Ref: 386-51295-J **£35.00\***



### Anger & Aggression

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

The five areas covered are:

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

Age **11+** 50 cards, booklet Ref: 386-51297-J **£35.00\***



### Social Skills

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

The five areas covered are:

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

Age **11+** 50 cards, booklet Ref: 386-51296-J **£35.00\***



### Life Skills

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

- Self
- Health
- Social
- Education
- Career

Age **11+** 50 cards, booklet Ref: 386-51725-J **£35.00\***



### Conflict

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

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

Age **11+** 50 cards, booklet Ref: 386-51726-J **£35.00\***



## Supporting Children and Teenagers through Grief & Loss

### Practical Ideas and Creative Approaches

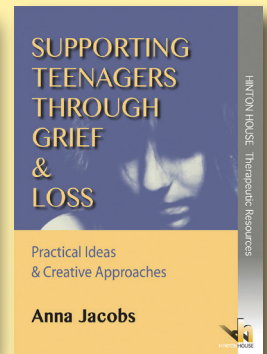
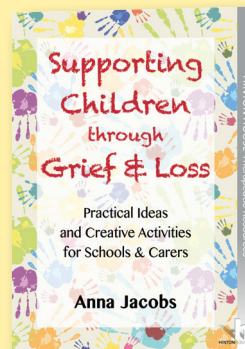
By Anna Jacobs

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.

**Supporting Children through Grief & Loss** Ref: 412-50616-J **£35.99**

**Supporting Teenagers through Grief & Loss** Ref: 412-50617-J **£35.99**



## The Bereavement Book

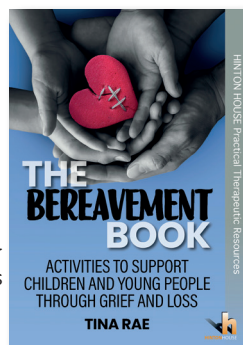
### Activities to support children & young people through grief & loss

By Tina Rae

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

232pp

**All ages** Ref: 412-50617-J **£35.99**



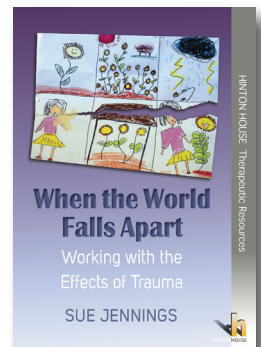
## When the World Falls Apart

### 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.

**Age 4-16** Ref: 412-50606-J **£35.99**



## Loss & Grief Workbook

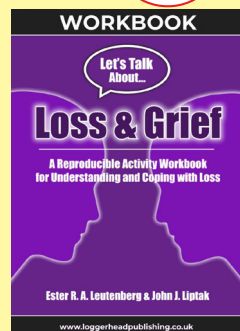
### A reproducible activity workbook for understanding and coping with loss

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

**Age 11-18** Ref: 386-52618-J **£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

**Age 11-18** Ref: 386-52619-J **£35.00\***



## Blob Loss Book

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

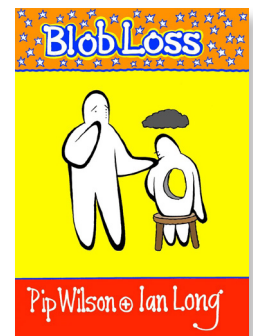
By Pip Wilson & Ian Long

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, including:

- Illness • A Car crash • Murder
- Suicide • Loss of a child
- Accidental death • The funeral • Grief

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

**All ages** Ref: 386-51361-J **£35.00**



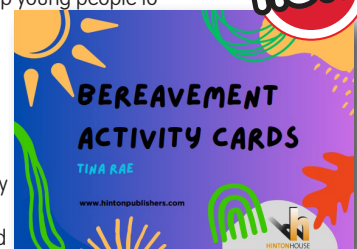
## Bereavement, Grief & Loss Activity Cards

### Activities for Remembering & Celebrating

By Tina Rae

Practical and creative activities to help young people to understand, reflect upon and talk about loss. These cards present a range of user-friendly practical ideas and strategies to promote and develop children's knowledge and understanding of grief and loss and to also provide opportunities to safely talk about and reflect upon such losses. They are designed to be used flexibly in 1:1, small group or whole class contexts depending upon the vulnerabilities and specific needs of each child/group. 60 Cards, instructions

**All ages** Ref: 412-52617-J **£29.99\***



**VALUE! BUY BOTH TITLES AT A SAVING**  
Ref: 386-52620-J **£74.95\***



## Working with Children & Young People who Self-Harm

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

By Sue Jennings

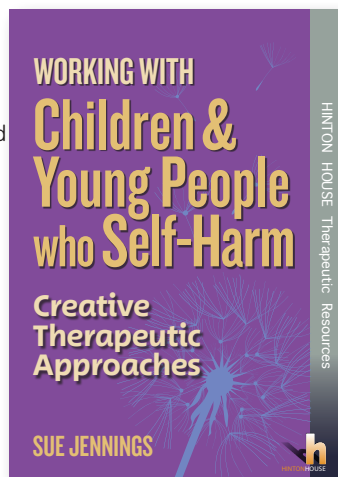
Practical and creative ideas, strategies and worksheets will help address issues underlying self-harm which are often stuck in repetitive and destructive cycles.

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.

Age 10-19

Ref: 412-51582-J £35.99



## Understanding & Preventing Self-Harm in Schools

Effective Strategies for Identifying Risk & Providing Support

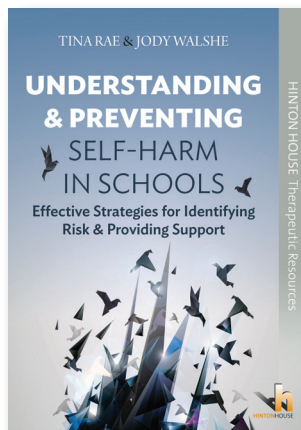
By Tina Rae & Jody Walshe

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

Age 6-18

Ref: 412-50614-J £35.99



## Promoting Positive Body Image

Essential Evidence-Based Strategies and Resources

By Tina Rae & Ali D'Amario

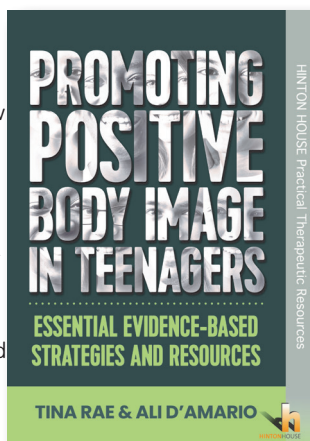
This evidence-based resource contains practical tips and techniques to help teenagers build resilience and learn how to listen to, take care of and ultimately love their own bodies.

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

Age 11-18

Ref: 412-52044-J £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

Age 11-18

Ref: 386-52009-J £29.95



## Understanding Body Image Activity Cards

Building Confidence & Self-Esteem in Children & Young People

By Tina Rae

Promote and develop body image through easy-to-use activities. These cards present a range of user-friendly practical ideas and strategies to promote and develop children's body image. They are designed to be used flexibly in 1:1, small group or whole class contexts depending upon the vulnerabilities and specific needs of each child/group.

60 Cards, instructions

All ages

Ref: 412-52622-J £29.99\*



## Body Image Programme

Activities to develop positive and confident girls

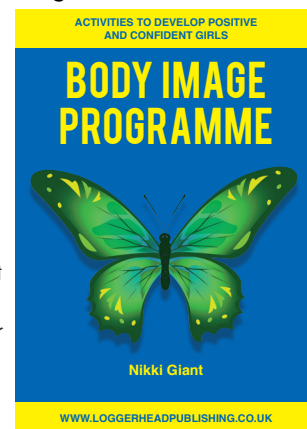
By Nikki Giant

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

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

Age 7-13

A4, photocopyable Ref: 386-50570-J £45.00



## Counselling Value Set for Young People

A selection of resources designed to enhance mental health and encourage transformative conversations with young people about their feelings, goals, strengths and challenges.

Age 11-18

### Choosing Strengths

36 cards to help participants build on their strengths.

We may think of strengths as qualities we inherit (such as patience, resilience or kindness), resources we gather (such as a house, a computer or a car) or skills we learn as we journey through life (such as a profession or other skills and talents such as fixing an engine, growing a garden or casting a fishing line). But we can also think of our strengths as choices we make.

This conversation-building resource is founded in the rich tradition of CHOICE THEORY and STRENGTHS-BASED PRACTICE. Each card, beautifully illustrated and designed, identifies a potential strength that anyone can choose to cultivate and make their own.

Ref: 99-50471-J £39.95\*

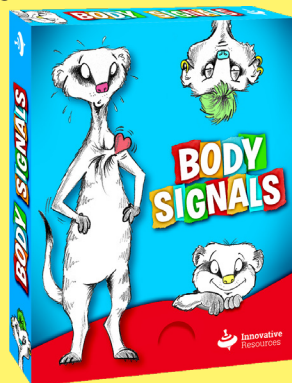


### Body Signals

40 cards for learning to interpret body signals

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

Ref: 99-51540-J £39.99\*



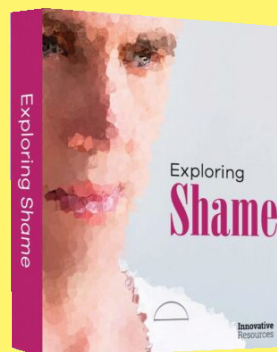
### Exploring Shame

30 photo-based cards created to gently name, unpack and process feelings of shame

Each card helps participants recognise the emotion and find a pathway for healing through constructive, safe and respectful conversations.

Topics include addiction, honesty, body, culture, fairness, forgiveness, relationships and hope – providing a range of prompts that address multiple experiences.

Ref: 99-51927-J £39.95\*



### Reflexions

34 cards for real conversation - a tool for talking with teens.

Using key words and montages of photographs and fonts, these cards will continue to lead the way in encouraging young people to talk about feelings, goals and identity. Real conversations about the hard stuff, the painful stuff, as well as the good stuff, and the changes a young person may want to make.

Ref: 99-51734-J £39.95\*



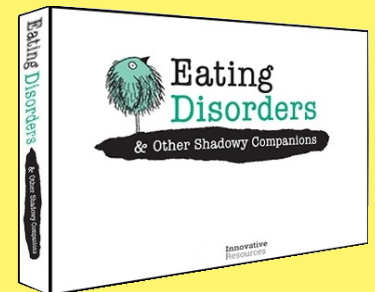
### Eating Disorders & Other Shadowy Companions

Discussion cards to challenge the silence and shame surrounding eating disorders

Living with an eating disorder can be a lonely, isolating experience. This beautiful, highly-visual tool aims to support young people and adults to bridge the isolation by sharing their experience with family, friends, teachers, counsellors, and other health professionals. Each card features an illustration to help people reflect on and express what it feels like to live with an eating disorder, and a question to gently suggest ways forward.

These cards can be used to describe other 'shadowy companions' like addiction, depression and anxiety.

Ref: 99-51756-J £37.95\*



### Deep Speak

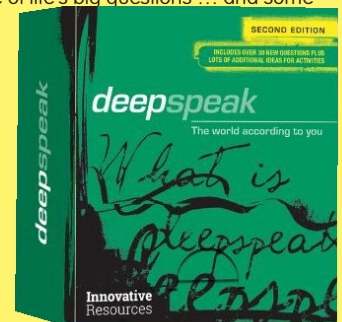
Questions for opening up dynamic conversations with young people

Anyone who spends time with young people can use *Deep Speak* to build rich conversations about some of life's big questions ... and some of the little quirky ones as well! 120 question cards covering:

- Relationships • Identity • Emotions • Beliefs • Values

To get the ball rolling there are also conversation 'openers', and the booklet has suggestions to help users explore the transformational power of simple questions.

Ref: 99-50179-J £45.95\*



### Anxiety Solutions

50 cards to calm the mind and soothe the body

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

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

Ref: 99-51501-J £39.99\*



value set

COUNSELLING VALUE SET FOR YOUNG PEOPLE

Ref: 99-51949-J £264.95



## Blob Depression

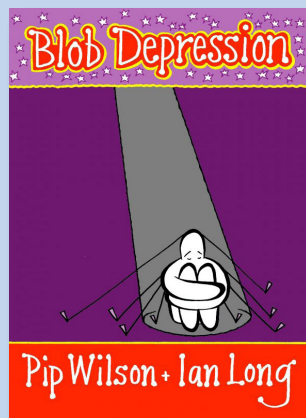
Use these Blob pages as discussion starters on the subject of depression

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.

Age **11-18**

Ref: 386-51746-J **£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
- Blobs that they would like to feel like. What changes would they need to make?

Age **11-18**

Ref: 386-51722-J **£29.95\***



**VALUE! BUY BOTH TITLES AT A SAVING**

Ref: 386-51763-J **£59.95\***

## Starving the Depression Gremlin

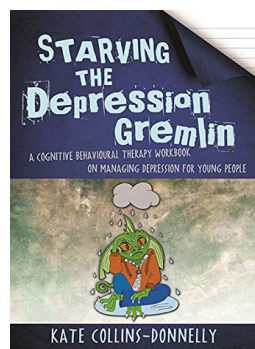
A cognitive behavioural therapy workbook on managing depression

By Kate Collins-Jonnelly

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

Age **10+** 176 pages

Ref: 48-51302-J **£14.99**



## Ups and Downs

Discussion cards for navigating life's ups and downs

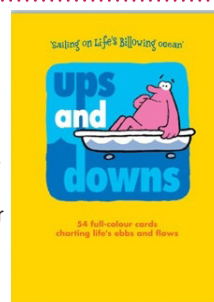
By Russell Deal

54 cards that provides a unique way of giving voice to our emotions, hopes, fears, disappointments, joys and everyday journeys. This card set is ideal for conversations about coping with change, choices and how we might hold on to clarity and hope. For example:

- Which of the *Ups and Downs* cards sum up how you're travelling now? Can you describe how you are feeling?
- Do you know where you are sailing to? Do you have all you need to complete the journey?

Age **11+**

Ref: 99-50470-J **£39.95\***



## Strength Cards

Cards to produce positive solutions to problems using our strengths

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

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

All ages

Ref: 99-1667-J **£45.00\***



## Thought-Changing Cards for People Who Are Depressed

Cards to help people revert out of depression by using cognitive behaviour modification

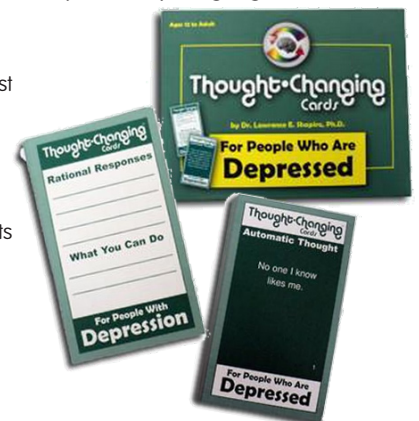
Use these cards to take automatic thoughts and suggest rational responses, explaining what an individual can do to feel more positive. They are designed to help:

- Identify the automatic thoughts that trigger and reinforce depression
- Develop a rational response to rebut these dysfunctional thoughts
- Develop behaviours which disprove their belief and reliance on dysfunctional automatic thoughts

Age **12+**

50 cards, 50 blank cards, CD-Rom, wrist band, instructions

Ref: 269-6929-J **£39.95\***



## Coping Skills Game

Help young people learn the essential skill of coping with the world around them.

While adults have learned to cope with their world, young people often have not. The lessons assimilated using The Coping Skills Game will last a lifetime. young people will gain an understanding of how to deal with feelings, adjust attitudes, discover choices, accept imperfections and more.

All ages

Ref: 45-2440-J **£54.95\***



## Fink Conversation Cards for Primary Schools

**Best Selling Series**

Cards with a mission – to get people talking about the things that matter. They will help schools, organisations and health care professionals start important conversations.

Find the full range of Fink cards to purchase separately at [www.incentiveplus.co.uk](http://www.incentiveplus.co.uk)



**value set**

**VALUE! BUY 8 CARDS TOGETHER AT A SAVING! FINK CARDS PRIMARY SET OF 8**

Ref: 515-51904-J **£154.99\***

## Fink Conversation Cards for Secondary Schools



**value set**

**VALUE! BUY 9 CARDS TOGETHER AT A SAVING! FINK CARDS SECONDARY SET OF 9**

Ref: 515-51905-J **£174.99\***



## Trauma Toolkit



**VALUE! BUY ALL 5 TITLES AT A SAVING**  
Ref: 48-51988-J **£127.99\***

### Therapeutic Treasure Deck of Grounding, Soothing, Coping and Regulating Cards

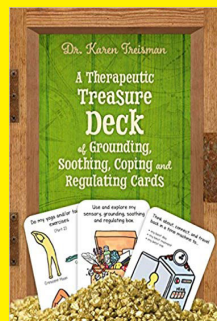
70 cards and guide offering a playful, non-threatening way to explore feelings

By Dr Karen Treisman

Designed to work with both the brain and body, the cards address a wide range of common issues including anxiety, stress, low mood, sleep difficulties and emotional dysregulation. To do so they employ a range of proven strategies including:

- Cognitive techniques • Nurturing activities
- Sensory strategies • Body-Based activities

Age **7-16** Ref: 48-51425-J **£23.99\***



### The Trauma Treasure Deck

110 cards enabling practitioners to support children & teens who have experienced trauma, stress or adversity

By Dr Karen Treisman

The cards provide with a rich resource which enables you to:

- Increase understanding of the multi-layered impact of trauma, stress, and adversity
- Deepen assessment and information-gathering
- Reflect on progress and the journey
- Inform goals and focus interventions

Age **7-16** Ref: 48-51946-J **£29.99\***



### Trauma Reaction Cards

A therapeutic tool to assist children and adolescents in understanding and identifying their reactions to traumatic or stressful life experiences

These colourful and illustrated cards are categorised into the four domains of trauma reactions: Behavior Reactions, Body Reactions, Brain & Thinking Reactions, and Feelings Reactions.

Age **7-15**

Ref: 45-51356-J  
**£30.99\***



### Therapeutic Treasure Deck of Sentence Completion and Feelings Cards

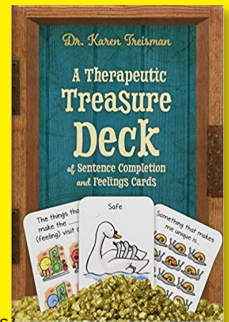
A simple and creative way for children or teens to talk about their thoughts and feelings

By Dr Karen Treisman

This deck of cards offers a creative way to open conversations and structure discussions with children and adolescents. The treasure deck offers a:

- Fun, non-threatening way to help to build understanding and forge relationships
- Safe, playful way for users to articulate and make sense of their feelings, thoughts, experiences and beliefs

Age **7-16** Ref: 48-10622-J **£23.99\***



### Therapeutic Treasure Deck of Strengths and Self-Esteem Cards

70 cards to offer creative ways to help develop self-esteem, strengths and resilience

By Dr Karen Treisman

Suitable for use with all ages – from children aged 6 to adults – and for one-to-one, group or team settings, the cards provide an approachable way to explore wishes, hopes, dreams, identity and much more.

The deck is accompanied by a helpful booklet which explains the many ways in which the pack can be used – from the simple to the inspiring and creative.

Age **7-16** Ref: 48-51833-J **£23.99\***



### Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma

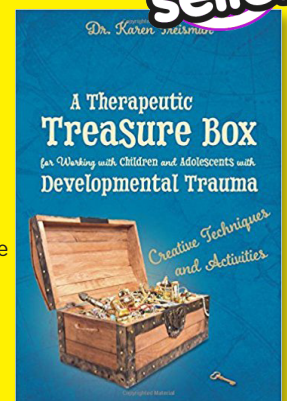
Theory and strategies accompanied by a treasure trove of practical, creative and ready-to-use resources

By Dr Karen Treisman

Like a treasure chest, this resource overflows with valuable resources – information, ideas and techniques to inspire and support those working with children who have experienced relational and developmental trauma. The author draws on a range of therapeutic models including:

- Systemic • Psychodynamic • Trauma
- Sensory • Neurobiological • Neurocognitive
- Attachment • Cognitive behavioural
- Creative ideas

Age **7-16**  
Ref: 48-10620-J **£32.99**



### Trauma and Stress Workbook

A reproducible activity workbook of strategies to develop resiliency and optimism

By John J. Liptak and Dr Michele Scallion

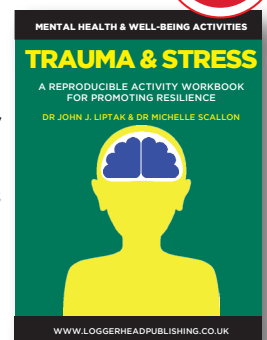
This ready-to-use workbook contains five separate chapters of activity-based handouts that will help participants learn more about themselves while overcoming traumatic stress, enhancing resilience and building hope.

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

Age **11-18** Ref: 386-51974-J **£45.00**



## Drunk & Disorderly Goggles

Simulate the harmful visual, bodily and reactionary disruption that alcohol misuse can cause with these incredibly realistic impairment goggles. They deliver a powerful message about irresponsible drinking and replicate the stark dangers of being drunk

An outstanding way to educate about the shocking effects of alcohol consumption, these *Drunk & Disorderly Goggles* will instantly simulate the destructive physical effects of drinking too much.

They simulate: • Reduced alertness • Slowed reaction time • Confusion

- Visual distortion • Alteration of depth and distance perception
- Reduced peripheral vision • Lack of co-ordination
- Poor judgement and decision making • Double vision

They offer a very realistic simulation of alcohol impairment and each represents an approximate range of units for the 'average' person consuming alcoholic drinks in quick succession, but under 'average' circumstances.

Ideal for use in schools, colleges, underage drinking and drug awareness programmes, alcohol and drug treatment programmes, alcohol support groups and safety management.

Each set of goggles progressively shows the impairment which irresponsible drinking can lead to, with the Low Level goggles offering an excellent insight into the initial stages of drunkenness, while the Extreme Level goggles display the serious impairment irresponsible drinking can lead to.

**All ages** Each pair comes in a cloth bag with Instructor's Guide.

### Low Level

**Simulates drinking 5-7 units – Clear lens, moderate impairment**

Equivalent to:

- 2-2½ pints strong lager
- 2 large glasses wine
- 4-5 shots vodka

Ref: 383-9943-J **£99.95\***



### Low Level, Low Light

**Simulates drinking 8-9 units – Dark lens, relatively strong impairment in a low light environment e.g. a nightclub or driving at night-time**

Equivalent to:

- 3-3½ pints strong lager
- 3 large glasses wine
- 6-7 shots vodka

Ref: 383-9944-J **£99.95\***



### High Level

**Simulates drinking 10-14 units – Clear lens to simulate strong impairment**

Equivalent to:

- 4-5 pints strong lager
- 4 large glasses wine
- 9-10 shots vodka

Ref: 383-9945-J **£99.95\***



**best  
seller**

"Colleagues had a very positive reaction to using the goggles and found them to be fun and effective, although with a serious message behind them about the dangers of alcohol use. They are adaptable and there are so many things you could do with them; the list is endless. It has provoked both debate and a consideration of the issues within the team."

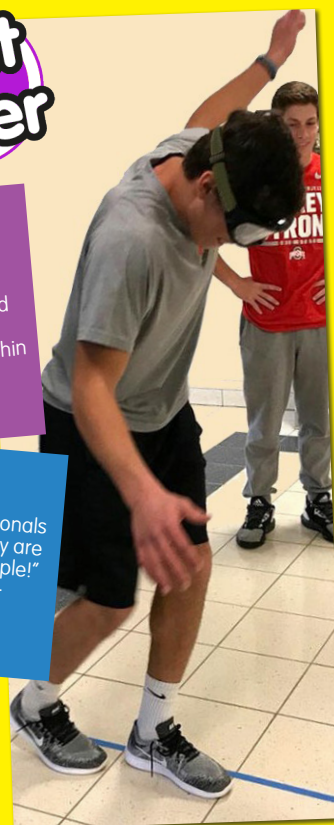
Jane Barker Thomas, Drug training Co-ordinator, Wolverhampton

"Very educational [and] excellent in evoking a discussion – all professionals want them for when they are working with young people!"

Charlotte Gordon, Senior Drug & Alcohol Worker/Trainer, Hertfordshire

"Very good and realistic... useful as a harm reduction tool."

Sandra Delahunty, Alcohol Project Co-ordinator, Lighthouse Project, Liverpool



### High Level, Low Light

**Simulates drinking 12-16 units – Dark lens, very strong impairment in a low light environment e.g. nightclub or driving at night-time**

Equivalent to:

- 5-6 pints strong lager
- 4½-5 large glasses wine
- 11-12 shots vodka

Ref: 383-9946-J **£99.95\***



### Extreme Level, Low Light

**Simulates drinking 16-20 units – Dark lens, extreme impairment in a low light environment e.g. nightclub or driving at night-time**

Equivalent to:

- 6-7 pints of strong lager
- 5-6 large glasses of wine
- 12-13 shots of vodka

Ref: 383-50162-J **£99.95\***



**VALUE! BUY THE SET AT A SAVING DRUNK & DISORDERLY GOGGLES SET OF 5 (1 OF EACH)**

Ref: 383-50163-J **£475.00\***

## Drug Goggles

Simulate the harmful disruption that taking drugs can cause with these incredibly realistic impairment goggles

### Drug Goggles

*Drug Goggles* simulate many of the effects of using illegal drugs including:

- Disorientation • Altered space perception • Vertigo • Lack of concentration
- Image distortion • Memory problems • Feelings of euphoria.

Ref: 383-50097-J **£99.95\***

### Cannabis (Marijuana) Goggles

Smoking marijuana can affect your ability to perform simple tasks, it impairs concentration and co-ordination, it can cause slowed reaction time, and can result in short-term memory loss.

Ref: 383-50098-J **£99.95\***

### Ecstasy/Molly/LSD Goggles

The effects of using Ecstasy (Molly) are impaired judgement, blurred vision, confusion, a distorted perception of colour and an increase in blood pressure and heart rate.

Ref: 383-50099-J **£99.95\***



**VALUE! BUY ALL 3 DRUG GOGGLES AT A SAVING SET OF 3**

Ref: 383-50100-J **£285.00\***





**VALUE!**

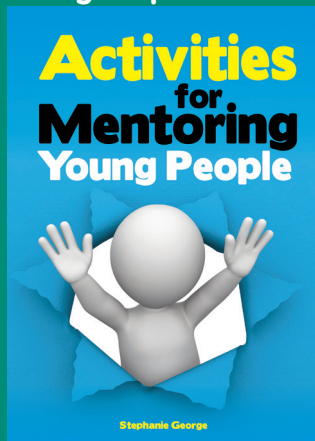
**BUY ALL 9 TITLES  
AT A SAVING**

**Mental Health and Life Skills  
Workbook Collection**

**Ref: 386-51823-J £299.99**

Age **11-18**

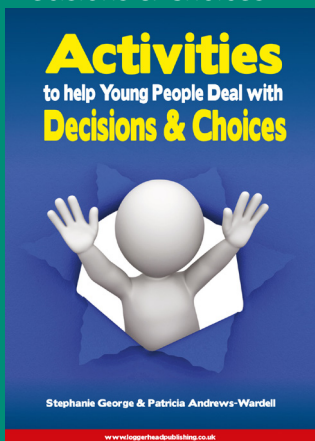
**Activities for Mentoring  
Young People**



Activities to improve attendance, time management, study skills, positive thinking, conflict resolution and anger management

**Ref: 386-50003-J £37.99**

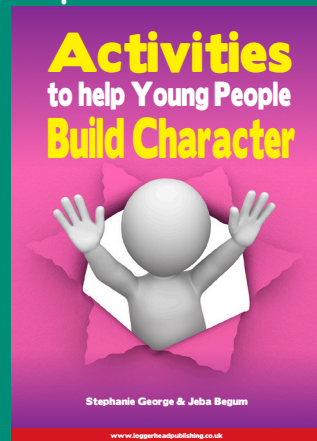
**Activities to Help Young  
People Deal with  
Decisions & Choices**



Practical activities to support young people making decisions and choices

**Ref: 386-50374-J £37.99**

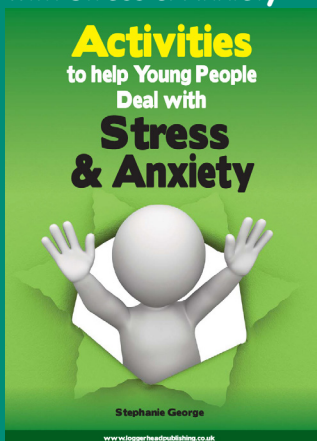
**Activities to Help Young  
People Build Character**



Character-Building activities for all professionals working with young people

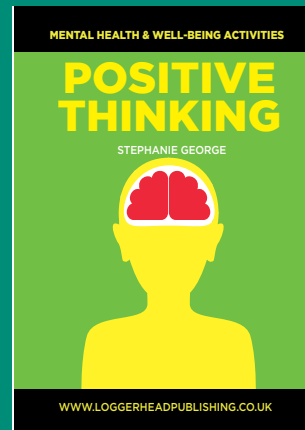
**Ref: 386-50576-J £37.99**

**Activities to Help  
Young People Deal  
with Stress & Anxiety**



Help young people to gain an understanding of stress and anxiety with coping strategies  
**Ref: 386-50147-J £37.99**

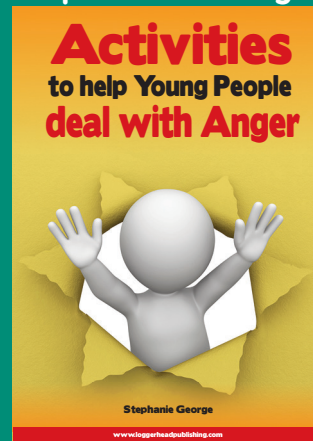
**Positive Thinking**



Activities to encourage positive thinking in young people

**Ref: 386-51547-J £37.99**

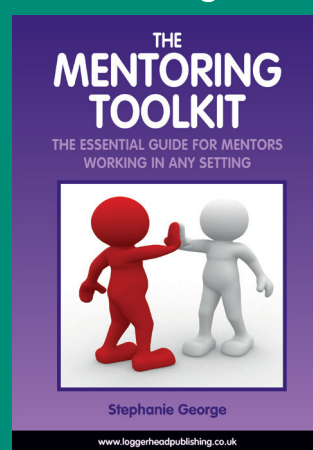
**Activities to Help Young  
People Deal with Anger**



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

**Ref: 386-50025-J £37.99**

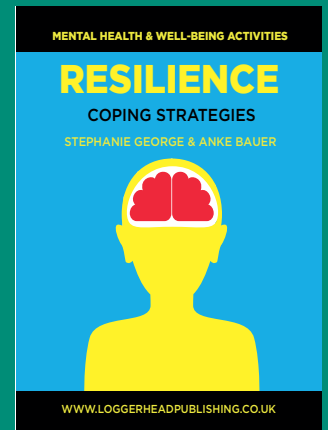
**The Mentoring Toolkit**



The essential guide for mentors working in any setting

**Ref: 386-50372-J £39.95**

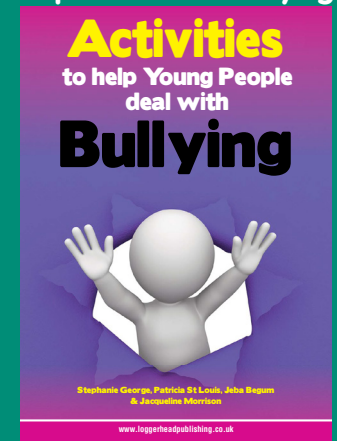
**Resilience Coping Strategies**



Activities focusing on resilience in young people

**Ref: 386-51286-J £37.99**

**Activities to Help Young  
People Deal with Bullying**



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

**Ref: 386-50027-J £37.99**

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

## The Wellbeing Toolkit for Mental Health Leads

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

By Tina Rae, Amy Such & Jo Wood

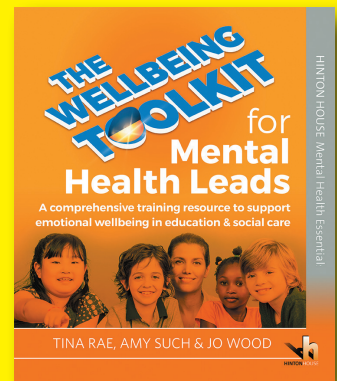
This mammoth collection of quick, engaging and effective resources brings together techniques adapted from NLP, Life-Coaching and Positive Psychology to provide an essential and flexible classroom resource for teachers working with students to promote the key skills of social and emotional resilience.

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

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

A4 Folder 400pp + CD Rom with 20 PowerPoint Training Sessions

Age **6-18** Ref: 412-51813-J **£149.99**



## The ASD Girls' Wellbeing Toolkit

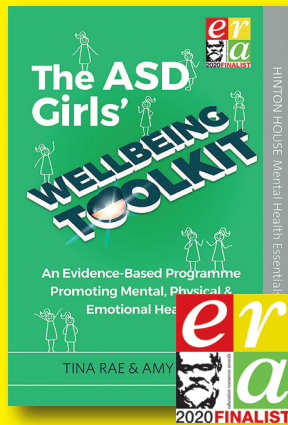
**WINNER 2020 EDUCATION BOOK OF THE YEAR EDUCATION RESOURCES AWARDS**

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

By Tina Rae & Amy Such

A comprehensive resource to ensure girls with ASD develop good mental health including self-esteem, emotional resilience, social communication skills and autonomy. 276pp

Age **6-18** Ref: 412-52052-J **£46.99**



## My Toolbox of Wellbeing Journal

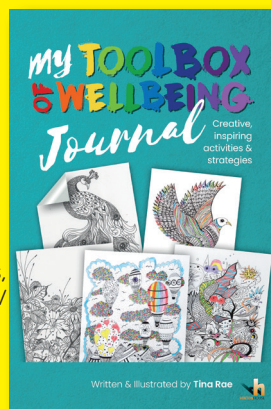
Creative, inspiring activities & strategies

By Tina Rae

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

Age **7+** 128pp A5

Ref: 412-51839-J **£15.99**



## A Recovery Toolbox for Wellbeing

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

By Tina Rae & Ali D'Amario

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

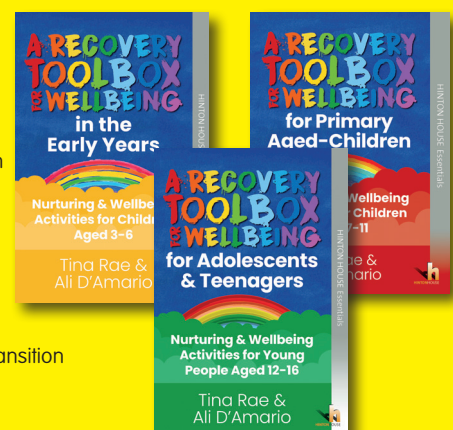
These therapeutic activities and tools, ideal for use by non-specialists, fit perfectly with the idea of the Recovery Curriculum; prioritising well-being, relationships, resilience and self-esteem following the return to school after what has been a stressful and traumatic period for so many children, young people and their families. The activities are grouped into six sections to provide a holistic, trauma-informed approach to recovery that can be tailored to meet the needs of all.

• Self-Regulation • Resilience-building • Self-Esteem & Social Skills • Effective Thinking • Anxiety-busting • Transition

**Early Years** Ref: 412-51841-J **£35.99**

**Primary-Aged Children** Ref: 412-51842-J **£35.99**

**Adolescents & Teenagers** Ref: 412-51843-J **£35.99**



## A Toolbox of Wellbeing

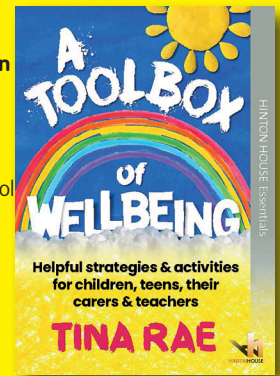
A must-have collection of easy-to-use activities to enhance emotional wellbeing in all children & young people.

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.

All ages 76pp A5

Ref: 412-51787-J **£16.99**



## 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.

Age **11-18** Ref: 412-52044-J **£35.99**

