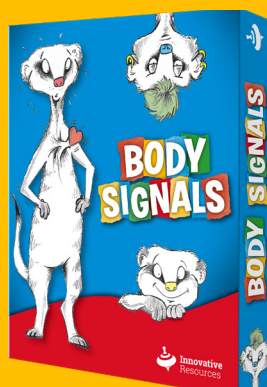
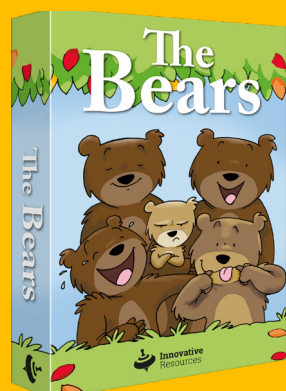
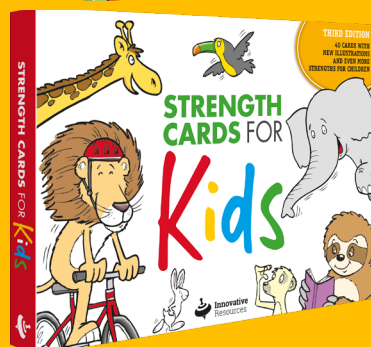




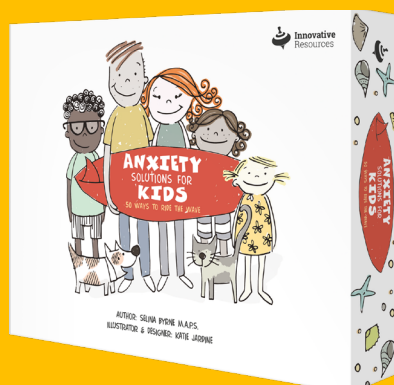
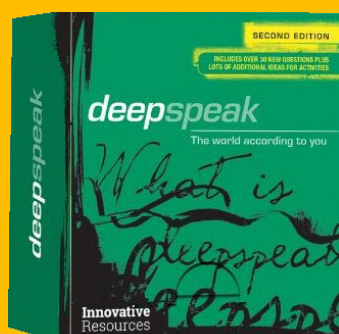
**Powerful, inspiring, strength based discussion cards**  
to enrich conversations about feelings, hopes, strengths, values and goals.  
Used in education, health and social care and counselling professionals  
working to create positive change, and develop  
**positive mental health and well-being in adults and children.**



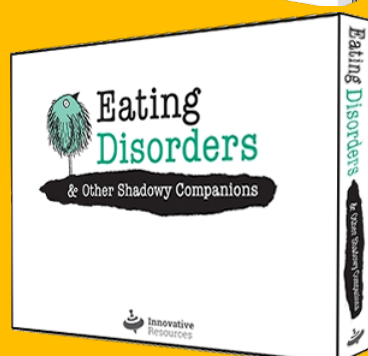
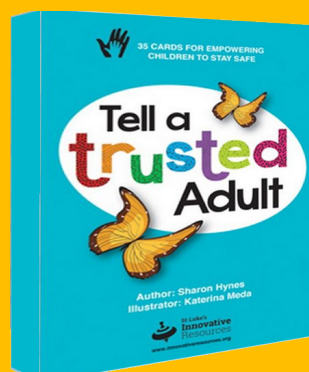
**FEELINGS & EMOTIONS**



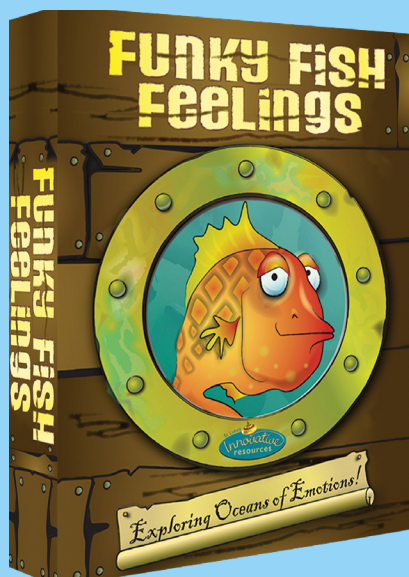
**STRENGTHS APPROACH**



**ANXIETY & WORRIES**



**POSITIVE MENTAL HEALTH**



## ➤ Funky Fish Feelings Cards

**48 cards to get participants talking about feelings.**

These cards show fish with attitude such as the flummoxed flounder, cranky crab, despondent dolphin and shy shark. Each card also features a cute little seahorse who plays the role of observer.

Having an observer as a witness creates different ways of building conversations and can turn a two person dialogue into a 'trialogue'.

For example:

- ★ Do you think the seahorse could have a different perspective from yours?
- ★ If the seahorse knows the fish really well, might this change his response to the emotion displayed?

### Contents:

- ✓ 48 full-colour A5 cards
- ✓ 24-page booklet

REF: 99-50413-I26 £44.50\*

## ➤ Can-Do Dinosaurs

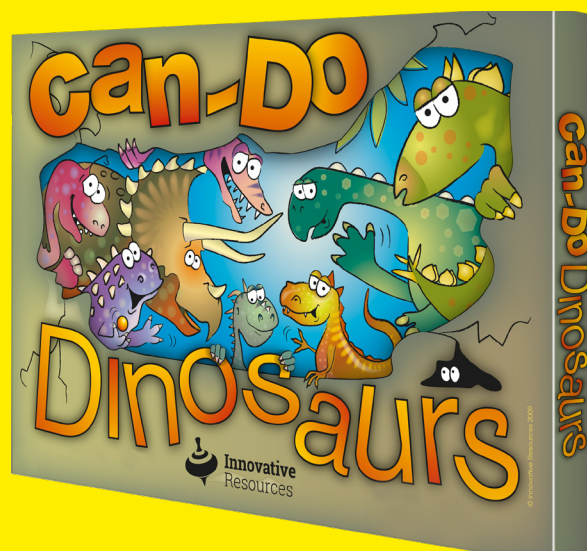
**28 full-colour A5 cards for building vital conversations about important life skills.**

These bright, quirky dinosaur cartoon cards replace the extremely popular I Can Monsters Cards and can be very effective for use in Protective Behaviour programmes.

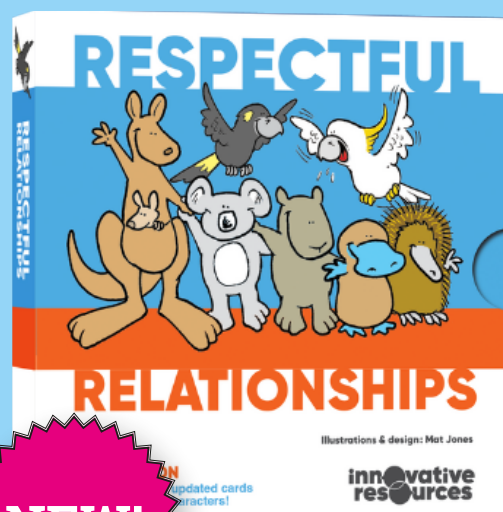
They are engaging, easy-to-use skill-building cards aimed to nurture life skills and build self esteem. The cards can help children to explore:

- ★ Safety ★ Personal worth ★ Self-reflection
- ★ Resilience ★ Manners ★ Relationships

The cards come with suggestions for use, which include the memory game, tell a story, as an icebreaker, spread and stack, and lunch box therapy.



REF: 99-1668-I26 £42.50\*



## ➤ Respectful Relationships

**42 full-colour simple cards to support the fundamental values of friendship**

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.

Perfect for having conversations with children about:

- ★ noticing strengths in themselves and others
- ★ friendship behaviours ★ feelings and body signals
- ★ social anxiety, peer pressure and bullying
- ★ being inclusive and valuing people's differences

REF: 99-5390-I26 £42.50\*

## ► Bear Cards

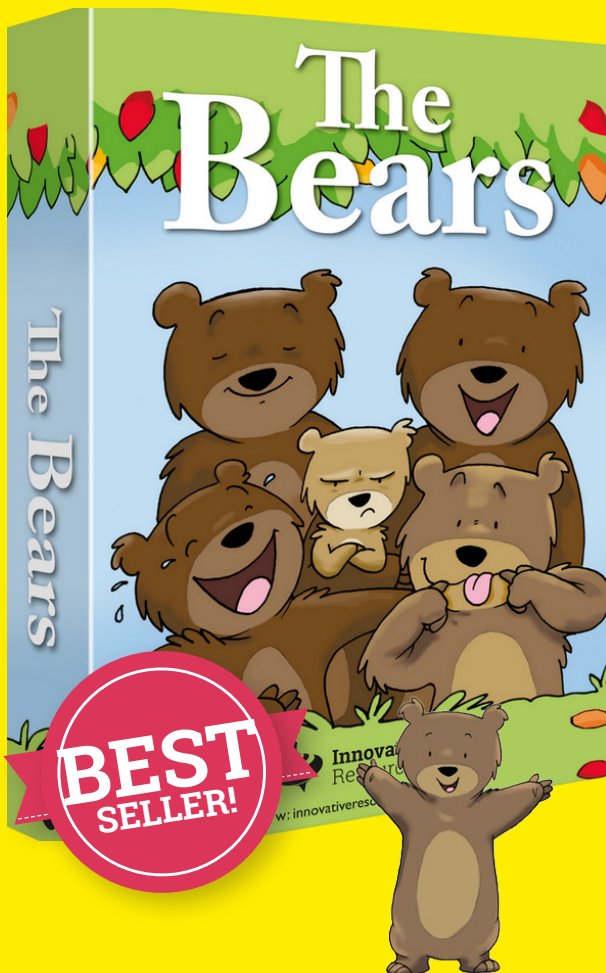
**48 endearing bear cards ideal for talking about feelings.**

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.

### Contents:

- ✓ 48 full-colour laminated cards, 105 x 150mm
- ✓ 42-page instruction booklet



REF: 99-1666-I26

£42.50\*



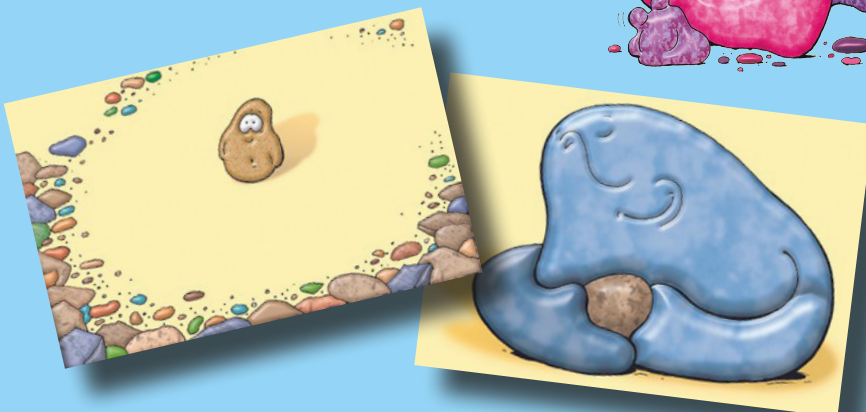
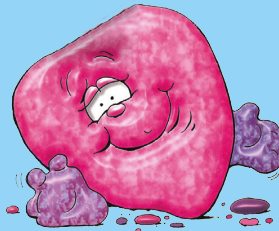
## ► Stones Have Feelings Too! Cards

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

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

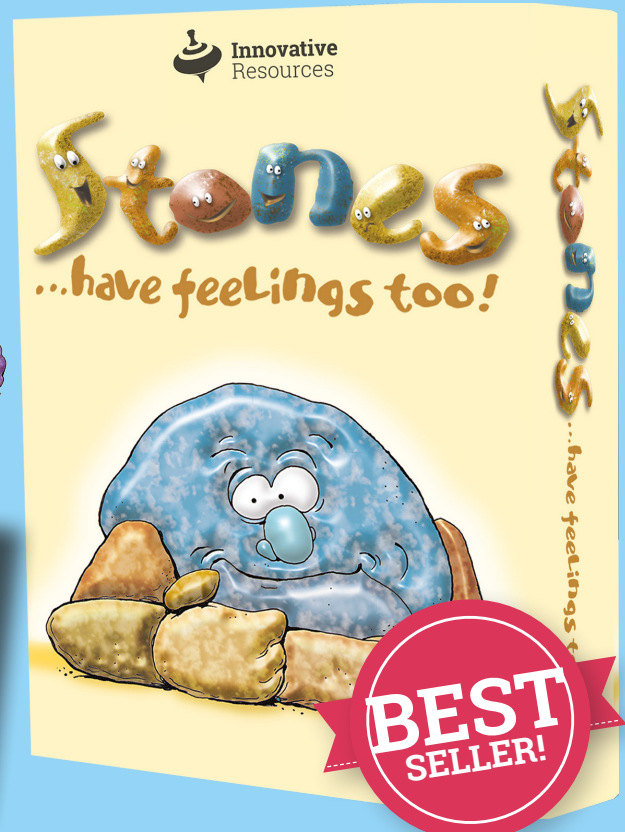
### Contents:

- ✓ 52 full-colour laminated cards
- ✓ 44-page booklet



REF: 99-5174-I26

£42.50\*



## ➤ Strength Cards Unlimited

**A tool that expands the notion of what a strength can be**

The 40 visually-engaging cards are perfect for having conversations about the vast range of strengths people can draw on to overcome challenges, reconnect with others and create a more optimistic picture of the future. A booklet is provided to offer helpful suggestions on how to spark life-changing conversations about strengths.

### Contents:

- ✓ 40 laminated full-colour cards
- ✓ 60-page booklet



**NEW!**

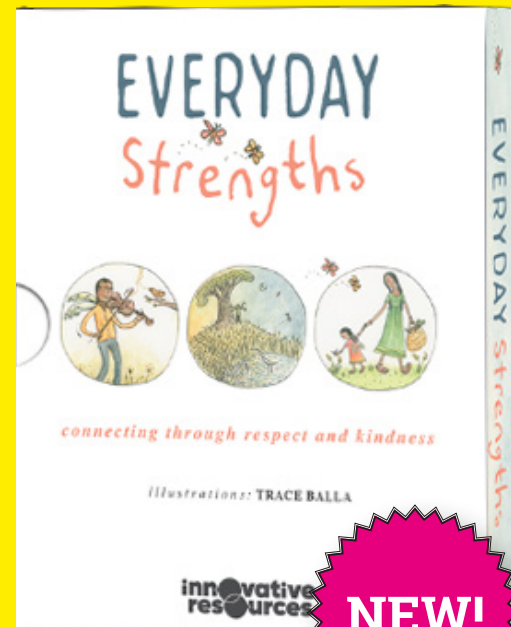
REF: 99-51973-I26 £42.50\*

## ➤ Everyday Strengths

**52 whimsical cards featuring everyday people using their strengths and skills to connect, find hope and transform their lives in simple, yet profound ways.**

Perfect for having conversations about gratitude, noticing the things that bring calm and peace, the power of nature, and appreciating our relationships with others. These strength-based cards are messengers of hope, designed to help people share their stories, reflect on who they are, what is important to them, and how they can draw on their strengths to navigate life's ups and downs.

With stunning original watercolour illustrations by artist and art therapist, Trace Bella, each card represents an important quality or skill to celebrate or welcome into our families, teams, workplaces, classrooms and communities.



**NEW!**

REF: 99-52663-I26 £42.50\*

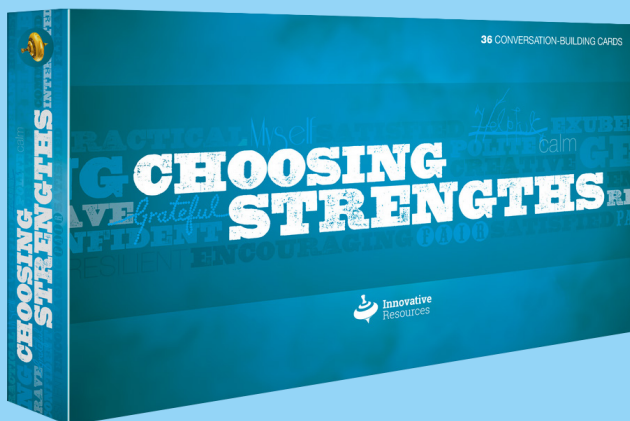
## ➤ Choosing Strengths

**36 cards to help participants build on their strengths.**

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

This conversation-building resource is founded in the rich tradition of CHOICE THEORY and STRENGTHS-BASED PRACTICE. Each card, beautifully illustrated and designed,

identifies a potential strength that anyone can choose to cultivate and make their own.



### Contents:

- ✓ 36 laminated full-colour cards
- ✓ 36-page booklet

REF: 99-50471-I26 £42.50\*



## ➤ Strength Cards

**54 cards to produce positive solutions to problems using our strengths**

The 54 cards display a simple graphic with a positive concept to create a versatile tool to reinforce the important principle: we all have strengths!

It's a very versatile resource that will help users to concentrate on producing positive solutions to problems.

### Contents:

- ✓ 54 laminated full-colour cards
- ✓ 40-page booklet of suggested uses



REF: 99-1667-126 **£42.50\***

## ➤ 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 join in      |
| ★ I am full of energy | ★ I try my best  |
| ★ I am reliable       | ★ I like to play |
| ★ I share             | ★ I am brave     |

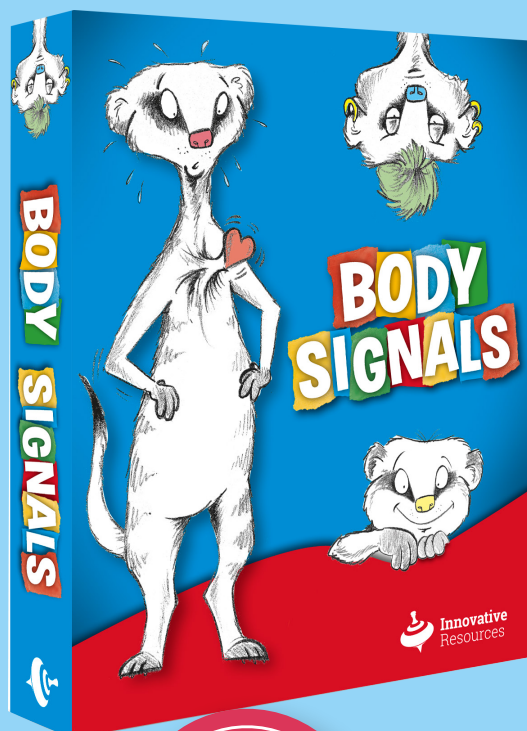
### Contents:

- ✓ 40 laminated full-colour cards
- ✓ 40-page booklet of suggested uses

**"A brilliantly simple but versatile set of cards – every child can identify with these statements"** Sue Nicholson, Head Teacher, Southampton



REF: 99-1670-126 **£42.50\***



## ► Body Signals

**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.

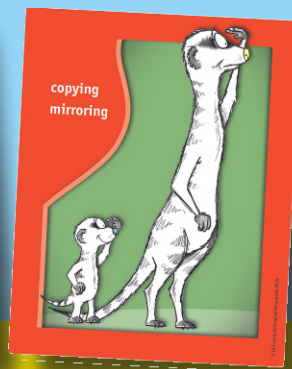
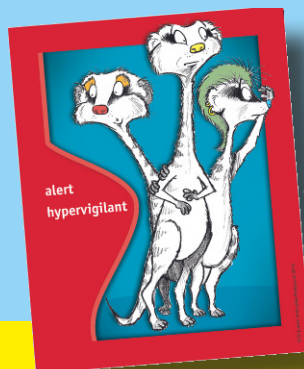
- ★ Pick cards for what happens in your body when you're happy, sad, scared, angry, tired.
- ★ Which body signals mean you feel unsafe?
- ★ Pick several cards – what other words could describe the body signals?
- ★ How can you soothe unwanted body signals?

### Contents:

- ✓ 40 full-coloured laminated cards
- ✓ 40-page booklet



REF: 99-51540-I26 £42.50\*



## ► Cars 'R' Us Cards

**Designed for talking about goals, choices and the connections between feelings, body messages, thoughts and actions.**

Make the acquaintance of these boisterous, quiet, shy, angry, happy and just plain goofy car characters who provide rich metaphors for what it is to be human. Cars 'R' Us is a unique, interactive tool for exploring both emotions and the significance of choices in our lives. The car metaphor is perfect for engaging children and young people in these important conversations.

### Contents:

- ✓ 78 Cards
- ✓ 1 Journey Planner Card
- ✓ 36-page booklet



REF: 99-50180-I26 £44.50\*



## ➤ Anxiety Solutions

**From a few worrying thoughts to full-blown anxiety, we humans are really good at worrying. Sometimes our worries can get the better of us. They can turn into free-floating anxiety with seemingly no cause at all.**

Anxiety is one of the most common mental health conditions in the UK. It's handy to have some simple, fun and effective strategies to calm your mind and soothe your body – anywhere, anytime.

Based on clinically-proven techniques used for many years by consulting psychologist and clinical nutritionist, Selina Byrne M.A.P.S., including:

- ★ Mindfulness ★ Brain Research ★ Positive Psychology
- ★ Cognitive Behavioural Therapy
- ★ Solution-focused Brief Therapy

### Contents:

- ✓ 48 full-colour laminated cards
- ✓ 42-page instruction booklet

REF: 99-51501-I26 **£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 – and that is every child!**

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.

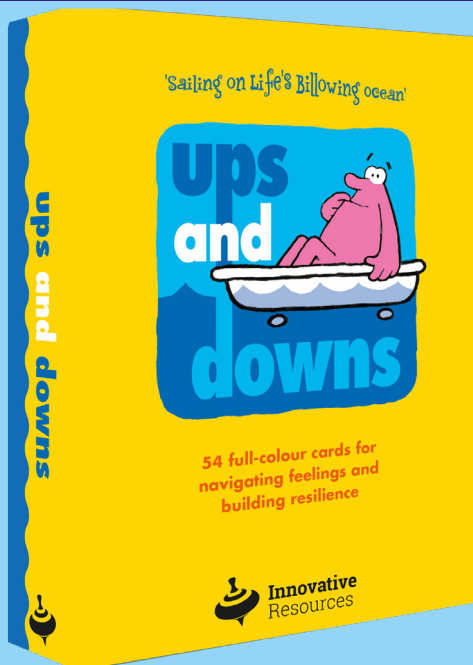
Use the cards in story time, show and tell, group time as well as linking to other curriculum activities such as drawing or colouring, counting, movement or nature activities. Ideal for circle time, relaxation exercises and to link to themes in class.

### Contents:

- ✓ 48 full-colour laminated cards, 105 x 150mm
- ✓ 42-page instruction booklet



REF: 99-50733-I26 **£42.50\***



## ► Ups And Downs

**A mental health tool for navigating life's ups and downs.**

This light-hearted yet poignant set of cards provides a unique way of giving voice to our emotions, hopes, fears, disappointments, joys and everyday journeys. This card set can be used reflectively and is ideal for conversations about coping with change, choices and how we might hold on to clarity and hope. For example:

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

### Contents:

- ✓ 54 full-coloured cards
- ✓ 32-page booklet

REF: 99-50470-I26 £42.50\*

## ► Navigating Depression

**Drawing on the metaphor of the journey, these 40 photo-based cards feature characters exploring the challenging terrain of depression.**

Featuring a word and image on the front and a range of questions, sentence starters and evidence-based exercises on the back, the Navigating Depression cards have been designed to help people work with low mood or emotional distress. Use the cards to help people

- ★ Share their stories and experiences
- ★ Build social and emotional literacy
- ★ Proactively notice and address early warning signs
- ★ Create healthy, protective habits
- ★ Recognise when to seek support.

### Contents:

- ✓ 40 full-coloured cards ✓ 44-page booklet

REF: 99-51721-I26 £42.50\*



## ► Shadows and Deeper Shadows

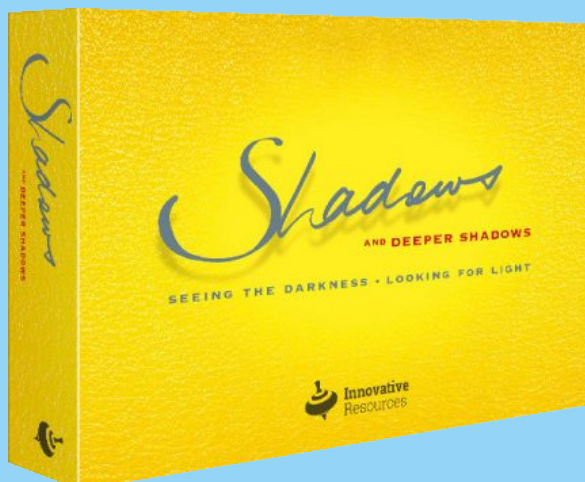
**48 evocative cards to create conversations and help us connect with the struggles of everyday living**

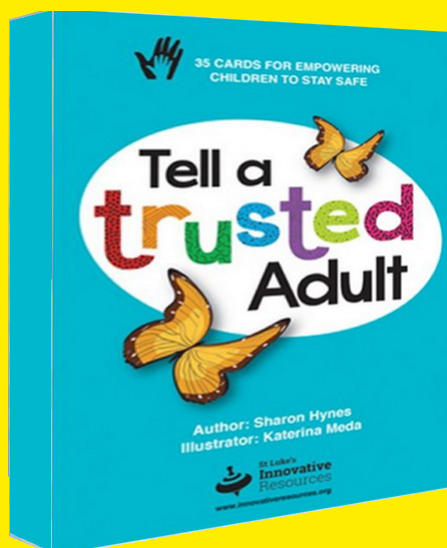
An emotionally charged set of 48 watercolour cards, plus instructional booklet, that prompts viewers to explore the meaning of the shadows in their lives and notice how the light gets in. The cards invite viewers to reflect on their experiences through images and messages of hope that are open for interpretation, allowing people to shape a narrative that is true to them.

### Contents:

- ✓ 48 full-coloured cards

REF: 99-50530-I26 £44.50\*





## Tell a Trusted Adult

**35 cards empowering children to stay safe from abuse by teaching them to recognise their body signals or 'early warning signs'**

Consisting of beautifully-illustrated cards that identify pairs of body signals and a range of emotions associated with safety and unsafety, children learn how to interpret and respond to these signs. Most importantly of all, they learn the key message to 'Tell a trusted adult' when they feel unsafe, anxious or worried.

Created by experienced educators who are actively engaged in classroom education, this resource explores safety and unsafety with children in ways that are accessible, fun and effective.

### Contents:

✓ 35 full-coloured cards ✓ 60-page booklet

REF: 99-51784-I26 £44.50\*

## Deep Speak

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

This is an engaging and thought-provoking resource for educators, mental health workers, chaplains, youth workers and anyone employed in juvenile justice. Deep Speak is a set of 120 question cards, each one pertinent to the issues that absorb young people as they deal with relationships, identity, emotions, beliefs and values. To get the ball rolling there are also conversation 'openers', and the card set comes with a 32-page booklet of suggestions to help users explore the transformational power of simple questions.



### Contents:

✓ 120 cards, 112mm x 94mm ✓ 16-page booklet

REF: 99-50179-I26 £42.50\*

## No Room for Family Violence

**30 cards for conversations about abuse and respectful behaviour in intimate partner relationships.**

This card set explores 10 key aspects of a relationship in which abusive or respectful behaviour can be recognised by asking three simple, clarifying questions:

★ What do I want MORE of? ★ What CONCERNS me? ★ What do I want NONE of?

Use these cards to create dynamic, open conversations about intimate partner relationships in schools, sporting clubs, family violence services, refuges and community services, counselling, health education and mental health settings, groups for men, women, couples and parents.

### Contents:

✓ 30 full-coloured cards ✓ 54-page booklet

REF: 99-51571-I26 £42.50\*



## ➤ Reflexions Cards

### Real conversation - a tool for talking with teens.

Now with two additional cards, enhanced design and images throughout, Reflexions provides the right visual edge for adolescents, right now. Using key words and montages of photographs and fonts, these cards will continue to lead the way in encouraging young people to talk about feelings, goals and identity. Real conversations about the hard stuff, the painful stuff, as well as the good stuff, and the changes a young person may want to make.

- ★ Who am I?
- ★ What am I feeling?
- ★ What's important to me?

#### Contents:

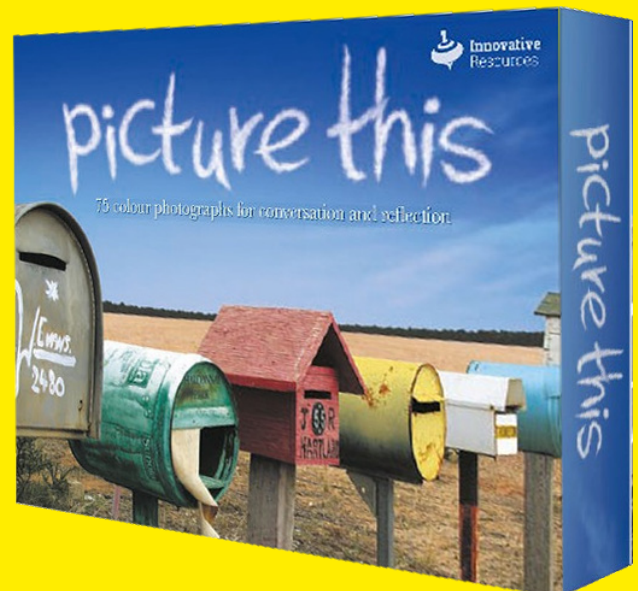
- ✓ 24-page booklet ✓ 34 full-colour cards

REF: 99-1734-I26 £42.50\*

## ➤ Picture This

### Captivating photography that prompts conversation and reflection

A set of 75 full-colour photographs capturing different aspects of our journey through life. The versatile resource uses evocative and interpretive imagery to reflect universal themes, settings and experiences. Picture This utilises contemporary photography instead of traditional therapeutic linguistic tools. The benefit of this is that it allows participants to draw their own connections between the images and their values, beliefs, emotions and stories. The cards can be applied to many of life's situations, enabling reflection, introspection, and change.



#### Contents:

- ✓ 75 laminated, full-colour cards ✓ 48-page booklet

REF: 99-50182-I26 £42.50\*

## ➤ Self Care

### 50 designs to enhance self-care.

Self-care is critical. Despite our resilience, working with others who are facing significant difficulties can take a toll. This resource is designed to put self-care on the agenda in supervision, teams, planning, policies and procedures at work, and in our personal lives at home.

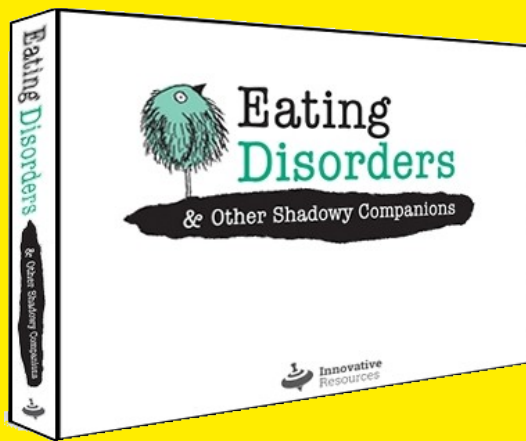
- ★ Create a self-care plan: Pick cards for where you would like to be heading and key aspects of the plan. What steps you could take today, tomorrow, next week?
- ★ Which cards show things you would like your organisation/team/personal life to focus on more?



#### Contents:

- ✓ 50 full-coloured cards ✓ 32-page booklet

REF: 99-50524-I26 £44.50\*



## ➤ Eating Disorders and other Shadowy Companions

### Conversation cards to bridge the isolation.

This highly-visual tool aims to support young people and adults to bridge the isolation by sharing their experience. Guided by three delightfully-engaging characters - Reggie the Recovery Rhino, Ed the Eating Disorder Monster and Bird - each card features an illustration to help people reflect on and express what it feels like to live with an eating disorder, and a question to gently suggest ways forward. These cards can be used to describe other 'shadowy companions' like addiction, depression and anxiety.

#### Contents:

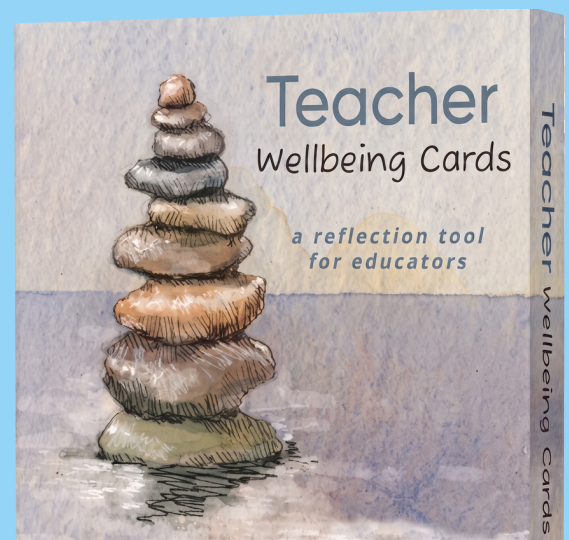
- ✓ 40 full-coloured cards
- ✓ 32-page booklet

REF: 99-50524-I26 £44.50\*

## ➤ Teacher Wellbeing Cards

### 32 cards to help replenish your energy and enthusiasm

The Teacher Wellbeing Cards are 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.



#### Contents:

- ✓ 32 full-coloured cards
- ✓ 44-page booklet

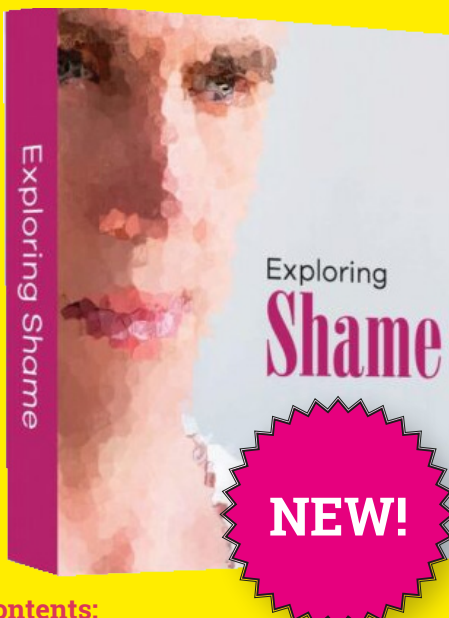
REF: 99-52665-I26 £42.50\*

## ➤ Exploring Shame

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

Each card helps participants recognise the emotion and find a pathway for healing through constructive, safe and respectful conversations. Topics include addiction, honesty, body, culture, fairness, forgiveness, relationships and hope – providing a range of prompts that address multiple experiences.

The cards are easy to use and versatile, making them the perfect resource for counsellors, social workers, psychologists and teachers in one-on-one therapeutic conversations, groups and classrooms.



#### Contents:

- ✓ 30 full-coloured cards
- ✓ 54-page booklet

REF: 99-51927-I26 £44.50\*

## Value Set for Children aged 5-11

7 best-selling card sets to help children focus on strengths, values, goals, solutions, team building, learning styles and emotional literacy at school

**Contents:**

- ✔ Strength Cards for Kids ✔ Bears Cards ✔ Body Signals ✔ Can-Do Dinosaurs
- ✔ Stones Have Feelings Too! ✔ Anxiety Solutions for Kids ✔ Ups and Downs

**SPECIAL OFFER**

REF: 99-51929-I26

£264.95\*



## Value Set for Young People and Adults aged 11+

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

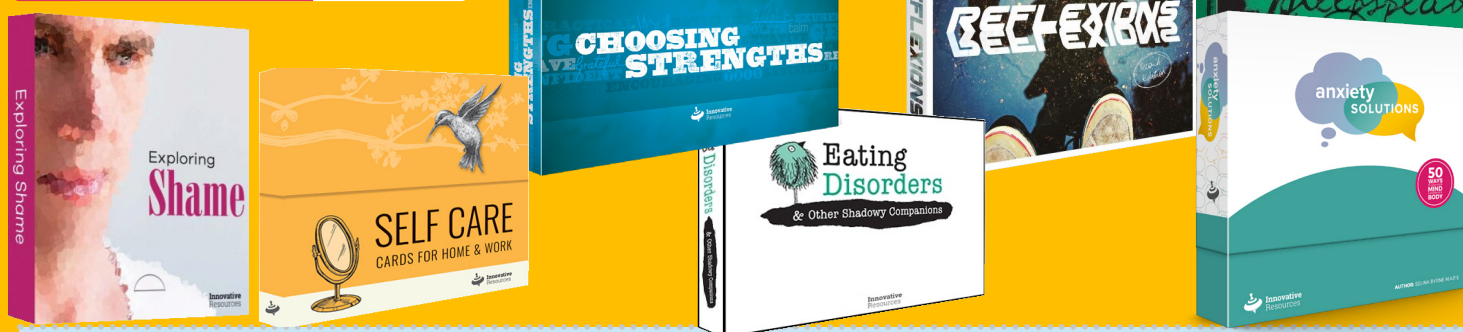
**Contents:**

- ✔ Choosing Strengths ✔ Reflexions ✔ Self Care ✔ Deep Speak
- ✔ Exploring Shame ✔ Anxiety Solutions ✔ Eating Disorders

**SPECIAL OFFER**

REF: 99-51930-I26

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