

# CATALOGUE

## 2023



*A wholesome of resources to support you through all cycles of life....*

**UNDER AKSARTH SOLUTIONS PTE LTD**

 [www.relationalresources.info](http://www.relationalresources.info)

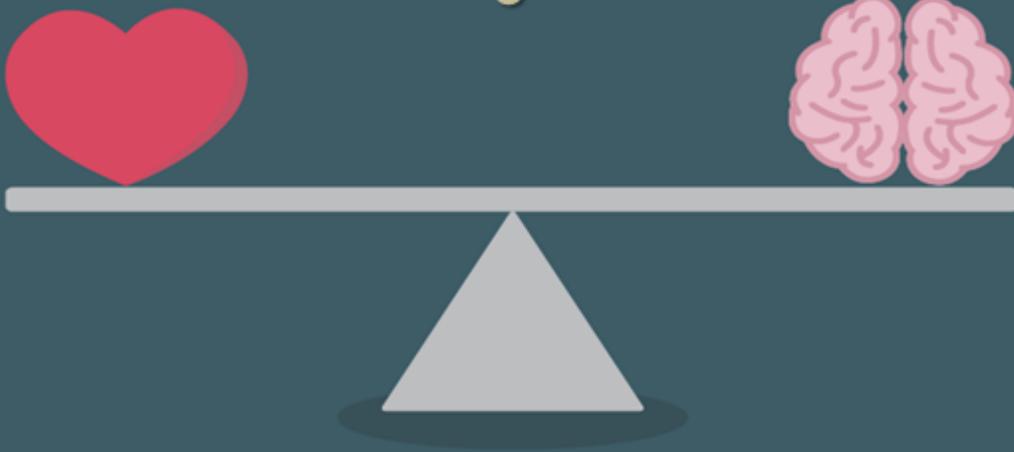
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Theme for 2023:  
**Self-Regulation**



*Self regulation is important. Instead, self-regulation is developed over time. Some individuals have trouble self-regulating because they are unable to find what helps them **calm down in times of emotional stress.***

*We all need some form of Self-Regulation –be it children, youth or adults. Our **resources** come in handy for **managing emotions** and **providing support in coping** with mental health issues. Our resources have journeyed through all these years, **ever-evolving**, to **suit the needs of our clients and provide solution –focused strategies.** We have stayed true to that course and aim to continue doing so.*

*The ultimate goal is to work towards achieving the “**perfect balance**” between our **thoughts and feelings** that would help us manage our **behavior** in a positive manner and potentially mold us to be **better versions of ourselves.***



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# ABOUT US

Relational Resources, is **social enterprise** that specializes in **Visual-based resources** and **training** that **Connects Lives and Build Relationships** among the helping profession.

What started off 11 years ago in a humble backroom carrying a small range of resources to support our training arm, we have since grown to be a household brand among those in the helping professions. We have expanded to offer a wide range of Resources including cards, games, books, posters and stickers that has connected numerous meaningful conversations between clients/practitioners/parents/managers and more.

## OUR SUPPLIERS

Our resources come from renowned developers like **Innovative Resources, Inyahead Press, Quirky Kids, YouthLight, Kimochis, Contemplation and many more.** They specialize in the areas of Education, Counselling Growth-Mind-set, Mental Wellbeing, Learning, Psychology and Relationships. And importantly they trust us to promote their resources in professional and cost effective manner.

## SHOWROOM

We have created a dedicated showroom for our customers to view and learn about the resources. They can chat with our **in-house consultants** who have many years of knowledge and experience in the field of Social Work. Counselling, Education and Organisational Psychology for further advise on the usage of resources.

## SOCIAL CAUSE

As part of our effort to engage the community at different levels, we work with single mothers, seniors at nursing home, migrant workers and children with special/different needs. We, as a social enterprise strongly support social causes and offer discounts to VWOs / clients for our training and resources that aid the community. Talk to us!

## OUR TRAINING

From Certification programmes, to resource - based training, mental health training and much more, please refer to pages 58 & 59. Alternatively, you can visit our website to find out more!

## OUR CUSTOMERS

Our customers trust our **quality and commitment** to **provide suitable resources, services and customized training.**

*Our resources have found themselves in the helping hands of:*

**Counsellors / Social Workers / Psychologists** who use it on clients to deepen conversations and on themselves for burnout etc.

**Teachers** who use it in classrooms for making connections and enhance learning

**Managers** who use it in the workplace to reduce conflicts, enhance teamwork and manage relationships.

**Trainers** who use it in during their training to build rapport gather reflection

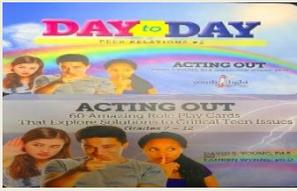
**Allied Health Workers** who use it in health settings, e.g. hospitals to support and empower their clients

**Doctors** who use it with ailing patients.

**Parents / Families** who want to develop emotional literacy in their children and coping skills amongst themselves

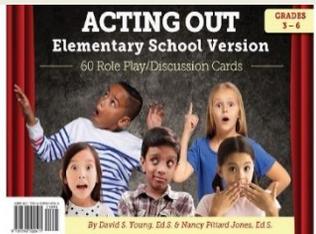
**Pastoral Care** who use it to explore values and choices





## Acting Out Card Deck – Teen Issues

A set of 60 Amazing Role Play cards that explore solutions to critical Teen issues specially designed for the Grades 7 -12. It is a card game that allows students to use the scene suggestions on each card to act out various situations that sometimes come up in the day to day lives of middle and high school students. Most Important, encourage the students to have fun, but always leave time to discuss the issue to that everyone has a chance to comment, ask questions, or give feedback.



## Acting Out Card Deck - Elementary Version

60 Acting Out cards allows students to use the scene suggestions on each card to act out various situations that sometimes come up in the day to day lives of elementary school students. Students in a small group select or are given a card that provides them with a scene description and actor parts needed. Then the actors present their mini-play with or without any preparation. Following the play, students in the small group or classroom process the role play. Suggested discussion questions are provided for each scenario



## Anxiety Solutions for Adults : 50 ways to calm your mind and soothe your body

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.

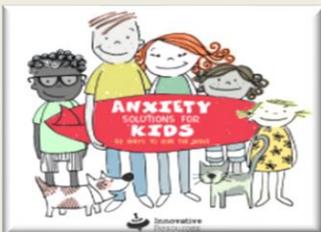
The Anxiety Solutions cards for young people and adults give you 50 simple, fun, clinically-proven strategies for managing anxious thoughts by entering the 'control room' of your mind.



**Best Seller**

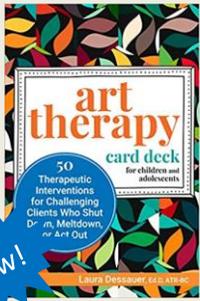
## Anxiety Solutions for Kids: 50 ways to ride the wave

These cards are based on solution-focused, strengths-based techniques used for many years by experienced clinical psychologist, Dr Selina Byrne, to help children with worry and anxiety, and to build their wellbeing and resilience. These techniques arise out of solution-focused, strengths-based approaches, Cognitive Behavioural Therapy, brain research, optimism theory, mindfulness practices, interpersonal therapy and behaviour models.



**Best Seller**

★ **Trainings provided. Contact us to find out more!**



## Art Therapy Card Deck

This card deck is designed for Children and Adolescents with 50 Therapeutic Interventions for Challenging Clients Who Shut Down, Meltdown, or ACT Out. Art therapy allows for processing and externalization of emotions, exploration of choices, and reflection on conflicts. This deck can help children and adolescents to develop a growth mindset, increase their frustration tolerance, and strengthen their communication skills to reach their goals.

**Add On: Art Therapy Book.**

## A Pocket of Stones

A set of 12 hand-crafted, ceramic heads, each one with a different shape and a different facial expression. Each set of stone heads comes in a canvas drawstring pouch with a small booklet of suggestions on how to use the stones, including tips for family work. These delightfully tactile stone characters provide a unique way of talking about feelings. They can be used by themselves or with other play therapy materials to open up conversations about what is happening in our lives.

**Add On: Stones Have Feelings Too Card, Stones Stickers & The Wrong Stone Book!**



## And Whether Pigs Have Wings?

This resource has three components, a book, a set of cards and a CD ROM. The cards are a set of questions relating to learning strategies. They may be used to scaffold discussions about the use of learning strategies. The CD ROM provides an interactive approach to setting learning goals

## Body Signals (Trauma Informed/ Self Regulation)

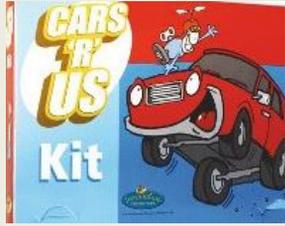
Body signals are sometimes called our 'early warning signs'; they let us know immediately when we feel stressed or unsafe. That's why these **trauma informed** cards are crucial for protective behaviours, trauma-informed practice or simply for navigating everyday life.

These 40 full coloured and laminated cards recognize and manage body signals helping to build emotional and mental resilience—whether it is pre-schoolers transitioning to big school, young people navigating relationships, or adults dealing with life's ups and downs. This Meerkat characters will help people of any age tune into their body signals and build a vocabulary to describe them.



**Popular**

**Best Seller**



Popular

Best Seller

Therapist Recommended

## Cars 'R' Us Kit

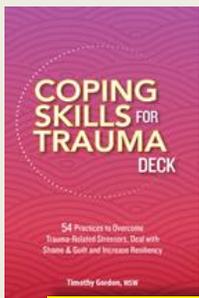
Built around a fleet of very human-looking cars demonstrating a range of emotions in everyday situations. The characters provide rich metaphors for describing our good days and bad days, our mistakes and success and the choices we can make. Inspired by Choice Theory, Reality Therapy and strengths-based ideas

★ *Training provided. Contact us to find out more!*



## Choose Kindness

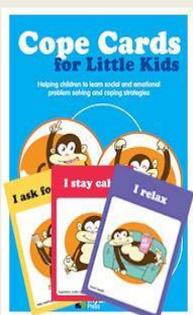
The 48 cards included in this resource show and describe examples of 16 types of kindness toward others and self. These cards can help students better understand kindness and opportunities they can find daily to show more kindness.



Best Seller

## Coping Skills for Trauma

Inside this deck you'll find 54 exercises to develop the skills needed to cope in the face of trauma, PTSD, and stress. Filled with innovative practices from attachment theory, compassion, acceptance, mindfulness, and CBT -- this deck will help you learn how to practice relaxation, build healthier relationships, and find a more balanced



## Cope Cards for Little Kids

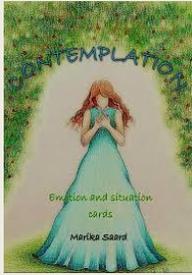
Have been developed to help scaffold the teaching and learning process. They use soft friendly colours and a friendly 'monkey' character to engage children. They are intended to aid learning by providing a vocabulary; acting as a prompt; and providing a scaffold for thinking. The cards cover both helpful and unhelpful strategies and come with a comprehensive set of simple activities for use.

# CONTEMPLATION

Popular

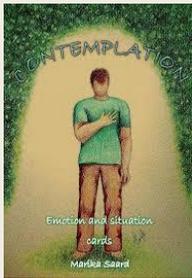
Best Seller

★ *Training provided. Contact us to find out more!*



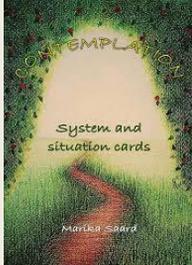
## Female

- It Includes 54 Cards through which different emotions and situations are conveyed for older kids and Women.
- It help a person approach her deeper feelings step by step, safely remember experienced stories and tell about them.
- The face of the woman on the pictures has not been drawn out as the user can imagine and describe the look on the face according to personal associations.



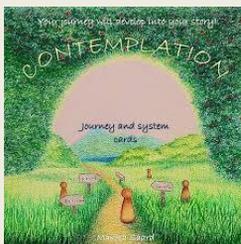
## Male

- It Includes 54 Cards through which different emotions and situations are conveyed for older kids and men.
- This situations portrayed on the cards help him explore his inner world and safely look back to the past events, including to the emotions and thoughts associated.
- With the help of the cards, it is possible to talk about life values and act out possible future situations.



## System & Situation Cards

- Contemplation“ system and situation cards includes 50 landscape card and 54 animal cards with a booklet are suitable for working with an individual, a group (e.g. family, team) and a couple.
- It can be combined with the emotion cards of the same series.
- The Animals are drawn in a mirroring position, which gives an even better opportunity to characterize relationships



## Journey and System card

- These set of 40 cards,10 Wooden dolls, 80 Emotion word cards, 100 Value word cards along with a booklet is designed for all ages.
- It enable us to observe childhood, education, career, life changes, relationship patterns, future plans etc.
- This is simply life testing whether the goals and dreams that have established are indeed our heart's true desires.



## Child's Hidden Messages

- It Includes 54 Cards through which different emotions and situations are conveyed for older kids and men.
- The recurrent theme of cards is a child with an animal or bird in the natural surrounding by which different situations are conveyed.
- With the help of the cards, it is possible to talk about life values and act out possible future situations.



## Deep Speak

Some questions are hard to answer, some questions take us by surprise, some questions haunt us for years, some questions make us laugh and some questions challenge our values. Deep Speak is a set of 120 cards are colour-coded into six broad themes – openers, identity, beliefs, emotions, values and relationships. It builds rich discussions about some of life's big questions.

## Eating Disorders:

Eating Disorders and other Shadowy Companions

- Conversation cards to bridge the isolation. Living with an eating disorder can be a lonely, isolating experience. This beautiful, highly-visual tool aims to support young people and adults to bridge the isolation by sharing their experience with family, friends, teachers, counsellors, and other health professionals.

40 hand-drawn cards for creating conversations that challenge the silence and shame surrounding eating disorders.

## Exploring Shame

A Shame is a common emotion associated with trauma, disempowerment, mental illness and exclusion. However, many of us struggle to talk about the feeling directly.

**Exploring Shame** is an evocative collection of 30 photo-based cards created to gently name, unpack and process feelings of shame.

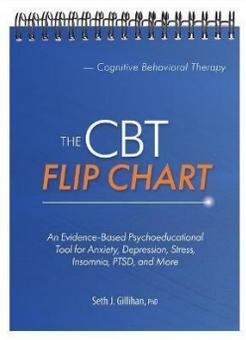
Each card helps participants recognize the emotion and find a pathway for healing through constructive, safe and respectful conversations.

## Everyday I'm a Rainbow (Trauma Informed) –A Colorful collection of emotions, feelings & solutions for Growing minds.

This Visually stimulating card are designed to educate children and parents that each color in our rainbow of emotions has a place and function. These cards were created to help remove the shame that often comes with what many perceive as 'bad' or 'wrong' emotions. Thinking of your brain as a house with different levels, can help you make sense of all the different emotions you can feel everyday.

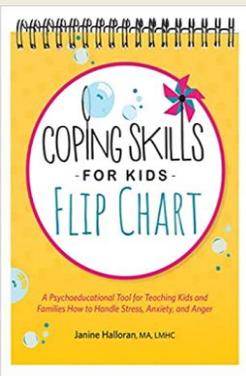
★ *Trainings provided. Contact us to find out more!*

★ **Training provided. Contact us to find out more!**



## The CBT Flip Chart

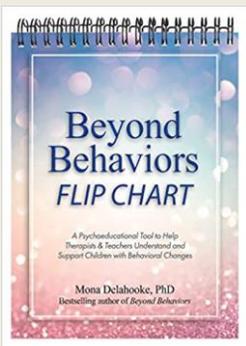
The CBT Flip Chart : Evidence-Based Treatment for Anxiety, Depression, Insomnia, Stress, Mindfulness-centered cognitive behavioral therapy (CBT) offers a powerful set of practices that offers relief from common conditions like anxiety and depression. The pages that follow demonstrate how CBT is used in the treatment of specific conditions your clients are facing, including: Overwhelming stress Depression Worry Procrastination Social anxiety Panic Post traumatic stress disorder(PTSD) Obsessive –compulsive disorder(OCD) Problematic anger insomnia Novice and seasoned CBT therapists alike will enjoy the confidence and ease that The CBT Flip Chart offers for bringing these powerful practices to their clients.



## Coping Skills for kids Flip Chart

A Psychoeducational Tool for Teaching Kids and Families How to Handle Stress, Anxiety, and Anger Spiral-bound

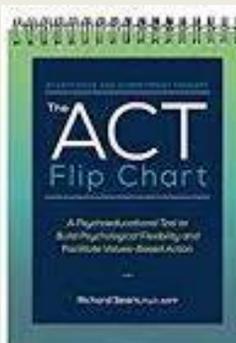
The Coping Skills for Kids Flip Chart is a colorful, interactive tool that therapists and other professionals can use to help kids explore their coping style and learn to handle stress in safe and healthy ways. Fully illustrated with a variety of kid-friendly designs, this psychoeducational in-session tool turns learning into a dynamic and engaging skill-building experience. Ideal for use with individuals, groups, classrooms, and families, this chart teaches kids how to work through even the trickiest of feelings by focusing on five core areas of coping: Relaxation, Distraction, Movement, Sensory, Processing.



## Beyond Behaviors Flip Chart

A Psychoeducational Tool to Help Therapists & Teachers Understand and Support Children with Behavioral Changes Spiral-bound

This chart introduces cutting-edge techniques that are compassionate and neuroscience-based to support children dealing with: - Behavioral challenges - Conduct disorder - Oppositional defiance - Attachment difficulties - Childhood anxiety - Separation anxiety - Childhood trauma - Adverse childhood experiences (ACES) - Sensory processing challenges



## The ACT Flip chart

The ACT Flip Chart: A Psychoeducational Tool to Build Psychological Flexibility and Facilitate Values-Based Action Spiral-bound Acceptance and commitment therapy (ACT) provides a powerful framework for getting clients unstuck and helping them live a more meaningful, values-guided life.

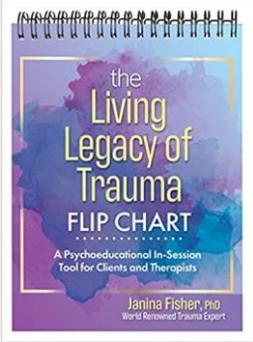
In *The ACT Flip Chart*, clinicians will find a variety of interactive tools and exercises that bring the six core elements of ACT to life: Self-as-context, Defusion, Experiential acceptance, Present-moment awareness, Values, Committed action



Best Seller

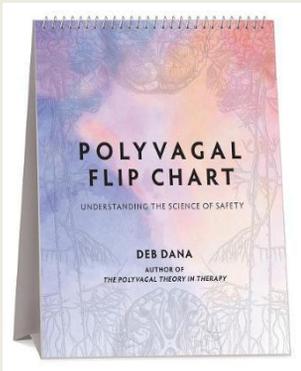
Popular

★ Training provided. Contact us to find out more!



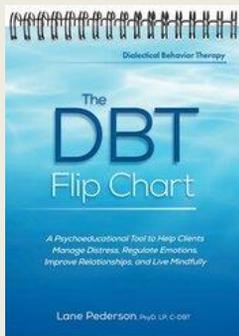
## The Living Legacy of Trauma Flip Chart

Traumatized individuals often have trouble processing words and information, but visual images draw their attention, allow them to better understand their symptoms or struggles, and help them to engage more easily in treatment. Topics covered include: - Common symptoms of trauma - The triune brain - How trauma memories are remembered or forgotten - Effects of trauma on the brain and body - Nervous system dysregulation - Window of tolerance - Traumatic attachment - Addictions and trauma - Dissociative phenomena - Stages of treatment



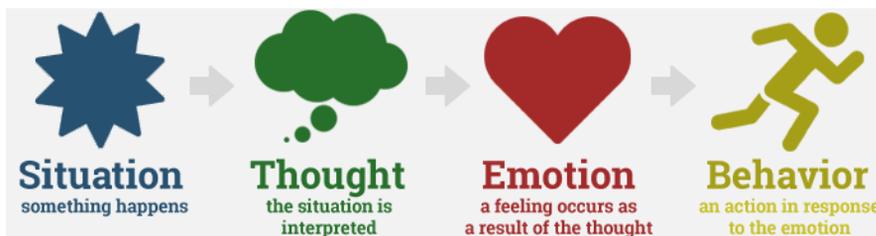
## Polyvagal Flip Chart

With a flip chart visible during sessions, the therapist can: remind clients of the ways the autonomic nervous system has been shaped and is active in their daily living experience, display a page corresponding to the present moment, thus anchoring that experience in the theory and keep a page of the hierarchy visible when working with a client's habitual response pattern. This flip chart offers therapists an easy, standardized way to support clients in understanding the role of the autonomic nervous system in their lives. Using a flip chart makes psychoeducation an interactive experience. Therapists can feel confident in teaching their clients polyvagal theory by following the chart.



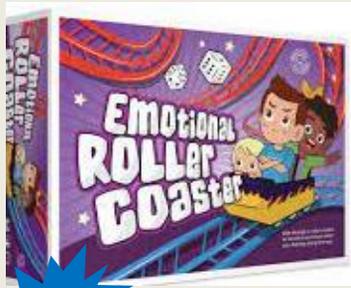
## The DBT Flip Chart

The DBT Flip Chart: A Psychoeducational Tool to Help Clients Manage Distress, Regulate Emotions, Improve Relationships, and Live Mindfully. Dialectical behavior therapy (DBT) skills create better lives, teaching people to live in the moment with healthy ways to manage stress, regulate emotions, and improve relationships. Yet engaging clients in structured skills training that flows can be a challenge.



## Emotional Roller Coaster

Anger Management Board Game for Kids & Families | Therapy Learning Resources | Anger Control Card Game | Emotion Board Games for Kids Ages 4-8 -12 | Social Emotional



This board game help you explore what makes you angry and works as an activity to problem solving. Great addition to your kindergarten learning activities and learning games. This board game help you explore what makes you angry and works as an activity to problem solving. Players will understand that if one coping strategy or activities don't feel right to them, they can try another. This also works well for parents or teachers looking for autism learning materials.

New!

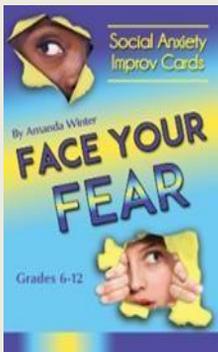
## Funky Fish Feelings

A card set designed to help people of all ages explore Oceans of Emotions looks set to make a seriously optimistic splash early next year. Funky Fish Feelings features 48 vibrant and unique cards, including 47 expressive fish, and one contemplative seahorse.



## Face your Fear

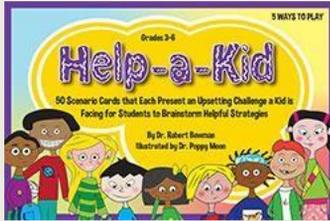
This card deck is meant to be used in a group setting. Each group session will consist of drawing a "Warm-Up Exercise" card and then a "Scenario" card. Each scenario card will consist of an improv strategy challenge as well as pre and post scenario discussion questions.



## Gender Fairness

Gender is a core part of our identity. It shapes our aspirations, our social interactions, our understanding about what our life is about. We assume roles in our relationships based on what we have learned about women and men, mothers and fathers, female and male.



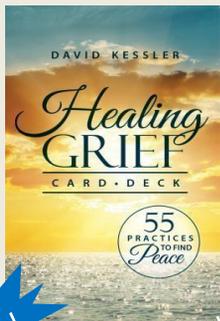


Best Seller

## Help a Kid Cards – Peer support

These cards encourage students to discuss ways they could help other kids their age to resolve various day to day challenges. In the Process, players learn empathy and become more insightful about common issues young people face, and possible strategies that might be helpful in each. Through discussing about helpful strategies for others, students also gain insights to help themselves.

\*\* 50 Scenario cards that each present an upsetting challenge a kid is facing for students to brainstorm helpful strategies.



## Healing Grief Card Deck : 55 Practices to Find Peace – Popular among Therapist and counsellor

The powerful coping strategies in this card deck is to heal and rebuild after loss. This easy-to-use card deck has 55 practices that focus on Your Response to Loss, Understanding Grief, and Healing - all remembering that grief is evidence of your love.



## Inside Out – A Journaling Kit

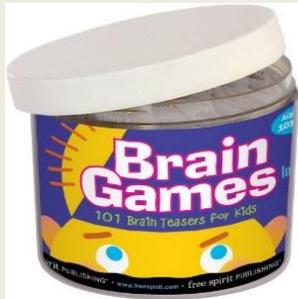
Here is a boxed set of 32 full-colour cards which is a **powerful narrative tool to re-write a new story creatively**. It helps to name our feelings, tell our stories and navigate life's ups and downs. Teachers ask your students to choose a card and respond to the key word, images, quote or suggestions on the card.



# JARS (Till stocks Last)

With unique, engaging topics for varying ages, these go-anywhere, easy-to-use jars make learning fun, portable, and spontaneous. Kids, parents, and educators will enjoy the games and cards at home, at school, at childcare, in the office, while traveling, at parties, in youth groups, and at camp.

## Brain Games



## Character



## Ice Breakers



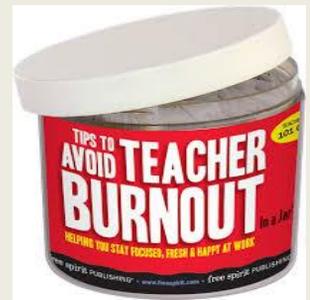
## RX for Stress



## Real Organised



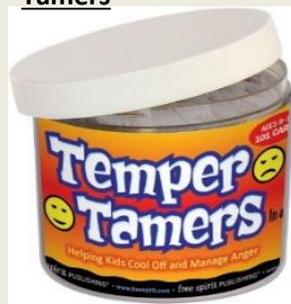
## Tips to avoid Teacher Burnout



## Questions & Quotes for Girls



## Temper Tamers



## What if



## Stay Positive



## Classroom Warm ups



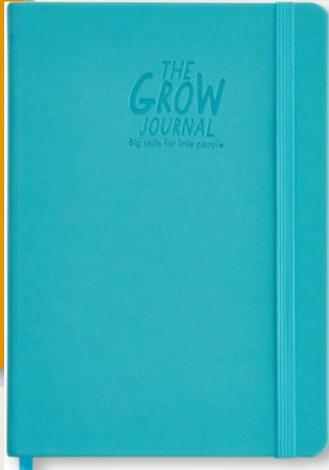
## Feelings



# JOURNALS



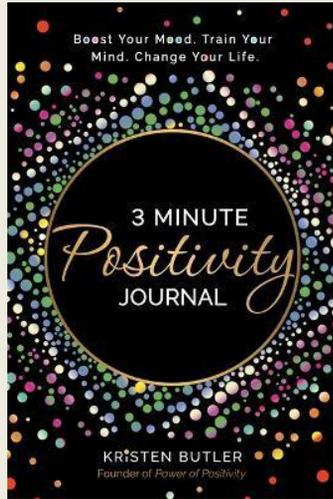
Grow Journals for Kids - 2 Colors available



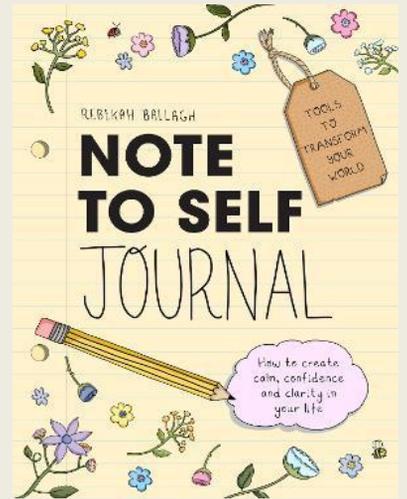
Grow Journals for Teens



3 minute  
Positivity Journal

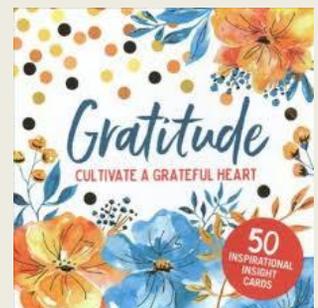
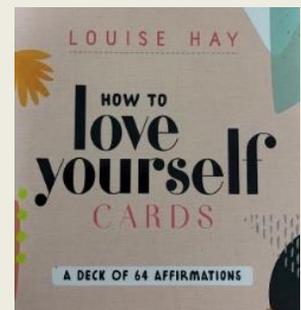
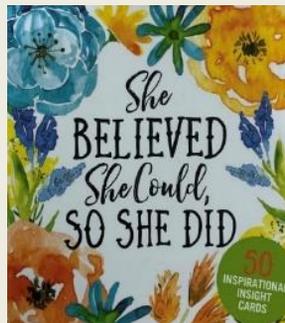
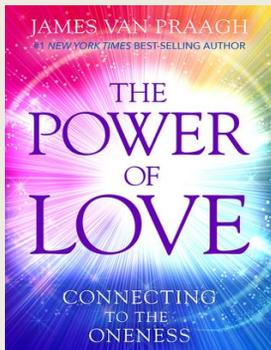
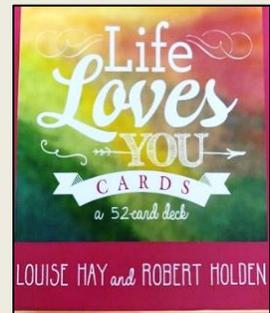
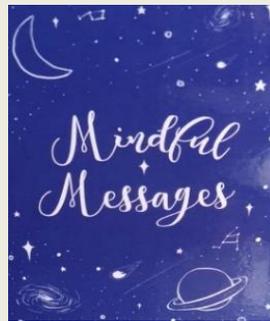
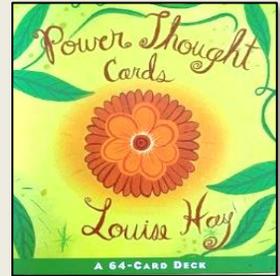
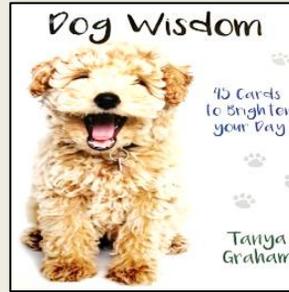
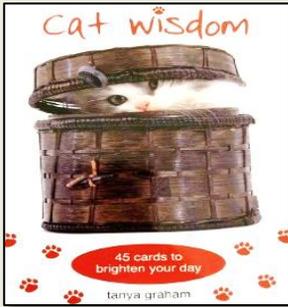


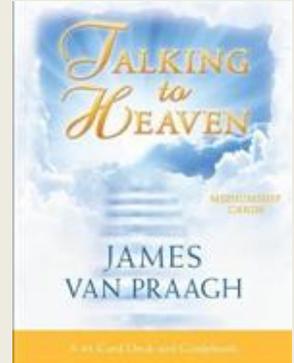
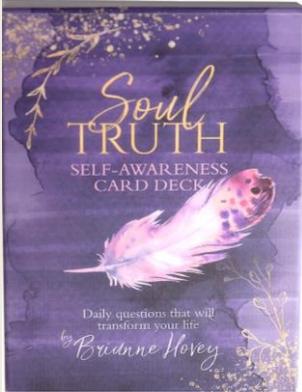
Note to Self Journal



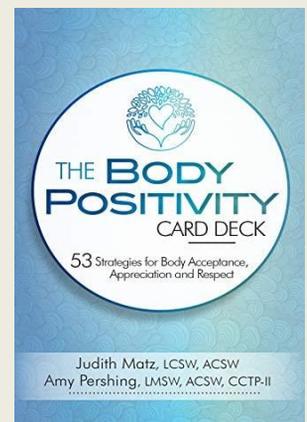
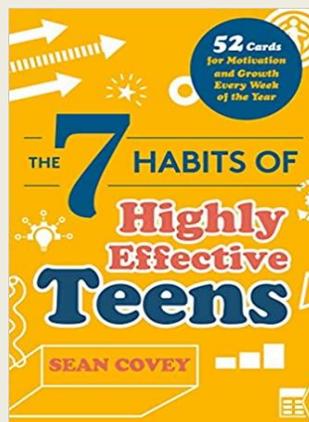
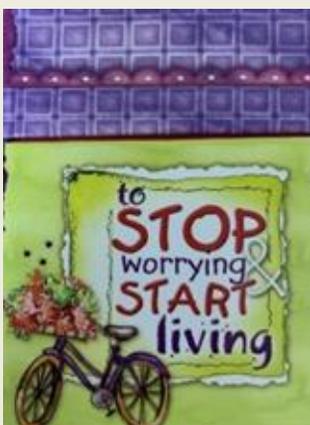
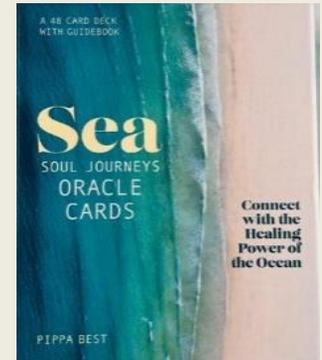
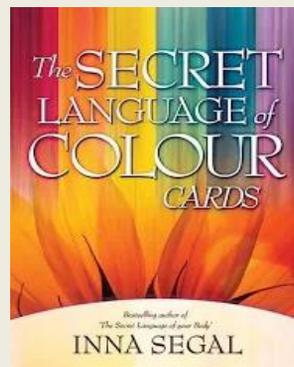
## Motivation Cards

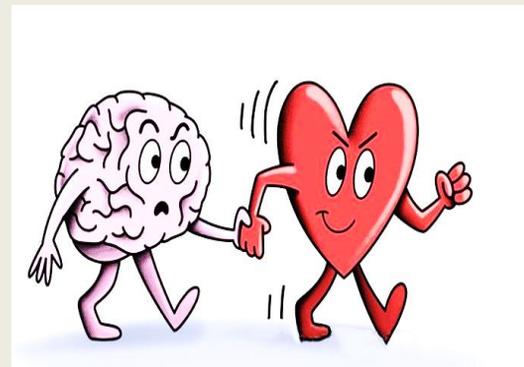
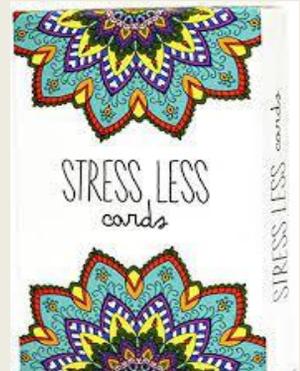
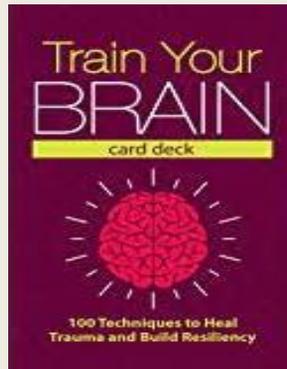
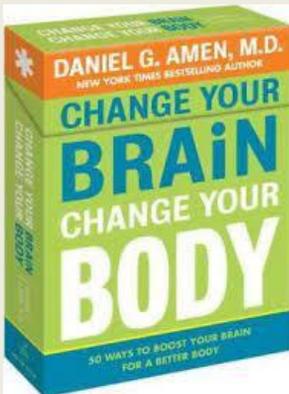
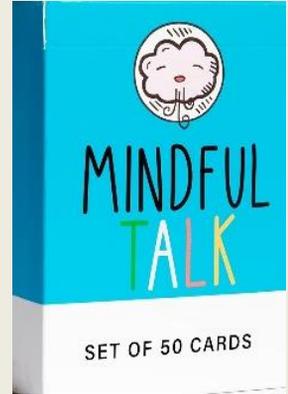
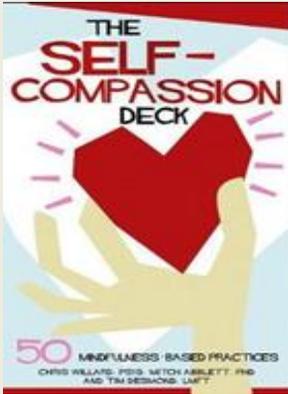
- It is a collection of Photographs will encourage you to reflect on your life and its challenges ideal to work with all ages.
- One of the easiest ways to turn a bad day around is to share or read a few funny or inspiring quotes to cheer you up. ..





Spark Possibilities ( Set of 3 Cards)



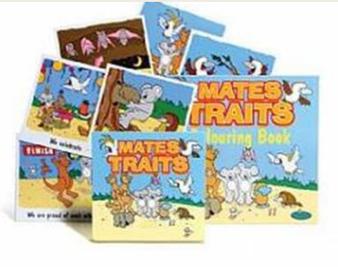




**Popular**

## **Mad Dragon – Anger Management**

An Anger control card game- It is designed for children aged 6 to 12. This fast-paced card game helps children control their anger in the moment, practice 12 effective anger management techniques, understand what anger feels and looks like, avoid anger-provoking situations, learn healthy decision-making skills, better understanding and identifying of anger cues.



## **Mates Traits**

A set of 32 colourful cards with a bonus colouring book to help learn how to build and celebrate friendships and families with strengths. Learn about social skills ,communication, personalities and interests using this unique resource for preventing and overcoming bullying and creating relationships of goodwill and hope.



## **Next Steps**

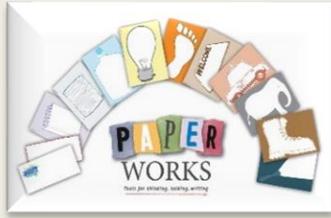
A set of 52 laminated, full-colour cards with photographs of everyday objects and activities. These cards present an accessible way for anyone to identify one or more achievable steps they can take this afternoon, tomorrow or next week. They are invaluable in settings such as mental health, family services, counselling and emergency support.



## **No Room for Family Violence**

No Room for family violence card set is of 30 cards for having conversations with young people or adults about what abusive and respectful behaviour looks like 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 ?



## PaperWorks

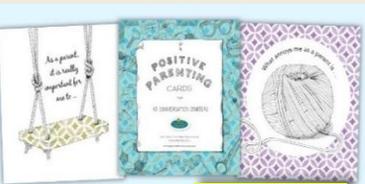
A versatile set of 12 visual metaphors, each with three questions on the back. Each master features a delightful line illustration that is easily recognised and interpreted by adults, young people and children alike.

Use these practical paper tools in counselling, training, self-care, goal setting, storytelling, classrooms, team building, supervision, creative writing ... anywhere you want to create meaningful conversations.



## Picture This

This conversation-building card set suggests 28 domains that might be seen as key areas for assessing and building strengths in any organization. Each domain has four suggested indicators and a simple measurement scale that can be used to consider how your organization shapes up.



**Best Seller**

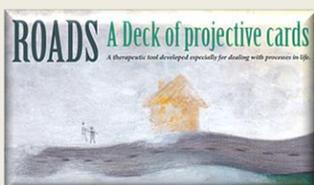
## Positive Parenting

Parenting can be delightful, difficult, funny, heart-breaking and enormously rewarding. It may be the very best—and the most challenging—thing you have ever done. This set of 40 cards will be a wonderful tool for opening up conversations and storytelling with parents about their experiences, struggles, ideas, and hopes for their children and for themselves as parents.



## Reflexions

The right visual edge for adolescents! A set of 32 cards or stickers using street and techno style, computer enhanced photography for encouraging adolescents to explore their lives. Each card features a key word and a layer of images to illustrate it. By encouraging conversations about the good stuff and the hard stuff, this is a powerful tool for building identity, self-esteem and goals.

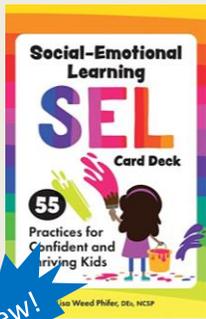


**Popular**

**Best Seller**

## Roads

A psychological tool for settings of individual therapy and group therapy. The set is a helpful resource for mental health professionals working with children, adolescents or adults, having a wide range of needs. The deck was developed for therapeutic work on processes and periods in life. Included in the deck are 67 projective cards that basic application ideas.



**New!**

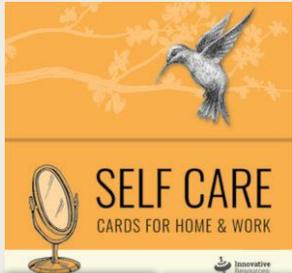
## SEL Card Deck – Social Emotional Learning

Designed for kids ages 8–12, the Social-Emotional Learning (SEL) Card Deck provides teachers, parents, and therapists with 55 engaging and fun activities that teach the five key elements of SEL: Self-management: Handling emotions in healthy ways, Thinking about others: Building empathy and understanding of others, Self-awareness: Identifying emotions, thoughts, and values important to you, Relationship skills: Working together to solve problems, Responsible thinking: Using tools to guide decision-making. With the SEL Card Deck, kids will have the tools they need to manage big feelings, develop empathy for others, and make good decisions.

## Self-Care:

This set of 50 cards is designed to create reflection and conversations about self-care. Each card features a key topic of self-care and two questions to get the conversation rolling. With illustrations drawn from the world of birds, these cards encourage the art of 'noticing'; noticing how we are doing, what we are feeling, what our body is telling us, what our own insights—and those of colleagues, clients, friends and family—are revealing about what's working well and what we could do differently to support self-care at work and at home.

★ *Training provided. Contact us to find out more!*



**Popular**

**Best Seller**



## Shadows & Deeper Shadows

This set of 48 watercolor images resource acknowledges that pain and suffering often need to be 'storied' before resolution is possible. These iconic images invite the viewer to reflect on their experiences and explore the meaning of the 'shadows' in their lives.

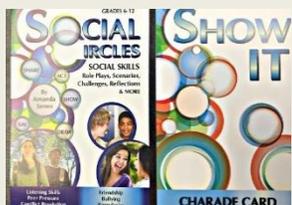
## Signposts

A set of 48 cards based on original photographs for building conversations about meaning, spirituality, connectedness and transformation. It can revitalize our contemplation and create dynamic conversations about matters we hold closest to our hearts.



## Social circles

A set of 100 cards split into five categories. Each category provides a different way for participants to interact with each other and discuss social skill topics. Each card invites students to answer questions or perform tasks. You can use these cards in classrooms, small groups or large group settings. This social Circles card is designed to focus on Social skills, Role Plays, Scenarios, Challenges, Reflections & More. Also help to develop Listening skills, with peers and adults appropriately, expected and unexpected behaviours, motor skills, self-regulation and much more!



**Best Seller**



## Strength Cards

For over two decades Strength Cards have played a vital self-esteem building role in the lives of countless individuals and families. The new edition of the Strength Cards are even more engaging, with the same life-changing potential. Applicable to all age groups.

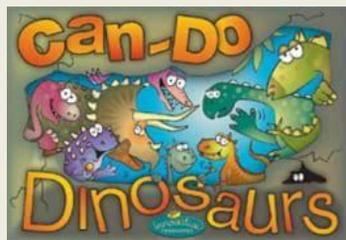
[Add On: Strength Cards for Stickers, Personal Strengths Thumball](#)



## Strength Cards for Kids (new 3<sup>rd</sup> edition)

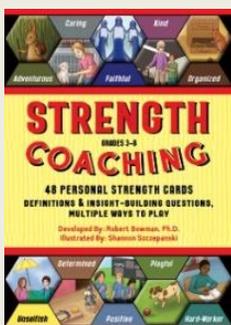
A delightful, strengths-based resource aimed at primary school aged children. Practical, positive, affirming statements and fun-loving cartoon-style graphics, designed for children. Teachers love to use these for 'Strengths of the Week' or 'About Me' project.

[Add On: Strength Cards for kids Stickers, Personal Strengths Thumball](#)



## Can Do Dinosaurs

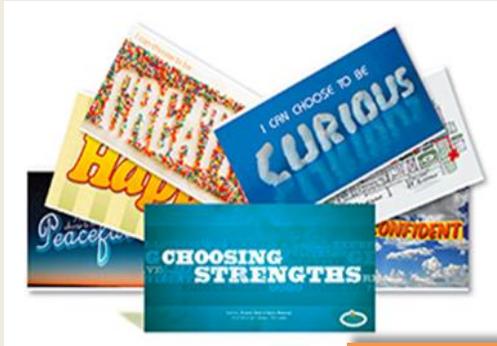
A set of 24 loveable character cards especially designed for young children to reinforce learning and safety. Each card features the words "Can do..." and focuses on what children can do rather than on what they can't.



## Strength Coaching Cards

These superior Quality Strength Coaching cards provide entertaining illustrations and kid friendly definitions to help young people learn about personal Strengths they can find in themselves and others. These cards will increase kids abilities to successfully negotiate through Social, Emotional and academic Challenges.

# STRENGTH CARDS



**Popular**

## Choosing Strengths

Choosing strengths is a set of 36 cards that acts as a conversation building resource founded in the rich tradition of choice theory & strength based practice. Each card identifies a potential strength that anyone can choose to cultivate and make their own.



## Strength Unlimited cards

**Strength Cards® Unlimited** can help create new ways of thinking about strengths and encourage sustainable change. 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



## Nature of strengths

A set of 28 cards inspired by nature's genius. With exquisitely detailed watercolour paintings in the style of a naturalist's notebook, each card describes a characteristic of a plant, animal or insect—inviting us to apply that strength in our own lives. It may be used by teachers, environmental educators, counsellors, social workers and mentors



## Supervision -Strengths-based questions to inspire reflective conversations

supervision is the revised edition of A Vision for Supervision. supervision covers all aspects of supervision, including setting up strengths-based and solution-focused processes, focusing on reflective practice, building self-supervision skills, creating spaces to explore best practices, reviewing progress over time, generating opportunities and considering the bigger picture.



## Storycatching (revised edition)

A set of 80 full-color cards for people of all ages. The story prompts on each card are designed to promote personal reflection and the importance of shared experience through the art of storytelling.



**Popular**

## Stones...have feelings too!

Describing feelings is at the heart of emotional literacy and therapeutic work. Meet 52 happy, sad, afraid, shy, joyful and just plain outrageous stone characters. There are no words on the front of the cards so a user is free to interpret the feeling portrayed by the character. But, on the back of each card, three possible words help build a vocabulary for describing the emotion expressed.

**Add On: A Pocket of Stones, Stickers & The Wrong Stone Book!**



## Symbols ( While stocks last)

A symbol is a metaphor something that means something else. Symbols, a box of 100 evocative images, are a set of simple, free-hand line drawings of everyday objects that can suggest layers of meaning to the observer. It has been effective in achieving transitions in life, moving past grieves and hurts and is highly useful across variety of settings and with different age groups and ethnicities.

**★ Training provided. Contact us to find out more!**



**Popular**

**Best Seller**

## The Bear Cards

A Bears have even more charm, express a greater range of emotions and look more personal. Perfect for social workers, psychologists, counselors, teachers and chaplains. The absence of text allows the cards to be used with clients of all ages, settings and situations. The Bears is grounded on the principle that talking about feelings is one of the cornerstones of emotional and mental health. Works extremely well for young kids assisting them to express their feelings through visuals

**1 hr Online session on how to use the cards.**

**★ Training provided. Contact us to find out more!**

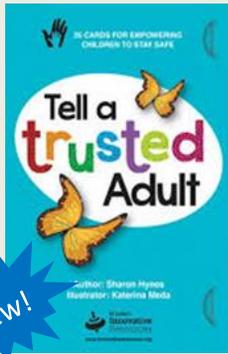


## The Iconic Bears Tactile Characters

Introducing five delightful tactile characters from the famous card set for talking about feelings: *The Bears*. Use these happy, sad, surprised, anxious, cheerful, angry, shy, puzzled, proud, scared, playful, relaxed (and more!) bears with children, young people or adults.

**Items sold separately.**

**Add On: The Bears cards**



New!

## Tell a Trusted Adult

With a Strong focus on Body Signals, this colourful resource is designed to help children build their social and Emotional Literacy. This is a great tool to guide children through transitions, trust them identify their circle of trusted adults and build their confidence. Consisting of 13 pairs and 9 activity cards, this resource is perfect for use with children aged 3 to 10+ in classrooms, groups or one on one conversations



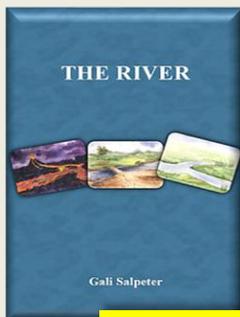
New!

Best Seller

## The Stress Reduction Card Deck for Teens

The Stress Reduction Workbook for Teens, this card deck offers the proven-effective mindfulness-based stress reduction (MBSR) approach for soothing stress in a fun, take-anywhere package. Using these cards, you'll find lasting relief from stress so you can focus on your fabulous future!

**Add On: The Stress Reduction Workbook for Teens**



Best Seller

## The River

"The River" set is a psychological tool for Psychologists, Expressive Therapists, Social workers, Occupational therapists, Group instructors and other mental health professionals. This deck of 60 Projective cards designed to evoke emotions and to help clients raise issues in therapeutic settings. Suitable for Individual, Marital/Family and Group Therapy settings. Special for dealing with life processes such as periods and processes within marriage, loss, illness, Career, Parenthood etc.

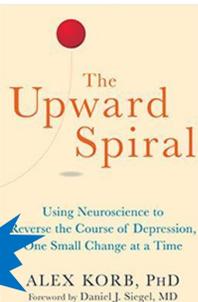
**★ Training provided. Contact us to find out more!**



## The World of Trains

"The world of trains" is designed for therapeutic work with children in settings of individual therapy and group therapy. It contains a deck of 50 illustrated cards, a deck of 50 story-cards and a comprehensive guidebook for therapists. The guidebook describes in detail numerous professional suggestions for application of the cards, according to the different settings and relevant issues both children and adults cope with.

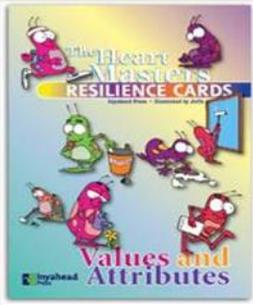
**★ Training provided. Contact us to find out more!**



New!

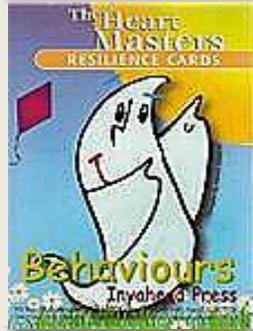
## The Upward Spiral Card Deck : 52 Ways to Reverse the Course of Depression...One Small Change at a Time

The Upward Spiral, this 52-card deck offers the same effective approach for reshaping the brain and creating an upward spiral towards a happier, healthier life-all in a practical, take-anywhere format. By picking one card and making one small change each day, you may find that, over time, you feel better and better.



## The Heart Masters: Resilience Cards – Values & Attributes

Central to building resilience is an awareness of the qualities that give young people the strength to overcome challenges and **help with trauma**. These cards provide a great resource for scaffolding positive, playful and non-threatening discussion about young peoples’ similarities and differences. They also assist young people to see others in a positive light, in terms of personal values and qualities rather than in more superficial ways.



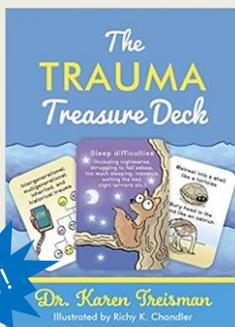
## The Heart Masters: Resilience Cards – Behaviours

Used as teaching aids in class or as discussion starters in counseling situations. The booklet cover topics on resilience, coping, emotions, teamwork, friendship, supportive relationships, bullying and problem solving. You could even **use it for Trauma**. The ‘Ghost’ character exhibits many behaviors, some helpful, some not-so-helpful. Just like most humans really. People of all ages find them humorous and thought provoking.



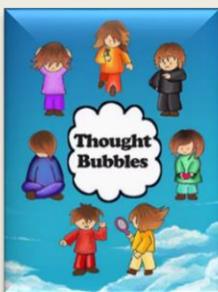
## The Heart Masters: Resilience Cards - Feelings

Accompanied by a book full with ideas, these cards are a lovely resource for helping children to develop an emotional vocabulary and emotional awareness and even **aid with trauma**. Each colorful card has an illustration with a feeling word. This helps children and young people to build the vocabulary and awareness that is essential to the development of social and emotional skills, including self awareness, empathy, motivation and self-regulation.



## The Trauma Treasure Deck: A Creative Tool for Assessments, Interventions, and Learning for Work with Adversity and Stress in Children and Adults

The cards are organized into four different types: sentence completion cards, survival response cards, signals/signs cards and different types of trauma cards. Accompanied by a comprehensive explanatory booklet, they will enable you to create assessments, psychoeducation and interventions which are playful, enriching and creative.



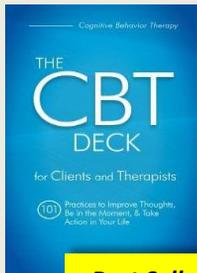
## Thought Bubbles

A locally made 56-card deck featuring 7 endearing characters that represent different ways of thinking. Created by a team of Singapore psychologists, it offers: a hands-on way to help children and adults notice and choose their thoughts, a fun activity for family and friends ,an excellent resource for counsellors and therapists,a platform for self-discovery and growth

**Best Seller**

- **Training provided. Contact us to find out more!**

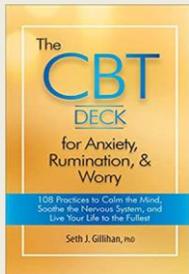




**Best Seller**

## The CBT Deck : 101 Practices to Improve Thoughts, Be in the Moment & Take Action in Your Life

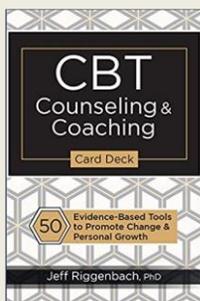
Reduce stress in your life with practical, action-orientated, and mindfulness tools to quickly build positive emotions in your life. The 101 practices inside The CBT Deck will help you: Calm and redirect your thoughts, Overcome self-limiting beliefs, Choose actions that build the life you want



## The CBT Deck for Anxiety, Rumination, & Worry: 108 Practices to Calm the Mind, Soothe the Nervous System, and Live Your Life to the Fullest

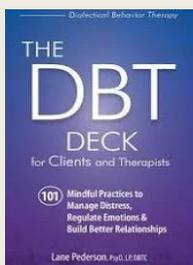
Manage anxiety effectively with simple, practical, life-giving strategies to find equilibrium and focus on what you love. The 108 practices in The CBT Deck for Anxiety, Rumination, & Worry will help you:

Question scary thoughts, Face your fears directly, Be more engaged in the present, Live fully even in uncertain times



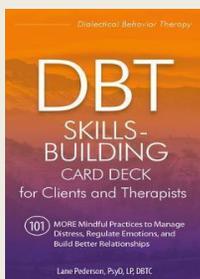
## The CBT Counseling & Coaching Card Deck: 50 Evidence-Based Tools to Promote Change & Personal Growth

Grounded in cognitive science, these 50 powerful cards provide bite-sized inspiration and practical action steps to help you think and act differently. developed strategies to help you: ☐Face your fears ☐Eliminate toxic relationships ☐Improve your mood ☐Stop worrying ☐Deal with difficult people ☐Overcome daily obstacles ☐Be more productive



## The DBT Deck for Clients and Therapists : 101 Mindful Practices to Manage Distress, Regulate Emotions & Build Better Relationships

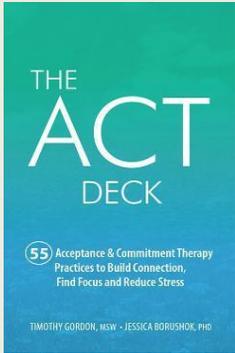
Filled with tips, ideas, calls to action, and brief exercises, these cards will be a daily go-to as you learn skills needed to enjoy the ups - and navigate the downs - of real-world life. And best yet, because skills take repeated practice, you cannot outgrow this deck, you can only grow with it -Coping strategies, Tools to accept change, Self-Soothing practice, Increase self-respect, Conflict resolution tips



## The DBT Skills building Deck for Clients and Therapists : 101 Mindful Practices to Manage Distress, Regulate Emotions & Build Better Relationships

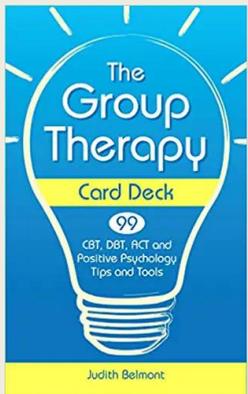
This deck can be used on its own or as an addition to the original deck that set the standard for defining and using DBT skills. Learn DBT philosophies to guide life expand dialectic thinking and action. Enhance your ability to be mindfully present. Increase emotion regulation and distress tolerance Implement powerful strategies to change behaviors

# CBT/DBT/ACT CARD RESOURCES



## **The ACT Deck : 55 Acceptance & Commitment Therapy Practices to Build Connection, Find Focus and Reduce Stress**

The ACT Deck offers 55 practices based on Acceptance and Commitment Therapy for use in therapy, classrooms or at home. These cards ask tough questions, encourage meaningful action and provide new perspectives to help you let go of negative thoughts and live in the present moment.



## **The Group Therapy Card Deck CBT, DBT, ACT and Positive Psychology Tips and Tools Cards**

The Group Therapy Card Deck offers 99 therapeutic exercises that support impactful group sessions. Each card includes a unique activity that draws from some of the most effective approaches in therapy. The cards serve as stand-alone treatment activities to help clients understand therapeutic concepts, build coping skills, and generalize their skills outside of the group.

Group Team Building to increase cohesiveness - CBT to dispute distorted thinking - DBT for embracing life's contradictions - ACT to accept what you cannot change Positive Psychology for fostering optimism



## Thumballs –

A soft stuffed ball to throw, roll, or pass in a circle or randomly. Catch it! Look under your thumb. Respond to the prompt. Everyone absolutely loves this interactive tool that will get them talking and sharing. Without even knowing it, you will be encouraging the use of interpersonal skills including taking turns, eye contact, listening, responding, valuing similarities and respecting individual differences. We now carry all 30 titles!

### Acts of Kindness



### Anger Management



### Attitude



### Bounce Back



### Catch a Career



### Elementary Icebreakers



### Emoji Feelings



### Empathy



### Group Starter



### Inner Beauty



### Koala Feelings



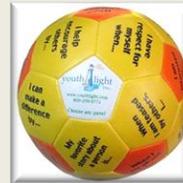
### Mindfulness



### Peace-making



### Personal Strengths



### Put-Ups (not Put-Downs)



### Resiliency



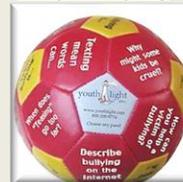
### School Success



### Self-Control



### Stop Bullying



### Stop the Drama



### Team Building



### Teen Issues



### Test Buster



### Substance Abuse



### Being a Upstander



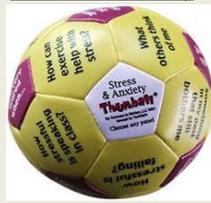
### Breathe & Stretch



### What if I could



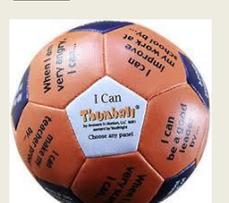
### Stress & Anxiety



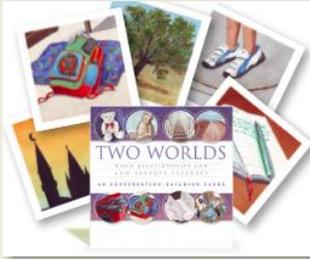
### Friendship



### I Can



More to come.....



## Two Worlds

Designed by experienced separation counsellors and child and family workers , Two Worlds is a tool for building healing conversations with children or adults experiencing separation (**divorce**) or those experiencing any significant transitions and life changes. This set of 48 cards help provide a voice for everyone touched by separation by using gentle water color illustrations.



## Talk & Grow

Conversation starter game for kids and family - improve communication and relationship while having fun. Includes 75 conversation starters and 50 challenge cards. This game was made with the help of therapists to help children express their feelings. It helps bridge the communication gap effortlessly while having fun and teaches kids how to communicate effectively on various topics.



## Ups & Downs

Our most versatile resource to-date. Talk about strengths – talk about feelings – talk about mental wellbeing – talk about relationships – talk about men’s issues... Life is full of Ups and Downs, but what we make of these is up to us. This delightful set of 54 full-color cards uses humor and poignancy to represent us as 'Every person' sailing on life's billowing ocean in a bathtub.

**Popular**

**Best Seller**



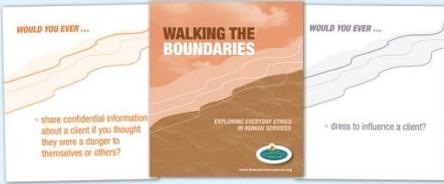
## What Do You Stand For? Character Building Card Game

Turn learning into a game and kids will want to play. This card game spotlights ten top character traits: Caring, Citizenship, Cooperation, Fairness, Forgiveness, Honesty, Relationships, Respect, Responsibility, and Safety. To win, players collect cards of each trait. Each card features a "What If" scenario or question about character that gets kids thinking about what they would do-and what they stand for.

**Add On: What Do You Stand For Book [Kids/Teens]**

## Walking The Boundaries

Every human service profession, organisation and business is governed by the laws of the land. Most are held accountable to codes of conduct created from within their organisation or profession as well. But many practitioners—including social workers, counsellors, teachers and carers—face dozens of everyday ethical decisions regarding both clients and colleagues that may not be clear cut.



## Woman Wise

Our Woman Wise cards are designed to trigger and support conversations with girls age 13 and women of any age. These 77 beautifully designed cards with a total of 382 questions are divided into 6 suits: My Self, My Body, My Mind, My Relationships, My Philosophy and My Future. Each card has a range of questions whose purpose is to prompt contemplation, conversation and connection. The cards can be used in myriad ways, and are both fun and intentional.



## Wooden Figurines

Our Wooden Peg Dolls are untreated, unfinished and is absolutely non-toxic, Wood has Natural proper tie. You can use crayons, markers, glitter and glue to create some cute faces and clothes on these unfinished wooden tiny people. Helps children with numeracy, motor skills and problem solving. Helps to talk about Growth, Family System and bonding. Helps to talk about healing process, Transition Process



Hand Painting...



Painted Family portrait



Dressed up



**CONTROL YOURSELF**

**Kimochi Bug**



★ *Training provided. Contact us to find out more!*

## Kimochi Characters

Sometimes kids (and adults) have strong feelings that can fuel challenging behaviours. Sometimes it's hard to know how to communicate when you are in an emotional moment.

Kimochis are a playful way to help children (and adults!) learn how to identify and express feelings. When kids can communicate their feelings effectively, they develop positive social skills that lead to lasting friendships and success in all aspects of life.

Kimochis teach the fourth "R"—reading, writing, arithmetic, and RELATIONSHIPS. This "R" is the foundation for success in ALL areas of life. Refer to our order form for the full range of Kimochi products.

**Comes in two sizes – Big character and Mini Character**

**Kimochi Huggtopus**



**Kimochi Cat**



**Kimochi Cloud**



**Kimochi Dove**





## **Kimochi Elementary Tool Kit ( Grade 1 to 5)**

The Kimochis® Keys to Communication provide children the words and actions that promote social-emotional development, support positive behaviour and contribute to academic success. These strategies help children to listen, speak and act in ways that keep a strong communication connection with each other, even in challenging social situations!

## **Kimochi Early Childhood Tool Kit ( Pre School, TK, K)**

The Kimochis® Educators Curriculum: Early Childhood Edition (Preschool, TK, K) is a 316-page Feel Guide designed to introduce social-emotional learning (SEL) and character education to children.



## **Kimochi Nesting Heart**

The Kimochis® Nesting Heart is one plush heart nestled inside another. When family members or friends are separated, each person can keep a heart as a tangible, playful way to stay connected. Perfect for back-to-school jitters, sleep away summer camps, parents on business trips, best friends, or long distance relatives.

The Kimochis® Nesting Heart comes with a carabiner and fun activities for creating close family connections:



**Popular**

## **Kimochi – Feelings bag**

Put the Kimochis feelings in a bowl in a high-traffic area of your home, classroom, or office. Play Kimochis charades—pick a feeling, act it out, share ways you express or manage that emotion.

### **Includes:**

Kimochis® feeling Pillows:

- Happy, Sad, Mad, Brave, Left Out, Silly, Frustrated, Curious, Cranky, Hopeful, Proud, Friendly, Sorry, Embarrassed, Sleepy, Surprised, Grateful, Scared, Hurt, Excited, Kind, Guilty, Uncomfortable, Jealous, Shy, Loved, Disappointed, Insecure, Optimistic, Jealous
- (3) blank Make-Your-Own feelings (*works with any washable marker; not included*)

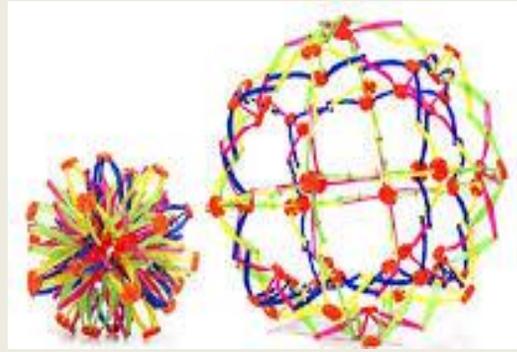
64-page *Feel Guide*

Sturdy canvas bag

# SENSORY ITEMS



Interactive Flip Anti Stress Octopus



Rainbow Expandable Ball – Calming magic Ball



Mandala Decompression Toy



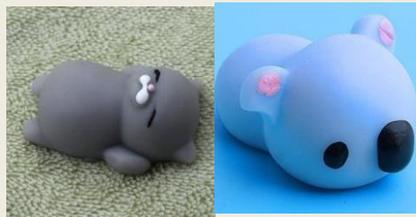
Transformer Fidget Spinners – Anti Anxiety Spinners



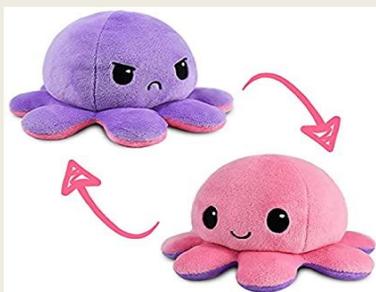
Newest Adult Autism Decompression Toy



Infinity Cube – Stress Anxiety Relief Fidget



Squishy Toy Cute Animal



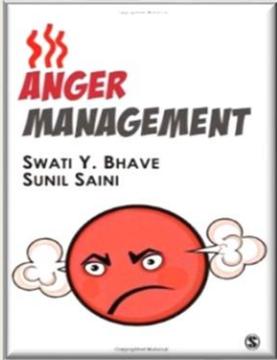
Reversible Octopus Plushie – with two Expressions.



Multi Colour Thread Ball – Stress Anxiety Reliever

Can be customised to make a Sensory Pack –  
 1) Self Regulation  
 2) Focus on concentration  
 3) Anti stress  
 And many more .....

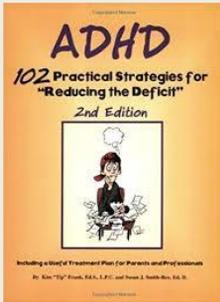
# SOCIAL EMOTIONAL LITERACY BOOKS



## Anger Management

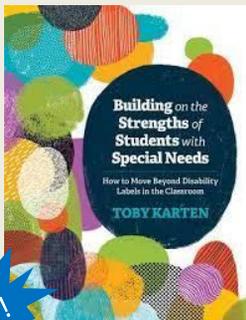
Laying out a host of effective tips to manage anger, this book comes with the power to change things for the better. It explains confusing emotion of anger in simple terms, including the physiology of anger and its deleterious effects. Using light-hearted style of writing, it also shares easy tips to self-manage anger and master anger in chronic situations and where unhappiness spirals into harmful behaviors.

★ *Training provided. Contact us to find out more!*



## ADHD : 102 Practical Strategies for “Reducing the Deficit”

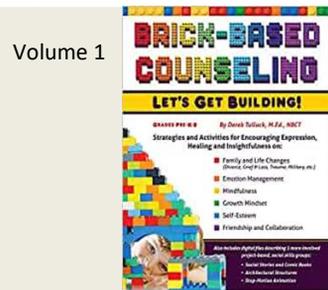
This indispensable resource provides a clear, concise understanding of what an attention disorder actually is and how it can be best treated, both medically and behaviourally. Included are 102 ideas for parents and professionally to help children and adolescents to cope with and overcome ADHD. Many reproducible handouts are provided to assist students in areas such as scheduling, note taking, homework, daily communication between home and school, Self monitoring of behaviour, and maintaining friendships.



## Building on the Strengths of Students with Special Needs: How to Move Beyond Disability Labels in the Classroom 1st Edition

With Building on the Strengths of Students with Special Needs, special education expert Toby Karten focuses on specific disabilities and inclusive curriculum scenarios for learners in K–12 environments. She offers valuable advice on how to prevent labels from capping student potential and encouragement to help teachers continually improve learner outcomes.

New!



## Brick Based counselling

With this book you will learn how to affordably implement a comprehensive Brick based Counselling Program using basic LEGO materials. Topics include Family and Life changes, Emotion Management, Mindfulness, Growth mindset, Self Esteem, Friendship and Collaboration.

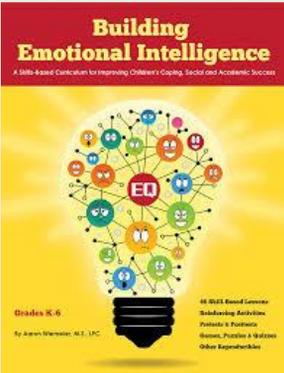
The included activities are designed for practical and immediate use with a wide range of ages from PK through 8<sup>th</sup> grade and are appropriate for school.



★ *Training provided. Contact us to find out more!*

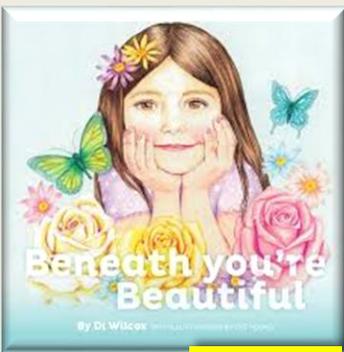
Popular

# SOCIAL EMOTIONAL LITERACY BOOKS



## Building Emotional Intelligence

A Skills Based Curriculum for improving Children’s coping, Social and Academic Success. Building Emotional Intelligence is a thorough, innovative and practical solution to help increase academic achievement and social and emotional competence in children. The 46 lesson plans cover the most crucial aspects of Emotional Quotient development. Topics include. Grouping feelings, Rating Emotions, Locating Feelings in your Body, Improving Coping skills, and much more.



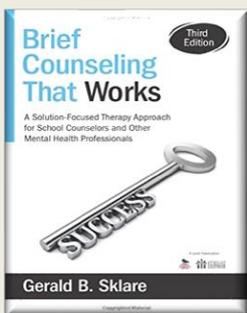
**Best Seller**

## Beneath You’re Beautiful

It has been written as a starting place for dialogue about body image and to teach girls that real beauty comes from the inside/out. This book includes questions that you can ask your daughter to get a real conversation happening that will empower your daughter to be all that they can be. Beautifully illustrated with heartfelt quotes it will delight the little girl in everyone.

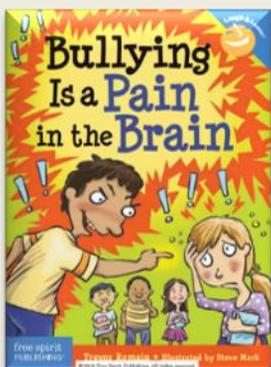
**Add On: Inner Beauty Thumball**

★ **Training provided for Parents / Mom –Daughter / Dad – Daughter. Contact us to find out more!**



## Brief Counseling That Works

Combines step-by-step instructions with vivid case examples to provide a comprehensive and practical overview of the fundamental principles of Solution-Focused Brief Counseling (SFBC). This essential resource for counselors will also be helpful to teachers and school administrators who advise elementary and secondary students, as well as psychologists and social workers who work with youth both in and out of the school setting.

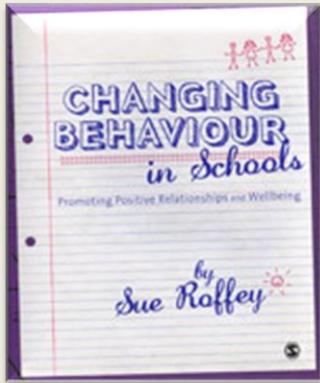


## Bullying is a Pain in the Brain

Bullies are mean. Bullies are scary. Bullying is a pain in the brain—and every child needs to know what to do when confronted by one. This book blends humour with serious, practical suggestions for coping with bullies. Trevor Romain reassures kids that they're not alone and it's not their fault if a bully decides to pick on them. He explains some people are bullies and describes realistic ways to become "Bully-Proof," stop bullies from hurting others, and get help in dangerous situations.

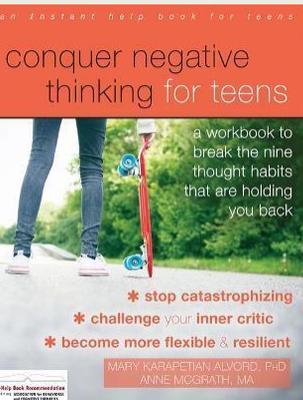
**Suitable For: Primary School**

# SOCIAL EMOTIONAL LITERACY BOOKS



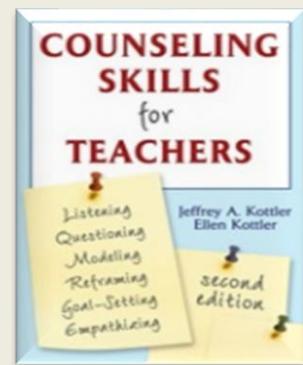
## Changing Behaviour in Schools

Good teachers know that positive relationships with students and school connectedness lead to both improved learning and better behaviors for all students, and this is backed up by research. Changing Behaviour in Schools will show you how to promote positive behaviors and wellbeing in your setting.



## Conquer negative thinking for Teens

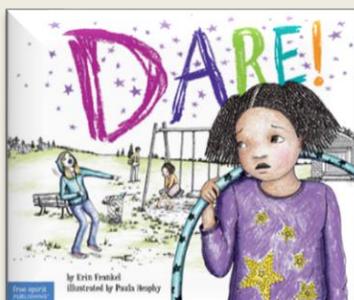
This workbook offers a powerful technique called cognitive restructuring to help you reframe your thoughts, regulate your emotions, become a more flexible thinker, and stop letting your thoughts define who you are and how you feel. You'll learn to target the nine specific kinds of negative thinking habits that can cause you to worry or feel bad, such as the I can't habit, the doom and gloom habit, the all or nothing habit, the jumping to conclusions habit, and more



## Counseling Skills for Teachers

Relationship building is key to the successful mentoring and teaching of today's youth. This book is an indispensable reference for both students in teacher education programs and experienced classroom teachers. Teachers are often called upon to respond quickly and appropriately to students' social and emotional needs, drawing from instinct more than anything else.

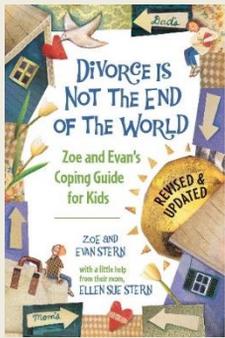
**Suitable For: Primary School/Adolescents**



## Dare (The Bullying Series)

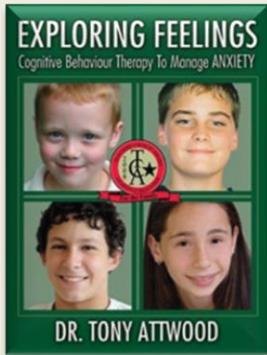
This is a story about standing up to bullying in schools. Jayla feels threatened by her classmate Sam, who has bullied her in the past for her “nerdy” love of astronomy and stars. Sam is now bullying Jayla’s friend Luisa, and she enlists Jayla to participate. Jayla reluctantly joins in but soon realizes it is wrong. With the help of caring adults and friends, Jayla comes to sympathize with Luisa and finds the courage to dare to stand up to Sam and put an end to the bullying.

**Suitable For: Primary School/Adolescents**



## Divorce is not the end of the world

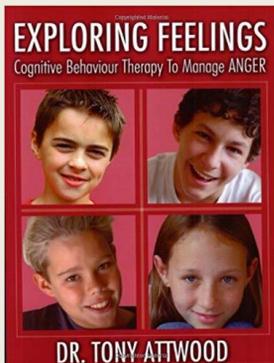
Zoe and Evan Stern know first hand how it feels when your parents divorce. When their parents split they knew their lives would change but they didn't know how. A few years later, when they were 15 and 13 years old, they decided to share their experience in this positive and practical guide for kids. With some help from their mom, Zoe and Evan write about topics like guilt, anger, fear, adjusting to different rules in different houses, dealing with special occasions like birthdays, adapting to stepparents and blended families, and much more.



## Exploring Feelings: Cognitive Behaviour Therapy to Manage Anxiety

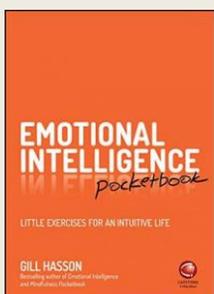
This book provides a guide for caregivers along with a workbook section that allows children to identify anxiety-provoking situations, and teaches them how to perceive them differently.

Helpful topics include: Overview of the Exploring Feelings Program, Introduction to Cognitive Behaviour Therapy, The Emotional Toolbox, Social Stories, Research Evidence on the Effectiveness of Exploring Feelings and more!



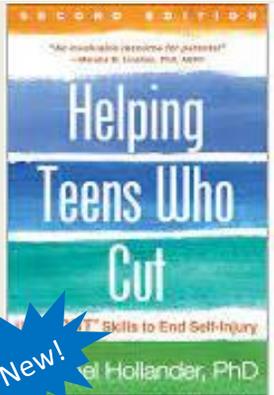
## Exploring Feelings: Cognitive Behaviour Therapy to Manage Anger

Winner of a 2008 Teachers' Choice Award! Many children, especially those with developmental delays, have trouble understanding or expressing their feelings. This can result in difficulty with anger management. This book provides a guide for caregivers along with a workbook portion that asks children to identify situations that trigger their anger, and helps them find appropriate ways to respond.



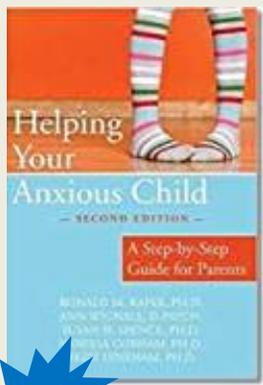
## Emotional Intelligence Pocket Book

This highly practical book is full of advice, tips and techniques to help you: \* Understand and manage your emotions \* Become more assertive and confident \* Develop your social skills and your interactions with others \* Handle difficult situations, events and other people. The Emotional Intelligence Pocketbook is your practical "how-to" guide for understanding yourself and those around you.



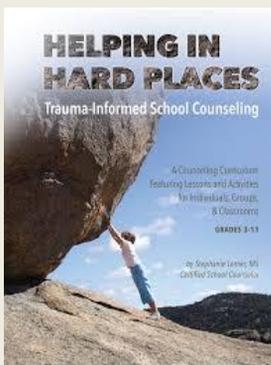
## Helping Teens Who Cut: Using DBT Skills to End Self-Injury

Dr. Michael Hollander is a leading expert on dialectical behavior therapy (DBT), the most effective treatment approach for cutting. Vivid stories illustrate how out-of-control emotions lead some teens to hurt themselves, how DBT can help, and what other approaches can be beneficial. You'll learn practical strategies for talking to teens about self-injury without making it worse, teaching them skills to cope with extreme emotions in a healthier way, finding the right therapist, and helping reduce stress for your whole family. Incorporating the latest research, the second edition offers a deeper understanding of the causes of self-injury and includes new DBT skills.



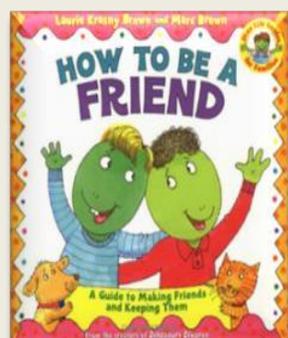
## Helping Your Anxious Child: A Step-by-Step Guide for Parents

Helping Your Anxious Child has been expanded and updated to include the latest research and techniques for managing child anxiety. You'll learn how to help your child overcome intense fears and worries and find out how to relieve anxious feelings while parenting with compassion. Help your child practice "detective thinking" to recognize irrational worries. What to do when your child becomes frightened. How to gently and gradually expose your child to challenging situations. Help your child learn important social skills.



## Helping in Hard Places – Trauma Informed School Counselling

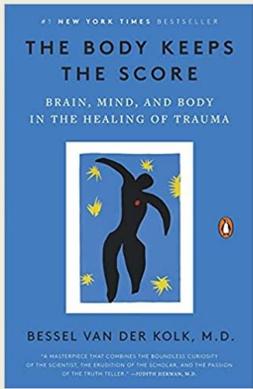
This book provides School Counsellors and other mental health professionals with a blueprint for infusing trauma informed practices into their counselling interventions in a way that supports all young people. Suggestions are provided in three sections: An individual Counselling Guide, A Group Counselling Guide, and Classroom Counselling Lessons.



## How to be a Friend

Friends make life richer, and learning how to make friends is an important part of growing up. Here are the wise dinosaurs with help and practical advice on how to make friends. A reassuring text and humorous illustrations show everyday situations that children can relate to and understand. Best of all, the book presents the many ways to be a friend, as well as the ways not to. This valuable resource is for the whole family.

**Suitable For: Parents/Primary School**



## The Body keeps the Score

Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity.



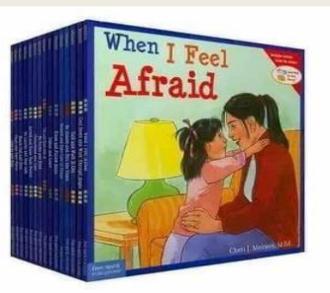
## The Invisible String

*The Invisible String* the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: An Invisible String made of love.

## The Invisible String Workbook

*The Invisible String Workbook* allows readers of all ages who have experienced any kind of separation or loss to delve deeper into their relationships, to engage in exploratory and healing conversations, and to build healthier attachments.

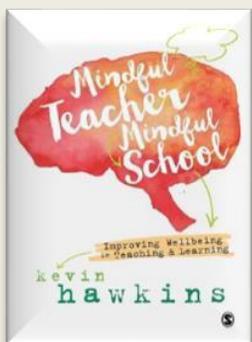
★ *Training provided. Contact us to find out more!*



## Learning to Get Along series ( 15 Books Set)

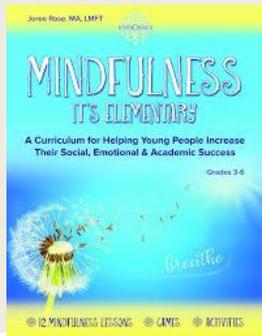
This Book helps children learn, understand, and practice basic social and emotional skills. Real-life scenarios, lots of diversity, and captivating illustrations make these read-aloud books perfect for home and childcare settings, as well as schools and special education settings.

Each book ends with a section of discussion questions, games, and activities adults can use to reinforce what children have learned.



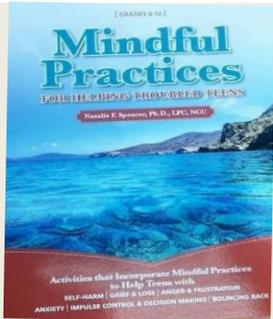
## Mindful Teacher, Mindful School : Improving Wellbeing in Teaching and Learning

With this guide to mindful practice, combining theory with practice and illustrated with real life stories, teachers can learn how to use mindfulness in their own professional and personal lives as well as how to incorporate it in their teaching to support student wellbeing. Packed full of DIY exercises, activities to use in the classroom and links to resources and further reading



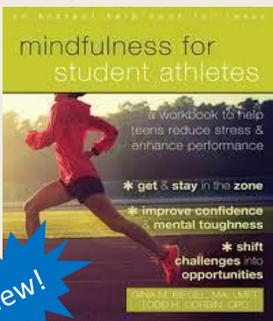
## Mindfulness Its Elementary

A Curriculum for helping young people increase their Social, Emotional and Academic Success. This resource provides 12 mindfulness lessons plus interactive activities and games. Topics include Mindful... Breathing, Listening , Movement, Seeing, Eating, Gratitude, Compassion, Thoughts, Lovingkindness, Body Awareness, Emotions, Communication. The lessons can be conducted with small groups, Classrooms, or with individual students.



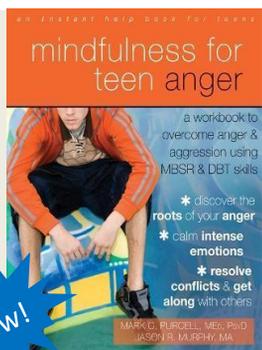
## Mindful Practices – For helping Troubled Teens

Activities that Incorporate Mindful Practices to Help Teens with Self-Harm, Grief & Loss, Anger & Frustration, Anxiety, Impulse Control & Decision Making, and Bouncing Back. This curriculum provides 20 activity-based lessons that combine mindfulness and cognitive behavioural approaches. These can be used flexibly in small groups or with individual students



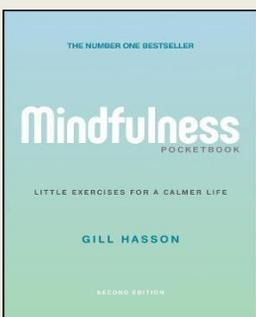
## Mindfulness for Student athletes

A Workbook to Help Teens Reduce Stress and Enhance Performance  
With this fun and engaging workbook for young athletes, you'll find practical ways to cope with stress and improve your performance, no matter what sport you play.



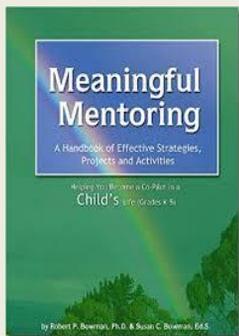
## Mindfulness for Teen Anger

Using proven effective mindfulness-based stress reduction (MBSR) and dialectical behavioural therapy (DBT), Mindfulness for Teen Anger will teach you the difference between healthy and unhealthy forms of anger. You'll also learn skills for building positive relationships with peers, friends, and family.



## Mindfulness Pocket Book

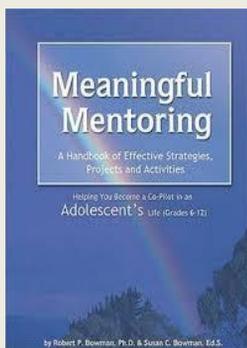
The new section in this pocketbook edition encourages you to treat yourself to small pleasures, learn a new skill, and take time for relaxation and holidays. A calmer, more balanced life is closer than you think! Mindfulness Pocketbook shares guidance on new paths to living more harmoniously. With this book, you can discover how mindfulness opens you up to new ideas and fresh ways of doing things. You'll have a new approach to reducing stress and increasing your enjoyment.



## **Meaningful mentoring for Children**

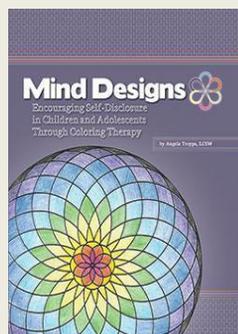
( Previously known as 'Children helping Children')

This book is intended for use by a caring individual who is or will be working as a mentor to a child ( Grades K – 5), It Provides strategies, hints, projects and activities that can help mentors enhance the meaningfulness of their relationship with their child mentees. This book cover the topics of Understanding the role of the mentor, starting and ending the mentoring relationship, handling challenging situations that may arise.



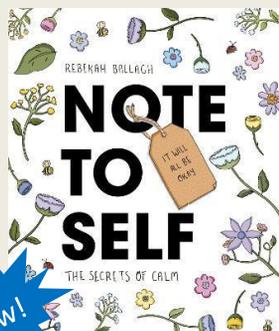
## **Meaningful mentoring for Adolescents**

This book is intended for use by a caring individual who is or will be working as a mentor to an Adolescent ( Grades 6 – 12), It Provides strategies, hints, projects and activities that can help mentors enhance the meaningfulness of their relationship with their Adolescence mentees. This book cover the topics of Understanding the role of the mentor, starting and ending the mentoring relationship, handling challenging situations that may arise.



## **Mind Designs**

This book and CD will provide you with an unique, powerful tool that will help facilitate deeper personal conversations with young people. The reproducible worksheets have been field-tested with children and adolescents who are experiencing trauma and or young people with mild to severe social, emotional, and behavioural challenges

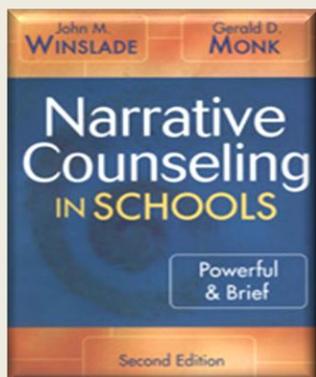


## **Note to Self**

This book is jam-packed with handy tips, bite-sized wisdoms & thoughtful illustrations to help you navigate through feelings like anxiety, stress, worry, guilt & sadness.

Within these pages you will find practical tools & insights to help you tackle your day-to-day tricky emotions.

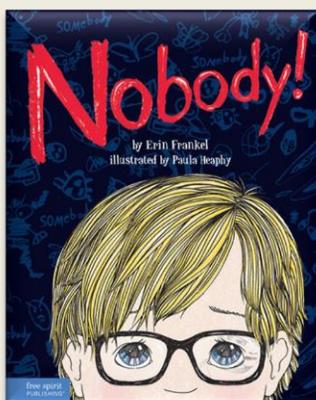
**New!**



## Narrative Counseling in School

This book is based on the premise that stories, rather than hard-nosed realities, shape our lives. By changing the stories that negatively label and define students, we help them open up new avenues and opportunities. The second edition of the book present even more case studies, guidance, and examples of counselling practice to help students narrate stories that “redescribe” who they are and can be. Mindful that today's busy counsellors ...

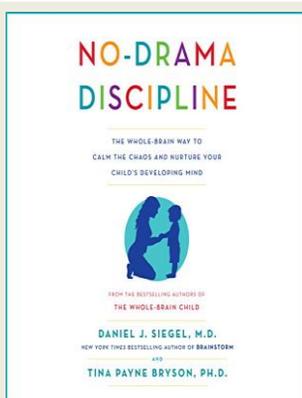
**Suitable For: Primary School/Adolescents**



## Nobody (The Bully Free Kids series)

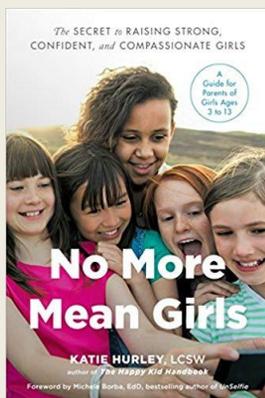
A story about overcoming bullying in schools. Thomas feels like no matter what he does, he can't escape Kyle's persistent bullying. At school, at soccer—nowhere feels safe. With support from friends, classmates, and adults, Thomas starts to feel more confident in himself and his hobbies, while Kyle learns the importance of kindness to others. The book concludes with “activity club” pages for kids, as well as information to help parents, teachers, counsellors, and other adults foster dialogue with children about ways to stop bullying.

**Suitable For: Primary School/Adolescents**



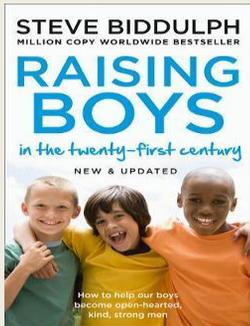
## No Drama Discipline

The Whole Brain way to calm the Chaos and nurture your child's Developing mind. This Book Provides an effective, compassionate road map for dealing with tantrums, tensions and tears – without causing a scene. This Book also explore the ultimate child raising challenge discipline. Highlighting the fascinating link between a child's neurological development and the way a parent reacts to misbehaviour.



## No More Mean Girls

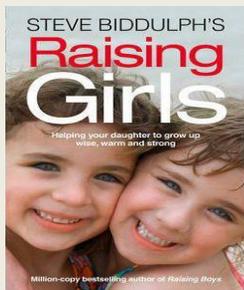
In this fast-paced world in which young girls are exposed to negative behaviours on TV and social media from the moment they enter school, they are also becoming caught up in social hierarchies much earlier. *No More Mean Girls* is a guide for parents to help their young daughters navigate tricky territories such as friendship building, creating an authentic self, standing up for themselves and others, and expressing themselves in a very healthy way.



## Raising Boys

Steve Biddulph shares and gives practical and honest advice to parents so they can recognise the different stages of boyhood and learn how to raise happy, confident and kind young men.

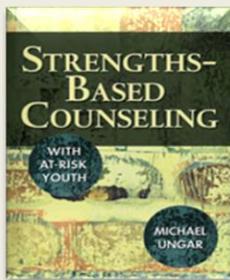
Boys need to be parented in a different way from girls with their own very special psychological and physical make-up. Home, society and education have failed boys badly - and these failures lead to unhappy men who cannot fully become happy, responsible, emotionally-confident adults.



## Raising Girls

Steve Biddulph's Raising Girls is both a guidebook and a call-to-arms for parents. The five key stages of girlhood are laid out so that you know exactly what matters at which age, and how to build strength and connectedness into your daughter from infancy onwards.

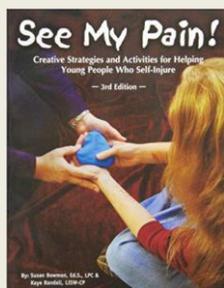
Raising Girls is both fierce and tender in its mission to help girls more at every age. It's a book for parents who love their daughters deeply, whether they are new-borns, teenagers, young women - or anywhere in between.



## Strengths-Based Counseling (At Risk Youth)

Provides the tools to understand and access strengths buried beneath problem behaviors. Offers specific, effective strategies in working with adolescents to construct positive identities and realistic action plans.

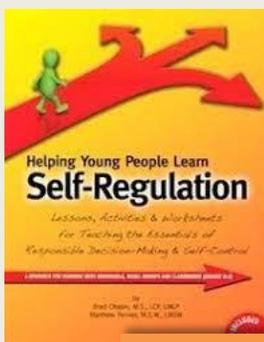
**Suitable For: Adolescents**



## See My Pain!

This book provides a collection of strategies and activities to help children and adolescents who deliberately self-injure. The activities help children/ adolescents to express their feelings, understand why they self-injure, engage in a healing process, explore new methods of coping and prevention, and find new meaning and purpose in their lives. The book provides a description of self-injury in young people and its underlying causes. **The content mentioned in this book is covered by our Artistic Therapy workshops as well!**

**Best Seller**

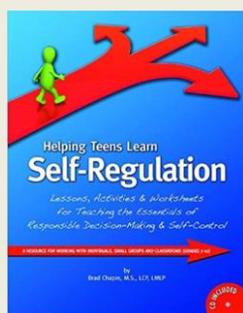


## Self-Regulation for Young People:

With this single resource you will be able to address children's anger problems academic performance challenges anxieties school safety issues self-esteem social skills and much more.

From the creator of the popular web-based Challenge Software program for children comes a resource that provides a solid yet flexible foundation for intervention. The individual strategies are presented in a simple step-by-step process using lessons activities and reproducible worksheets. These strategies can be used individually for a quick intervention with children. They can also be used to create dozens of unique curricula tailor-made to target specific problem areas for small groups or classrooms.

**Popular**

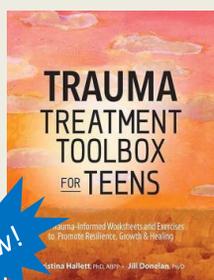


**Self-Regulation for Teens:** Lessons, Activities & Worksheets for Teaching the Essentials of Responsible Decision-making & Self-control  
The author has split the self-regulation training process into three functional areas: physical, emotional, and cognitive. Using strategies based soundly upon evidence-based cognitive-behavioral psychology, this resource will help you move teens progressively through skill areas in each of these three areas.



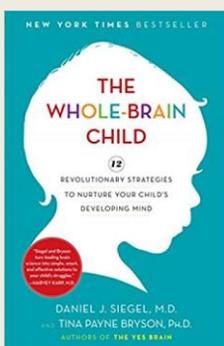
## **Traumatized Students – School Based Interventions for Reaching under the surface.**

This Resource can help professional educators to become better equipped with interventions, strategies, recommendations and critical insights into the world of the traumatized student. The creative and experiential nature of these interventions and strategies is often what helps get below the surface of the trauma to help these students to better cope and bounce back from their difficult experiences. Its ideal for Teachers, Counsellors, Social Workers, School Psychologists and Other school staff.



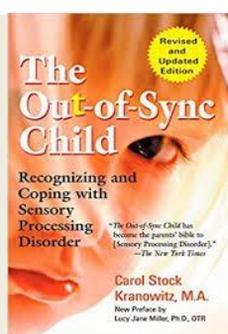
## **Trauma Treatment Toolbox for Teens**

144 Trauma-Informed Worksheets and Exercises to Promote Resilience, Growth & Healing.  
Drawing from evidence-based interventions and the most effective treatment approaches, the Trauma Treatment Toolbox for Teens is a practical workbook for clinicians working with teenagers who have experiences trauma, PTSD, and stress.



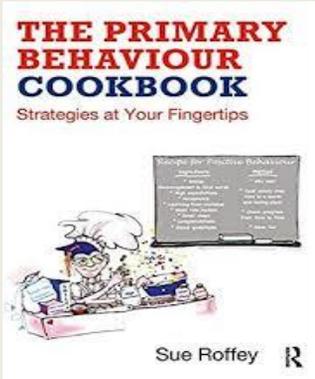
## **The Whole Brain Child- 12 Revolutionary Strategies to nurture your Child's Nurturing Mind.**

This Book provides the revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. The Author explains and make accessible the new science of how a child's brain is wired ad how it matures.  
The Whole Brain child shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful and connected lives.



## **The Out of Sync Child.**

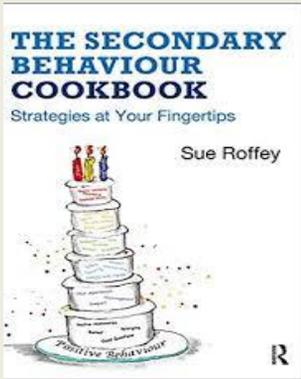
This Book explains Sensory Processing Disorder (SPD)—A child with SPD may be a sensory avoider, withdrawing from touch, refusing to wear certain clothing, avoiding active games--or he may be a sensory disregarder, needing a jump start to get moving  
The Out-of-Sync Child offers comprehensive, clear information for parents and professionals--and a drug-free treatment approach for children. And presents a drug-free approach that offers hope for parents.



### The Primary Cookbook

The Primary Behaviour Cookbook provides highly effective, practical strategies for responding to and resolving behavioral issues in Primary classrooms. Each 'recipe' details strategies and interventions for immediate application in the classroom setting, considers possible causes of the given Behaviour and offers helpful approaches for responding to the child's needs in the longer term.

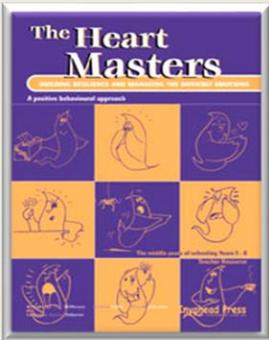
★ *Training provided. Contact us to find out more!*



### The Secondary Cookbook

The Primary Behaviour Cookbook provides highly effective, practical strategies for responding to and resolving behavioral issues in Secondary classrooms. Each 'recipe' details strategies and interventions for immediate application in the classroom setting, considers possible causes of other given Behaviour and offers helpful approaches for responding to the young people's needs in the longer term.

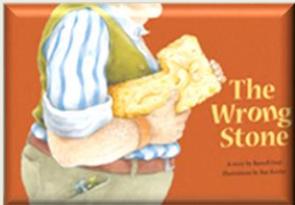
★ *Training provided. Contact us to find out more!*



### The Heart Masters: Building Resilience & Managing the Difficult Emotions – Teacher Resource

The first section concentrates on five habits that help maintain physical and mental health. The second section of the book discusses the difficult emotions; anger, worry and helplessness. Short sections also provide information about grief, alcohol and tobacco.

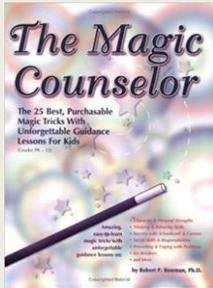
Suitable For: Adolescents



### The Wrong Stone

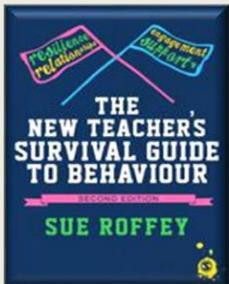
This much-loved picture book features exquisite full-colour illustrations throughout. Enjoy the pebbly jokes and flinty drama of this heart-warming story, in which the Wrong Stone finds his special place in the world and everyone is valued.

Add On: A Pocket of Stones, Stickers & Stones.. Have Feelings Too Card!



## The Magic Counsellor

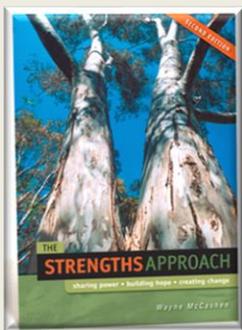
This book contains descriptions of the 25 best, easy-to-learn purchasable magic tricks that can be used with guidance lessons for kids. The secrets to each trick is revealed. Then the book provides guidance lessons that can be presented with each trick. In addition, this book will help you develop a "Magic Club" in your school for students with low self-esteem. Topics include: Personal Strengths, Thinking & Behaving Skills, Success with Schoolwork & Careers, Social Skills & Responsibilities, Preventing & Coping with Problems and More!



## The New Teacher's Survival Guide to Behaviour

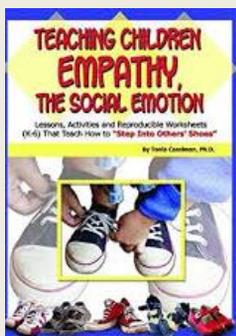
Standing in front of a class of students is challenging enough, but what if they just won't behave? This book will tell you how to start off on the right foot as a new teacher, and how to look after yourself as well as your classes. Chapters will help you to build up your confidence and awareness, develop positive relationships with your students, create supportive bonds with colleagues, and manage disruptive, distressed and defiant students calmly.

**Suitable For: Primary School/Adolescents**



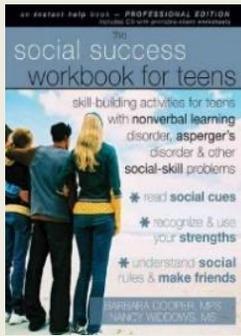
## The Strengths Approach (expanded 2<sup>nd</sup> edition)

This book clearly describes the ideas, values, beliefs and frameworks that help create respectful ways of working with people. His book is full of anecdotes and examples of strengths-based practice in action. Noticing strengths and exceptions, creating 'pictures of the future', using the column approach, measuring change and client-owned recording are just a few of the topics explored.



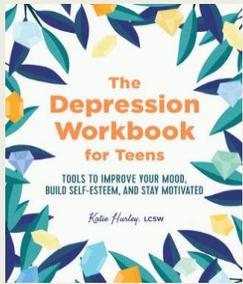
## Teaching Children Empathy, The Social Emotion

Helping Children develop greater empathy – related awareness and skill can help prevent negative, social behaviors such as bullying, meanness, and alienation. The lessons and activities in this book are designed to : Teach students the value of Empathy, Assist students in recognizing their own and others feelings. Help students put themselves in 'Someone else's Shoes'. Instruct students how to exhibit understanding and acceptance.



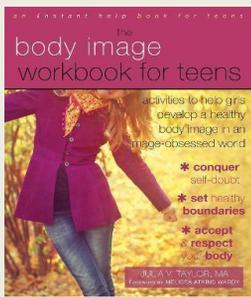
## The Social Success Workbook for Teens

This professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable worksheets for your clients. In The Social Skills Workbook two therapists who specialize in treating kids with social skills problems give teens the tools they need to make friends, read nonverbal cues, and learn the 'unwritten rules' of behaviour that govern social interactions. Teens also learn conversation skills and how to effectively express feelings and opinions. Social skills don't just make life more pleasant.



## The Depression Workbook for Teens:

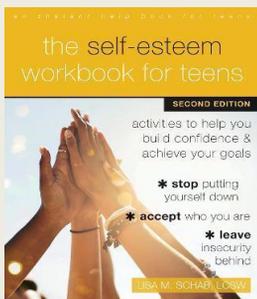
This depression workbook draws on the most effective and up-to-date techniques, like cognitive behavioral therapy and mindfulness, to deliver simple exercises that help teens learn how to conquer depression. The Depression Workbook for Teens includes: Advice for teens—Tackle your depression head-on using strategies written with your unique needs and time constraints in mind.



## The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World

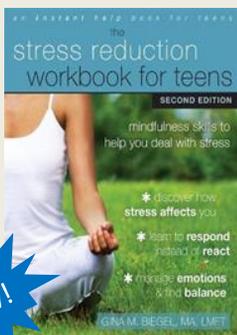
In order to gain real confidence and Body acceptance, you need to change the way you think about yourself. In The Body Image Workbook for Teens, you'll find practical exercises and tips that address the most common factors that can lead to negative body image, including; comparison, negative self-talk, unrealistic media images, societal and family pressure, perfectionism, toxic friendships, and a drear of disappointing others.

**Addon: Contemplation Female Card**



## The Self Esteem Workbook for Teens

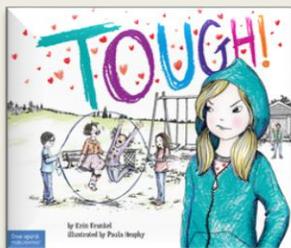
In this fully revised and updated second edition of The Self-Esteem Workbook for Teens, you'll learn to develop a healthy, realistic view of yourself that includes honest assessments of your weaknesses and strengths, and you will learn to respect yourself, faults and all. You'll also learn the difference between self-esteem and being self-centered, self-absorbed, or selfish. Finally, this book will show you how to distinguish the outer appearance of confidence from the quiet, steady, inner acceptance and humility of true self-esteem.



## The Stress Reduction Workbook for Teens, 2nd Edition : Mindfulness Skills to Help You Deal with Stress

The Stress Reduction Workbook for Teens is a collection of simple workbook activities that will teach you to reduce your worries using a technique called mindfulness. Mindfulness is a way to be aware of your thoughts and feelings in the present moment. You can use mindfulness when you start to feel as though things are spinning out of control, so you can stop worrying about what might happen and focus instead on what's happening now.

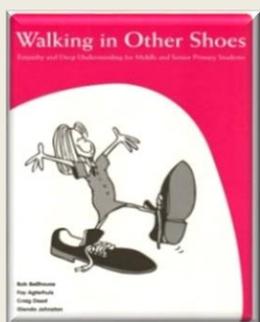
**New!**



## **Tough (The Bullying Series)**

This is a story about how to stop bullying in schools. Sam is concerned about keeping things orderly and “cool” at school. She thinks people need to have a tough skin in order to fit in and withstand others’ meanness and lack of cooperation.. But when Sam is confronted by a concerned teacher about her bullying, and Jayla turns on Sam and befriends Luisa, Sam begins to show some heart and rethink her treatment of others.

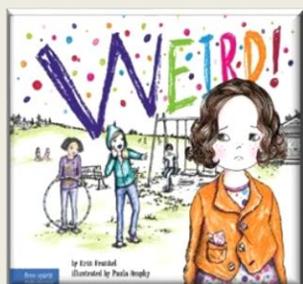
**Suitable For: Primary School/Adolescents**



**Best Seller**

## **Walking in Other Shoes**

There are two main parts to **empathy**, the emotional and the cognitive. The emotional is the ability to feel for another, and the cognitive is to judge, or evaluate that feeling, as a basis for action. Empathy is central to children having a deeper understanding of themselves and others. Walking in other Shoes takes a comprehensive approach to the teaching of empathy. A book full with insights and activities.

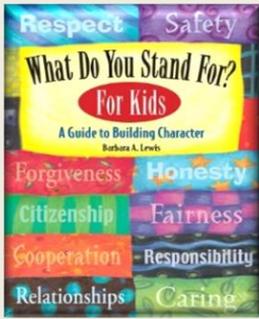


## **Weird (The Bullying Series)**

This book illustrates the story of Luisa who is constantly being teased as being “Weird” even though she is constantly being herself. Kids will easily relate to her and eventually learn how to face challenges through the story this book tells.

**Suitable For: Primary School**



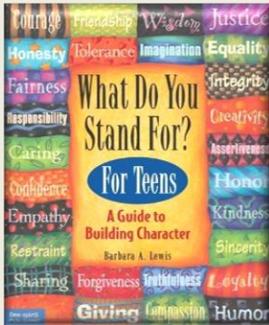


## What Do You Stand For? KIDS

Previously titled *Being Your Best*, this award-winning book helps kids build character to last a lifetime. This book builds positive traits like caring, citizenship, cooperation, courage, fairness, honesty, respect, and responsibility. The true stories, inspiring quotations, thought-provoking dilemmas, and activities in this book help kids grow into capable, moral teens and adults.

**Suitable For: Primary School**

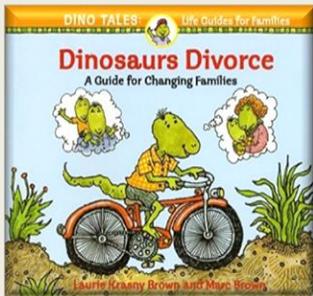
**Addon: What do you stand for ? Card game.**



## What Do You Stand For? TEENS

Young people need guidance from caring adults to build strong, positive character traits—but they can also build their own. This book by the best-selling author of *The Kid's Guide to Social Action* invites teens to explore and practice honesty, kindness, empathy, integrity, tolerance, patience, respect, and more. The activities invite them to explore what they stand for at school, at home, and in their communities. True stories profile real kids who exemplify positive traits.

**Suitable For: Adolescents**

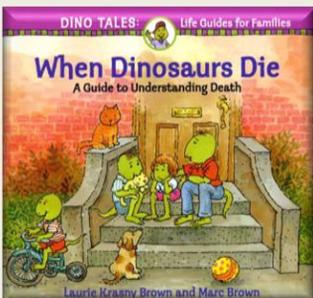


## When Dinosaurs Divorce

Dinosaurs Divorce Will Help you Understand:

- Divorce Words and What They Mean
- Why Parents Divorce
- What About You?
- After the Divorce
- Living with One Parent
- Visiting Your Parent
- Having Two Homes
- Celebrating Holidays and Special Occasions
- Telling Your Friends
- Meeting Parents' New Friends
- Living with Stepparents
- Having Stepsisters and Stepbrothers.

**Suitable For: Primary/Secondary/Parents**



## When Dinosaurs Die

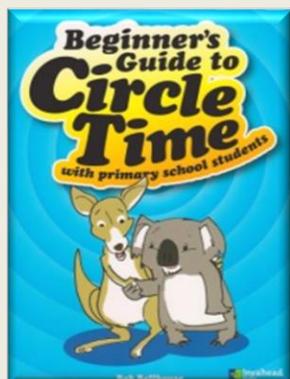
Explains in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.

***“A good book teaching how to handle grief”***

**Suitable For: Primary/Secondary/Parents**

**Addon: Talking to Heaven card set**

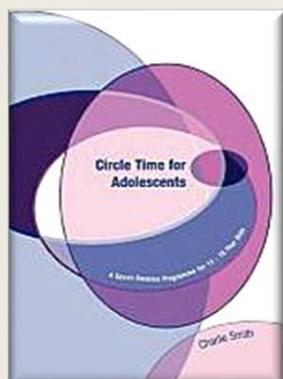
★ Circle CCE, Pastoral care, IP, Facilitation and other trainings provided. Contact us to find out more!



## The Beginner's Guide to Circle Time with Primary Students

Circle Time is a simple methodology for learning in a group. In this book, the author explains what Circle Time is and how it's done, and explores the role of the facilitator. Also included is an explanation of the importance of reflection as part of the Circle Time process and easy-to-use reflection sheets that may form the basis of a student journal

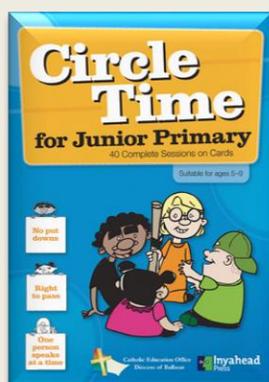
**Suitable For: Primary School**



## Circle Time for Adolescents: A Seven Step Programme for 14 to 16 Year Olds

At this transitional phase schools focus on the continuity of curriculum rather than emotional needs. This Circle Time book helps develop emotional wellbeing and reduces the likelihood that pupils will struggle in the later stages of secondary education. Young people need signposting, support, understanding, direction and confidence building at the start of their Key Stage 4 journey. The learning achieved in this programme fits some of the requirements of Citizenship and PSHE curriculum.

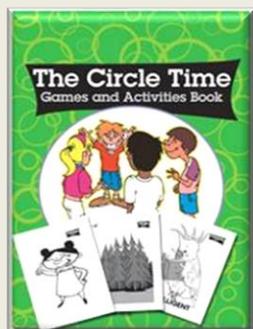
**Suitable For: Adolescents**



## Circle Time for Junior Primary

A set of 40 sessions covering topics including; welcoming, listening, appreciating, joining in, friends, special occasions, cooperating, helping, feelings, managing myself, making mistakes, encouraging myself and others, and many more. Each session includes a welcoming activities, warm ups, main activity, discussion question, concluding activity and follow up suggestions.

**Suitable For: Primary School**



**Best Seller**

## Circle Time Games and Activities Book

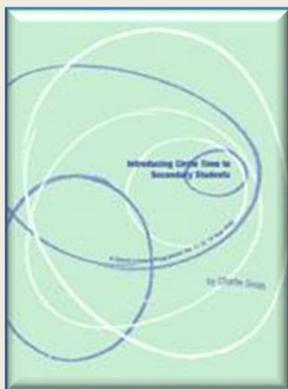
The kit includes a booklet full of ideas, activities and games, complete with B & W image cards, feelings cards and character cards. Includes an explanation of Circle Time along with a host of ideas, activities and games suitable for multiple age groups.

**Image Cards** - for imaginative activities like storytelling and discussion

**Feelings Cards** - for building an emotional vocabulary and learning to read faces and body language

**Character Cards** - for identifying positive traits in self, friends and relationships

**Suitable For: Primary School/Adolescent**

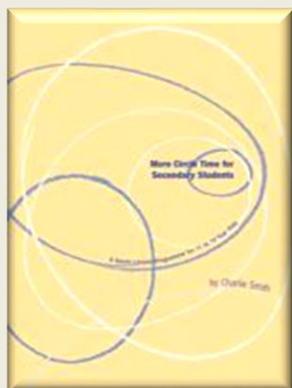


## Introducing Circle Time in Secondary School

This resource comprises of seven sessions with comprehensive facilitator notes and copiable resources. Topics covered include: **listening, friendship, bullying, anger.**

This book will assist pupils to develop three key areas: **awareness and development of self, development of personal skills, improve understanding of groups and group processes.**

**Suitable For: Adolescents**

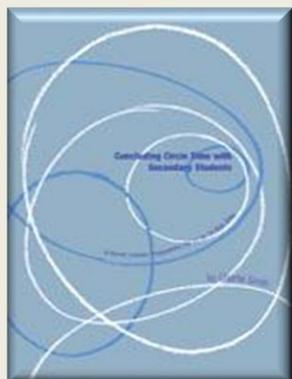


## More Circle Time in Secondary School

This resource comprises of seven sessions with comprehensive facilitator notes and copiable resources. Topics covered include: **feelings, communication, self-confidence, rights and responsibilities.**

This book will assist pupils to develop three key areas: **awareness and development of self, development of personal skills, improve understanding of groups and group processes.**

**Suitable For: Adolescents**

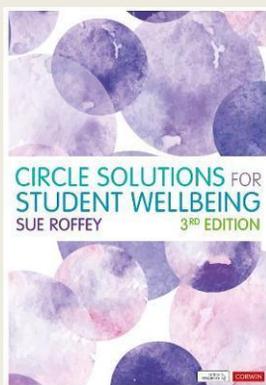


## Concluding Circle Time for Secondary Students

This resource comprises of seven sessions with comprehensive facilitator notes and copiable resources. Topics covered include: **peer pressure, individuality, disagreements.**

This book will assist pupils to develop three key areas: **awareness and development of self, development of personal skills, improve understanding of groups and group processes.**

**Suitable For: Adolescents**

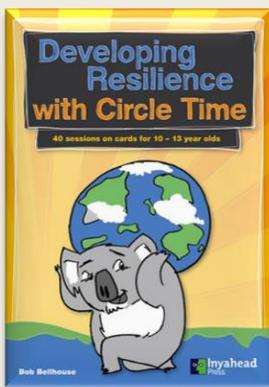


**Best Seller**

## Circle Solutions for Student Wellbeing – 3<sup>rd</sup> Edition

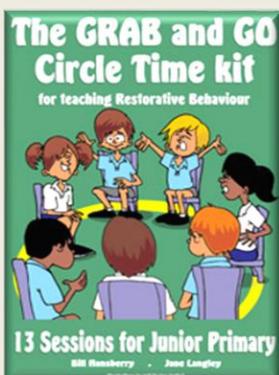
This new edition of Circle Solutions for Student Wellbeing addresses critical and contemporary issues for students aged 5-18. It has been updated to include: straightforward instructions on how to set up and run Circles for social and emotional learning (SEL) including the ASPIRE pedagogy for effective implementation how to boost the self-worth of students with a wide range of needs new content and activities on faith, race, gender, mental health and identity Online planning templates

The author's evidence-based approach to building a healthy classroom environment has proven to be a unique and invaluable intervention worldwide, enhancing the social and emotional well-being of both students and teachers.



## Developing Resilience with Circle Time

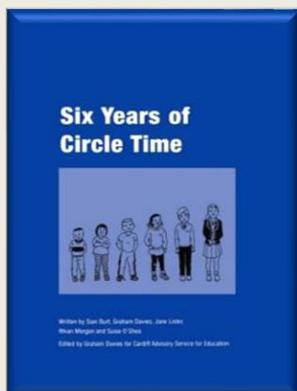
Circle Time is an ideal method for helping children to develop resilience in the classroom. This resource has 40 sessions on cards. These are easy to use and require minimal planning. They include; getting to know each other, trust building, self awareness, happiness, strengths, empathy, optimism, goal setting, coping, problem solving, decision making, managing emotions, help seeking and help giving.



## The Grab and Go Circle Time – for teaching Restorative Behaviour

Thinking and behaving restoratively does not come naturally to all kids. Evidence shows that schools that actively teach Restorative Thinking and Behaviour to students report less bullying behaviour; less anxious kids; less anxious parents and happier teachers. We have harnessed the Circle Time pedagogy to create thirteen wonderful sessions to teach Junior Primary Students how to think and behave restoratively.

**Suitable For: Primary School**

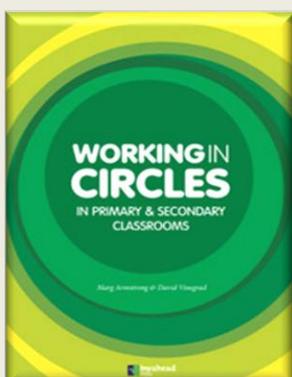


## Six Years of Circle Time

Provides a structured step-by-step curriculum framework with games and activities at every stage. Comes in 4 sections

- self esteem,
- communication,
- relationships and spiritual,
- moral development.

**Suitable For: Primary School/Adolescents**

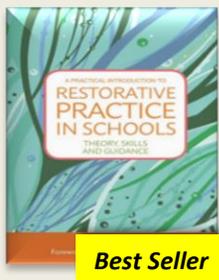


## Working in Circle in Primary & Secondary Classrooms

This book is a comprehensive manual for anyone wishing to use the circle in their classroom for community building; social skills; democratic decision making or just having fun together as a class. It is a complete guide - saving valuable time in searching for a collection of fun games or resources suitable for primary or secondary classrooms.

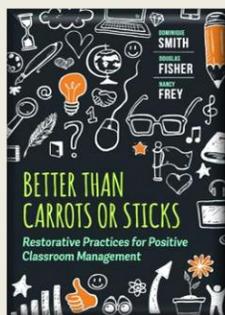
Circles in schools can build and create a sense of belonging trust loyalty and community-mindedness.

★ *RP trainings provided for Schools, Organizations, Community and Parents. Contact us to find out more!*



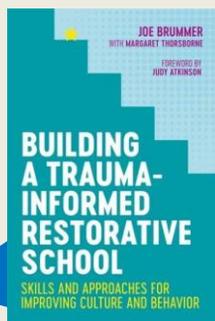
## A Practical Introduction to Restorative Practices in Schools: Theory, Skills and Guidance

A proven approach to conflict resolution in schools, this book shows how restorative justice can be successfully implemented in your school. Suitable for use in educational settings for children of all ages, it describes what restorative justice is and how it can be used to achieve school-wide benefits.



## Better Than Carrots Or Sticks

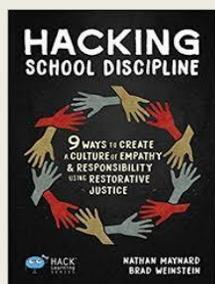
Classroom management is traditionally a matter of encouraging good behaviour and discouraging bad by doling out rewards and punishments. But studies show that when educators empower students to address and correct misbehaviour among themselves, positive results are longer lasting and more wide reaching. In Better Than Carrots or Sticks, provide a practical blueprint for creating a cooperative and respectful classroom climate in which students and teachers work through behavioural issues together.



## Building a Trauma Informed Restorative School

Covering both theory and practice, this book will teach educators everything they need to know about developing restorative practices in their education settings, in a way that is also trauma informed.

The first part of the book addresses the theory and philosophy of restorative approaches, and of trauma-informed and trauma-sensitive schools. The second part outlines the five restorative skills (mindfulness, honest expression, empathy, the art of asking questions and the art of requests), what they look like in practice (including using circles, respect agreements and restorative dialogue), and how to implement them

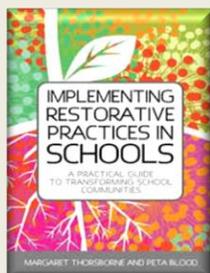


## Hacking School Discipline:

This book represents an ideal approach to managing student.

You learn to:

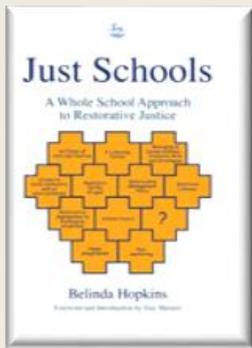
- Reduce repeated negative behaviours
- Build student self-regulation and empathy
- Enhance communication and collaboration
- Identify the true cause of negative behaviours
- Use restorative circles to reflect on behaviours and discuss impactful change



## Implementing Restorative Practices in Schools

Restorative practice is a proven approach to discipline in schools that favours relationships over retribution, and has been shown to improve behaviour and enhance teaching and learning outcomes. However, in order for it to work, restorative practice needs a relational school culture. Implementing Restorative Practice in Schools explains what has to happen in a school in order for it to become truly restorative.

# RESTORATIVE PRACTICES BOOKS



## Just Schools: A Whole School Approach to Restorative Justice

Restorative justice is a dynamic and innovative way of dealing with conflict in schools, promoting understanding and healing over assigning blame or dispensing punishment. It can create an ethic of care and justice that makes schools safer and happier, not only through reducing conflict, but also in terms of developing active citizenship skills, good self-esteem, open communication and team work in students.

**Suitable For: Adolescents/Adults**

## Restorative Practices – Peer Support

**Restorative Practices Singapore**  
 Tel: (65) 6252 7901 / 9126 4281  
 Email: info@rpsingapore.org  
 Website: www.rpsingapore.org  
 @RestorativePracticesSingapore

**Peer Support**  
 Becking, influencing and helping your peers.

**Before Approaches:**

- Do I have a good relationship with peer in need?
- Not possible reaches peer support needs, why has a better relationship to make the approach?
- Check on your roles:
  - Make sure you are feeling safe
  - Make sure you are calm and relaxed

**The Approaches:**

- Show that you care about the person and what they are trying to do
- Use "I" statements, not "you" statements
- Bring them to the table, deal with less clear actions needed, to have a chat
- Have a restorative chat, following the 4 questions
- During the chat, listen actively, nod, be empathetic
- Be empathetic, supportive and invite when required

**Restorative Chat - Questions:**

**What happened?**

- What happened?
- How are you feeling now?
- Did anything else happen?
- How do you think you could have done better?
- How do you think you could have done better?

**Who was affected?**

- Ensure you are safe and do not offend
- Encourage to peer, offer or yourself, to help inform teacher or trusted adult
- Use peer support or advice, approach, offer peer support, teacher or trusted adult

**What can you do to fix this?**

- Make eye contact
- Look and slightly lean towards peer to show interest in listening
- Let peer speak first and do not interrupt
- Encourage sharing the other's knowledge about the situation
- Look out for underlying feelings and needs
- Seek teacher or trusted adult help when needed

## Restorative Practices – Script Cards (3rd Edition)

**Pointers:**

- Provide for silence
- Be incident focused
- Explore the harm completely
- Connect with everyone present

**Restorative Practices Values:**

- Responsibility
- Respect
- Compassion
- Support
- Restoring
- Restitution

**Restorative Practice Guiding Principles:**

- Working WITH people
- Sameness is not fairness

For more information about Restorative Practices and training Please contact:

**Restorative Practices Singapore**  
 Tel: (65) 6314 4831  
 Fax: (65) 6234 4651  
 Email: info@rpsingapore.org  
 www.rpsingapore.org

To the Wrongdoer	To the Victim	When Shook
<ul style="list-style-type: none"> <li>What happened?</li> <li>What was going through your mind at that time?</li> <li>What are you trying to do now?</li> <li>Who has been affected by what you did? How?</li> <li>What can you do to fix this up?</li> <li>What can I do to help you?</li> </ul>	<ul style="list-style-type: none"> <li>What was going through your mind when it happened?</li> <li>What do you think you could have done better?</li> <li>What do you need to do to fix things right?</li> <li>Is there anything you regret in any?</li> </ul>	<ul style="list-style-type: none"> <li>What was the right thing to do?</li> <li>What do you want when you are done?</li> <li>What do you need to fix things up?</li> <li>What are you sorry for? Can you take responsibility for it?</li> <li>If you had the chance again what would you do differently?</li> <li>What should happen if this happens again?</li> </ul>

## Restorative Practices – Peer Mediation

**Restorative Practices Singapore**  
 Tel: (65) 6252 7901 / 9126 4281  
 Email: info@rpsingapore.org  
 Website: www.rpsingapore.org  
 @RestorativePracticesSingapore

**Questions:**

- What happened?
- What were you thinking at that time?
- Who has been affected?
- In what ways were these people affected?
- What do you need to do to fix things right?
- Is there anything you regret happened?
- How can we make sure that this does not happen again?
- What can we do to support you?

**Pointers:**

- Find a suitable time and place, include all parties who are responsible to talk
- Do not rush the process of restorative chat
- Let the students find their own words
- Do not rush, give them time to think
- Encourage a response booklet when needed
- Validate both parties with their strengths

**When Shook:**

- Is there anything you regret happened?

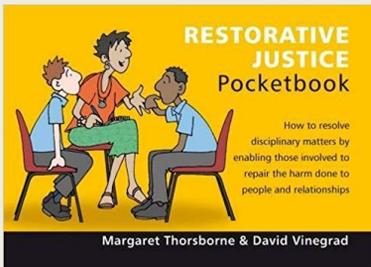
**Mediation Skills:**

- Keep calm
- Listen carefully to each party
- Focus on the incident
- Show Care and Compassion

## Restorative Justice Pocketbook

Schools that have adopted the ancient principles of restorative justice in their approach to disciplinary matters are reporting better relationships with young people, greater engagement in learning, and a greater development of social and emotional competence among learners. Not surprisingly, interest in restorative practices is growing. The highly visual "Restorative Justice Pocketbook" provides an introduction to restorative practice (RP) in schools. Using cartoons, diagrams and visual prompts to support the text, it begins with some background to the approach and outlines a process that offers high levels of support to both victims and culprits.

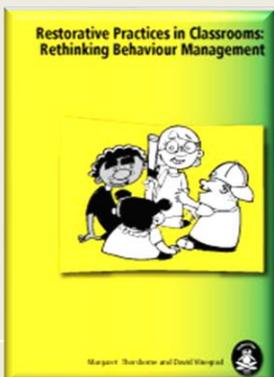
**Suitable For: Primary School/Adolescents**



## Restorative Practices in Classrooms: Rethinking Behaviour Management (while stock last)

Offers the productive middle ground of proven scripts that give new practitioners a starting framework for what to say in the face of difficult conflicts without being prescriptive. The manual is clearly presented taking practitioners in gentle stages through the rough realities of confronting injustices in school.

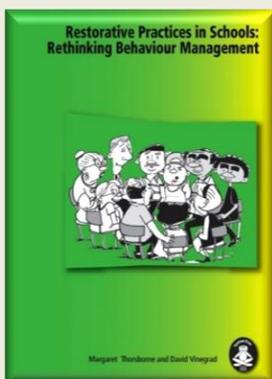
**Suitable For: Primary School/Adolescents**

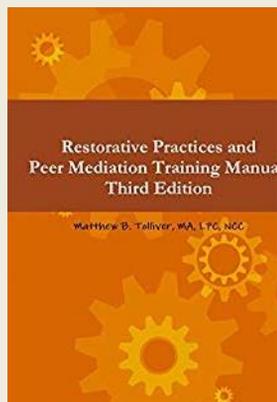


## Restorative Practices in Schools: Rethinking Behaviour Management (while stock last)

A 'just' school is a place where victims and offenders and their respective communities of care are active participants in processes that ensure equal justice and fairness. Victims are empowered to have their needs met and to have their experience validated. Offenders are able to tell their stories and be given the chance to make amends. This book takes you through the restorative practice process with chapters on: deciding whether to conference or not, conference preparation, convening the conference, managing the emotional dynamics, what if? Appendices and case studies.

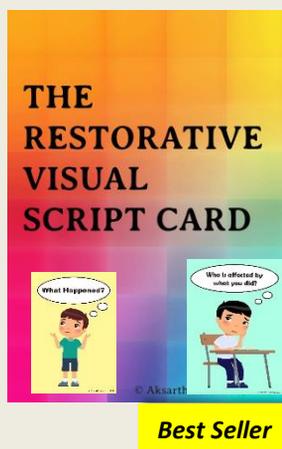
**Suitable For: Primary School/Adolescents**





## Restorative Practices and Peer Mediation Training Manual

This manual was created to assist in the implementation of peer mediation/peer court programs utilizing restorative practices through mediation and arbitration. It includes information and handouts for both the adult facilitator and the students being trained. Hands-on activities help keep students involved and participating. Answer keys are included for the various student worksheets and activities. A separate workbook with only the student worksheets is also available.



## Restorative Visual Script Card for Girls ( Early Years)

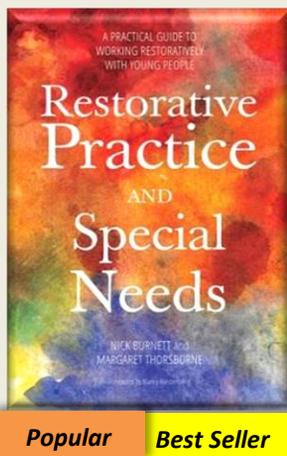
## Restorative Visual Script Card for Boys ( Early Years)

Visual Script aims to support these groups by:

- Helping them to identify and express their feelings and thoughts, and understand those expressed by others. (expressive and receptive language)
- Providing them a concrete aid to help them follow what may be an abstract process.
- Providing the facilitator with language that is brief, clear and concise.

**Best Seller**

★ **Training provided. Contact us to find out more!**



## Restorative Practices and Special Needs

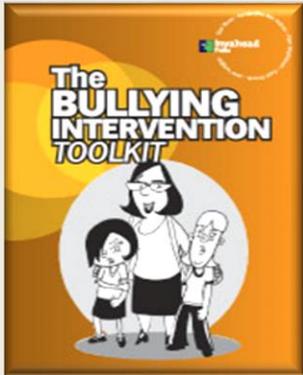
This practical guide explains how to implement restorative approaches with young people with special needs in educational or residential settings. The book explores how RP is being used in general terms and through a number of case studies looks at how RP needs to be adapted for those with additional needs including Autism Spectrum Disorder, ADHD, Foetal Alcohol Spectrum Disorder, Intellectual Disability and communication difficulties. It includes guidance on particular issues such as staff facing crises, the issue of physical restraint and additional support parents require.

**Suitable For: Primary School/Adolescents**

**Popular**

**Best Seller**

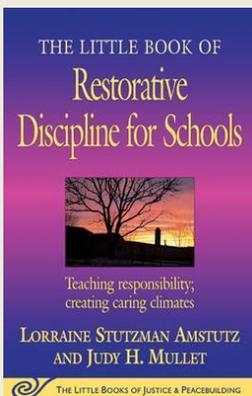
★ **Training provided. Contact us to find out more!**



## **The Bullying Intervention Toolkit**

Aims to provide schools with a range of effective bullying intervention strategies. The strategies are all solution focused, encourage individuals to make pro-social choices, avoid labelling and aim to educate and heal, rather than punish. Effective intervention occurs when teachers have a range of strategies, with the accompanying knowledge and skills to know when - and when not - to use them. Making a choice about which approach to use is critical to the success of the intervention.

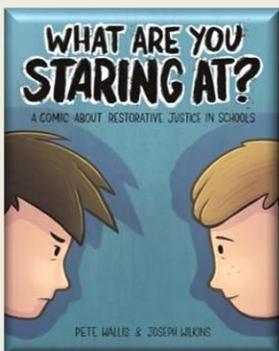
**Suitable For: Primary School/Adolescents**



## **The Little Book of Restorative Practices**

This book explains about applying restorative justice at school and can build a healthier and more by practical applications and models.

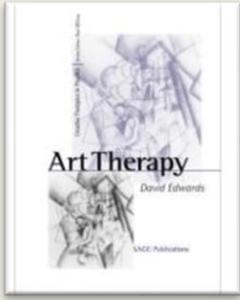
**Suitable For: Primary School/Adolescents**



## **What Are You Staring At? A Comic About Restorative Justice In Schools**

Designed for use in schools, this comic teaches children about restorative justice through the story of Jake and Ryan. After a misunderstanding between Jake and Ryan leads to a fight in the playground, both boys are left feeling angry and fearful about what might happen when they see each other again. Rather than keeping Jake and Ryan apart, their teacher arranges a restorative meeting to allow the boys to understand the situation from the other's perspective and transform their negative emotions into positive ones

**Suitable For: Primary School**

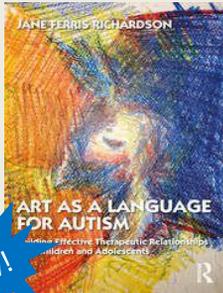


## Art Therapy

Art Therapy provides a concise introduction to theory and practice, brought to life through case material and examples of artwork produced during therapy sessions. Written by practicing art therapist Dave Edwards, the book explains key theoretical ideas - such as symbolism, play, transference and interpretation - and shows how these relate to practice.

**Suitable For: Primary School**

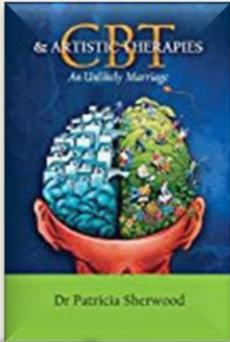
**Addon: ArtTherapy Card**



New!

## Art as a Language for Autism

Art as a Language for Autism addresses the clinical challenges that are common in working with autistic spectrum disorder by exploring how artistic expression can provide a communicative language for younger clients who are set in their thought processes and preferences. Exploring how both art and play-based approaches can be effective tools for engaging therapeutic work, this book introduces strategies to help young patients find expressive "languages" that can fully support communication, expression, and empathic understanding, as well as build skills for relaxation, calming, and coping. **Addon: ArtTherapy Card**

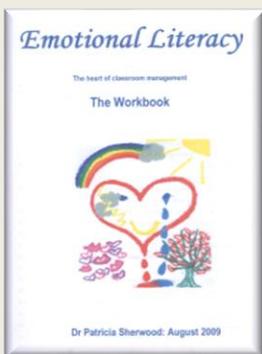


Popular Best Seller

## CBT and Artistic Therapies, An Unlikely Marriage

A book for the expansion of counselling tools to include interventions that are suitable for clients that have low levels of verbal skills or are non-communicative. These artistic sequences are particularly suitable for children and adolescents. This approach to the artistic therapies provides repeatable sequences for counsellors that are compatible with the core tenants of CBT therapy including relaxation and self-regulation, guided image creation, social skills training, behavioural experiments, restructuring and reframing, exposure, desensitisation and relapse prevention.

***\* Training provided. Contact us to find out more!***

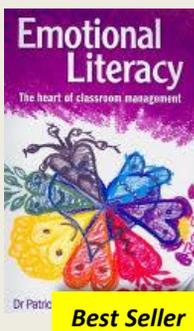


## Emotional Literacy Workbook

The worksheets are divided into five categories:

- Responsible Decision Making
- Self Management
- Self Awareness
- Social Awareness
- Relationship Skills

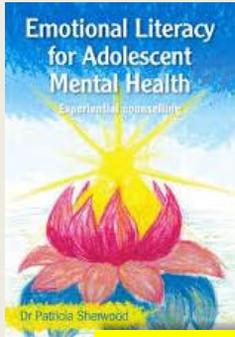
**Suitable For: Primary School/Adolescents**



Best Seller

## Emotional Literacy – The Heart of Classroom Management

Designed to turn classrooms into heart spaces, Emotional literacy offers a range of non-verbal and specific artistic exercises that gives children the tools and languages to explore and manage their feelings. Children learn to identify the basic emotions of childhood: anger, fear, grief and loss, and aloneness in their bodies. They acquire tools to manage these emotions and to transform them into peace, safety, joy and connectedness with simple expressive exercises using sound, colour, movement, gesture, clay, sand and sensing

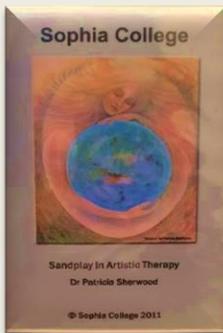


**Best Seller**

## Emotional Literacy for Adolescent Mental Health

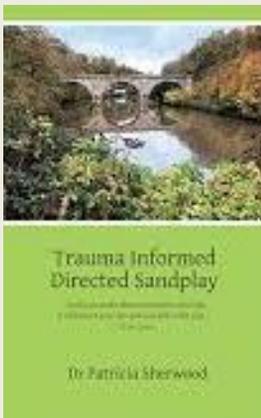
In *Emotional Literacy for Adolescent Mental Health*, Dr. Patricia Sherwood recognises that traditional talk therapy may not always be the best approach. Adolescence is defined as a time when personal privacy is important and verbal communication is often confined to peers in whom young people feel they can trust.

This ground breaking book therefore offers a diversity of non-verbal experiential exercises, skills and interventions for working with adolescents who may be facing particular challenges at a complex time in their lives.



## Sandplay in Artistic Therapy CD

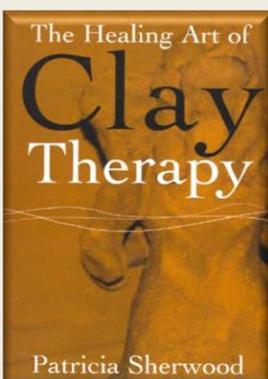
A CD containing videos with a step-by-step approach of how sand play therapy may be applied in real life cases. These strategies are applicable when working with children, families and adult individuals.



## Trauma Informed Directed Sand play

Sand play is powerful in making conscious, the unconscious in the matter that is compassionate, soulful and transforming. This book elucidates directed sand play sequences which rapidly reveal the core dynamics underlying the presenting issue. Dr. Sherwood combines the traditional strengths of sand play therapy with innovative, focused insight creating processes which are achievable in time limited therapeutic contexts.

★ *Training provided. Contact us to find out more!*

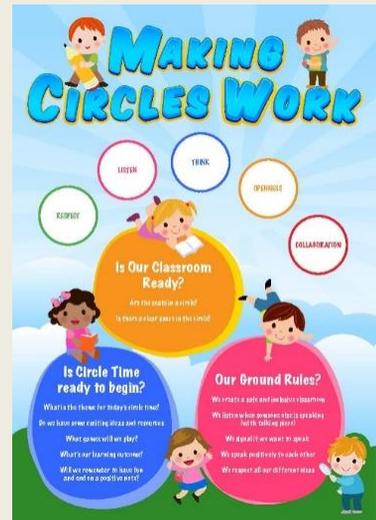


## The Healing Art of Clay Therapy

Strong, concrete, immediate and empowering – these are the qualities of clay therapy. Clay therapy gives the inarticulate client a powerful medium through which to convey his/her experience directly with the counsellor. Clay therapy is used to work vividly and transformative with anger, grief, fear, family of origin issues, couple communication and blocked speaking. One benefit is that in working with the malleable material of clay, the clients own insight arises with the emerging clay representation of their experience

## Circles Posters

We can customize the posters to your requirement (e.g. include school logo, values)  
Available in A1, A2 and A4 sizes.



## 8 Important Study Habits

Available in A1,A2 and A4 Sizes.



## Restorative Practices

### Traffic Light Posters

Available in A1,A2 and A4 Sizes  
Also can be mounted on Foam Board



Popular

Best Seller

## Cyber Wellness

As we embark into a digital age, it is important to take the necessary precautions to stay safe online. Did you know there are rules to follow online? Our Cyber Wellness Poster came about in collaboration with our Cyber Wellness training. It highlights the key rules to follow online and serves to remind kids, youth and even adults of net etiquette. If you are interested, we can customize the poster to incorporate your school values too.

The poster is available in various sizes and made in Singapore. Talk to us to find out more.

**Items sold separately.**  
**Collaborated with a school.**

★ **Training provided. Contact us to find out more!**



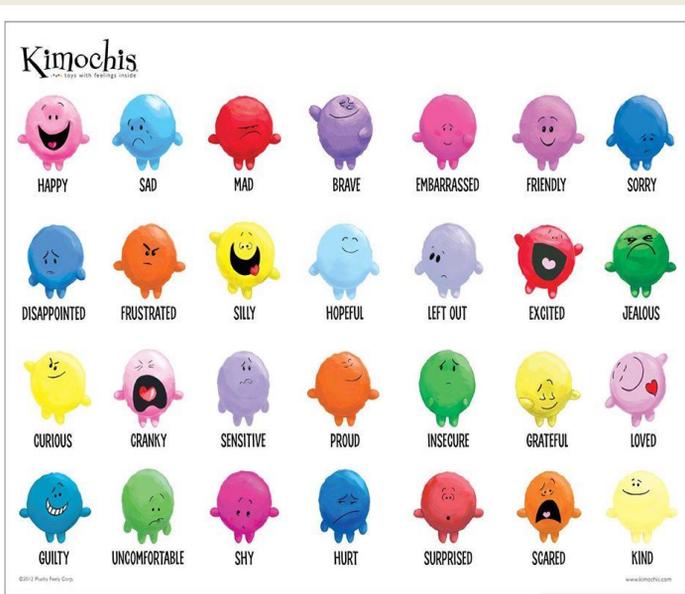
## Kimochis Poster

Perfect for home or classroom, full colour poster is a fun way to build a child's emotional vocabulary.

They are communication tools that give children the knowledge, skills and attitudes they need to recognize and manage their emotions, demonstrate caring and concern for others in order to make responsible decisions to handle challenging situations constructively.

KIMOCHI ( KEY – MOE – CHEE ) means “feelings” in Japanese

**Available in different Languages like Mandarin, Malay, Tamil, Korean, French, Hindi,**



Popular

Best Seller

## Gift Voucher

Purchase Gift Voucher from us to gift to your loved ones on their Special Day!!!

**Available Vouchers:**  
**\$50, \$80, \$100, \$150, \$200.....**



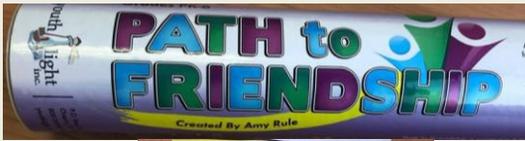


(Picture is for reference only)

## **Growth mindset / Self affirmation Sticker**

Laminated Floor Sticker. Size, Words – Can be customized.

- Full Colour
- Scratch Resistant
- Water Proof
- Non Slip Lamination
- Printed with HP Latex original ink
- Installation at your site included.



## Path to Friendship Mat – Social Success Mat

The Path to Friendship Social Success Mat is an innovative tool to teach the social skills needed to engage in meaningful conversation using friendly body language to build lasting friendships.

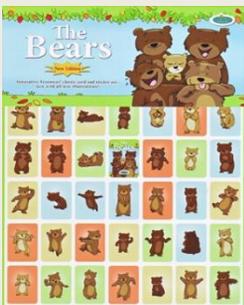
Printed in full-color on 12 ft x 1 ft durable vinyl, packaged in a rigid cylinder and can be easily rolled out anywhere outside and even held close at hand in the counselling office, principal's office and in the classroom.



## Peace Walk® Conflict Resolution Mat

The Peace Walk® Conflict Resolution Mat is an innovative tool that focuses on coping, communication skills and working together. Students learn how to make and accept an apology, forgive and move on. They will recognize that feelings do matter and the importance of using their words to solve problems. The Mat includes 7 steps to resolving a conflict beginning with recognizing how each student is feeling in the moment and ending with a handshake.

Printed in full-color on 12 ft x 1 ft durable vinyl, packaged in a rigid cylinder and can be easily rolled out anywhere outside and even held close at hand in the counselling office, principal's office and in the classroom.



Bears



Stones.. Have Feelings Too

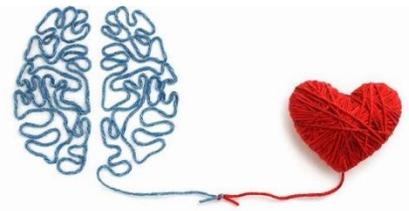


Strength Cards For Kids



Strength Cards

# Clips of our Training



## List of Training

*Catered for Adults & Children*

### ☐ Artistic Therapy Workshops

#### ✓ Certified Programmes

- Colour Therapy
- Clay Therapy
- Sand-play Therapy
- Drama & Movement Therapy
- Play Therapy

#### ✓ Professional Programmes

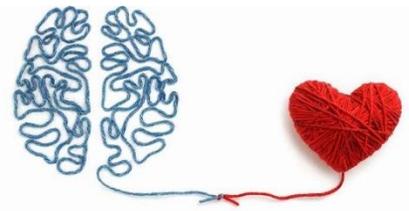
- CBT & Artistic Therapy
- Addiction (Internet and Gaming)
- Trauma –Informed Sand Play Therapy
- Engaging Special Needs with Art Therapy



### ☐ Other visual-based workshops

- Managing Anxiety with Visual Tools and Experiential Approaches
- Visual Therapeutic Tools for Mental Health (River, Roads and Trains card)
- Cars R Us
- Journeying with Genograms and Strengths timeline
- Strengths
- Self-care

# Clips of our Training



## List of Training

*Catered for Adults & Children*

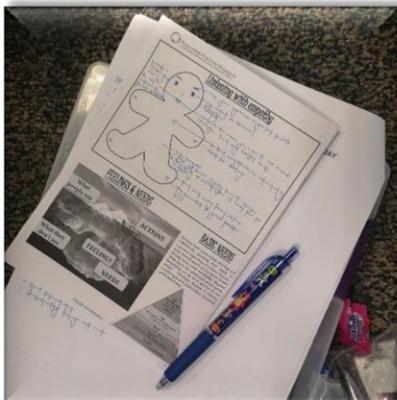
### ☐ Restorative Practices Workshops

- Introduction to Restorative Practices (RP)
  - Whole school / Community
  - Refresher
  - Facilitation skills
  
- RP and Bullying
- RP and Special Needs
- RP Conferences



### ☐ Relational Circles workshops

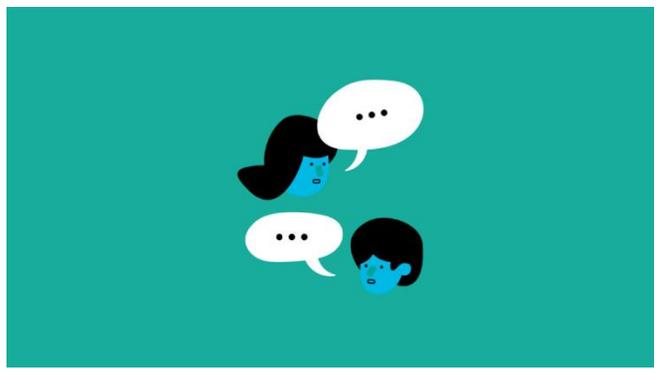
- Introduction to Relational Circles (RC)
  - Whole school / Community
  - Refresher
  - Facilitation skills
  
- RC with Challenging Students
- RC with Special Needs



### ☐ Other Workshops

- Peer Support
- Peer Mediation
- Growth -Mindset
- Mindfulness
- Self Regulation
- Compassionate Communication

# Our Showroom



Head over to our showroom to enjoy an exclusive experience of learning and exploring deeper into the endless spectrum of our visual resources.

Worry not as we have fantastic consultants who can guide you along the way and offer you interesting insights into the usage of these cards which can then support in your area of expertise or simply add to your collection!

## CONTACT US

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THANK YOU