

Incentive Plus SEND Catalogue

2026
All
Ages

Resources to
Support SEND
& Inclusion,
PSHE, Positive
Mental Health
& Well-Being

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New Resources

101 Ideas for Social Emotional & Mental Health in Primary Schools

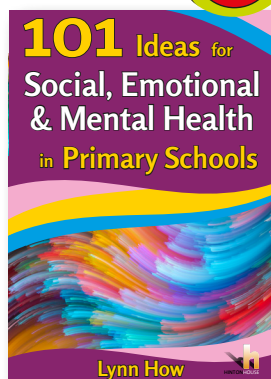
Supporting the social, emotional and mental health of children from an early age will build a strong foundation for learning throughout their lives.

By Lynn How

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

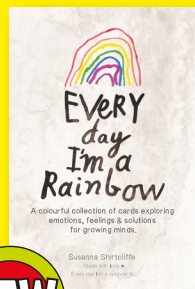
- Whole-School Practice
- Classroom Practice
- SEND Specific
- Mindfulness Ideas
- Outdoors Ideas
- Sense of Self
- Sensory
- Parental Engagement
- Social Skills
- Empathy
- Growth Mindset
- Staff Training Ideas

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



Ages 4-11 101 Ideas for Social Emotional & Mental Health in Primary Schools **Ref 412-52705-IP26 £29.95**

Every day I'm a Rainbow Emotions Cards



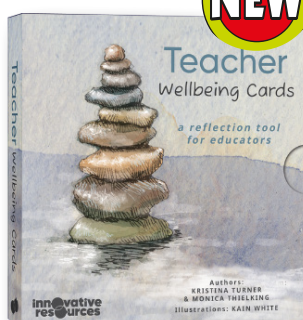
44 heartfelt and expressive emotional literacy cards to help children & families understand the psychology and biology behind their emotions. Each card is illustrated to be instantly relatable, helping children to become familiar with facial expressions attached to each emotion. The have a simple, yet comprehensive commentary on the back to unpack the physical and emotional responses we have to each emotion.

Ages 4-11 Every day I'm a Rainbow Emotions Cards **Ref 386-52706-IP26 £29.95***

Teacher Wellbeing Cards

32 cards to help replenish your energy and enthusiasm

Perfect for having conversations about the things that matter in educational settings – improving mental health, reducing stress, establishing boundaries, finding balance, preventing burnout, building respectful and supportive relationships, and re-discovering meaning.



All Ages Teacher Wellbeing Cards **Ref 99-52665-IP26 £42.50***

Blob Counselling

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

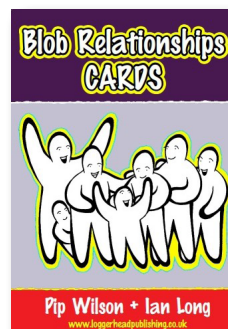
By Pip Wilson, Ian Long and Jo McQuillan

More details on page 27



All Ages

Blob Counselling
Ref 386-52666-IP26 £35



Blob Relationships Cards

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

By Pip Wilson and Ian Long

More details on page 25

All Ages

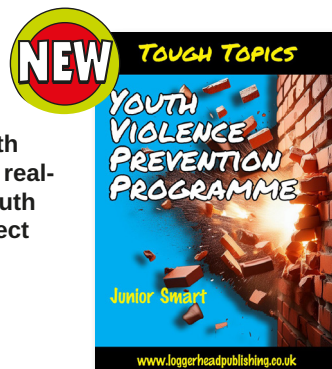
Blob Counselling Cards
Ref 412-52052-IP26 £46.99

Tough Topics: Youth Violence Prevention Programme

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

By Junior Smart OBE, Youth Violence Intervention Expert

More details on page 7



Ages 10-18

Tough Topics: Youth Violence Prevention Programme
Ref 386-52629-IP26 £54.99



Respectful Relationships

This set of 32 cards is perfect for encouraging children to learn about the foundations of healthy relationships.

More details on page 25

Ages 9-18

Respectful Relationships
Ref 99-5390-IP26 £42.50*

It's so easy to order:

Education, health, social services and other public sector establishments in the UK can order on account.



Dr Tina Rae has more than 40 years' experience working with young people and families in both clinical and educational settings. She currently works as a Consultant Educational & Child Psychologist in both SEMH and mainstream settings supporting foster carers, social workers and looked-after children. Tina is an award-winning author and has written more than 100 publications.

**VALUE
PACK**

The EBSA Workbook, Cards and Attendance Journal Set of 3
Ref: 412-52632-IP26 £54.99*

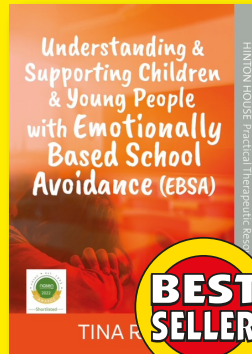
Understanding & Supporting Children & Young People with Emotionally Based School Avoidance (EBSA)

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



**BEST
SELLER**

Ages 5-16 Understanding & Supporting Children & Young People with EBSA Ref 412-52054-IP26 £39.99

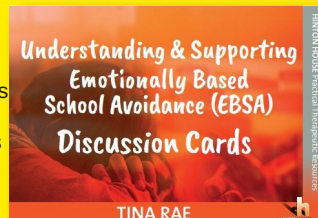
Emotionally Based School Avoidance (EBSA) Cards

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

By Tina Rae

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

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



Ages 5-16 Emotionally Based School Avoidance Cards Ref 412-52611-IP26 £29.99*

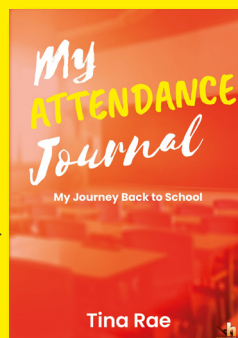
My Attendance Journal

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

By Tina Rae

Use the activity of journalling to help students to maintain their well-being and build up the resilience needed to engage in or return to school in a healthy way, enabling them to feel safe, heard and supported. The tools and strategies to manage anxieties and worries alongside the step-by-step plans will give students more confidence and help build their own toolbox of well-being.

A5, 54pp journal with downloadable teachers notes for guidance



Ages 5-16 My Attendance Journal Ref 412-52628-IP26 £12.99

**VALUE
PACK**

The ASD Workbook, Cards and Wellbeing Journal Set of 3
Ref: 412-52635-IP26 £83.99*

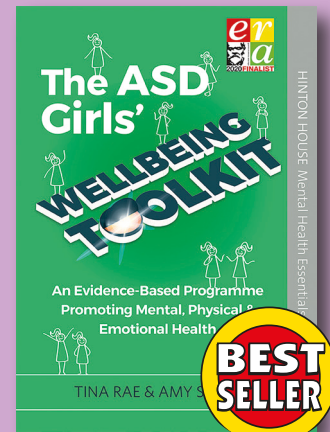
The ASD Girls' Wellbeing Toolkit

WINNER 2020 EDUCATION BOOK OF THE YEAR EDUCATION RESOURCES AWARDS

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

By Tina Rae & Amy Such

A comprehensive resource to ensure girls with ASD develop good mental health including self-esteem, emotional resilience, social communication skills and autonomy. A4 276pp with downloadable comprehensive PowerPoint Training Session for staff and carers.



**BEST
SELLER**

Ages 6-18 The ASD Girls' Wellbeing Toolkit Ref 412-52052-IP26 £46.99

The ASD Girls' Conversation Skills Cards

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

By Tina Rae

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



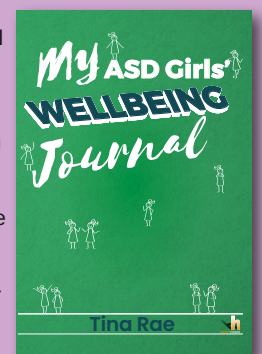
Ages 6-18 The ASD Girls' Conversation Skills Cards Ref 412-52627-IP26 £29.99*

My ASD Girls' Wellbeing Journal

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

By Tina Rae

Use the activity of journalling to help children and young people explore their own feelings and worries so they can talk through them with adults that they trust who can then make the changes they might need in school in order to feel happier and safer. A5, 54pp journal with downloadable teachers notes for guidance



Ages 7+ My ASD Girls' Wellbeing Journal Ref 412-52634-IP26 £15.99

BEST BUY VALUE SETS - SAVE 15% WHEN YOU BUY A BUNDLE



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



**101 Activities & Ideas
Best Buy Pack**
Ref: 412-52614-IP26 £149.99



9 Practical workbooks to help young people deal with life's challenges

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



**Mental Health and Life Skills
Workbook Collection**
Ref: 386-51823-IP26 £289.99

9 Blob best selling Blob resources for all age

- Blob Anxiety • Blob Resilience • Blob Themed Trees
- Bumper Blob Education • Blob Tree Posters
- Which Blob do you Feel Like Today? Cards and Posters Set
- Blob Counselling Cards • Blob Emotions Posters



Blob Best Sellers Collection Ref: 386-51931-IP26 £224.99*



9 Practical workbooks to help young people develop mental health and life skills

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

covering the following topics:

- Resilience
- Problem Solving
- Anger & Aggression
- Anxiety
- Conflict
- Life Skills
- Loss & Grief
- Mindfulness
- Social Skills



Let's Talk About Workbook Collection Set of 9

Ref: 386-51951-IP26 **£339.99**



9 Discussion card sets to help young people develop mental health and life skills

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

covering the following topics:

- Resilience
- Problem Solving
- Anger & Aggression
- Anxiety
- Conflict
- Life Skills
- Loss & Grief
- Mindfulness
- Social Skills



Let's Talk About Cards Collection Set of 9

Ref: 386-51727-IP26 **£259.99***

Trauma Toolkit



**VALUE
PACK**

VALUE! BUY ALL 5 TITLES AT A SAVING
Ref: 48-51988-IP26 **£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

**Ages
7-16**

Ref 48-51425-IP26 £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

**Ages
7-16**

Ref 48-51946-IP26 £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.



**Ages
7-16**

Ref 45-51356-IP26 £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

**Ages
7-16**

Ref 48-10622-IP26 £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.

**Ages
7-16**

Ref 48-51833-IP26 £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

**Ages
7-16**

Ref 48-10620-IP26 £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.

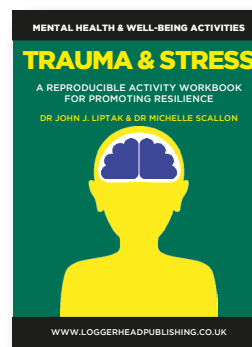
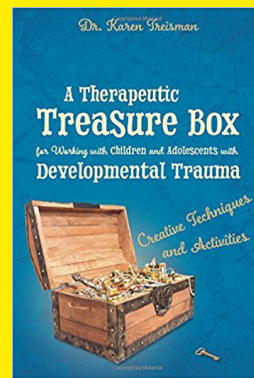
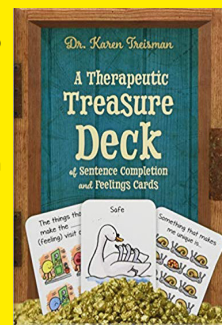
Some examples of activities are:

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

180 pages, A4, photocopiable

**Ages
11-18**

Ref 386-51974-IP26 £45.00



The Mentoring Toolkit

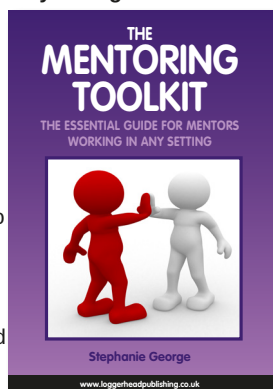
The essential guide for mentors working in any setting

By **Stephanie George**

Includes a step-by-step guide to the process of mentoring and covers identification of students, resources for intervention, monitoring, assessment and evaluation, including:

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

A4, 112 pages, photocopiable



Ages 11-18

The Mentoring Toolkit
Ref 386-50372-IP26 £37.99

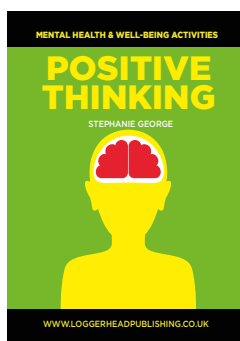
Positive Thinking

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
- The Positive thinking matrix



Ages 11-18

Positive Thinking
Ref 386-51547-IP26 £37.99

Activities for Mentoring Young People

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

By **Stephanie George**

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

- Planning the Journey
- Target Setting and Action Planning
- Improving Attendance
- Conflict – What it is and How to Deal with it
- A Place to Study

A4, 92 pages, photocopiable



Ages 11-18

Activities for Mentoring Young People
Ref 386-???-IP26 £37.99

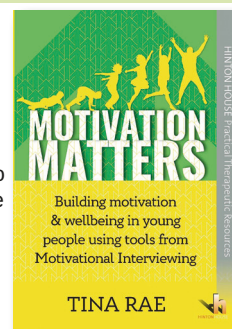
Motivation Matters

A user-friendly introduction to techniques for understanding and building motivation in young people to enhance wellbeing.

By **Tina Rae**

This resource will enable school-based staff to feel confident in using tools from MI to engage young people, both as a means of preventing escalation of difficulties and also to support them in the process of changing behaviour patterns.

146pp



Ages 5-16

Motivation Matters
Ref 412-52042-IP26 £35.99

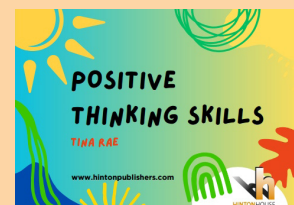
Positive Thinking Activity Cards for Children & Young People

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

By **Tina Rae**

A range of user-friendly, practical ideas and strategies to promote and develop children's positive thinking skills. They are designed to be used flexibly in 1:1, small group or whole class contexts depending upon the vulnerabilities and specific needs of each child/group.

70 Cards, instruction



Ages 9-14

Building Positive Thinking Habits
Ref 412-52616-IP26 £29.99*

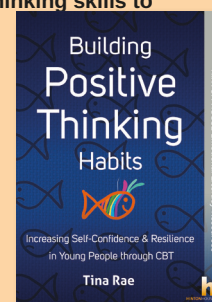
Building Positive Thinking Habits

Support young people to develop effective thinking skills to improve mental health & wellbeing

By **Tina Rae**

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

224pp



Ages 9-14

Building Positive Thinking Habits
Ref 412-50601-IP26 £35.99

Life Skills Workbook

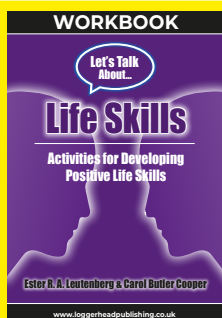
A reproducible activity workbook for developing positive mental health skills

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

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

The five areas covered are:

- Self • Health • Social • Education • Career



Ages 11-18

Let's Talk About Life Skills Workbook
Ref 386-51950-IP26 £45.00

Let's Talk About Life Skills Discussion Cards

50 discussion cards to help young people develop crucial life skills

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

These discussion cards explore the five areas outlined in the companion workbook to develop a balanced understanding of life's challenges, from school to the workplace. 50 cards, booklet



Ages 11-18

Let's Talk About Life Skills Discussion Cards
Ref 386-51725-IP26 £35.00*



BUY BOTH WORKBOOK AND CARDS SET OF 2
Ref: 386-52683-IP26 £71.95*



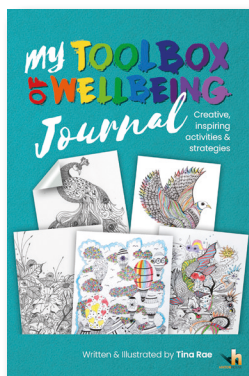
BUY BOTH WORKBOOK AND CARDS SET OF 2
Ref: 412-52636-IP26 £59.99*

My Toolbox of Wellbeing Journal

Creative, inspiring activities & strategies
By Tina Rae

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

128pp A5



Ages 7+

My Toolbox of Wellbeing Journal
Ref 412-51839-IP26 £15.99

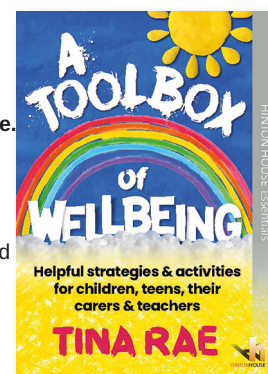
A Toolbox of Wellbeing

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

By Tina Rae

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

76pp A5



All Ages

A Toolbox of Wellbeing
Ref 412-51787-IP26 £16.99

A Recovery Toolbox for Wellbeing

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

By Tina Rae & Ali D'Amario

An essential collection of easy-to-use, fun activities to support younger children with their wellbeing. Each book provides an essential collection of easy-to-use, fun activities to support children and young people with their wellbeing.

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

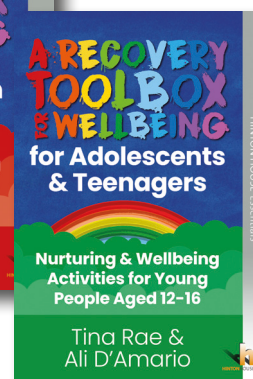
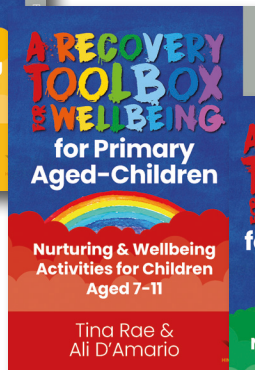
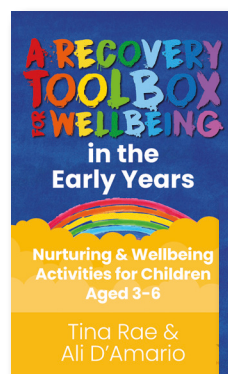
The activities are grouped into six sections to provide a holistic, trauma-informed approach to recovery that can be tailored to meet the needs of all.

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

Early Years Ref 412-51841-IP26 £35.99

Primary Aged Children Ref 412-51842-IP26 £35.99

Adolescents & Teenagers Ref 412-51843-IP26 £35.99



BEST SELLER

The Wellbeing Toolkit for Mental Health Leads

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

By Tina Rae, Amy Such & Jo Wood

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

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

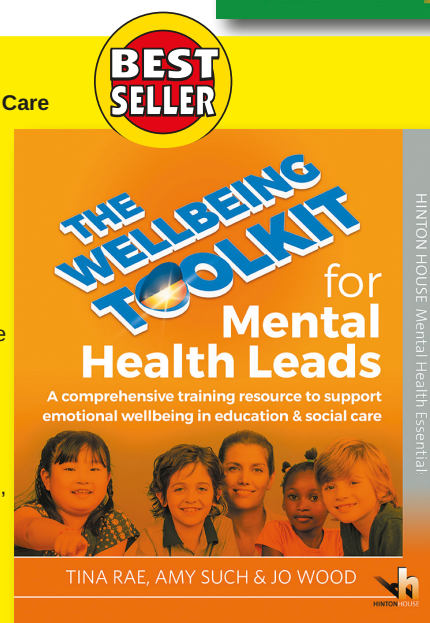
This resource provides a knowledge base and set of tools to enable you to support the young people in your care in the most effective and ethically safe manner, drawing on a range of evidence-based approaches that promote mental and emotional health and wellbeing. The tools and strategies can be used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

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

A4 Folder 400pp + 20 PowerPoint Training Sessions

Ages 6-18

The Wellbeing Toolkit for Mental Health Leads Ref 412-51813-IP26 £99.99



BEST SELLER

Tough Topics: Youth Violence Prevention Programme

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

By Junior Smart OBE, Youth Violence Intervention Expert

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

Why Tough Topics Stands Apart:

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

Key Features:

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

Participants will gain:

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

The programme includes 20 Scenario Cards, 15 Principles Cards, 6 Prompt Cards and a Guidance Booklet.

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



Ages
10-18

Tough Topics: Youth Violence Prevention Programme Ref 386-52629-IP26 £54.99*

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.

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.

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.

Ref: 508-50490-J £38.50*



Gun Crime Culture

Cards that are intent on motivating teenagers to put down guns, looking at the consequences of carrying and using guns, and why it happens.

Ref: 508-50484-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.

Ref: 508-50486-J £38.50*



CRIME PREVENTION DISCUSSION CARDS SET OF 5

Ref: 508-50494-IP26 £179.99*



John Murray has worked in education for over 35 years. His background includes roles as a teacher, manager of a Behaviour Support Service and former Ofsted Inspector. An experienced trainer, John has been a Team Teach trainer for nearly two decades.

Sonia Murray is a distinguished Behaviour Support Consultant and Play Therapist, with over three decades of dedicated service. Sonia provides consultation, supervision and training in both statutory and voluntary sectors of children's services.

The Behaviour Toolbag

The everyday stuff that makes a difference

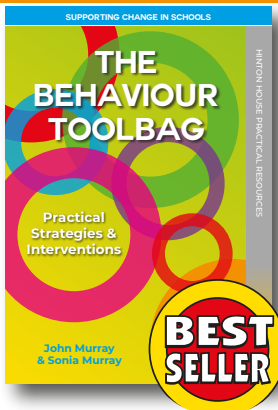
By John Murray & Sonia Murray

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

Topics include:

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

220pp A4 paperback



All Ages

The Behaviour Toolbag
Ref 412-52613-IP26 £39.99

Activities to Help Young People Deal with Bullying

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

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

This book of 56 activities will help professionals to work through bullying issues with young people and address the underlying causes.

74 pages, A4, photocopiable



Ages 9-18

Activities to Help Young People Deal with Bullying
Ref 386-50027-IP26 £37.99

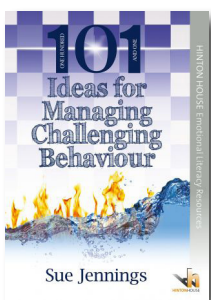
101 Ideas for Managing Challenging Behaviour

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

By Sue Jennings

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

182pp A4 paperback



All Ages

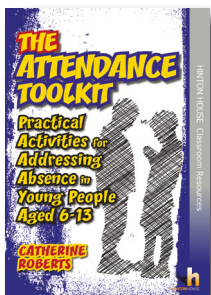
101 Ideas for Managing Challenging Behaviour
Ref 412-50589-IP26 £35.99

The Attendance Toolkit

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

By Catherine Roberts

Attendance levels can be affected by family issues, behavioural problems or by a specific factor in the classroom, and is linked with disaffection in many forms. These practical, creative activities will help gain an insight into the child's lifestyle and encourage and promote good attendance while helping children to understand the issues that they face. 192pp A4 paperback



Ages 6-13

The Attendance Toolkit
Ref 412-50587-IP26 £35.99

Positive Behaviour Kit in a Bag

A practical set to support positive behaviour using visual and kinaesthetic tools.



This bag contains over 200 visual Widgit Communication symbols and a range of practical tools to support visual and kinaesthetic learners who need a little support to help their behaviour. The kit includes stickers, communication fans, emotions cards, a communication kit and a book.



Ages 5-16

Positive Behaviour Kit in a Bag
Ref 460-50187-IP26 £76.99*

Let's Talk About Conflict Workbook

A reproducible activity workbook for developing positive mental health skills

By Ester R. A. Leutenberg & Carol Butler Cooper

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

The five areas covered are:

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



Ages 11-18

Let's Talk About Conflict Workbook
Ref 386-51915-IP26 £45.00

Let's Talk About Conflict Cards

50 cards to enable individuals to get through the tough times

By Ester R. A. Leutenberg & Carol Butler Cooper

The five areas covered are:

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

50 cards, booklet



Ages 11-18

Let's Talk About Conflict Cards
Ref 386-51726-IP26 £45.00



LET'S TALK ABOUT CONFLICT WORKBOOK AND CARDS SET OF 2
Ref: 386-51865-IP26 £71.50*

Eve Wilson has spent over 40 years in education, including ten as a head teacher; she is also a qualified Ofsted inspector for Primary and Early Years. Since leaving full-time teaching, Eve has worked as an educational consultant and adviser and was, for a time, Educational Consultant for the National Association for Gifted Children, running the national Helpline. She has now written, edited and/or published over 100 resources for schools, colleges, nurseries and other professional organisations.



BUY ALL 4 TINS TOGETHER AT A SAVING
Ref: 199-50356-IP26 **£99.95**

Little Tin of Transition Worries

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

By Eve Wilson

Changing schools can trigger anxiety and stress for many students. The cards provide 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 • Making new friends
 - I won't have enough time to find the right classroom
- 70 worry cards 90 x 130mm, 7 options cards, teachers' notes

Ages 10-12

Little Tin of Transition Worries
Ref 199-50140-IP26 £29.95*



Little Tin of Niggles

Discussion cards featuring 70 irritating moments that can trigger anger

By Eve Wilson

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

Subjects include:

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

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

Ages 11-18

Little Tin of Niggles
Ref 199-50141-IP26 £29.95*

Little Tin of Big Worries

A unique resource to tackle 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

Little Tin of Big Worries
Ref 199-50001-IP26 £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

Ages 11-18

Little Tin of Teenage Worries
Ref 199-50015-IP26 £29.95*



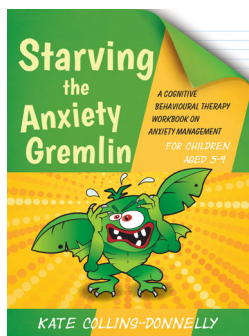
Starving the Anxiety Gremlin for Children

A CBT workbook on anxiety management for children

By Kate Collins-Donnelly

The Anxiety Gremlin loves to eat anxious feelings, and the more anxious you feel, the more he eats and the bigger he gets! 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.

192 pages



Ages 7-11

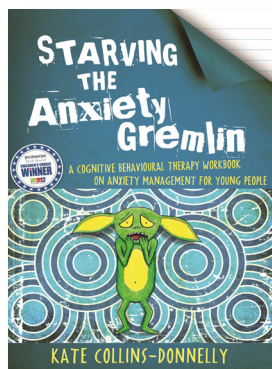
Starving the Anxiety Gremlin for Children
Ref 48-50286-IP26 £15.99

Starving the Anxiety Gremlin

A CBT workbook on anxiety management

By Kate Collins-Donnelly

Help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety and obsessive compulsive disorder. 166 pages



Ages 11-18

Starving the Anxiety Gremlin
Ref 48-50287-IP26 £15.99

Anxiety Solutions

On-hand strategies and techniques for overcoming anxiety

Each of the 50 cards features a unique design and coping strategy that enable users to choose an approach that is right for them.

Based on clinically-proven techniques used for many years by consulting psychologist Selina Byrne including:

- Mindfulness • Brain Research
- Positive Psychology
- Cognitive Behavioural Therapy



Ages 11-18

Anxiety Solutions
Ref 99-51501-IP26 £42.50*

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

These cards are based on solution-focused, strengths-based techniques used for many years by experienced clinical psychologist, Selina Byrne, 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.



Ages 7-11

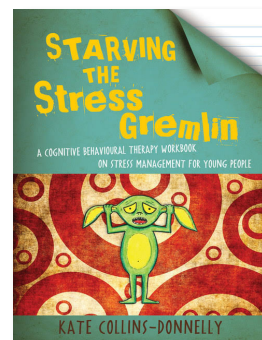
Anxiety Solutions for Kids
Ref 99-50733-IP26 £42.50*

Starving the Stress Gremlin

A CBT workbook on stress management

By Kate Collins-Donnelly

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. 136 pages



Ages 11-18

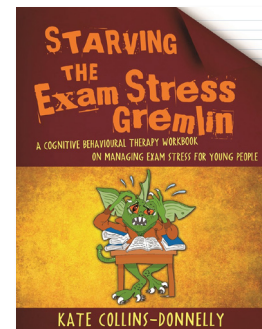
Starving the Stress Gremlin
Ref 48-50427-IP26 £15.99

Starving the Exam Stress Gremlin

A CBT workbook on exam stress management

By Kate Collins-Donnelly

Full of fun activities based on cognitive behavioural therapy, it is the ideal resource for supporting young people during exam time. 160 pages



Ages 11-18

Starving the Anxiety Gremlin
Ref 48-50724-IP26 £15.99

Anxiety Workbook

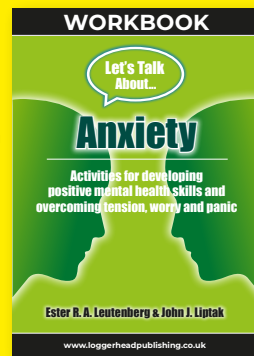
A reproducible activity workbook for developing positive mental health skills and overcoming tension, worry and panic

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

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

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

80 pages, A4, photocopiable



Ages 11-18

Let's Talk About Anxiety Workbook
Ref 386-51702-IP26 £45.00

Let's Talk About Anxiety Discussion Cards

50 discussion cards to help young people deal with anxiety

By Ester R A Leutenberg & Carol Butler Cooper

The mind affects the body and the body affects the mind. What hurts one, hurts the other. What helps one, helps the other. Anxiety can be life-saving, giving energy to fight or run from an attack. 50 cards, booklet



Ages 11-18

Let's Talk About Anxiety Discussion Cards
Ref 386-51295-IP26 £35.00*



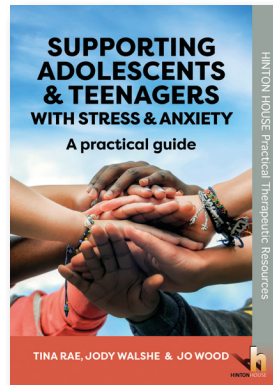
BUY BOTH WORKBOOK AND CARDS SET OF 2
Ref: 386-51703-IP26 £71.95*

Supporting Adolescents & Teenagers with Stress & Anxiety

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

By Tina Rae, Jody Walshe & Jo Wood

These evidence-based tools will support young people to build resilience and coping strategies, alongside preventative measures to build positive mental health. Understand how to identify risk factors and tailor appropriate support for young people, using CBT and other approaches from positive psychology. Can be used with individuals or groups or on a whole-school basis. 192pp



Ages 6-14

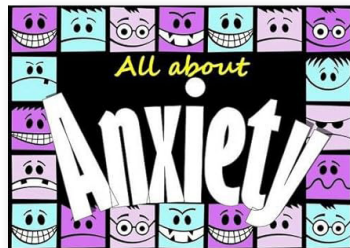
Supporting Adolescents & Teenagers with Stress & Anxiety Ref 412-51448-IP26 £35.99

All About Anxiety Discussion Cards

These cards give the users an opportunity to consider what they believe to be some of the causes of anxiety, to think about possible sources of help and to learn that worry can sometimes be positive.

By Eve Wilson

The 36 cards offer a means of introducing more in-depth discussion & allow users to explore their feelings in a structured way. They can be used with individual students as a diagnostic tool, or they can be used in small groups to promote discussion and enable the participants to challenge their own beliefs; or they can be used with class groups to start discussion. They are also particularly useful in providing a focus for work in mental health groups.



Ages 8-18

All About Anxiety Discussion Cards Ref 464-50169-IP26 £25.00*

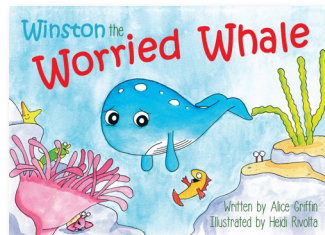
Winston the Worried Whale

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

Written by Alice Griffin, Illustrated by Heidi Rivolta

In this imaginatively illustrated picture book, loveable character Winston takes children on a journey through his own worries, in turn helping them to think about how they can ease their own. While the additional resources – printable from the download link within – offer numerous opportunities to stimulate valuable discussion on worries.

Children will feel an instant connection to Winston's friendly nature, especially when he shares his secret with them... that even though blue whales are the largest animal ever to have lived on earth, even though Winston is bigger than all the other sea creatures and they all think he is brave and not scared of anything, he does feel worried about a few things. Children may not have exactly the same worries as a big blue whale, but they will be able to relate to feeling nervous or afraid, and I'm sure many will know how scary it can be to make new friends.



Ages 4-8

Winston the Worried Whale Ref 386-50143-IP26 £12.50

Activities to Help Young People Deal with Stress & Anxiety

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

By Stephanie George

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

The content covers:

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



Ages 10-18

Activities to Help Young People Deal with Stress & Anxiety Ref 386-50147-IP26 £37.99

VALUE PACK

BUY BOTH WORKBOOK AND CARDS SET OF 2

Ref: 386-51857-IP26 £59.50*

Blob Anxiety Book

Essential visual tools to help people discuss and manage their anxieties

By Pip Wilson & Ian Long

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

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



Ages 6-14

Blob Anxiety Book

Ref 386-51359-IP26 £35.00

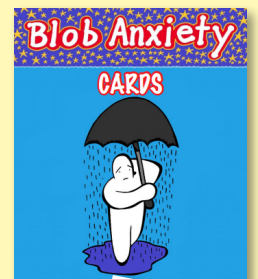
Blob Anxiety Cards

48 cards to encourage discussion about anxiety

By Pip Wilson & Ian Long

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

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



Ages 6-14

Blob Anxiety Cards

Ref 386-51759-IP26 £29.95*

Resiliency Training Manual

How to develop a positive attitude

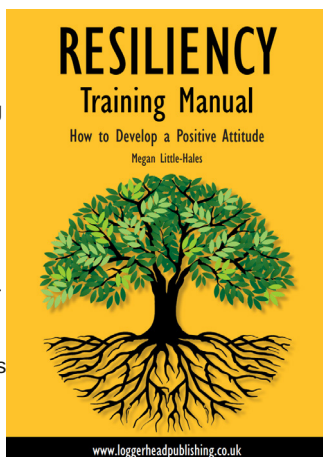
By **Megan Little-Hales**

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

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

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

A4, 194 pages



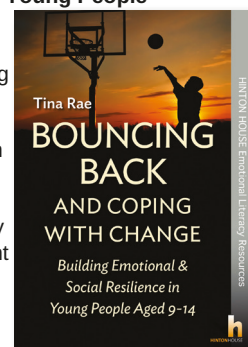
Bouncing Back & Coping with Change

Building Emotional & Social Resilience in Young People

By **Tina Rae**

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

224pp



Ages 9-14

Bouncing Back & Coping with Change

Ref 412-51289-IP26 £35.99

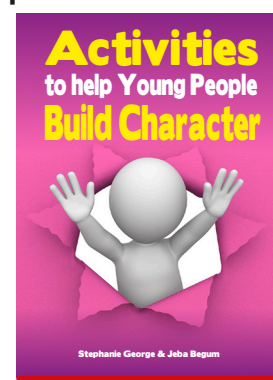
Activities to Help Young People Build Character

Character-building activities for all professionals working with young people

By **Stephanie George & Jeba Begum**

Focus on character building with these activities which cover:

- Target setting • Learning character/behaviour • Self-discipline • Assessing situations • Nurturing • Changing perspective • Positive outlook
- Raising self-esteem • Building self-endurance • Personal gains
- Overcoming weaknesses and building strengths



Ages 11-18

Activities to Help Young People Build Character

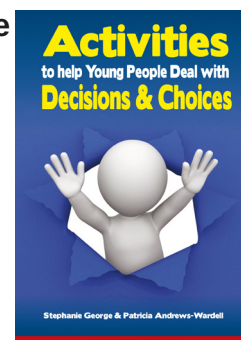
Ref 386-50576-IP26 £37.99

Activities to Help Young People Deal with Decisions & Choices

Practical activities to support professionals working with young people who wish to focus on making decisions and choices

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

There are 20 Choices and Decision-Making activities that cross the bridge between the pastoral and curriculum aspects of learning. The activities can be used in PSHE lessons, circle time, one-to-one sessions, small groups and mentoring sessions



Ages 11-18

Activities to Help Young People Deal with Decisions & Choices

Ref 386-50374-IP26 £37.99

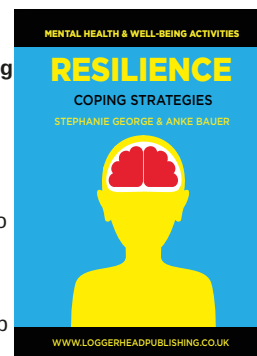
Resilience Coping Strategies

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



Ages 11-18

Resilience Coping Strategies

Ref 386-51286-IP26 £37.99

Ages 11-18

Resiliency Training Manual

Ref 386-51694-IP26 £45.00

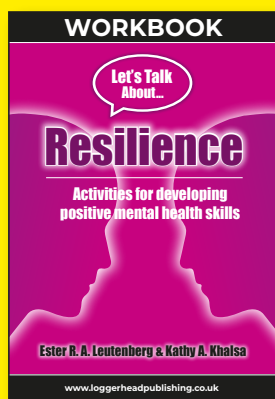
Let's Talk About Resilience Workbook

A reproducible activity workbook for developing positive mental health skills

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

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

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



Ages 11-18

Let's Talk About Resilience Workbook

Ref 386-51849-IP26 £45.00

Let's Talk About Resilience Cards

50 cards to enable individuals to get through the tough times

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

The five areas covered are:

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

50 cards, booklet



Ages 11-18

Let's Talk About Resilience Cards

Ref 386-51292-IP26 £45.00

VALUE PACK

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

Ref: 386-51850-IP26 £71.50*

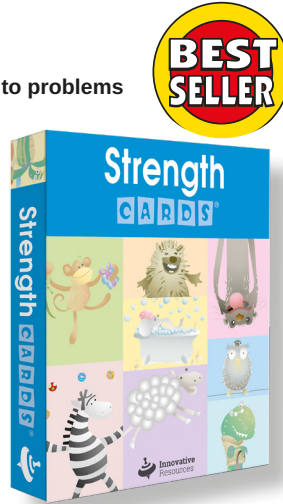
Strength Cards

54 cards to produce positive solutions to problems using our strengths

Understanding and identifying our strengths can be transformational for anyone. It can build resilience, confidence, and hope in times of struggle.

Strength Cards is a beloved resource and hands-on conversation-building tool for people of any age. This resource includes 54 beautifully illustrated cards showing playful animals in various emotional states. Interacting with the cards and characters encourages users to find solutions, achieve goals, enhance self-esteem and build strength.

Easy to use and flexible, these cards are ideal for multiple activities and environments. Along with the cards, a 38 page booklet is provided to offer helpful suggestions on how to spark life-changing conversations about our strengths.



Strength Cards for Kids

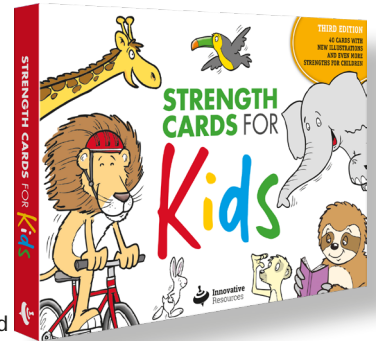
40 brand new illustrations and 14 new strengths statements.

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

Also includes exclusive access to an online Toolbox of extras including:

- a digital version of the booklet.
- access to a digital set of the cards that you can download and use anywhere, anytime.
- ideas banks, blogs, card hack videos, interviews and more.



Ages
7-18

Strength Cards
Ref 99-1667-IP26 £42.50*

Ages
7-12

Strength Cards for Kids
Ref 99-1667-IP26 £42.50*

The Resiliency Skills Handbook

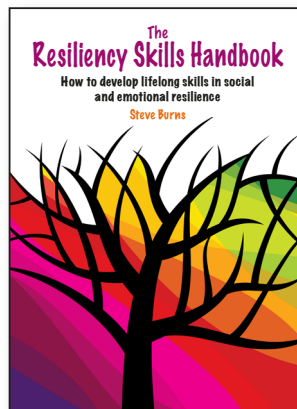
How to develop lifelong skills in social and emotional resilience

By Steve Burns

This mammoth collection of quick, engaging and effective activities provides an essential and flexible classroom resource for teachers working with students to promote the key skills of social and emotional resilience.

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.



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



Ages
11-18

The Resiliency Skills Handbook
Ref 386-50144-IP26 £45.00

All
Ages

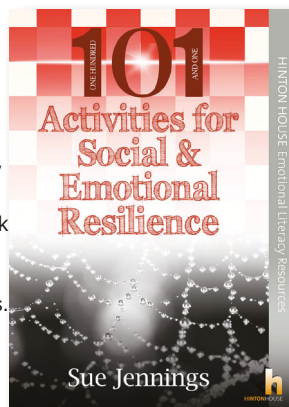
Blob Resilience
Ref 386-51374-IP26 £35.00*

101 Activities for Social & Emotional Resilience

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

By Sue Jennings

Social & emotional resilience are important for young people's development and growing independence. It is vital that they possess the tools to deal with effectively with challenges encountered both at school and in social situations. This book provides the opportunity to rehearse these skills through easy-to-implement ideas and activities suitable for all ages. 182pp



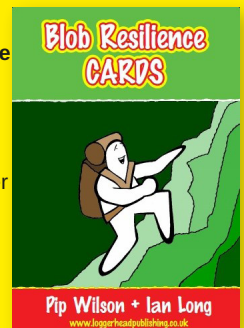
Blob Resilience Cards

48 cards to help children and young people develop resilience

By Pip Wilson & Ian Long

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

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



All
Ages

Blob Resilience Cards
Ref 386-51374-IP26 £35.00*

All
Ages

101 Activities for Social & Emotional Resilience
Ref 412-50598-IP26 £35.99

VALUE
PACK

BUY BOTH WORKBOOK AND
CARDS SET OF 2
Ref: 386-52681-IP26 £59.95*

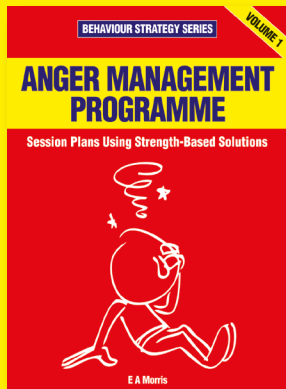
Anger Management Programme

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

By E A Morris

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

- Self-awareness • Self-management
 - Impulse control • Active listening
 - Empathy • Understanding of non-verbal cues • Conflict resolution • Mediation
- Central to the programme is how to deal with angry outbursts – known as 'emotional hijacks' – both pre- and post-hijack. Each session plan details the aim, resources required and method, and is accompanied by reproducible student and teacher sheets.



Ages 11-18

Anger Management Programme
Ref 386-10935-IP26 £42.50

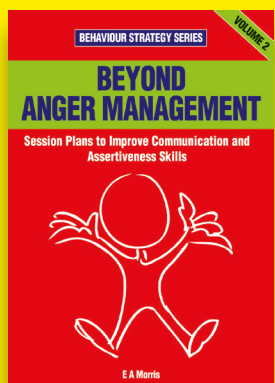
Beyond Anger Management

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.



Ages 11-18

Beyond Anger Management
Ref 386-50000-IP26 £42.50

VALUE PACK

BUY BOTH WORKBOOKS TOGETHER
Ref: 386-50010-IP26 £80.75

Activities to Help Young People Deal with Anger

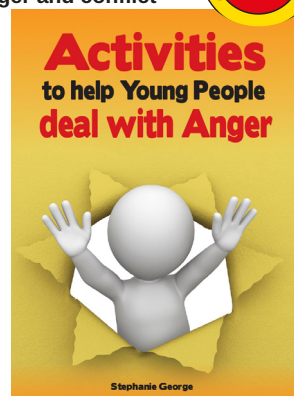
How to address issues relating to anger and conflict using a mentoring approach

By Stephanie George

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

There are 20 conflict/anger management specific activities that cross the bridge between the pastoral and curriculum aspects of learning. Each activity includes full instructions and any necessary worksheets to photocopy or print out.

BEST SELLER



Ages 11-18

Activities to Help Young People Deal with Anger
Ref 386-50025-IP26 £37.99

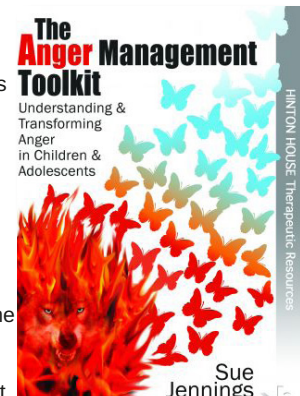
The Anger Management Toolkit

Understanding & Transforming Anger in Children & Young People

By Sue Jennings

Creative activities to help understand & manage feelings of anger. Young people often express themselves through anger, in sudden outbursts with little pause for thought and out of proportion to the trigger.

This innovative toolkit suggests alternative responses and ways of understanding the underlying causes, with ideas that can be adapted for individuals or groups. With age-appropriate methods the theme of the Wolf is used to help understand and respond to feelings. Wolves have many facets: they can be very angry but also very nurturing; loners as well as protective of others.



All Ages

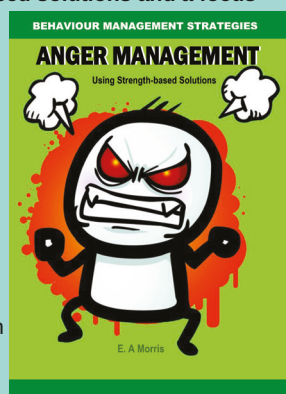
The Anger Management Toolkit
Ref 412-50612-IP26 £35.99

Anger Management

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

By E A Morris

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



Ages 5-11

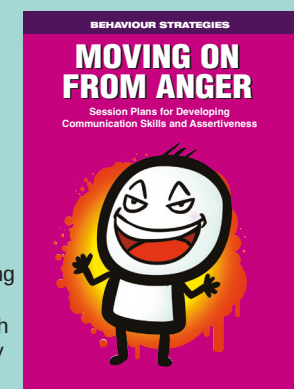
Anger Management
Ref 386-50009-IP26 £42.50

Moving on from Anger

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

By E A Morris

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



Ages 5-11

Moving on from Anger
Ref 386-11272-IP26 £42.50

VALUE PACK

BUY BOTH WORKBOOKS TOGETHER
Ref: 386-50008-IP26 £80.75

Helping Teenagers with Anger & Low Self-Esteem

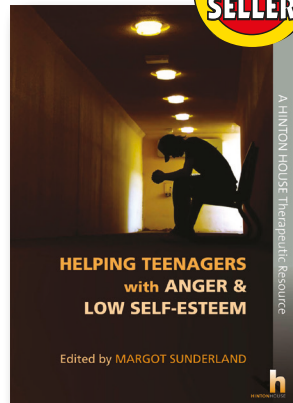
Look beyond angry behaviour and find ways to reach defensive teenagers.

Edited by Margot Sunderland

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

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

232pp



BEST SELLER

A HINTON HOLISTHERAPY RESOURCE

**HELPING TEENAGERS
with ANGER &
LOW SELF-ESTEEM**

Edited by MARGOT SUNDERLAND

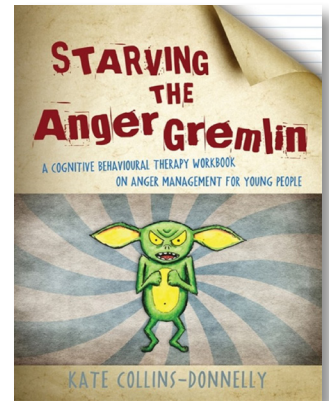
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Starving the Anger Gremlin

A CBT workbook on anger management

By Kate Collins-Donnelly

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. 88 pages



**Ages
11-18**

Starving the Anger Gremlin
Ref 48-50425-IP26 £15.99

**Ages
11-18**

**Helping Teenagers with Anger &
Low Self-Esteem Ref 412-50611-IP26 £35.99**

Anger and Aggression Discussion Cards

Cards acknowledging that 'it's good to talk'

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

The five areas covered are:

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

50 cards, booklet



**Ages
11-18**

Anger and Aggression Discussion Cards
Ref 386-51297-IP26 £35.00*

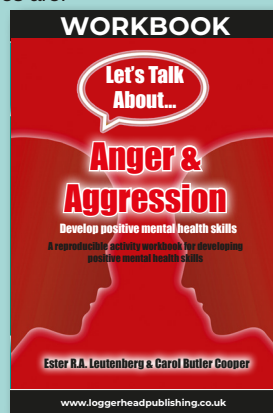
Anger and Aggression Workbook

A reproducible activity workbook for developing positive mental health skills

By Ester R. A. Leutenberg & Carol Butler Cooper

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

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



**Ages
11-18**

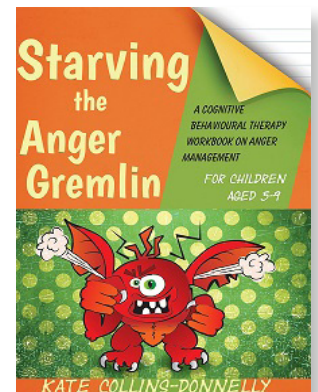
Anger and Aggression Workbook
Ref 386-51800-IP26 £45.00

Starving the Anger Gremlin for Children

A CBT workbook on anger management for children

By Kate Collins-Donnelly

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. 176 pages



**Ages
7-11**

Starving the Anger Gremlin
Ref 48-50423-IP26 £15.99

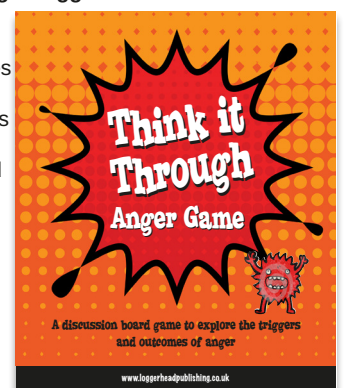
Think it Through Anger Game

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

By Hilary Whates

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

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



**Ages
10-14**

Think it Through Anger Game
Ref 386-50146-IP26 £47.50*

**VALUE
PACK**

**BUY BOTH WORKBOOK AND CARDS
TOGETHER**
Ref: 386-51795-IP26 £71.95*



THE ZONES OF REGULATION
A CURRICULUM DESIGNED TO FOSTER SELF-REGULATION AND EMOTIONAL CONTROL

Written and Created by
Leah M. Kuypers, MA Ed. QTR/L

Forward and Selected Lessons by
Michelle Garcia Winner
251 Social Thinking

Ready-to-print reproducible activities available for download

Option to Play as a Game

Advanced Extension Pack and Game Cards
For Tweens, Teens & Adults

Counting: Leah Kuypers, Teri Kuypers, Elizabeth Sautter

The Zones of Regulation is a curriculum geared towards helping students gain skills in consciously recognising their emotions, which in turn leads to increased regulation and problem solving abilities. The curriculum helps students learn how to organise their feelings into four different Zones and use strategies to regulate within specific Zones to meet their personal, organisational and social goals. Pupils explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to help them stay in or move between Zones.

By Leah Kuypers



STOP, OPT & GO
This strategy can help you make decisions, solve problems, and regulate.

1. **STOP** - When you feel overwhelmed, pause for 10 seconds.

2. **OPT** - Ask yourself: What do I need? What do I want? What do I have?

3. **GO** - Use your skills to help you choose the option that works best for you.



Zones Check-In
Pause and Notice

EMOTION

Tools in the Zone

1. **Notice** - What's the situation?

2. **Check-In** - How do I feel?

3. **Decide** - What do I need to regulate?

4. **Regulate** - Use a regulation tool.

5. **Reflect** - Is my regulation working?



The Zones of Regulation

BLUE ZONE (Calm)

GREEN ZONE (Alert)

YELLOW ZONE (Anxious)

RED ZONE (Angry)

Tools in the Zone



Triggers & Sparks
Triggers and sparks can cause us to feel less regulated.

Knowing what they are helps us decide how to regulate when they happen. These triggers and sparks in the images below.



The Zones of Regulation Pathway

1. **NOTICE** - What's the situation?

2. **CHECK-IN** - How do I feel?

3. **DECIDE** - What do I need to regulate?

4. **REGULATE** - Use a regulation tool.

5. **REFLECT** - Is my regulation working?



NAVIGATING THE ZONES
A Pathway to Self-Regulation

Leah Kuypers & Elizabeth Sautter



Zones Toolbox Visual

Leah Kuypers & Elizabeth Sautter



TOOLS TO TRY
Regulation strategies to focus, calm, think, move, breathe, and connect.

Leah Kuypers & Elizabeth Sautter



TOOLS TO TRY
Regulation strategies to focus, calm, think, move, breathe, and connect.

Leah Kuypers & Elizabeth Sautter

- 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-IP26 £289.99*

THE ZONES OF REGULATION RESOURCE PACK SECONDARY Ref: 520-51944-IP26 £289.99*

The Zones of Regulation

This award-winning framework and curriculum teaches self-regulation strategies for managing emotions and sensory needs across developmental ages. (*Visuals and worksheets included)

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.

All titles available separately.

All Ages

Ref 520-51592-IP26 £69.99

The Zones of Regulation Poster Set

This set of 3 dry wipe posters reinforces the teachings of The Zones of Regulation curriculum.

Use as on-the-spot teaching tools to help reinforce the concepts of moving from one zone to another by recognising triggers, managing behaviours and practising appropriate self-regulation and conflict resolution techniques. Each poster is 60 x 45 cm

All Ages

Ref 520-51945-IP26 £99.99*

Tools to Try Cards

Regulation Strategies to Focus, Calm, Think, Move, Breathe, and Connect

Award-winning, multi-sensory card deck to help explore, choose, and practice 50 regulation tools at home, in school, or in therapeutic and community settings. The 2-sided cards are divided into 5 categories that describe strategies to focus, calm, think, move, breathe, and connect. These visually appealing cards feature a relatable tween-teen character using a tool on one side and a how-to-do-it description on the reverse, along with a teen-focused Why to Try? and self-reflection.

Includes: • 50 Strategy Cards • 7 information and instruction Cards

Ages 5-11

Ref 520-51942-IP26 £29.99*

Ages 11-18

Ref 520-51943-IP26 £29.99*

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-IP26 £77.99*

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

All Ages

Ref 520-51937-IP26 £35.99*

Emotions Face Fan

Help children easily identify and express how they're feeling — building emotional intelligence and empathy toward others.

Use in conjunction with the Zones of Regulation to help children move from one zone to another.



Ages
4-12

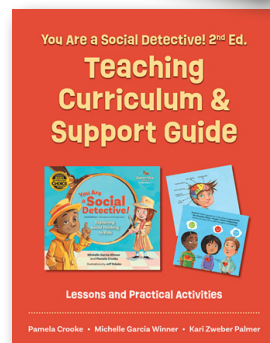
Emotions Face Fan
Set of 6 Ref 460-1206-10-IP26 £34.95*

You Are a Social Detective! Curriculum Guide + Storybook Set of 2

Bring social emotional learning for children ages 5-10+ into your classroom.

By Pamela Crooke, Michelle Garcia Winner and Kari Zweber Palmer

This bundle includes the award-winning storybook, *You Are a Social Detective!* and its new companion *Teaching Curriculum & Support Guide*, an easy-to-use curriculum that fits into your current teaching day. The storybook introduces students to core social emotional learning (SEL) concepts, and the curriculum provides 10 fun, structured lesson plans and visual tools to support building students' social attention, social interpretation, and self-awareness — the foundation for social emotional learning for everyone.

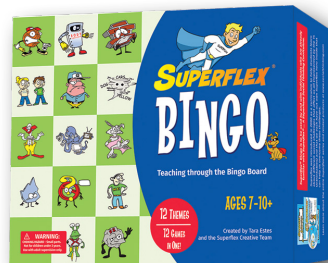


Ages
7-11

You Are a Social Detective! Curriculum Guide + Storybook Set of 2 Ref 520-52678-IP26 £69.99

Superflex Bingo

Designed as a companion to the Superflex Curriculum, children listen to a situation read aloud and figure out a Social Thinking concept or Superflex character that fits the situation, placing a game piece on the square that matches their thinking. The game is designed so that all players "win" by getting bingos during the session, alleviating the behavior dysregulation that can often occur in competitive games. Superflex Bingo is 12 games in one, providing 12 different themed card packs to keep children engaged and learning through the year (examples include Classroom, School Trip, Community, Winter Holidays, Summer Holidays, etc.).



Ages
7-11

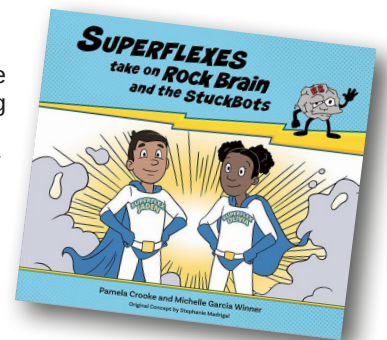
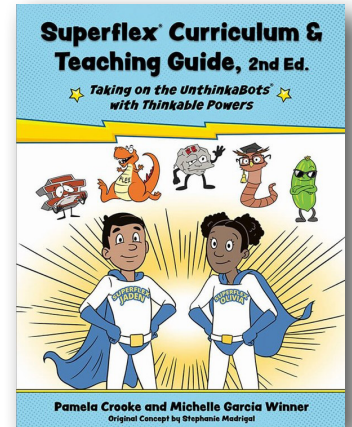
Superflex Bingo
Ref 520-52708-IP26 £58.998

Superflex Storybook, Curriculum Guide and Visuals Kit

Help children transform abstract thinking into concrete strategies as they learn prosocial and proactive ways to figure out how people work, learn, and play together from a social and emotional perspective.

By Stephanie Madrigal and Michelle Garcia Winner

The 25 interactive quests that make up the curriculum are built around 14 UnthinkaBot characters, who represent struggles that we all face, and 14 Thinkable characters, who represent the flexible thinking and strategies that allow us all to manage these daily struggles. By activating "Thinkable" strategies, students transform into their own "Superflex" superhero character who allows them to self-regulate in various situations and meet their own personal and social goals.



Ages
7-11

Superflex Storybook, Curriculum Guide and Visuals Kit Ref 520-52707-IP26 £89.99

Let's Solve It! Step-by-Step Social Problem Solving with Children

A structured, visual, step-by-step way to teach children about social problem solving through illustrated stories and problem-solving templates

By Michelle Garcia Winner and Pamela Crooke

Illustrated stories are a mainstay for young children and provide both visual and narrative clues for basic problem-solving development. Storybooks enhance understanding of basic concepts, encourage engagement, and build critical thinking skills. They are also the foundation for building literacy skills, inferencing, and expose learners to perspective taking, specifically thoughts and feelings, through the words and actions of the story characters. The 3-book set contains 2 storybooks, each with 10 pairs of stories (20 story versions in each storybook/40 stories in the set), along with a Teaching Guide book.



Ages
4-11

Let's Solve It! Step-by-Step Social Problem Solving with Children Ref 520-52727-IP26 £69.99



Dr Sue Jennings was awarded the lifetime title 'Professor of Play' by the European Federation of Dramatherapy for her pioneering work in Dramatherapy and Neuro-Dramatic-Play (NDP). She is Honorary Professor at the University of Derby and Honorary Fellow at the University of Roehampton. Sue is the author of a large number of books on the therapeutic use of drama, arts and play, many of which have been published in translation

101 Activities for Empathy & Awareness

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

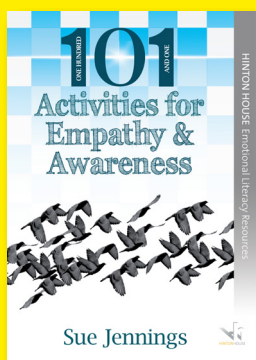
By Sue Jennings

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

Ideas include:

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

120pp A4 paperback



All Ages

101 Activities for Empathy & Awareness

Ref 412-50596-IP26 £35.99

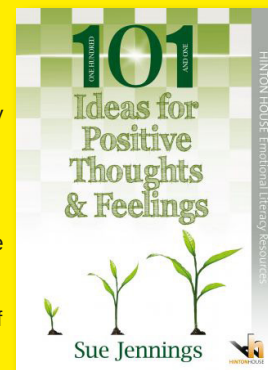
101 Activities for Positive Thoughts & Feelings

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

By Sue Jennings

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

204pp A4 paperback



All Ages

101 Activities for Positive Thoughts & Feelings

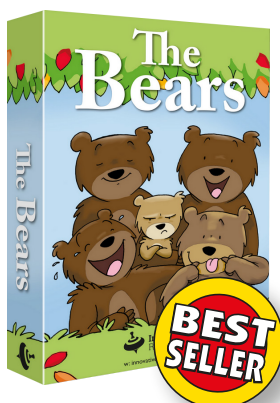
Ref 412-50594-IP26 £35.99

Bear Cards

48 endearing bear cards ideal for talking about feelings.

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.

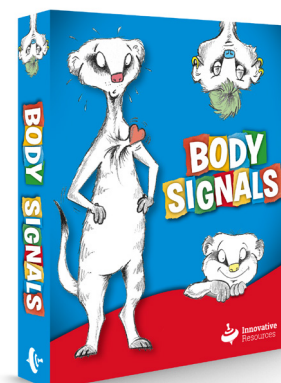
Use these cards to help children communicate feelings about family, friends and classmates. There are no words on the cards so this resource is very accessible to young children and those with literacy challenges. They can be used in a variety of situations: as an ice-breaker, and for one-to-one, small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



Body Signals

40 cards and 40-page booklet to help children & young people tune into their body signals and build a vocabulary to describe them.

Body signals are sometimes called our 'early warning signs'; they let us know immediately when we feel stressed or unsafe. That's why they're crucial for protective behaviours, trauma-informed practice or simply for navigating everyday life.



Ages 7-18

Body Signals

Ref 99-51540-IP26 £42.50*

Ages 7-18

Bear Cards

Ref 99-1666-IP26 £42.50*

How's My World? Feelings & Emotions Cards

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

Helen Rogerson

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

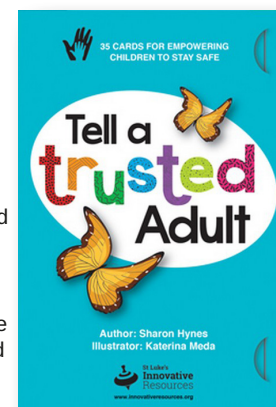
40 cards, instructions



Tell a Trusted Adult

An essential aspect of social and emotional learning is empowering children to stay safe. By teaching them to recognise their body signals or early warning signs, we can help them respond to challenging situations.

The set includes 13 pairs and 9 activity cards that feature gentle, original artwork and lack words. This resource is designed specifically to support children with low literacy levels, those who are visual learners and individuals from a culturally and linguistically diverse background. The resource is effective in building social and emotional literacy in children.



Ages 11-18

How's My World? Feelings & Emotions Cards

Ref 412-50595-IP26 £29.99*

All Ages

Tell a Trusted Adult

Ref 99-51784-IP26 £42.40*

Ian Long is the illustrator and author of the Blob resources. He has worked as a graphic artist, youth and pastoral worker and primary school teacher. He now develops no-word tools which are used in over 120 countries in the education, health, counselling, business and social care sectors.

Pip Wilson was a pioneering youth worker, author and communicator. As well as being an author of more than 50 books, Pip was a charity CEO for more than 20 years, working internationally, running workshops and courses in leadership and teamwork with emotional intelligence at the heart of his work.



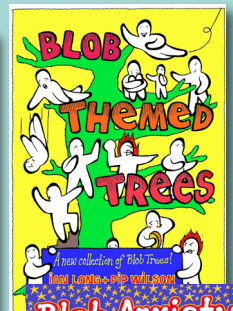
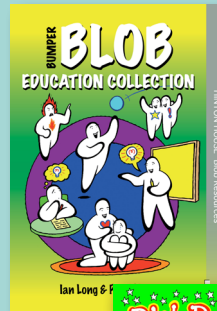
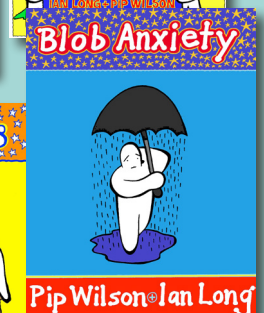
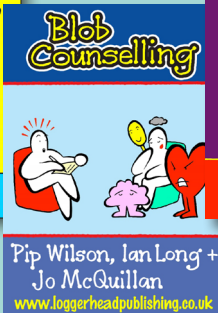
The Big Bundle of Blob Books Collection

10 Workbooks using the the Blobs Feelosophy covering a wide range of topic areas

By Pip Wilson & Ian Long

The set includes:

- Blob Anxiety • Blob Depression • Blob Counselling • Blob Kindness
- Blob Loss • Blob Mindfulness • Blob Relationships • Blob Resilience
- Blob Themed Trees • The Bumper Blob Education Collection



THE BIG BUNDLE OF BLOB BOOKS COLLECTION Ref: 386-52710-IP26 **£319.99**

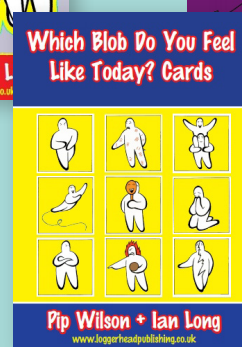
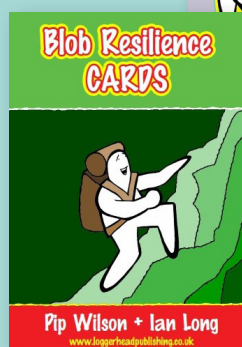
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6 packs of cards utilising the Blobs' unique design to explore deep understanding of different feelings and emotions.

By Pip Wilson & Ian Long

The set includes:

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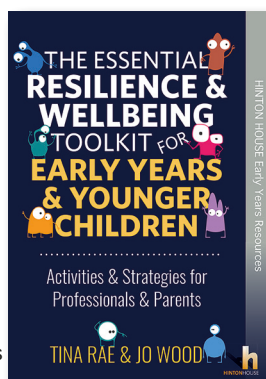
THE BIG BUNDLE OF BLOBS RESOURCES Ref: 386-52711-IP26 **£469.99***

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

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

By Tina Rae & Jo Wood

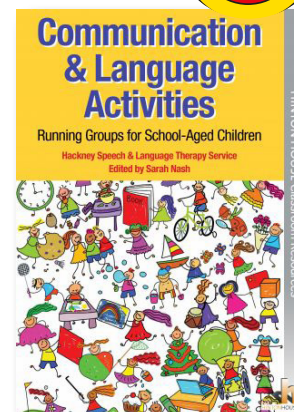
Supporting the mental well-being of younger children will enable them to thrive emotionally and socially, and learn to cope with life's adversities as they grow older. This huge range of easy-to-use activities are drawn from evidence-based approaches such as mindfulness and CBT. 202pp A4 paperback



Communication & Language Activities

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

A comprehensive resource for anyone working with children with speech, language & communication needs. Provides background information, fun activities and games, and all the basics you need to run effective communication groups in mainstream and SEN settings, as well as ideas for the home. 234pp A4 paperback



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Ages 4-9

The Essential Resilience & Wellbeing Toolkit

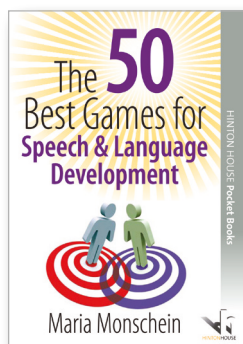
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Handy pocket books full of easy to use activities!

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



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A Recovery Toolbox for Wellbeing in the Early Years

Nurturing & Wellbeing Activities for Young Children

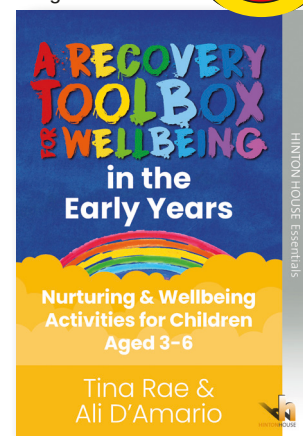
By Tina Rae & Ali D'Amario

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

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

- Self-Regulation
- Resilience-building
- Self-Esteem & Social Skills
- Effective Thinking
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All Ages

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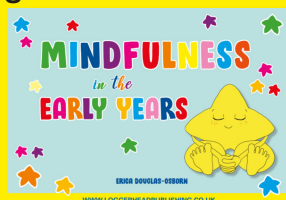
Tried-and-tested mindfulness ideas

By Erica Douglas-Osborn

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

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

76 pages, A4, photocopiable,



Ages 2-5

Mindfulness in Early Years

Ref 386-51686-IP26 £29.95

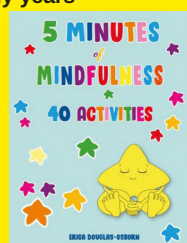
5 Minutes of Mindfulness Cards

40 short and fun mindfulness ideas for the early years

By Erica Douglas-Osborn

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

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



Ages 2-5

5 Minutes of Mindfulness Cards

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Ages 3-6

A Recovery Toolbox for Wellbeing in the Early Years

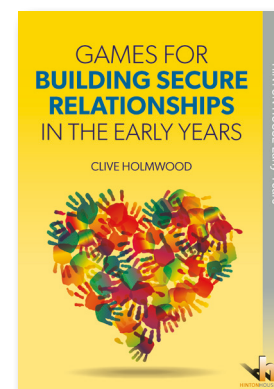
Ref 412-51841-IP26 £35.99

Games for Building Secure Relationships in the Early Years

Monthly activities from birth to six years

By Clive Holmwood

Seventy-two playful games & activities, one per month of life, for play therapists, reception & nursery staff, childminders & parents. For ease of reference, each activity is organised chronologically, one per month of life, from birth to six years of age. The activities, each spanning a double-page, are further arranged into three main sections, which correlate directly to the three key developmental stages of young children. 192pp A4 paperback



Ages 0-6

Games for Building Secure Relationships in the Early Years

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Ages 4-13

Mood Bands Set of 2
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Help children identify their feelings, their level of confidence in a situation, their understanding of an activity or use as a behaviour action indicator



Ages 4-13

Traffic Light Emotions & Behaviour Fan
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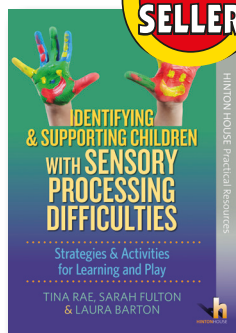
Identifying & Supporting Children & Young People with Sensory Processing Difficulties

Strategies & Activities for Learning and Play

By Tina Rae, Sarah Fulton & Laura Barton

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

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BEST SELLER

Ages 6-18

Identifying & Supporting Sensory Processing Difficulties Ref 412-51820-IP26 £35.99

Multi-Sensory Activities for Fine Motor Skills

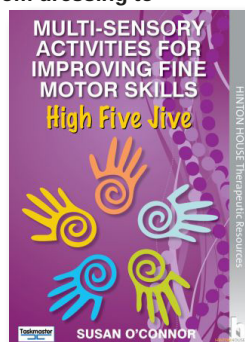
Good dexterity is vital in all areas of life, from dressing to handwriting and from turning pages to using a keyboard.

By Susan O'Connor

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

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



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Ages 4-13

Emotions Face Fan
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Creating Sensory Play at Little or No Cost

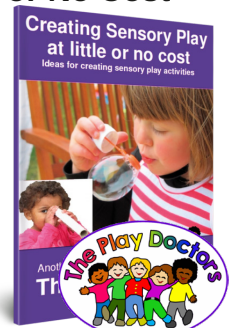
Learn about sensory integration and how to use sensory play to stimulate or calm children

By Wendy Usher

This book contains hundreds of ideas using everyday items to create sensory play at home, at school or in play settings.

The book considers how activities can be adapted to reflect individual children's needs. Each chapter offers simple yet effective ideas that easily be replicated in your own school or setting.

80 pages, A4 photocopiable



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Creating Sensory Play at Little or No Cost
Ref 460-51827-IP26 £25.00

Hey, Children on the Autism Spectrum Play Too!

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

By Wendy Usher

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

80 pages, A4 photocopiable



Ages 4-13

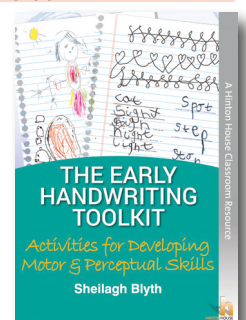
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Activities for Developing Motor & Perceptual Skills

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Step-by-step activities to improve muscle strength, visual perception & hand skills. 192pp A4 paperback



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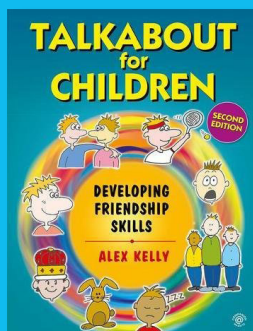
The Early Handwriting Skills Toolkit
Ref 412-50633-IP26 £35.99

Talkabout for Children: Developing Friendship

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.



Ages 4-11

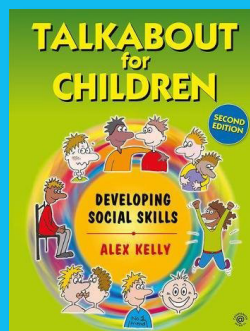
Ref 77-50016-IP26 £46.99

Talkabout for Children: Developing Social Skills

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



Ages 4-11

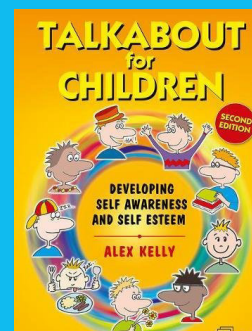
Ref 77-10959-IP26 £46.99

Talkabout for Children: Developing Self-Awareness and Self-Esteem

By Alex Kelly

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

- Resources include:
- 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



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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

2-6 players.

Ages 7-16

Ref 77-10698-IP26 £56.99*



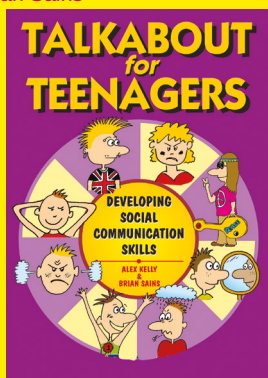
Talkabout for Teenagers

Developing social and emotional communication skills

By Alex Kelly & Brian Sains

A best-selling professional workbook supporting educators and therapists who deliver social and relationship skills groups for older children and young adults with social, emotional or behavioural difficulties. It offers

hierarchical approach with ready-made material.



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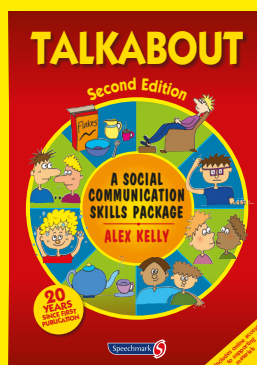
Ref 77-10452-IP26 £46.99

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.



All Ages

Ref 77-1775-IP26 £46.99

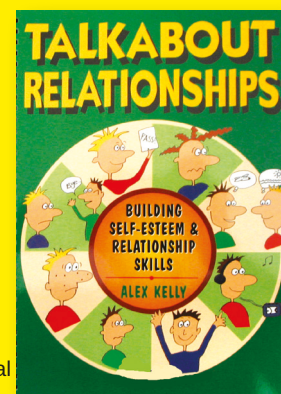
Talkabout Relationships

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.



All Ages

Ref 77-5456-IP26 £46.99



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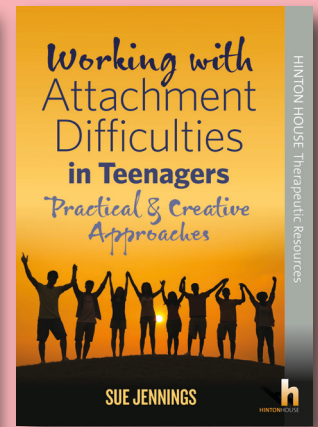
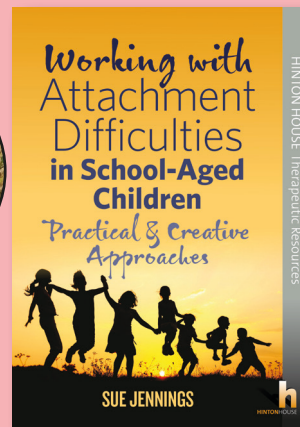
Ref: 77-50156-IP26 **£133.99**

Working with Attachment Difficulties

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

By Sue Jennings

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



in School-Aged Children

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Ages
6-11

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Ages
12-18

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Use Blobs as an innovative way to discuss relationships

By Pip Wilson & Ian Long

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

80 pages, A4, photocopiable



Ages
5-11

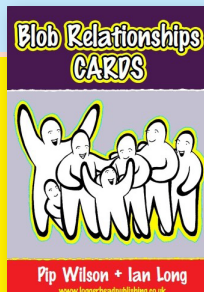
Blob Relationships Ref 386-51747-IP26 £35.00

Blob Relationships Cards

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

By Pip Wilson & Ian Long

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



All
Ages

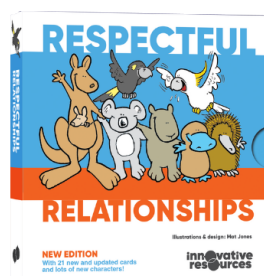
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This set of 32 cards is perfect for encouraging children to learn about the foundations of healthy relationships. It features all your favourite animal friends—with some fun new characters joining the fray. *Respectful Relationships* will spark those important conversations about what makes great relationships tick, how we can model respectful relationships for our kids, and how diverse human relationships can be.



Ages
9-18

Respectful Relationships Ref 99-5390-IP26 £42.50*

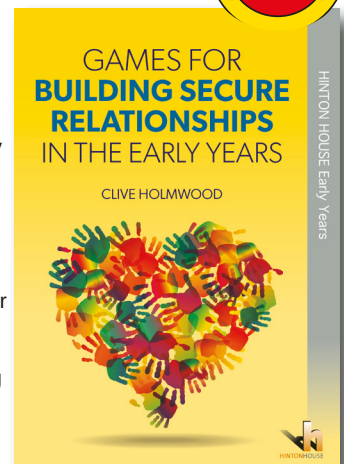
Games for Building Secure Relationships in the Early Years

Monthly activities from birth to six years

By Clive Holmwood

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

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Ages
0-6

Games for Building Secure Relationships in the Early Years Ref 412-52039-IP26 £35.99

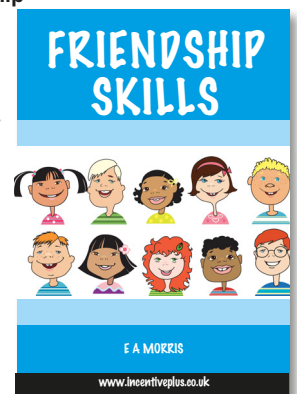
Friendship Skills

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

By E A Morris

These cards are designed to promote discussion about friendship and social skills and will help young people to realise that they are able to change their way of thinking and feeling. Areas covered include: • Showing generous behaviour by sharing or forgiving • Listening • Involving others in their games or activities • Recognising when others are upset and doing something about it • Smiling and laughing with others • Respecting another's body space • Being able to challenge someone else respectfully • Giving feedback • Making up after a quarrel.

80 cards 90 x 130cm



Ages
7-13

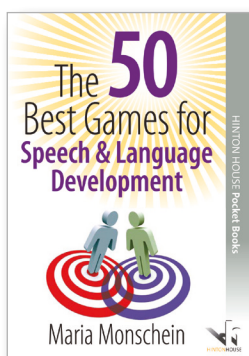
Friendship Skills Ref 386-50081-IP26 £29.95*

The 50 Best Games for Speech & Language Development

Handy pocket books full of easy to use activities!

By Maria Monschein

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



All Ages

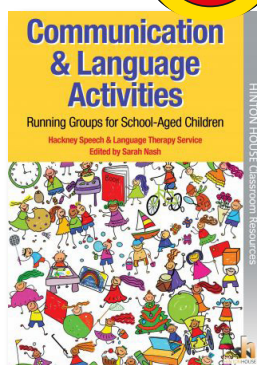
The 50 Best Games for Speech & Language Development Ref 412-52051-IP26 £13.99

Communication & Language Activities

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

A comprehensive resource for anyone working with children with speech, language & communication needs. Provides background information, fun activities and games, and all the basics you need to run effective communication groups in mainstream and SEN settings, as well as ideas for the home. 234pp A4 paperback

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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:

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



Ages 11-18

Social Skills Workbook Ref 386-51869-IP26 £45.00

Social Skills Discussion Cards

50 discussion cards to help deal with loss and grief

By Ester R. A. Leutenberg & Carol Butler Cooper

The discussions generated with these cards will help users to: understand that communication is more than talking and listening, that relationships are multi-faceted, the importance to act with kindness to others and so much more.

50 cards, booklet



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Social Skills Discussion Cards Ref 386-51296-IP26 £35.00*

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Ref: 386-51870-IP26 £74.95*

Social Skills Role Play Cards

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

By Sue Jennings & Sarah Miles

Facial Expressions & Body Language

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



Ages 4-12

Facial Expressions & Body Language Ref 412-50599-IP26 £29.99*

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



Ages 4-12

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Social Situations for Teens

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



Ages 13-18

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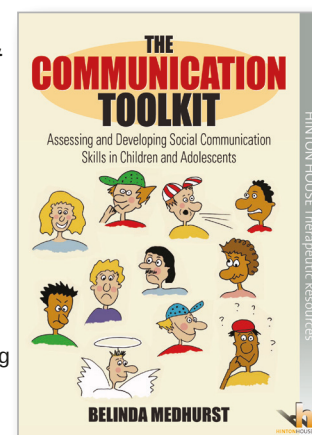
The Communication Toolkit

Assessing & Developing Social Communication Skills in Children & Adolescents

Belinda Medhurst

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

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



Ages 8-16

The Communication Toolkit Ref 412-50590-IP26 £35.99

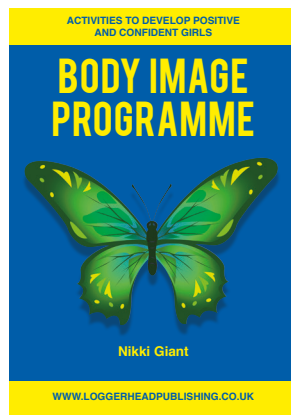
Body Image Programme

Activities to develop positive and confident girls

By **Nikki Giant**

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

- Self-Image • Media Literacy
- Healthy Living • Identity
- Body Celebration and Self-Love



Ages
11-18

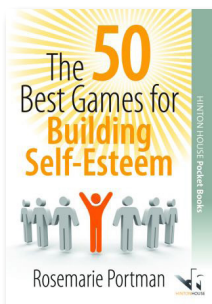
Body Image Programme
Ref 386-50570-IP26 £35.99

The 50 Best Games for Building Self-Esteem

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

By **Rosemarie Portman**

Help create self-confident children with these games for building strength and self-esteem. This selection of games will help improve self-awareness, assertiveness, and confidence as well as respect for others. 65pp A5 paperback



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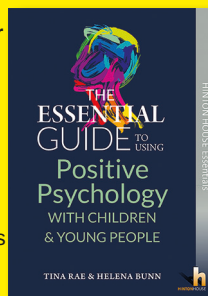
The 50 Best Games for Building Self-Esteem
Ref 412-51376-IP26 £15.99

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

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

By **Tina Rae & Helena Bunn**

This clear guide shows how to use practical activities to promote thoughtful discussions, engaging, strength-building exercises and confidence boosting fun to enable young people to recognise their personal strengths and use these to build healthy habits, set effective targets and make value-based decisions. 168pp A5 paperback



All
Ages

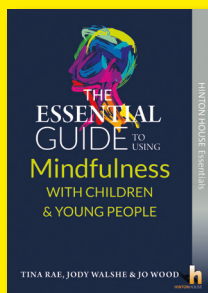
The Essential Guide to Using Positive Psychology
Ref 412-50610-IP26 £22.50

The Essential Guide to Using Mindfulness with Children & Young People

Through these easy to use techniques, young people will be better able to manage social relationships, anxiety levels, memory, self-understanding and relaxation.

By **Tina Rae, Jody Walshe & Jo Wood**

These practical skills can help build resilience and manage anxiety and stress through increased sensory awareness; regulation of emotions and attention and acceptance of thoughts and feelings. 132pp A5 paperback



All
Ages

The Essential Guide to Using Mindfulness Ref 412-51304-IP26 £22.50

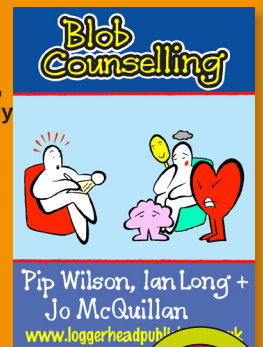
Blob Counselling

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

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

Contents include:

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



All
Ages

Blob Counselling
Ref 386-52679-IP26 £35.00

NEW

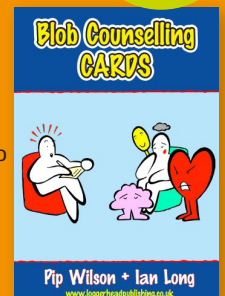
Blob Counselling Cards

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

By **Pip Wilson & Ian Long**

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

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



All
Ages

Blob Counselling Cards
Ref 386-52671-IP26 £35.00*

VALUE
PACK

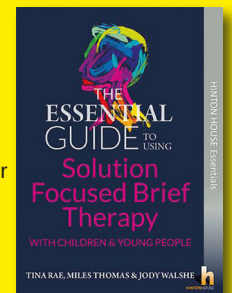
BUY BOTH WORKBOOK AND CARDS SET OF 2
Ref: 386-52680-IP26 £59.95*

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

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

By **Tina Rae, Miles Thomas & Jody Walshe**

SFBT outlines key techniques and strategies that have been shown to be effective across a wide range of difficulties and problems, however serious these may seem. It explains clearly how and why to use these successful methods to help young people find solutions, build confidence and reach their goals. 160pp A5 paperback



All
Ages

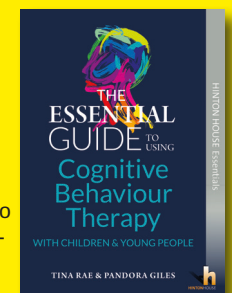
The Essential Guide to Using Solution Focused Brief Therapy Ref 412-50608-IP26 £22.50

The Essential Guide to Using CBT with Children & Young People

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

By **Tina Rae & Pandora Giles**

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



All
Ages

The Essential Guide to Using CBT
Ref 412-50609-IP26 £22.50

VALUE
PACK

BUY ALL 4 RESOURCES TOGETHER Ref: 412-52637-IP26 £79.95



Anna Jacobs is a qualified play therapist and creative arts therapist/counsellor who has been supporting bereaved children and their families for more than fifteen years, and has been a therapist and counsellor for more than twenty-five years.

Supporting Children and Teenagers through Grief & Loss

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

By Anna Jacobs

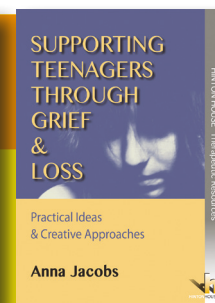
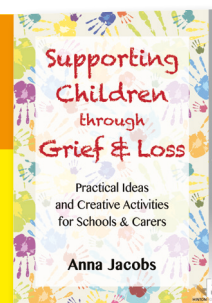
Each book gives an overview of different behaviours you may encounter in school and how to respond, as well as discussing questions children may ask and how to answer them. Our understanding of death varies according to our stage of development and these books provide guidance on age-appropriate, honest responses along with a toolkit of creative and arts activities to help students examine and understand their emotions, physical feelings and memories.

Ages 5-11

Supporting Children through Grief & Loss
Ref 412-50616-IP26 £35.99

Ages 11-18

Supporting Teenagers through Grief & Loss
Ref 412-50617-IP26 £35.99

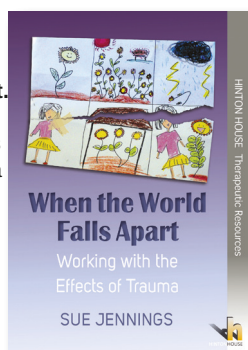


When the World Falls Apart

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

By Sue Jennings

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



Ages 4-16

When the World Falls Apart
Ref 412-50606-IP26 £35.99

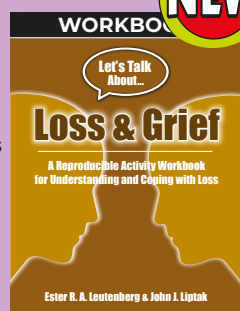
Loss & Grief Workbook

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



Ages 11-18

Loss & Grief Workbook
Ref 386-52618-IP26 £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



Ages 11-18

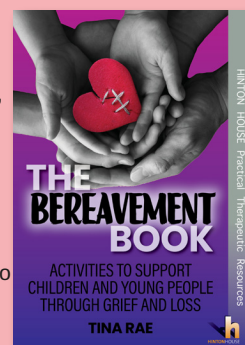
Loss & Grief Discussion Cards
Ref 386-52619-IP26 £35.00*

The Bereavement Book

Activities to support children & young people through grief & loss

By Tina Rae

In this accessible and informative handbook, Tina Rae sensitively guides teachers, support staff, SENCOs and others working with children and young people on the best ways to support their coping with grief and loss following the death of a special loved one. 80 worksheets provide a range of activities to help bereaved children attempt to understand, express and process their grief and allow them to remember and celebrate their special person. 232pp



All Ages

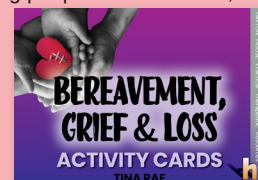
The Bereavement Book
Ref 412-52053-IP26 £35.99

Bereavement, Grief & Loss Activity Cards

Activities for Remembering & Celebrating

By Tina Rae

Practical and creative activities to help young people to understand, reflect upon and talk about loss. These cards present a range of user-friendly practical ideas and strategies to promote and develop children's knowledge and understanding of grief and loss and to also provide opportunities to safely talk about and reflect upon such losses. 70 Cards, instructions



All Ages

Bereavement, Grief & Loss Activity Cards
Ref 412-52617-IP26 £29.99*

VALUE PACK

BUY BOTH WORKBOOK AND CARDS TOGETHER

Ref: 412-52638-IP26 £59.99*

Blob Loss Book

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

By Pip Wilson & Ian Long

For many people, losing a loved one is one of the most challenging emotional periods of their life. Grief is a process that can take months and even years to work through fully. These visual materials have been devised to help young people to reflect upon a range of traumatic experiences. Includes sheets for individuals, small groups and larger gatherings and activities cards.



All Ages

Blob Loss Book
Ref 386-51361-IP26 £35.99

VALUE PACK

BUY BOTH WORKBOOK AND CARDS TOGETHER

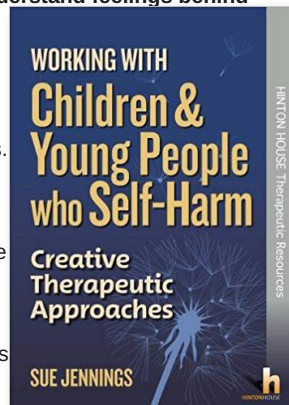
Ref: 386-52620-IP26 £66.40*

Working with Children & Young People who Self-Harm

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

By Sue Jennings

Practical and creative ideas, strategies and worksheets will help address issues underlying self-harm which are often stuck in repetitive and destructive cycles. Deals with feelings experienced in self-harm, e.g., guilt, fear, loneliness, lack of self-worth and negative body image. Takes a mindfulness and positive communication approach of 'How I am feeling' rather than 'Why are you doing this?'. Ideal for parents, therapists and teachers alike.



Ages 11-18

Working with Children & Young People who Self-Harm Ref 412-51582-IP26 £35.99

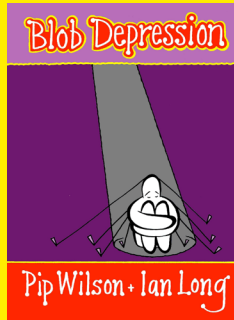
Blob Depression

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

By Pip Wilson & Ian Long

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

- Blob Depression Tree • Cycle of Depression
 - Causes of Depression
 - Symptoms of Depression • Dealing with Depression • Blob Self-Harming • Blob Support • Blob Grief • Blob Resilient Traits • Blob Relationships • Blob Caged • Blob Mindfulness • Blob Health • Blob Personal Wellness • Blob Bridge • Blob Sleep
- 96 pages, A4, photocopyable



Ages 11-18

Blob Depression Ref 386-51746-IP26 £35.00

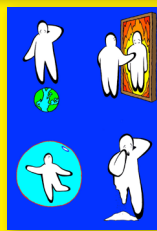
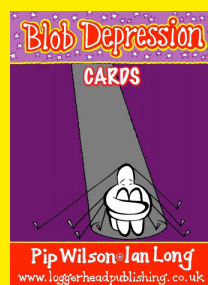
Blob Depression Cards

52 cards to help talk about depression

By Pip Wilson & Ian Long

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

- Choosing cards to summarise how the user's depression feels
 - Finding a Blob they have felt most like recently
 - Selecting feelings that they would like to go away
 - Suggesting strategies for managing their feelings
 - Picking cards that would indicate a good or a bad day
 - Blobs that they would like to feel like. What changes would they need to make?
- 52 cards 90 x 130mm, booklet, tin



Ages 11-18

Blob Depression Cards Ref 386-51722-IP26 £29.95*

VALUE PACK

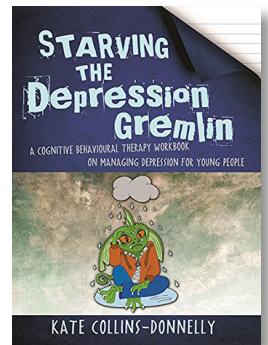
BUY BOTH WORKBOOK AND CARDS TOGETHER
Ref: 386-51746-IP26 £66.40*

Starving the Depression Gremlin

A CBT workbook on managing depression

By Kate Collins-Donnelly

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. 176 pages



Ages 11-18

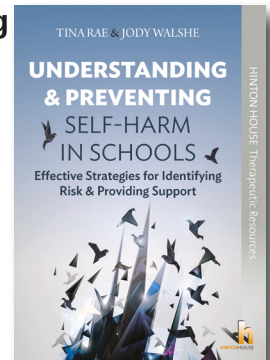
Starving the Depression Gremlin Ref 48-51302-IP26 £14.99

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. 224pp



Ages 11-18

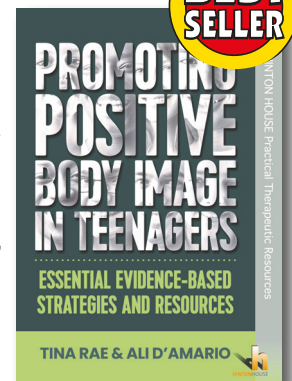
Understanding & Preventing Self-Harm in Schools Ref 412-50614-IP26 £35.99

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 draw on peer-support and self-help techniques including relaxation, positive thinking, reframing, self-compassion and acceptance, prioritising and planning strategies, and wellbeing organisation skills. 148pp



Ages 11-18

Promoting Positive Body Image Ref 412-52044-IP26 £35.99

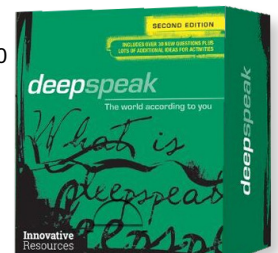
Deep Speak

120 unique, beautifully-designed cards to reflect on ourselves, our relationships with others and our unique experience of the world.

In this new edition, there are even more questions about the issues and topics that are important to young people and adults alike—the environment, gender diversity, culture, identity and social issues.

Deep Speak is divided into six suits with 20 cards in each suit:

- Openers • Identity • Relationships
- Values • Emotions • Beliefs



Ages 11-18

Deep Speak Ref 99-50179-IP26 £45.95*

Autism Resource Kit in a Bag

Practical tools to support those with autism in the classroom
Help children understand what is happening next, routines and sequences to make choices and communicate more effectively. This bag contains a carefully selected assortment of classroom specific resources focusing on transition and communication with 6 visual communication fans, the Now/Then communication kit, personal passport fan, mood bands and workbook.



Ages 5-16

Autism Resource Kit in a Bag
Ref 460-1460-IP26 £76.99*

Making the Right Choices – Emotions and Anxiety Kit in a Bag

Help children understand the choices they have in relation to their emotional response

This set provides a wide range of practical resources to support emotional understanding and empathy with individuals or group work. Use to support children to make the right choice – allow them to use the resources to tell you how they are feeling, if they have enjoyed an activity or if they are confused about instructions. Contains communication fans, posters, and Now/Then transition kit.



Ages 5-16

Emotions and Anxiety Kit in a Bag
Ref 460-1650-IP26 £76.99*

Positive Behaviour Kit in a Bag

A practical set to support positive behaviour using visual and kinaesthetic tools.

This bag contains over 200 visual Wdigit Communication symbols and a range of practical tools to support visual and kinaesthetic learners who need a little support to help their behaviour. The kit includes stickers, communication fans, emotions cards, a communication kit and a book.



Ages 5-16

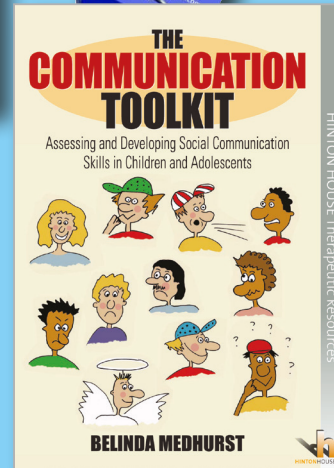
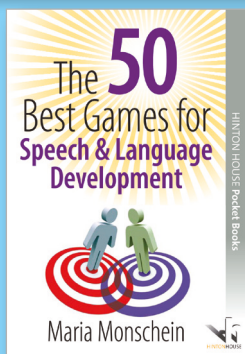
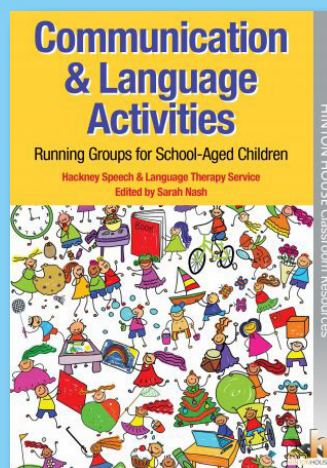
Positive Behaviour Kit in a Bag
Ref 460-1434-IP26 £76.99*

Language and Communication Best Buy Pack

4 best selling resources for use with children and young people who have social and communication difficulties.

Includes:

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



Ages 5-16

Language and Communication Best Buy Pack
Ref 412-52728-IP26 £100.99

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 • Double vision
- Lack of co-ordination • Poor judgement and decision making

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.

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

383-9943-IP26 £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

383-9944-IP26 £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

383-9945-IP26 £99.95*



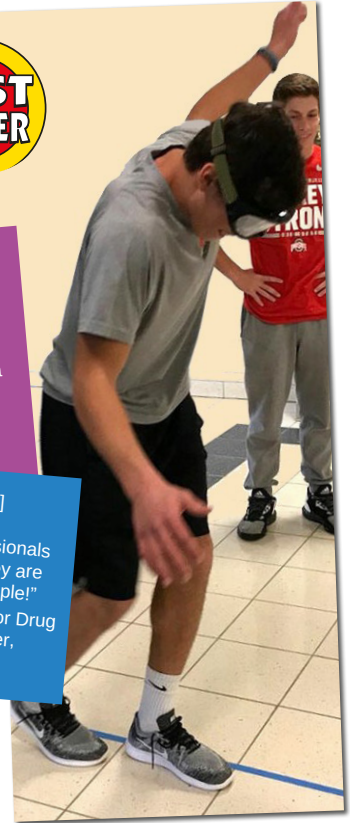
**Ages
11-18**

**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



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

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

383-9946-IP26 £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

383-50162-IP26 £99.95*



**SPECIAL
OFFER**

DRUNK & DISORDERLY GOGGLES SET OF 5 (1 OF EACH)
383-50163-IP26 £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

383-50097-IP26 £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.

383-50098-IP26 £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.

383-50099-IP26 £99.95*



**SPECIAL
OFFER**

**BUY ALL 3 DRUG GOGGLES AT A SAVING
SET OF 3**
383-50100-IP26 £285.00*

Blob Tree Posters

**BEST
SELLER**

Based on the iconic Blob Tree, four unique posters to help children talk about feelings

By Pip Wilson & Ian Long

Use these posters to initiate and promote discussion of feelings. Each poster contains a different set of feelings to explore and discuss.
4 posters, A3 (30.5 x 42.5cm),



All
Ages

Blob Tree Posters
Ref 386-6271-IP26 £24.95*

www.incentiveplus.co.uk