

## MENTAL HEALTH & WELL-BEING RESOURCES



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**ALL  
AGES**

Dear Colleagues

Welcome to our latest catalogue, which is packed full of practical resources. At Inprint Educational we are experts in providing effective teaching resources. In this catalogue you will find an exciting range of motivating, useful and engaging products to help with your lessons on the essential social, emotional and behavioural skills that underpin success for children and young people.

This is just a limited selection of our resources, please visit our website to see the full range.

[www.inprinteducational.com](http://www.inprinteducational.com)

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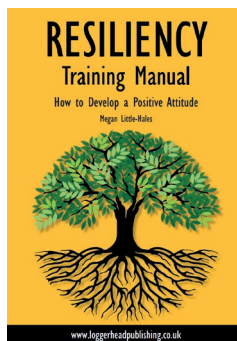
The Inprint Educational Team

## BEST SELLERS

### Little Tin of Big Worries

For more information please see page 3

Ref 1-300-CI £29.95\*



### Resiliency Training Manual

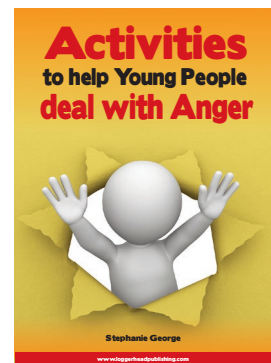
For more information please see page 24

Ref 191-CI £45.00

### Activities to Help Young People Deal with Anger

For more information please see page 5

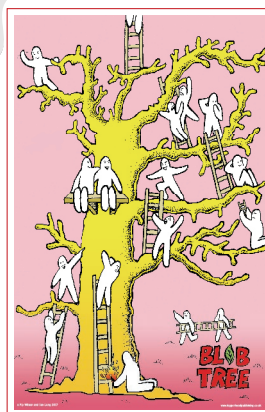
Ref 231-CI £36.99



### Mindfulness in the Early Years

For more information please see page 2

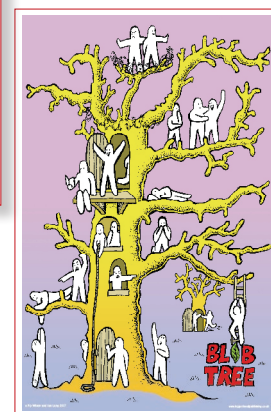
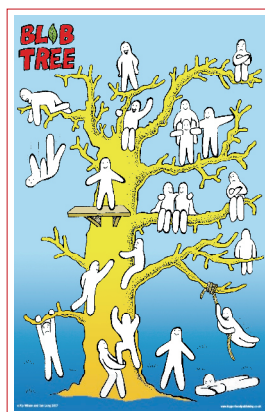
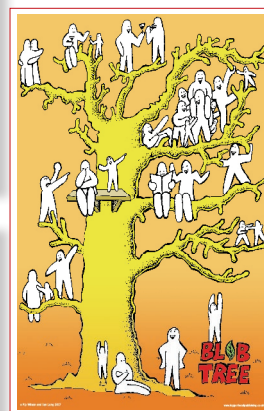
Ref 182-CI £12.50



### Blob Tree Posters

For more information please see page 11

Ref 190-CI £32.50



## It's so easy to order

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

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International: **+44 (0)28 90795**

## The Mental Health and Well-Being Programme

Activities and exercises to enhance well-being for all ages

By Penny Moon

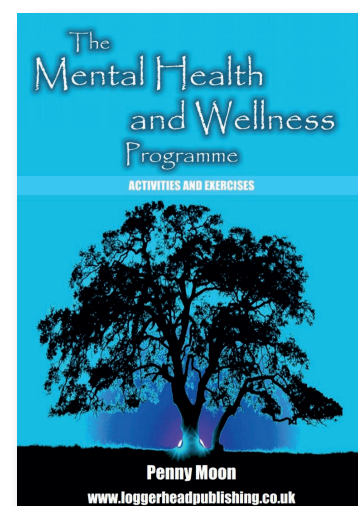
Based on the concept of 'holism' in its fullest sense, this well-being programme utilises both traditional and complementary approaches in support of the whole person – mind, emotions, body and spirit. Working in the context of their whole life, it incorporates support for the individual, the family, school staff and, where applicable, the wider community.

Each chapter provides background along with activities and exercises, culminating in ideas to develop outside the classroom. Contents include:

- Pioneering approaches to well-being in education
- A holistic educational model
- A healing environment
- The relaxed classroom
- Physical aspects

The book also includes guided visualisations and relaxation exercises.

All ages, A4, photocopiable, 164 pages ISBN 978-1-8384416-4-7



**Mental Health and Well-Being Programme** Ref 338-CI £45.00

## Blob Colouring Book

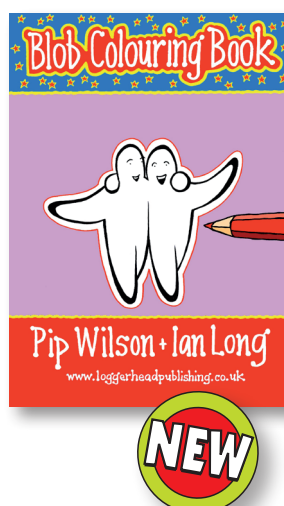
Experience the Blobs as never before – highlight feelings, annotate and reflect upon life as you colour them in.

By Pip Wilson & Ian Long

It is designed to be used both as a personal calming set of images, and for professionals to photocopy and provide as a resource for small and medium sized groups. The images also incorporate significant phrases which lie at the heart of personal growth and encouragement. Sections include:

- Angrr! • Attitude • Mental Health
- Charitable • Sadness • Relationships
- Behaviour • Grit

A4, 94 pages ISBN 978-1-9164122-2-4



**Blob Colouring Book** Ref 335-CI £32.50

## Resilience Workbook

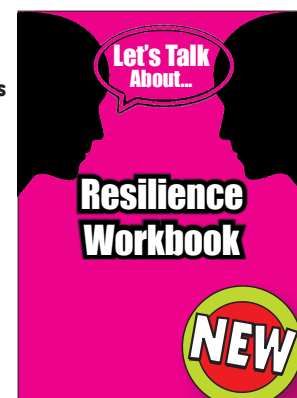
A reproducible activity workbook for developing positive mental health skills

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

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

- Creativity: Benefits; Boost your imagination
- Hope, positivity and optimism: Attitudes; Challenges as opportunities;
- Humour: Good humour vs. bad humour; Building resilience with the power of humour;
- Insight: The world can be your teacher; Self-reflection; Search for insight;
- Relationships: Supportive relationships; How to show gratitude; Positivity

Ages 11+ 84 pages, A4, photocopiable



**Resilience Workbook** Ref 339-CI £45.00

## Positive People Posters

An excellent resource for encouraging young people to acquire positive thoughts and habits

By Eve Wilson

A set of 5 posters which offer descriptions of all aspects of personal development: being resilient; forming good relationships; caring for the environment; being mentally and physically healthy; having a lively mind.

The posters have been attractively illustrated by Elphin Lloyd-Jones, designer and director of the Animals of Farthing Wood TV series.

A3 ISBN 978-1-??????



**Positive People Posters** Ref 320-CI £25.00\*

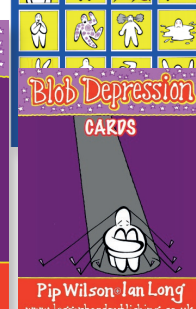
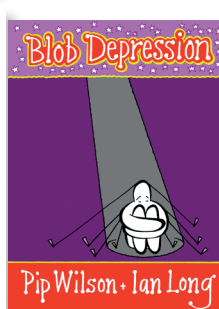
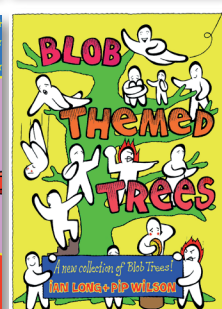
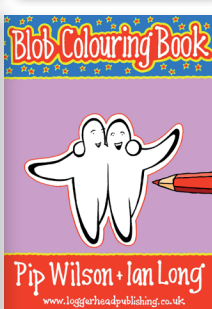
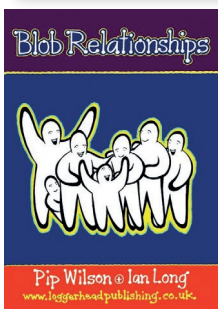
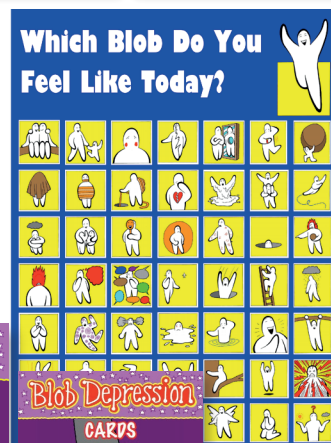
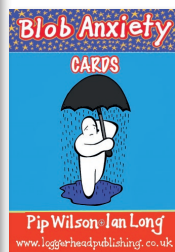
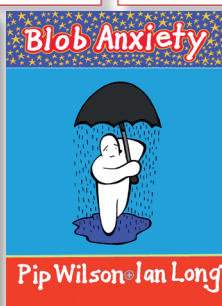
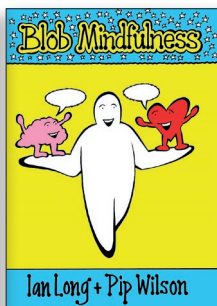
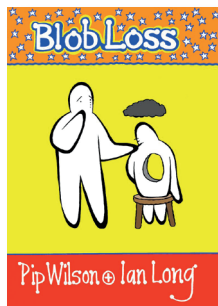
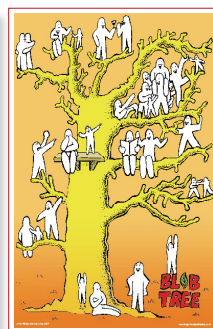
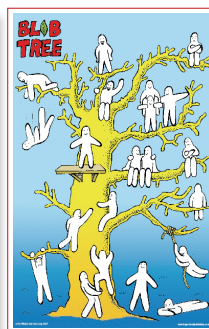
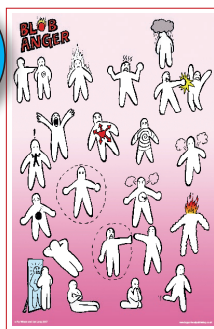




## Blob Collection

This value set includes:

- Blob Anxiety • Blob Anxiety Cards • Blob Depression • Blob Colouring Book • Blob Relationships • Blob Resilience • Blob Kindness • Blob Mindfulness • Blob Relationships • Blob Loss • Blob Themed Trees • Blob Tree Posters • Blob Emotions Posters • Which Blob do you Feel Like Today? Poster



**Blob Complete Collection**

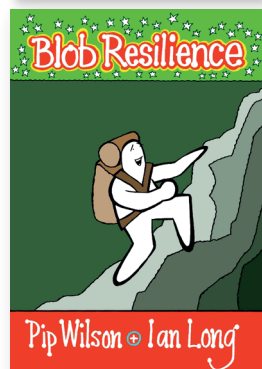
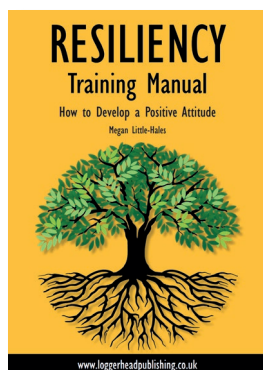
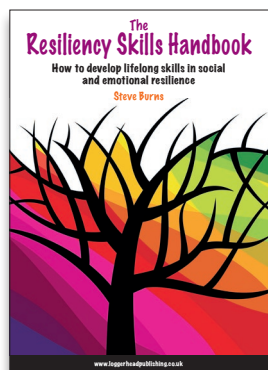
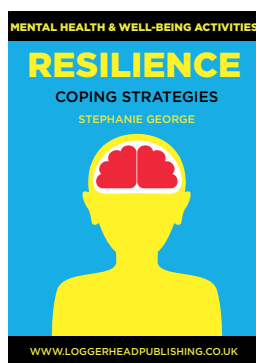
Ref 337-CI

**£349.95\***

## Resiliency Collection

This value set includes:

- The Resiliency Skills Handbook
- Resiliency Training Manual
- Blob Resilience
- Resilience Coping Strategies
- Let's Talk About Resilience Discussion Cards
- Inner Strength Cards



**Resiliency Collection**

Ref 336-CI

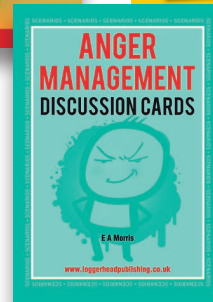
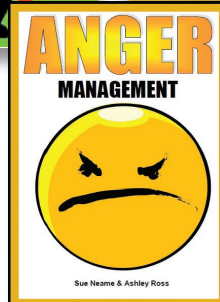
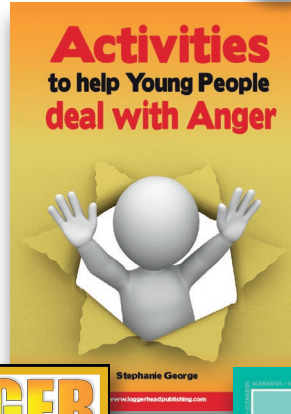
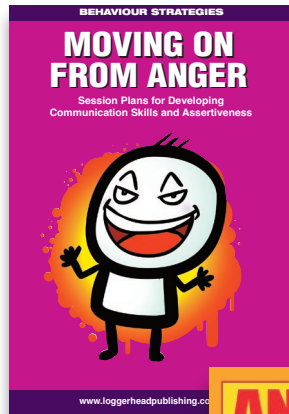
**£209.95\***



## The Complete Anger Management Toolkit for Ages 5-11

An invaluable kit containing 7 different resources:

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

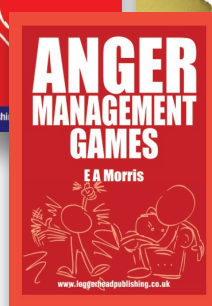
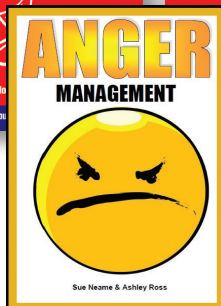
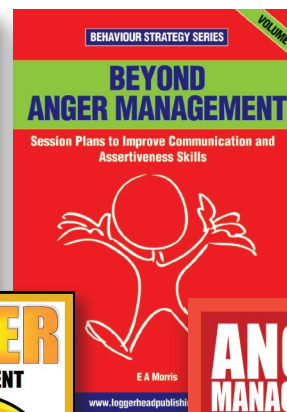
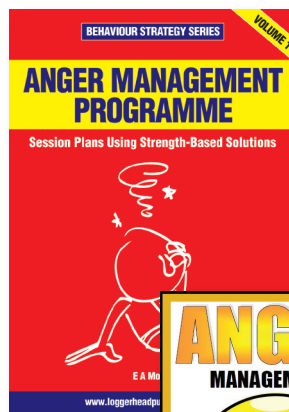


The Anger Management Toolkit for Ages 5-11 Ref 154-CI £199.00\*

## The Complete Anger Management Toolkit for Ages 11-18

An essential kit containing 7 different resources:

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



The Anger Management Toolkit for Ages 11-18 Ref 151-CI £199.00\*

## Let's Talk About Anxiety Workbook

50 discussion cards to help deal with anxiety

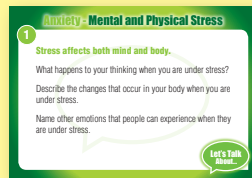
By Ester R A Leutenberg & Carol Butler Cooper

The mind affects the body and the body affects the mind. What hurts one, hurts the other. What helps one, helps the other. Anxiety can be life-saving, giving energy to fight or run from an attack. Anxiety can be paralysing, like stage fright or a nightmare when someone cannot move or scream. Anxiety usually signifies that something needs to change or be changed.

These discussion cards help to explore five crucial areas with regards to anxiety:

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

Ages 11+ 50 cards, booklet ISBN 978-1-909380-41-7



**Let's Talk About Anxiety** Ref 236-CI £32.00\*

## Anxiety Workbook

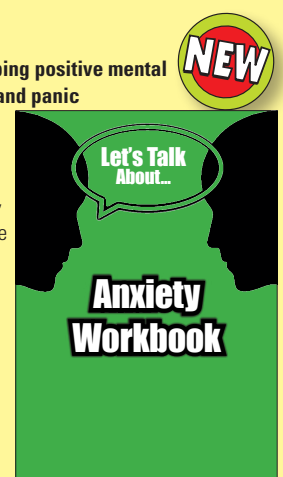
A reproducible activity workbook for developing positive mental health skills and overcoming tension, worry and panic

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

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

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

Ages 11+ Approx. 80 pages, A4, photocopiable ISBN 978-1-9164122-8-6



**Anxiety Workbook** Ref 304-CI £45.00

**SPECIAL OFFER**

**PURCHASE THE ANXIETY WORKBOOK AND CARDS TOGETHER AT A SAVING** Ref 340-CI £69.95\*

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

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

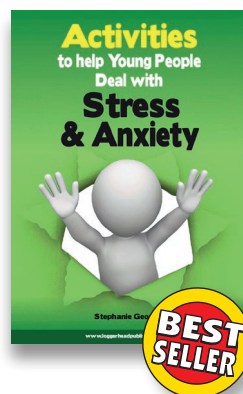
By Stephanie George

There is a lot of pressure on young people today and this can lead to stress and anxiety. These activities will help them understand what is happening and learn coping strategies. The activities address key aspects of the social learning curriculum in particular and include:

- Stress – What is it? • Anxiety – What is it?
- Stress & Anxiety Initial Self-Assessment
- Target Setting and Action Planning • A Letter from School • My Stress Signs • Ways of Coping
- Dilemmas • The Stress Matrix • Great Expectations • The Perfect Me • How I Feel • I Feel Good • Meditation • This is my Life • It's About Time

80 pages, A4, photocopiable. Ages 11-18. ISBN 978-1-909380-86-8

**Activities to Help Young People Deal with Stress & Anxiety** Ref 171-CI £36.99



## Blob Colouring Book

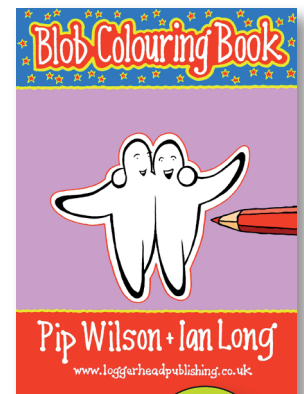
Experience the Blobs as never before – highlight feelings, annotate and reflect upon life as you colour them in.

By Pip Wilson & Ian Long

It is designed to be used both as a personal calming set of images, and for professionals to photocopy and provide as a resource for small and medium sized groups. The images also incorporate significant phrases which lie at the heart of personal growth and encouragement. Sections include:

- Angrr! • Attitude • Mental Health
- Charitable • Sadness • Relationships
- Behaviour • Grit

A4, 94 pages ISBN 978-1-9164122-2-4



**NEW**

**Blob Colouring Book** Ref 335-CI £32.50

## Blob Calm Fans

Use open questions to explore the calm cycle from being hyperactive, through the process of calming down, until finally a sense of calm is achieved, which can look quite different to each person.



**Blob Calm Fans (10)** Ref 298-CI £37.95\*

## Blob Anxiety Fans

Use open questions to explore the anxiety cycle from triggers to becoming anxious, the sense of panic, becoming more overwhelmed and finally reaching a resolution.



**Blob Anxiety Fans (10)** Ref 297-CI £37.95\*



## Little Tin of Big Worries

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

By Eve Wilson & Katie Sarl

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

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

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

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

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

All ages. ISBN 978-1-907370-02-1

**Little Tin of Big Worries** Ref 1-300-CI £29.95\*

## Little Tin of Niggles

Discussion cards featuring 70 irritating moments that can trigger anger

By Eve Wilson

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

Subjects include:

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

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

ISBN 978-1-909380-84-4 Ages 11-18

**Little Tin of Niggles** Ref 1-321-CI £29.95\*

## Little Tin of Coronavirus Worries

Discussion cards to tackle the many anxieties surrounding this complex situation

By Eve Wilson

This invaluable resource pack of discussion cards will provide an excellent opportunity to address the changes pupils have experienced, to express and share their worries and the uncertainties they face, and help them to develop strategies in order to move forward with confidence.

The cards are organised into 4 themes:

**WORRIES** – friends, school work, family

**EMOTIONS** – anger, sadness, disappointment

**POSITIVES** – gratitude, determination, creativity

**THE FUTURE** – masks, plans, exams

A teachers' booklet is included in the pack with notes for guidance which offers suggestions for use with individuals or groups

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

All ages. ISBN 978-1-9161866-7-5

**Little Tin of Coronavirus Worries** Ref 323-CI £29.95\*

**BEST SELLER**



## Little Tin of Teenage Worries

70 discussion cards tackling big issues in the teenage world

By Eve Wilson & Katie Sarl

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

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

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

ISBN 978-1-909380-66-0

Ages 11-19

**Little Tin of Teenage Worries** Ref 1-309-CI £29.95\*



**BEST SELLER**



## Little Tin of Transition Worries

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

By Eve Wilson & Katie Sarl

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

Each card outlines one cause for concern, for example:

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

70 worry cards 90 x 130mm, 7 options cards, teachers' notes which offer suggestions for use with large groups, small groups and individuals, storage tin

Ages 10-12 ISBN 978-1-909380-83-7

**Little Tin of Transition Worries** Ref 1-320-CI £29.95\*



**BEST SELLER**



**PURCHASE ALL 5 WORRY TINS AT A SAVING**

**SPECIAL OFFER**

Little Tin of Big Worries, Teenage Worries, Transition Worries, Niggles and Coronavirus Worries Ref:328-LT £139.95\*

## Blob Anxiety Cards

48 cards to encourage discussion about anxiety

By Pip Wilson & Ian Long

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

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

48 cards 90 x 130mm, booklet, tin

ISBN 978-1-9164122-6-2



**Blob Anxiety Cards**

Ref 302-CI

£29.95\*

## Blob Anxiety

Visual, wordless sheets that explore many areas of anxiety, an important area of mental health

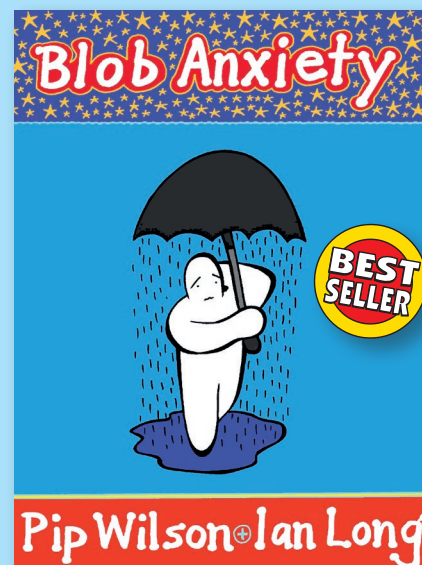
By Pip Wilson & Ian Long

The Blob Anxiety Book is a collection of visual, wordless sheets featuring the Blob characters exploring the topic of anxiety. It includes a series of discussion starters to be used with individuals, small groups, classes and even with conferences. Topics covered include:

- General anxiety • Worry
- Physical signs • Coping strategies • OCD
- Paranoia • Suicide • Secrets
- Self-harm • Eating • Memory loss

Suitable for everyone who works with children, young people and adults.

Ages 11-18 90 pages, A4, photocopyable, ISBN 978-1-909380-38-7



**Blob Anxiety Book**

Ref 242-CI

£32.50



**BUY BLOB ANXIETY AND BLOB ANXIETY CARDS AT A SAVING**

Ref 319-CI

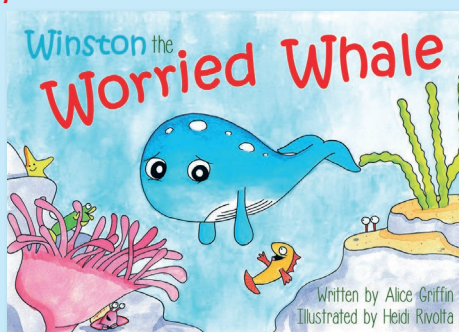
£59.50\*

## Winston the Worried Whale

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

Written by Alice Griffin

Illustrated by Heidi Rivolta



Winston is a blue whale and blue whales are the largest animals ever to have lived on earth. They are even bigger than dinosaurs! But Winston has a secret. Even though he is bigger than all the other sea creatures ... even though they all think he is brave and not scared of anything ... he has worries.

In this imaginatively illustrated picture book loveable character Winston the Whale takes young children on a journey through his worries, in turn helping them to think about how they can work through their own.

Ages preschool to 8 A4, 24 pages ISBN 978-1-909380-85-1

**Winston the Worried Whale**

Ref 182-CI

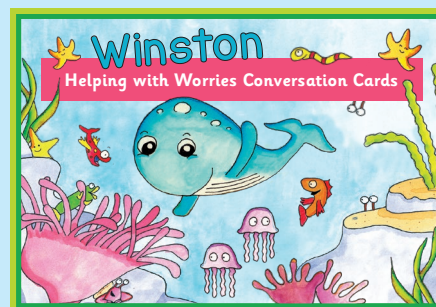
£12.50



## Winston - Helping with Worries Cards

30 cards to stimulate talking with young children about a wide range of worries

By Alice Griffin



A quick and easy way to observe and monitor any anxiety issues with particular children, examples of worries include:

- I'm worried that my friend doesn't like me any more
- I'm worried about singing in the Christmas show
- I'm worried that my trainers aren't fashionable
- I'm worried that everyone will laugh at my new glasses
- I'm worried about my parents divorcing

Perfect when used together with the *Winston the Worried Whale* story time resource.

30 cards 90 x 130mm, tin

ISBN 978-1-?????

**Winston - Helping with Worries Cards**

Ref 313-CI

£25.95\*



**PURCHASE THE WINSTON STORY BOOK AND CARDS AT A SAVING**

Ref 316-CI

£36.50\*



## The Resiliency Skills Handbook

How to develop lifelong skills in social and emotional resilience

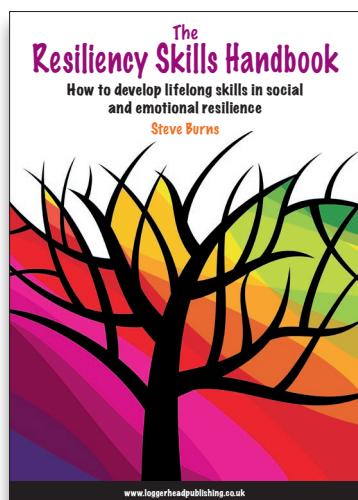
By Steve Burns

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

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

The resource includes exercises, stories, games and puzzles. They are suitable for either one-off lessons, looking at specific issues, or can be delivered as a series of developmental sessions which can also be adapted for accreditation.

Manual: 132 pages; includes printable CD-Rom with a further 128 pages of activities  
Ages 11-18 ISBN 978-1-909380-81-3



**Resiliency Skills Handbook**

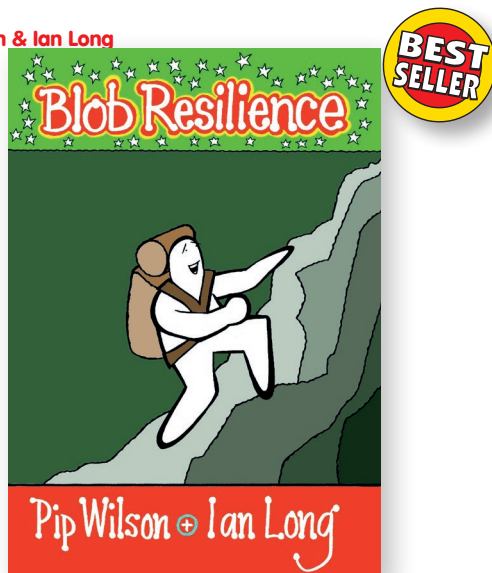
Ref 180-CI

£45.00

## Blob Resilience

Use the uniqueness of the Blobs to explore and enhance resilience

By Pip Wilson & Ian Long



The field of Emotional Resilience is rapidly expanding. This book is about developing resilience through a series of exercises, quotations, reflections and images. It does not provide answers; instead it offers a framework for discussion along with questions which can be made easier or harder depending upon the audience. Areas covered include:

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

A4, 94 pages ISBN 978-1-9164122-2-4

**Blob Resilience**

Ref 314-CI

£32.50

## Resiliency Training Manual

How to develop a positive attitude

By Megan Little-Hales

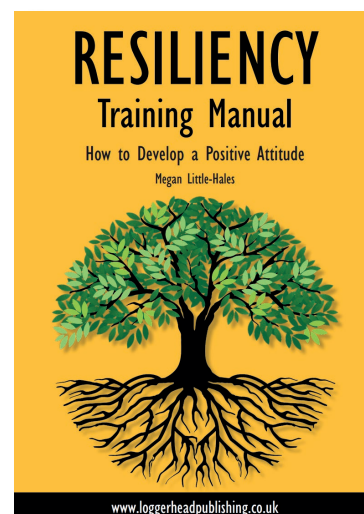
The stimulating activities in this excellent resource will help students develop resiliency skills to avoid feeling overwhelmed with stress, be strong,

to live more effective lives, make confident choices and decisions, and achieve their personal goals. Contents:

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

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

Ages 11-18 Approx. 160 pages, A4, photocopiable ISBN 978-1-9161866-5-1



**Resiliency Training Manual**

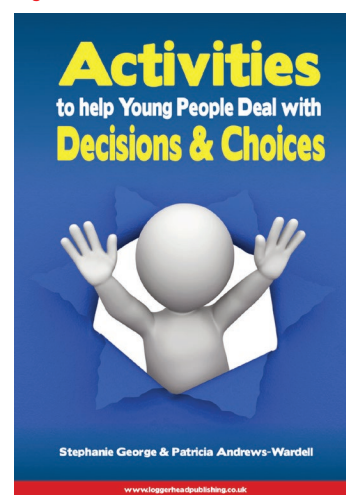
Ref 317-CI

£45.00

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

A resource to support teachers and pastoral staff to help students navigate the choices, well-being and character development journeys that they make each and every day

By Stephanie George & Patricia Andrews-Wardell



20 Choices and Decision-Making activities that cross the bridge between the pastoral and curriculum aspects of learning, including:

- Self-Assessment • Action Plan • Choices at 16 • Choices at 14

There is real pressure on our young people in modern society, when pressure leads to poor choices and decisions this can have undesirable consequences for young people who have so much to manage and juggle at a time of intense physical and emotional change.

This book is about helping young people to make informed choices and decisions.

ISBN 978-1-909380-92-9 Ages 11-18 A4, 80 pages, photocopiable

**Activities to Help Young People Deal with Decisions & Choices** Ref 198-CI £36.99

## Positive Affirmations Cards



**50 powerfully positive affirmation cards to build bouncebackability**

**By Liz Morris**

Use these affirmations to empower students to be resilient, confident, happy, positive, build up a better resistance to the challenges of life and acquire bouncebackability.

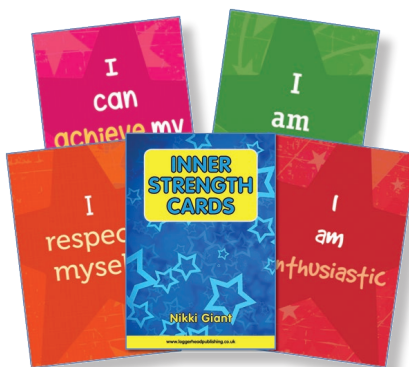
Ideal for work with groups or individuals who would like to:

- Address their feelings of anxiety
- Improve their self-esteem and self-confidence
- Acquire a more positive mindset
- Understand that they can learn new things and make changes.

**Positive Affirmations**  
Ref 312-CI

**£29.95\***

## Inner Strength Cards



**Help students build resiliency and self-esteem by finding their inner strengths**

**By Nikki Giant**

Use these Inner Strength Cards in discussions and other activities to help young people to adopt a more positive, healthy mindset, strengthen their inner sense of self and become more emotionally intelligent. The Inner Strength Cards can support the process of positive thinking and help young people to:

- Cope with stressful events • Manage disappointments and setbacks • Build healthy, long-lasting relationships • Be motivated to set and reach goals • Develop and maintain self-confidence.

Includes additional cards with introductory material, hints/tips and instructions for different activities.

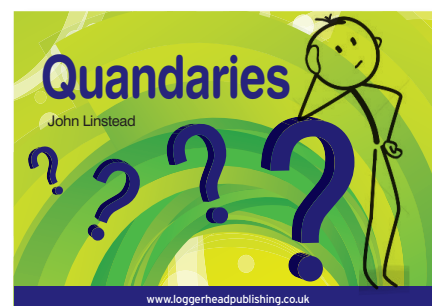
Ages 11-16. 55 cards 90 x 130mm.

ISBN 978-1-9909380-12-7

**Inner Strength Cards**  
Ref 209-CI

**£29.95\***

## Quandaries



**By John Linstead**

**30 discussion cards on a wide range of PSHE topics including fairness, bullying, risk-taking and social responsibility**

Generate discussion with a difference by posing these quandaries and encouraging responses by asking the questions given. Take it a stage further by finishing the session with the big/wider issue suggested. The areas covered include:

- Equality • Rule breaking • Bystanders
- Cyberbullying • Alcohol
- Strangers • Online safety • Courage
- Animal cruelty • Litter
- Climate change • Graffiti

30 A5 cards Ages 9-14 ISBN 978-1-909380-96-7

**Quandaries** Ref 194-CI **£29.95\***

## What Would You Do if ... ? Discussion Cards

### Choices

**Covers issues that young people face in today's society** **By Eve Wilson**

This unique resource covers topics that present concern in a young person's life. This set includes 30 laminated discussion cards which cover drugs, mobile phones, Internet chat-lines and other important

issues. Also included in the set is a supporting CD-ROM which contains the same 30 printable activity sheets together with full instructions and suggestions for use including a description of Edward de Bono's 'Thinking Hats'.

Includes a supporting CD-ROM. 30 cards.

Ages 11+ ISBN 978-1-907370-14-4

**What would you do if ...**  
You want to earn some extra money: a neighbour who is known to complain a lot offers you some work in her house?

**What would you do Choices**  
Ref 1-011-CI **£25.95\***

### Relationships

**Covering everyday situations around all kinds of relationships**

**By Eve Wilson**

Relationships is an area that often causes anxiety and problems to youngsters. These discussion cards examine a range of relationships including friendships, family, teachers and internet chat rooms. An accompanying CD-ROM contains the same 30 questions presented as printable activity sheets. Also includes full instructions and suggestions for use. The activities present a range of everyday, real-life, challenging situations all of which demand a decision. Participants are encouraged to suggest possible courses of action and in doing so will be able to develop important life skills and strategies.

Includes a supporting CD-ROM. 30 cards

ISBN 978-1-907370-17-5 Ages 11+

**What would you do if ...**  
You arrange to go and visit your elderly relative who can't get out but just as you are about to go, your friend turns up to take you to the cinema to see a film you've been dying to see?

**What would you do Relationships**  
Ref 1-013-CI **£25.95\***

### Dilemmas

**Helping young people consider what decisions they could make in a range of real-life situations**

**By Eve Wilson**

This useful resource covers themes which include safety, honesty and personal responsibility.

The set comprises of 30 laminated discussion cards plus supporting CD-ROM that offers the same 30 printable activity sheets together with full instructions and suggestions for use including a description of Edward de Bono's 'Thinking Hats'. The activities present a range of everyday, real-life challenging situations all of which demand a decision. Participants are encouraged to suggest possible courses of action and in doing so will be able to develop important life skills and strategies.

Includes a supporting CD-ROM. 30 cards

ISBN 978-1-907370-11-3 Ages 11+

**What would you do if ...**  
You are out on your bike with a friend when a car swerves round the corner and knocks him off. The car doesn't stop but you are fairly sure the driver is another friend's Dad?

**What would you do Dilemmas**  
Ref 1-012-CI **£25.95\***



**BUY ALL 3 WHAT WOULD YOU DO IF SETS AT A SAVING** Choices, Relationships, Dilemmas Ref 1-296-CI **£73.95\***



## Resilience

50 discussion cards to help implement mindfulness

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

Resilience skills enable individuals to get through tough times. Struggles, conflicts, losses, disappointments and challenges are inevitable for all age groups. Exploring the five resilience factors on a personal level will facilitate this important life skill. The five areas covered are:

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

Ages 11+ 50 cards in a tin, booklet

ISBN 978-1-909380-42-4



Resilience

Ref 235-CI

£32.00\*

## Resilience Workbook

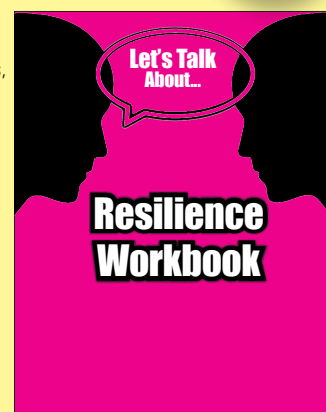
A reproducible activity workbook for developing positive mental health skills

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

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

- Creativity: Benefits; Boost your imagination, Learn new things: Be creative with wordplay
- Hope, positivity and optimism: Attitudes; Challenges as opportunities; Control the uncontrollables; There are times to say "Yes"
- Humour: Good humour vs. bad humour; Building resilience with the power of humour; Words of wisdom
- Insight: The world can be your teacher; Self-reflection; Search for insight; An insight toolbox
- Relationships: Supportive relationships; How to show gratitude; Connect with others; Positivity

Ages 11+ 84 pages, A4, photocopiable



Resilience

Ref 339-CI

£45.00



**PURCHASE THE RESILIENCE WORKBOOK AND CARDS TOGETHER AT A SAVING** Ref 341-CI £69.95\*

## Mental Health: Positive Thinking

Activities all about using positive thinking strategies

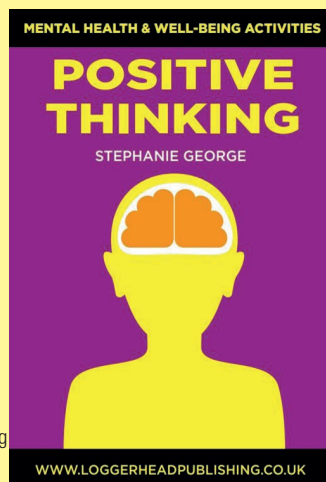
By Stephanie George

In the same way that we have designated safeguarding leads in schools, we are now seeing, in the twentieth-first century, and not before time, designated mental health, well-being and emotional coaching leads in schools charged with recognising mental health concerns and providing support for those in need. This book on positive thinking provides practical activities to help practitioners when working with children and young people in schools. This resource provides 20 activities for this purpose including:

- What is positive thinking? • Socratic thinking - What is thought? • Oxytocin - What is that? • Moments of reflection • Positivity and the senses • Message making
- A mind set • Change and emotion • The positive thinking matrix
- Seasons for change • A lock, key or a combination

Intended for use by those working in a variety of settings including schools, inclusion settings, SEN departments and access teams. The activities can be led by teachers, behaviour mentors, pastoral team leaders/assistants, learning mentors, exclusion rooms staff, special educational needs staff, HLTAs, welfare team workers and family support workers.

Ages 10+ Approximately 80 pages



Mental Health: Positive Thinking

Ref 301-CI

£36.99

## Mental Health: Resilience Coping Strategies

Activities focusing on identifying, building and supporting resilience in young people

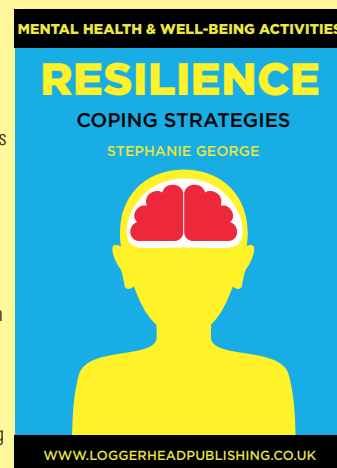
By Stephanie George & Anke Bauer

Recognising the importance of resilience as a coping strategy, this book provides practical activities to help practitioners when working on this area with children and young people in schools. The activities include:

- Mental Health - What is it?
- Building Resilience - Initial Self-Assessment
- Building Resilience Action Plan
- Resilient, Really? Me?
- Giving Gifts
- Help! My Community of Helpers
- Train your Resilience Muscle
- My Place of Strength
- Do Something for Your Community
- The Resilience Choice Card Game
- What is This Feeling?
- Ways of Coping with Different Situations

Includes a photocopiable Student Feedback and Tracking Workbook.

Ages 10-16, 78 pages, A4, photocopiable ISBN 978-1-909380-05-9



Resilience Coping Strategies

Ref 231-CI

£36.99



**PURCHASE BOTH WORKBOOKS TOGETHER AT A SAVING** Ref 341-CI £65.50\*

## Mindfulness in a Tin - Primary

40 cards depicting natural images for introducing children to mindfulness

By Juliet Firstbrook

Ideal as an introduction to mindfulness, each card shows an image from nature – flowers and baby animals – with a statement on the reverse which helps to bring about calmness. These statements include:

- Breathe deeply and count the flowers in the picture.
- Squeeze your hands tightly and see if they tingle.

ISBN 978-1-909380-99-8



Take a deep breath  
and feel a balloon blowing  
up inside your tummy.

**Mindfulness in a Tin Ages 5-11**

Ref 240-CI £32.00\*

## Mindfulness in a Tin - Secondary

40 cards to bring young people back to the present moment and give them relief from negative thinking

By Juliet Firstbrook

These photographs of skylines and the accompanying suggestions/strategies on the reverse promote mindfulness and will help to bring about calmness, aid focus and develop positivity. Examples include:

- Breathe deeply and know that right at this very moment you have no problems and nothing to worry about.
- Do you know what time it is? Time to look around and find something new to focus your attention on.

40 cards 90 x 130mm in a tin.

ISBN 978-1-907370-13-7



Take a deep breath and  
make this moment your  
friend. Yesterday no longer  
exists and tomorrow has not  
yet arrived so be aware of  
what you are doing now.

**Mindfulness in a Tin Ages 11-18**

Ref 241-CI £32.00\*

## Blob Mindfulness

Use the Blobs to apply mindfulness to all aspects of life

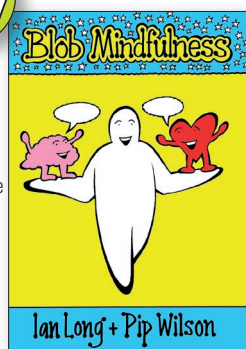
By Ian Long & Pip Wilson

Mindfulness is a refocusing of the mind upon the present moment. These Blob activities will help to do this but also move beyond purely personal exercises and try to apply it to the whole of life – becoming mindful to enrich all we do. The contents include:

- Blob Mindful • Blob Mindful Tree • Mindful Techniques
- Making Our Day Mindful • Prioritising and Mindfulness
- Qualities of Mindfulness • Blob Self-Awareness
- Blob Awakening • Drawing the Line: anxiety, depression, stillness, sensing, observing, quiet, volume, isolation, personal space, anger, noise, shame, age, eating, mental health
- How Mindfulness Helps Resolve Conflict • Mindfulness Cards • Mindful Holidays, Mindful Sleep

Ages 11-18 Approx. 86 pages, A4, photocopiable

ISBN 978-1-9161866-6-8



**Blob Mindfulness**

Ref 318-CI £29.95

## Mindfulness in Early Years

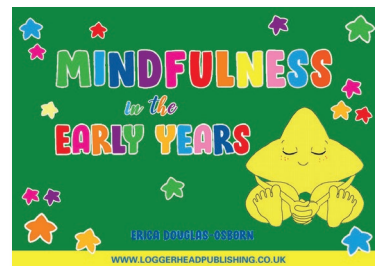
Tried-and-tested mindfulness ideas

By Erica Douglas-Osborn

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

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

Ages 2-5 Approx. 76 pages, A4, photocopiable, FREE CD ISBN 978-1-9161866-2-0



**Mindfulness in Early Years**

Ref 307-CI

£29.95

## Let's Talk About Mindfulness

50 discussion cards to help implement mindfulness

By Ester R A Leutenberg & John J Liptak

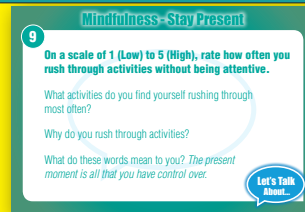
Mindfulness has been described as the ability to stay present with your immediate experience and not be judgmental. It is the capacity to observe your feelings, thoughts and sensations while experiencing ordinary moments, stressful moments and joyful moments.

The value of slowing down has been forgotten – mindfulness is one of the best ways to slow life down. These discussion cards explore five aspects of mindfulness:

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

Ages 11+ 50 cards, booklet

ISBN 978-1-909380-40-0



**Let's Talk About Mindfulness**

Ref 237-CI

£32.00\*

## Mindfulness Workbook

A reproducible activity workbook for developing positive mental health skills

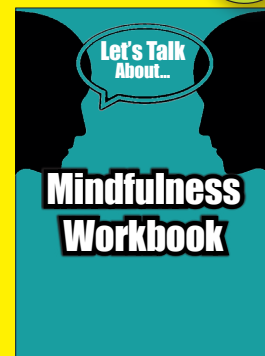
By Ester R. A. Leutenberg & John J. Liptak

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

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

Ages 11+ Approx. 80 pages, A4, photocopiable

ISBN 978-1-9161866-1-3



**Mindfulness Workbook**

Ref 306-CI

£45.00



VALUE! BUY LET'S TALK ABOUT MINDFULNESS AND MINDFULNESS WORKBOOK AT A SAVING Ref 320-CI £69.95\*



## Social Skills Learning

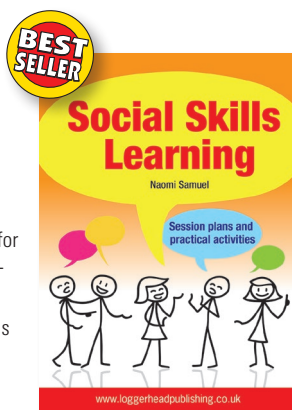
Activities to develop social skills in a practical and fun way

By Naomi Samuel

Give children of all ages and abilities the opportunity to build up a toolbox of social skills for life with these session plans based around tried-and-tested activities. The activities include:

- About me • Rules • Feelings • Mixed feelings
- Boasting • We're all different • Empathy
- Feeling good • Honesty • Emotions
- Saying "Thank You" • Respecting differences
- Focus on feelings • In someone else's shoes
- Making compliments • How do you want to be treated by others?
- Listening • Healthy eating • Personal hygiene • Growing pains • Appropriate language • What I have learned • 'Just for Fun' activities throughout

A4, 88 pages, photocopiable Ages 5-11 ISBN 978-1-909380-91-2



**Social Skills Learning**

**Ref 190-CI**

**£32.50**

## Social Skills Discussion Cards

A 'pick up and use' library of discussion starters on social skills for use with young people

By E A Morris

Good social skills are one of the most important components of emotional intelligence, ensuring a strong sense of self, a sense of belonging and a sense of personal power. This pack contains 28 activity cards each showing three statements:

- A positive inner belief that is effective in developing social skills, such as 'We pay attention to how other people feel'
- A negative and unhelpful inner belief that hinders the development of social skills, such as 'Paying attention to other people means I don't get what I want'
- An affirmation of the positive inner belief, such as 'I am interested in how you feel'

32 cards 90 x 130mm Ages 11-16 ISBN 978-1-909380-56-1



**Social Skills Discussion Cards**

**Ref 111-CI**

**£25.00\***

## Activities for Building Self-Confidence

A collection of activities and games to promote self-confidence and enhance self-esteem in young people

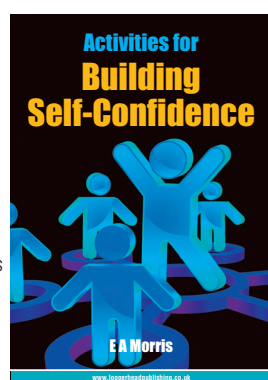
By E A Morris

These activities recognise that self-confidence and self-esteem are interrelated. They can be used to create a programme for developing self-confidence in young people and include ways to help them:

- learn to focus and concentrate
- pay attention • learn to speak up for themselves
- acknowledge what they have already learnt
- to accept praise and appreciation • to accept and give compliments and criticism • speak openly about their strengths • to acknowledge achievements
- to gain an awareness of their strengths • build on existing skills • think about role models • increase powers of observation and memory • take control
- focus on the good things in their lives

A4, 62 pages, photocopiable Ages 11-16

ISBN 978-1-909380-55-4



**Activities for Building Self-Confidence**

**Ref 110-CI**

**£29.95**

## Let's Talk About Social Skills

50 discussion cards to help improve social skills

By Ester R A Leutenberg & Carol Butler Cooper

These discussion cards explore the five social skills areas of:

- Communication • Relationships
- Building Up • Impulses • Empathy

Each covers many different aspects of the topic: for instance, communication is more than talking and listening; relationships are multi-faceted and involve family dynamics, friendships, partner people up is a social skill that starts with oneself and includes positive self-talk and self-respect; impulses are instincts that can hurt or help; empathy is the ability to sense what someone may be experiencing and then to act with kindness towards that person. These and many more topics are covered in the cards.

Ages 11+ 50 cards, booklet

ISBN 978-1-909380-34-9



**Let's Talk About Social Skills**

**Ref 233-CI**

**£32.00\***

## Social Skills Workbook

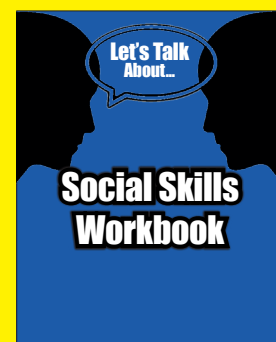
A reproducible activity workbook for developing positive mental health skills

By Ester R A Leutenberg & Carol Butler Cooper

A ready-to-use workbook focusing on social skills with affirmations, assessments, drawing activities, diary tasks, quotations, case studies, topics to debate and so much more! Covering five essential areas:

- Communication: First impressions last; Communication clues; Mind to mouth;
- Relationships: Blood and other bonds; True friend or toxic foe? Your imprint;
- Building up: The greater good; Secrets and trust; Build bridges; Boundaries
- Impulses: Are you a silent bully? My aha! moment; The impulse to please;
- Empathy: Climb into their skin; Street art; Sadness smiles; The toddler and the teen

Ages 11+ Approx 80 pages, A4, photocopiable



**Let's Talk About Social Skills**

**Ref 343-CI**

**£45.00**



**VALUE! BUY LET'S TALK ABOUT SOCIAL SKILLS AND SOCIAL SKILLS WORKBOOK AT A SAVING Ref 344-CI £69.95\***

## Activities for Social and Life Skills Cards

Cards of games and activities that are not only fun but will also develop social and life skills at the same time

By E A Morris

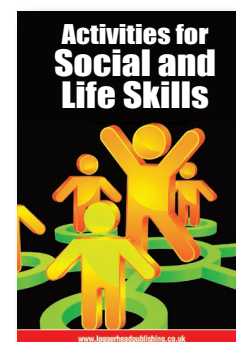
These carefully selected games involve role-play situations, discussion and working in groups. The skills and areas covered are many and varied, such as: aspirations; awareness of others; co-operation; concentration; creative thinking; determination; developing trust; differences of opinion; empathy; giving feedback; goal-setting; honesty; improving relationships and listening.

This resource is:

- Designed to broaden and deepen your work with young people
- Ideal to use as a complete programme
- Easy to use when you need a few selected activities to suit the group.

20 cards 130 x 90mm and CD-Rom supplied in a storage tin.

Ages 11-16 ISBN 978-1-907370-08-3



**Activities for Social and Life Skills Cards**

**Ref 052-CI**

**£22.50\***

## Anger Management Programme

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

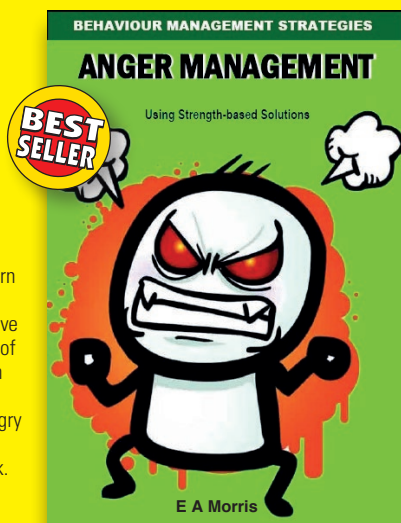
By E A Morris

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

The manual's contents include:

- Feelings Focus • Different Kinds of Anger • What I Get Angry About • What I Can do When my Anger is Building up
- When I Talk to Myself • Melt Down • After the Storm

80 pages, A4, photocopiable ISBN 978-1-907370-72-4 Ages 5-11



## Moving on from Anger

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

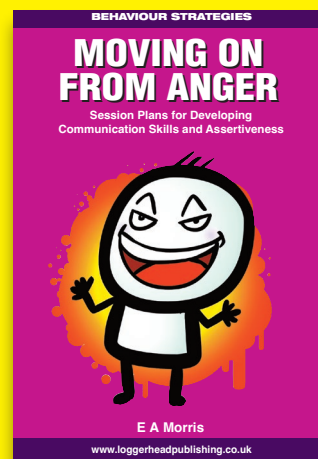
By E A Morris

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

- Introducing Assertive Behaviour
- What Do You Think You Have the Right to Do, Think and Feel? • Behaviour Options
- More Behaviour Options • What Do I Want and How Can I Get It? • How to Ask for What I Want • How to Say "No!" • Practice Makes Perfect • Kindly Speak Up!

This one-stop resource includes notes on assessment and management suggestions for facilitators as well as ideas on how to run the sessions within Circle Time.

A4, 102 pages, photocopiable ISBN 978-1-907370-78-6 Ages 5-11



**Anger Management Programme** Ref 043-CI **£42.50**

**Moving on from Anger** Ref 049-CI **£42.50**

**SPECIAL OFFER** **PURCHASE BOTH TITLES AT A SAVING** Anger Management Programme • Moving on from Anger Ref 053-CI **£80.75**

## Anger Management Programme

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

By E A Morris

This collection of ten session plans covers every aspect of running an anger management programme with secondary-aged students. By linking to emotional literacy, students will learn the skills of self-awareness, self-management, impulse control, active listening, empathy, understanding of non-verbal cues, conflict resolution and mediation.

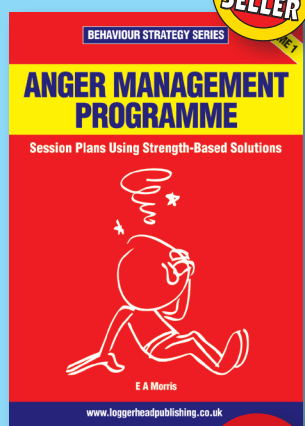
The ultimate aim is to elicit in participants an optimistic outlook, a better focus, and acceptance of other people and how they are. Central to the programme is how to deal with angry outbursts – known as 'emotional hijacks' – both pre- and post-hijack.

Each session plan details the aim, resources required and method, and is accompanied by reproducible student and teacher sheets.

Contents: • Introduction • Suggested ways in which to use the session plans

- The sessions: 1 Feelings focus, 2 Different kinds of anger, 3 What I get angry about, 4 What I can do when my anger is building up, 5 When I talk to myself 6 Melt down! 7 Melt down 2! 8 After the storm 9 Making 'I' statements 10 Rules for myself.

A4, 76 pages, photocopiable Ages 11-16 ISBN 978-1-907370-24-3



**VOLUME 1**

## Beyond Anger Management

Session plans to improve communication and assertiveness skills

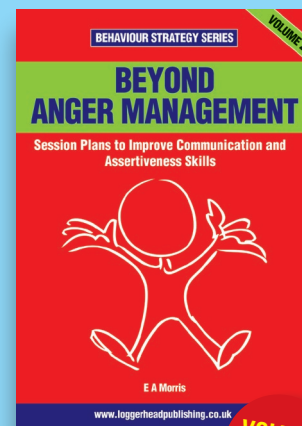
By E A Morris

Help young people learn better communication skills, particularly when to apply the assertive option, with this practical manual. Areas covered include personal rights, body language, making requests and expressing feelings in an emotionally literate way. The exercises allow practice in being assertive, including how to say "No!" confidently. An assertiveness questionnaire enables you to monitor progress. Particularly useful as a follow-up programme to any anger management course.

The manual's contents include:

- Introduction • Assessment
- Management suggestions for teachers/group facilitators
- The sessions: 1 Introducing assertive behaviour, 2 What do you think you have the right to do, think and feel?, 3 Behaviour options, 4 What do I want and how can I get it?, 5 How to ask for what I want, 6 How to say "No!", 7 Kindly speak up!, 8 More behaviour options, 9 Practice makes perfect!, 10 How assertive are you now?

A4, 84 pages, photocopiable Ages 11-16 ISBN 978-1-907370-75-5



**VOLUME 2**

**Anger Management Programme** Ref 036-CI **£42.50**

**Beyond Anger Management** Ref 045-CI **£42.50**

**SPECIAL OFFER** **PURCHASE BOTH TITLES AT A SAVING** Anger Management Programme and Beyond Anger Management Ref 070-CI **£80.75**



## Activities to help Young People deal with Anger

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

By **Stephanie George**

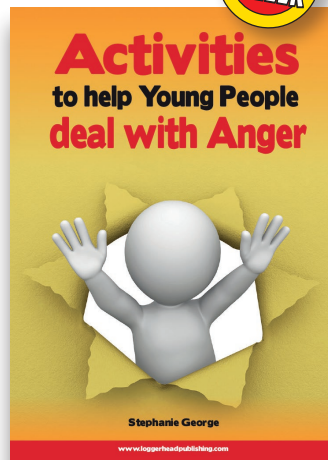
These activities have a particular focus on developing skills for managing anger, conflict and relating to others. They provide specific, structured tasks that can be used during one-to-one mentoring intervention and for group work.

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

- My Anger Triggers
- Anger Matrix • Initial Self-Assessment – Relating to Others
- Student Reassessment and Evaluation
- How I Feel When I am Angry • Ways of Coping
- Improving my Listening
- Dilemmas • Conflict – What it is and How to Deal with it • What Happens Next? • Stop Seeing Red • My Autobiography • My Progress • Target Setting and Action Planning • Review

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

74 pages A4, photocopiable Ages 11-16 ISBN 978-1-909380-49-3



**BEST SELLER**

## Think it Through Anger Game

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

By **Hilary Whates**

Feeling angry is a normal human response. How to cope with that feeling and deal with it appropriately is an important skill to learn.

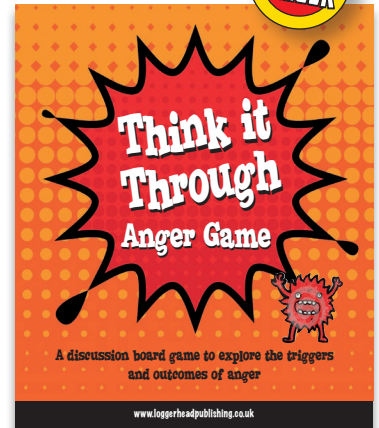
This diverse board game challenges players to consider a range of scenarios which may cause feelings of anger and provides a calm platform to discuss appropriate and inappropriate ways to deal with the situation. By playing the game participants have an opportunity to recognise their personal anger 'triggers'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

Exploring how anger can affect themselves and other people is a key insight to learning how to develop techniques that can control inappropriate angry responses to situations.

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

- Sadness • Frustration • Embarrassment • Jealousy • Hurt • Disappointment

Ages 10-14 ISBN 978-1-909380-79-0



**BEST SELLER**

**Activities to Help Young People Deal with Anger Ref 104-CI £36.99**

**Think it Through Anger Game Ref 178-CI £47.50\***

## Anger Management

Carefully designed to help raise and discuss potentially challenging issues around strong emotions, particularly anger

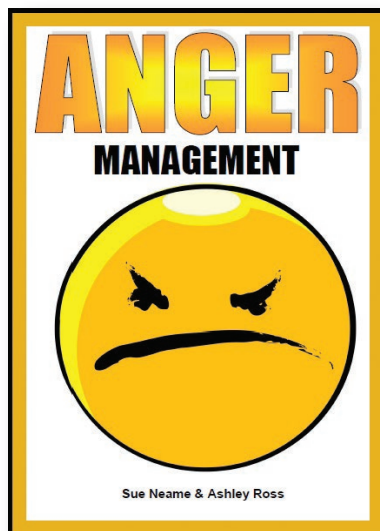
By **Sue Neame & Ashley Ross**

A series of session plans, with associated resource sheets that can be used with small or large groups and individuals. Written to help deal with situations in which young people might become angry, the activities and resource sheets are designed to help young people reflect and develop their skills in managing anger.

### TOPICS INCLUDE

- How anger affects the individual – what makes them angry?
- How a young person's anger impacts on others
- Expressing angry feelings in a safe way
- Improving communications and relationships

ISBN 978-1-907370-30-4 (ages 5-11) ISBN 978-1-907370-29-8 (ages 11-16)



Sue Neame & Ashley Ross

**USB**

**Anger Management USB Memory Stick Ages 5-11 Ref 2-284-CI £39.95\***

**Anger Management USB Memory Stick Ages 11-16 Ref 2-285-CI £39.95\***

## Anger Management Games

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

By **E A Morris**

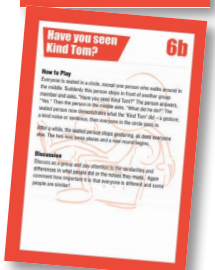
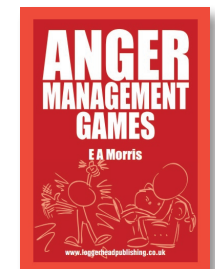
By using games to explore angry feelings, adults working with young people can help them begin to understand what they are feeling and work out ways to use those feelings to achieve better outcomes. The majority of these games are to be played first in an angry way and then in a more controlled, compassionate and caring way for comparison and contrast in the subsequent discussion. Supplied on cards, this resource provides:

- Essential games for any anger management programme
- A unique design featuring a dual focus on anger AND compassion
- A chance to show how we pay attention and learn to behave
- The opportunity to promote positive relationships
- Games to widen participants' social perspectives.

The game pairs include: When I am angry/When I am happy; Symbols of anger/Symbols of love; A picture of anger/A picture of peace; Roaring rage/Hopping happiness; Chain of fury/Chain of kindness; The evil eye/Friendly eyes; This is mine/This is ours; I was really angry pairs/Compassion pairs; A picture of my anger/A picture of my gentleness; That really makes me cross/That really makes me cooperate with another person; Anger associations/Helping other people associations; Annoyances/Pleasures; Angry sentence beginnings/Calm sentence beginnings.

38 cards 130 x 185mm.

ISBN 978-1-907370-04-5 (ages 11-16) ISBN 978-1-907370-01-4 (ages 7-11)



**Anger Management Games Ages 7-11 Ref 054-CI £29.95\***

**Anger Management Games Ages 11-16 Ref 050-CI £29.95\***

## Conflict Discussion Cards

50 discussion cards to help improve social skills

By Ester R. A. Leutenberg & Carol Butler Cooper

These discussion cards explore the five social skills areas of:

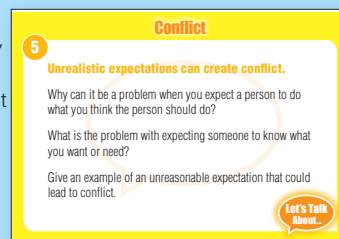
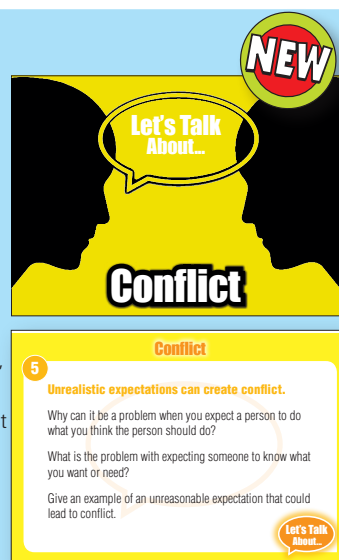
- Understand conflict - serious disagreement that can be uncomfortable but necessary to achieve a mutually agreeable outcome
- Prepare for 'The Talk' - organising thoughts, considering perspective, being open-minded
- Communicate - be willing to discuss difficult issues, but realise that some people may not yet be ready to resolve a conflict.
- Resolve - a win-win resolution is the goal but compromising or agreeing to disagree are acceptable.
- Scenarios - learn ways to keep your peace of mind even in a situation where a conflict is not yet resolved.

Ages 11+ 50 cards in a tin, booklet ISBN 978-1-9164122-9-3

**Conflict Discussion Cards**

**Ref 305-CI**

**£32.00\***



## Conflict Workbook

A reproducible activity workbook for developing positive mental health skills

By Ester R. A. Leutenberg & Carol Butler Cooper

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

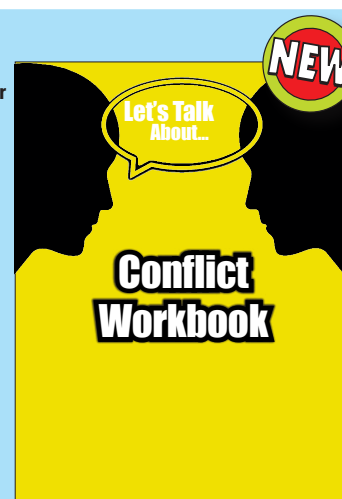
- Understand conflict
- Prepare for 'The Talk'
- Communicate
- Resolve
- Scenarios

Ages 11+ Approx 80 pages, A4, photocopiable

**Conflict Workbook**

**Ref 345-CI**

**£45.00**



**BUY LET'S TALK ABOUT CONFLICT WORKBOOK AND CARDS AT A SAVING**

**Ref 356-CI**

**£69.95\***

## Conflict Resolution Discussion Cards

Use these scenarios to help students think about how they can deal with conflicts appropriately

By Vanessa Harrison



At the heart of this resource are 20 cards of scenarios outlining an activity leading to conflict. The focus is on clashes in school with peers, family, teachers and other adults including those in authority. Students discuss the situation and suggest strategies for resolving the conflict. They can call upon the ideas on the Resolution Cards if necessary, which include:

- Walking away
- Listening to what the other person is saying
- Suggesting a solution

For the facilitator there are guidance cards which include:

- An introduction to the topic, the aims of the resource and how to use the cards
- An explanation of the importance of teaching students how to recognise and manage conflict in the context of a calm environment and effective learning

The activities focus on group or pairs discussion followed by reporting back to the group. This can be supplemented with role play.

20 A6 conflict cards, 16 A6 resolution cards Age 11-16 ISBN 978-1-909380-93-6

**Conflict Resolution Discussion Cards**

**Ref 197-CI**

**£29.95\***

## Anger Control Cards

Cards to help manage anger in a helpful way

By Betty Rudd

These *Anger Control Cards* will help users deal with anger healthily by discussing anger issues in an enjoyable and safe way. As well as initiating discussion they can also be used in a game format. The intention is to:

- Help develop resilience
- Help build self-worth
- Enable individuals to cope better with challenges
- Aid in building self-esteem
- Support players in managing set-backs
- Teach how to change negative thoughts to positive ones
- Encourage listening respectfully

Many valuable tips, step-by-step instructions, discussion about the importance of managing anger healthily and developing emotional literacy to help build mental resiliency are incorporated into the booklet.

Ages 11+ 40 cards, 90 x 130mm, booklet, storage tin ISBN 978-1-9164122-0-0

**Anger Control Cards**

**Ref 245-CI**

**£32.00\***



## Blob Anger Fans

Use open questions to explore the anger cycle: from triggers to becoming angry, the outburst, slowly calming down and finally reflecting upon the incident.



**Blob Anger Fans (10)**

**Ref 296-CI**

**£37.95\***



## Anger & Aggression Workbook

A reproducible activity workbook for developing positive mental health skills

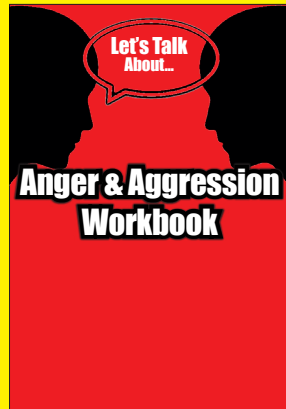
By Ester R A Leutenberg & John J Liptak

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

- Anger awareness: What fuels your anger? My First Response System; HALT: Hungry, Angry, Lonely, Tired
- Anger thinking: Aggression or self-protection? Stop "Shoulding"! What is a scapegoat?
- Anger triggers: Anger intensity varies; Love, trust, power; Re-think! Teen Triggers; Resentment
- Assertive communication: Communication: Angry or respectful? Communication styles; Negotiate = Compromise or win-win
- Managing aggression: Your lifestyle can lessen aggression; Failure and aggression; Social media and aggression

Ages 11+ Approx 80 pages, A4, photocopyable

ISBN 7777



**Anger & Aggression Workbook** Ref 336-CI £45.00

## Anger & Aggression Discussion Cards

50 discussion cards to help deal with anger and aggression

By Ester R A Leutenberg & John J Liptak

These discussion cards explore five areas relating to anger and aggression:

- Anger Awareness
- Anger Thinking
- Anger Triggers
- Assertive Communication
- Managing Aggression

The discussions generated with these cards will help users to: take steps to reduce anger before it escalates to a level in which calm feeling, thinking and acting is difficult; identify unhealthy thoughts that contribute to their anger intensity and any inappropriate methods of expressing that anger; find their anger triggers; learn tools and techniques for managing their anger; communicate in effective ways – a critical skill for both preventing anger and overcoming anger once it is aroused; manage their anger rationally and so much more.

Ages 11+ 50 cards, booklet ISBN 978-1-909380-37-0



**Anger & Aggression Discussion Cards** Ref 234-CI £32.00\*



**BUY LET'S TALK ABOUT ANGER AGGRESSION WORKBOOK AND CARDS AT A SAVING**

Ref 347-CI £69.95\*

## Anger Management Discussion Cards

The perfect way to help young people talk about anger-inducing situations and how they would cope

By E A Morris

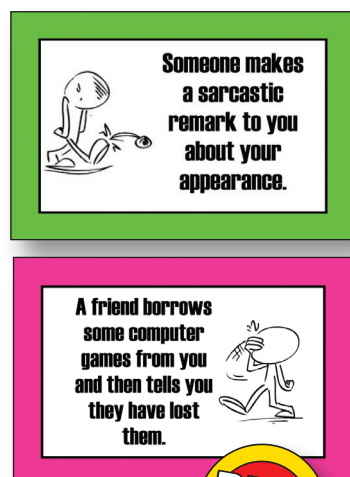
Choose from more than 40 scenarios to allow young people to open up about situations that are likely to make them angry. Users pick a card and discuss that scenario, either one to one or in small groups. The facilitator can turn the conversation onto the user's beliefs and values that are being challenged by the situation suggested on the card. This can be followed up by role-play and the opportunity to practise different strategies for dealing with similar situations. Contains:

- More than 40 cards with scenarios such as 'Your bus is stuck in a traffic jam and you have an exam that starts in 10 minutes.'
- A card of suggested calming-down techniques
- CD-Rom with background information, notes for facilitators, and an anger questionnaire, communication assessment form and inventory all ready to print out.

42 cards 90 x 130mm

ISBN 978-1-909380-08-0 (ages 9-11)

ISBN 978-1-907370-77-9 (ages 11-16)



**Anger Management Discussion Cards Age 9-11** Ref 063-CI £29.95\*

**Anger Management Discussion Cards Ages 11-16** Ref 044-CI £29.95\*

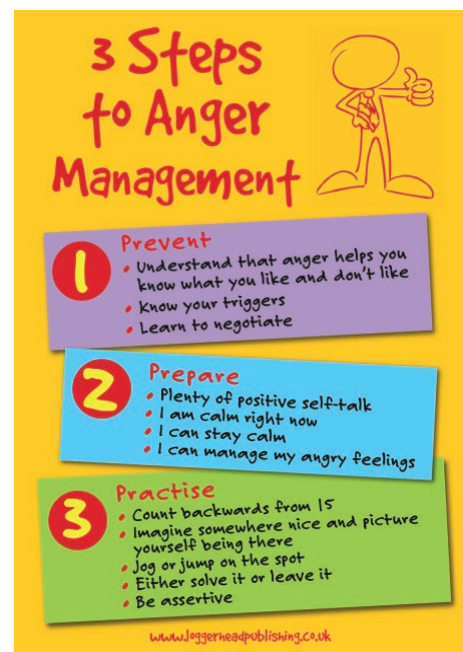
## 3 Steps to Anger Management Posters

Help young people deal with their angry feelings

By E A Morris

This colourful poster is a useful reminder to students of three crucial steps to managing anger: Prevent, Prepare, Practise.

Available in a set of 5 or 10 posters. All ages ISBN 978-1-909380-51-6



**Which Blob Do You Feel Like Today? 5 Posters** Ref 246-CI £26.95\*

**Which Blob Do You Feel Like Today? 10 Posters** Ref 300-CI £49.95\*

## Assessing and Developing Self-Esteem

An easy way to explore a young person's self-esteem, their sense of self, belonging and personal power

By E A Morris

With this resource a self-esteem indicator is used to explore a young person's self-esteem, their sense of self, belonging and personal power. Its key features are that it:

- Provides a quick and informal assessment
- Offers a practical facility for reassessment
- Has age-related activities designed for individuals and whole classes
- Includes planning support for individual intervention programmes
- Is an innovative, photocopiable resource

Its purpose is to assess and develop self-esteem at three different ages and to provide follow-up activities for intervention. Includes teacher guidance and is suitable for group and individual work.

A4 92 pages (preschool), 107 pages (ages 5-11), 150 pages (ages 11-16)

ISBN 978-1-909380-46-2 (preschool)

ISBN 978-1-909380-47-9 (ages 5-11)

ISBN 978-1-909380-48-6 (ages 11-16)



**Assessing and Developing Self-Esteem Preschool Ref 093-CI £42.50**

**Assessing and Developing Self-Esteem Ages 5-11 Ref 094-CI £42.50**

**Assessing and Developing Self-Esteem Ages 11-16 Ref 095-CI £45.00**

## Games for Building Self-Esteem Cards

Comprehensive range of games focusing on three key areas of self-esteem

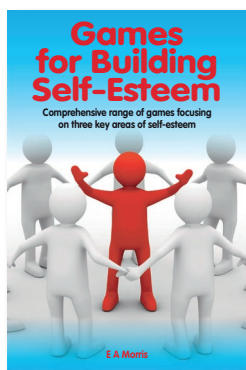
By E A Morris

A collection of games and activities to promote self-esteem by working on three crucial areas – sense of self (knowing who you are, what you like/don't like, what your beliefs are, what you want); sense of belonging (being connected to others); sense of personal power (awareness of the impact you have on what happens around you including that you will be listened to and your views respected). These cards:

- Are easy to use
- Work with classes and small groups
- Include games to promote brain development
- Build self-esteem in children who have lower self-esteem
- Maintain self-esteem for children who have sound self-esteem.

78 cards, 90 x 130mm Ages 7-11

ISBN 978-1-909380-43-1



**Games for Building Self-Esteem Cards Ref 216-CI £29.95\***

## Talking About Self-Esteem

34 activity cards allowing discussion on inner beliefs that can help or hinder self-esteem and self-confidence

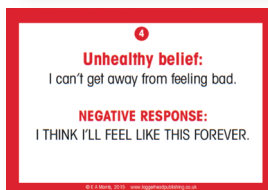
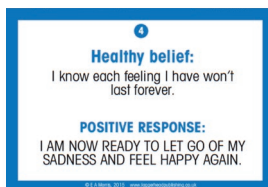
By E A Morris

Double-sided cards covering aspects of self-esteem and self-confidence where one side shows a healthy belief and a life-affirming positive response to it. Side two shows a corresponding unhealthy belief and a damaging negative response to it. Exploring some of these abstract concepts in a safe group will guide users towards real understanding. The cards can be used:

- As visual prompts to help the group identify and talk about their beliefs
- To show how beliefs can be healthy, unhealthy or in-between
- To suggest how to use positive responses to begin to change their more negative beliefs

Ages 11-18 34 cards, 90 x 130 mm

ISBN 978-1-909380-50-9



**Talking About Self-Esteem Ref 103-CI £29.95\***

## Body Image Programme

Activities to develop positive and confident girls

By Nikki Giant

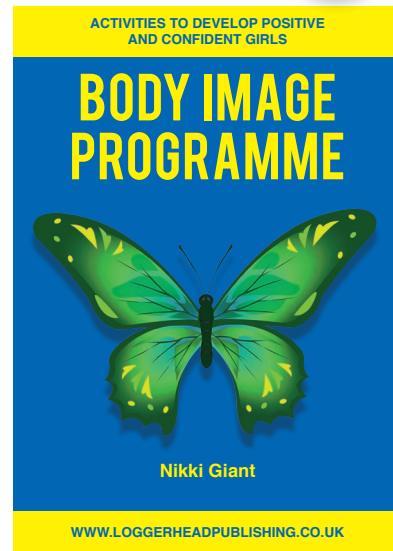
Organised into structured weekly sessions this comprehensive programme includes a range of interactive and hands-on activities exploring the key themes of:

- Self-Image
- Media Literacy
- Healthy Living
- Identity
- Sex and Relationships (ages 11-14 only)
- Body celebration and self-love

The programme acknowledges that developing a strong and healthy self-image during the key period of early adolescence can:

- Positively affect young people's ability to form and maintain healthy friendships and relationships
- Help them avoid risky behaviours
- Maintain school attendance and academic attainment
- Build an optimistic outlook for the future.

Ages 7-14 A4, 170 pages, photocopiable. ISBN 978-1-909380-11-0



**Body Image Programme Ref 210-CI £45.00**

## Little Stars

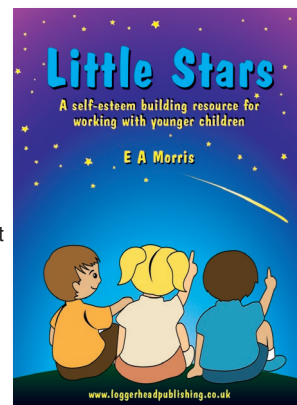
A self-esteem building resource book for working with younger children

By E A Morris

Activities and games to build emotional foundations, promote confidence and enhance self-esteem. The activities support different areas:

- Building confidence and self-belief in being able to do things such as getting to know themselves better – activities include A Useful Dictionary of Feelings, The Happy-Sad Beanbag Game
- Improving their friendship-making skills (the ESSENTIAL skill for life) – activities include All About me, What do I Look Like?
- Working on the belief that they can master a wide variety of tasks and skills – activities include 'I Can ...' Awards, Strength Builder. Includes photocopiable resource sheets.

Ages 4-7 ISBN 978-1-909380-57-8



**Little Stars Ref 092-CI £27.50**



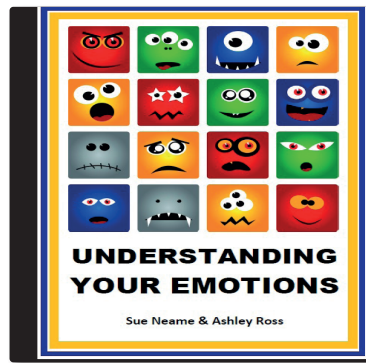
## Understanding Your Emotions

Promote emotional well-being in children and young people through these interesting activities backed up by lesson plans and information

By Sue Neame & Ashley Ross

This publication will prove useful in helping users become 'emotionally well', through an understanding of self-awareness, empathy, motivation and improved social skills. Encourages them to express themselves and interact compassionately with others. Includes activities, lesson plans and background information.

ISBN 978-1-907370-68-7 (Ages 5-11)  
ISBN 978-1-907370-66-3 (Ages 11-16)



Understanding Your Emotions Ages 5-11 USB Memory Stick Ref 2-287-CI £39.95\*

Understanding Your Emotions Ages 11-16 USB Memory Stick Ref 2-288-CI £39.95\*

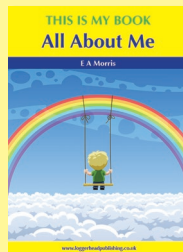
## All About Me

Worksheets to boost self-esteem, encourage self-reflection and help children come to know themselves better

By E A Morris

Through the interactive worksheets, children are given the opportunity to learn more about themselves, increase their self-awareness, build up their knowledge and skills, socialise and cooperate with one another. The worksheets include:

- My Favourite Things to Eat • My Favourite Things at School
- Who am I? • Dear Me • My Very Best Memory
- How I Feel and How I Look – Inside • How I Feel and How I Look – Outside
- The Silliest Songs in the World. Ages 4-11 ISBN 978-1-909380-71-4



All About Me Ref 155-CI £19.95

## Dreams & Wishes

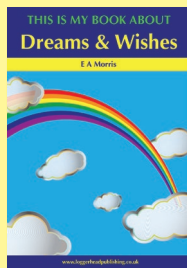
These worksheets will encourage children to feel good about their own creativity and enjoy the extent of their imaginations

By E A Morris

A child should know that it's perfectly normal to dream and have wishes but the worksheets in this book also help them to realise that some dreams are achievable if they break them down into smaller, manageable steps. Helping children to use and learn about their imaginations, the worksheets include:

- Dream Collage • Zippy Zappy Zoom 1 • Zippy Zappy Zoom 2
- Hurray for Our Heroine/Hero • Achievement Tower • Queen/King for a Day
- Future • Space Capsule. Ages 7-11 ISBN 978-1-909380-74-5

Dreams & Wishes Ref 157-CI £19.95



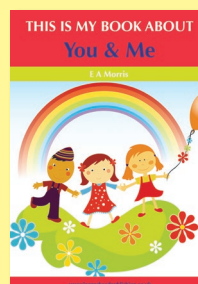
## You & Me

Worksheets to encourage children to think about themselves and their social relationships with a variety of important people

By E A Morris

These activities will help them realise what connections they have with other people and how important these relationships are, define the wider context of their family and peer group, and begin to communicate better within these contexts. The worksheets include:

- My Important People Portrait • Me & My Important People Tree • Me & My School • Happy Times • Important People Song • Letterbox. Ages 7-11 ISBN 978-1-909380-75-2



You & Me Ref 159-CI £19.95



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## Me & My World

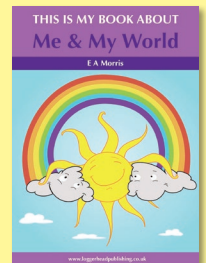
Help children start to consider themselves in relation to the world around them with these worksheets

By E A Morris

The activities include the place in which they live, their school, the town, buildings, the natural world, weather and seasons. These worksheets will encourage children to think about themselves as part of a society, not just with regard to themselves and their own feelings or their close relationships such as friends but in a much wider way, taking in the cultures surrounding them and the natural environment. The worksheets include:

- Myself • Me and My Home • School • Shops • Me and My Street • Me and My Town • Getting to School • Winter Feelings • Summer Feelings • Summer Events
- Summer Time • Autumn Feelings • Things I do in Autumn • Autumn Events
- Spring Things to do • Spring Events • Seasons • My Favourite Season
- The Class Thunderstorm – raindrops • Special Time

Ages 4-11 ISBN 978-1-909380-73-8



Me & My World Ref 158-CI £19.95

## Daily Dilemmas

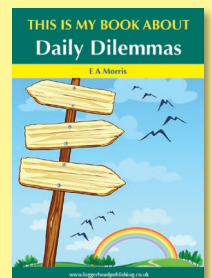
A collection of worksheets on daily dilemmas designed to encourage children to think about and discuss situations that do not have clear-cut 'right' and 'wrong' answers

By E A Morris

These activities encourage children to be empathic and think about how others might feel and then find a way to deal with these situations. The situations on the worksheets are:

- Happy at your School • Horrible Haircut • Lost Fare • Gangs
- No Celebration Cheer • Sleepover • Favourite Things
- My Favourite TV Show • Tea-Time • Show-Off • On Top of the World
- Florida Photos • Sticks and Stones • Dreams Can Come True
- Being Left Out • Reach your Target • Good Friends

Ages 7-11 ISBN 978-1-909380-72-1



Daily Dilemmas Ref 156-CI £19.95



**PURCHASE ALL 5 TITLES AT A SAVING**  
This is My Book Series Ref 164-CI £94.75

## Blob Tree Posters

By Pip Wilson & Ian Long

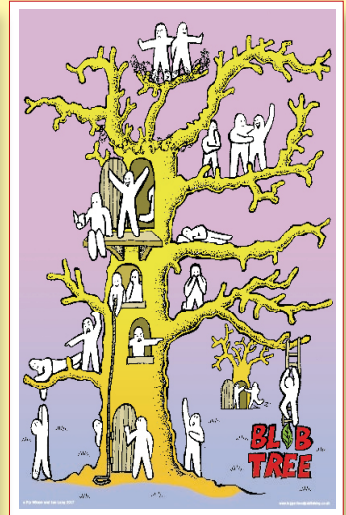
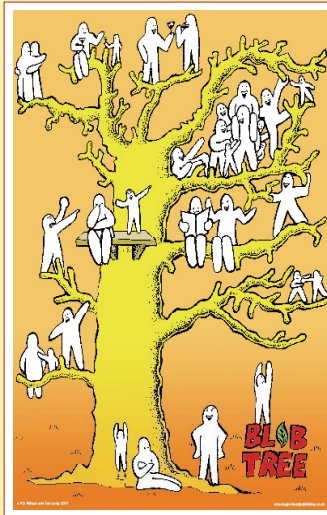
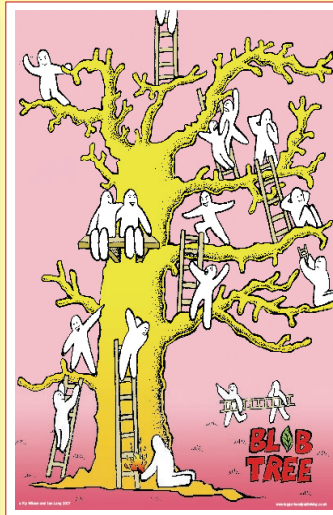
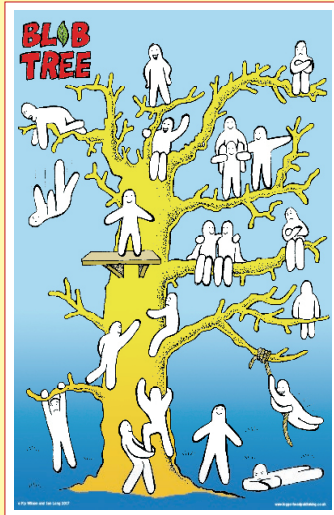


Four unique posters to help children talk about feelings

Use these Blob Tree posters to initiate and promote discussion of feelings. The internationally renowned 'Blob' figures are non-threatening and appeal to all ages. Each poster contains a different set of feelings to explore and discuss.

All ages 4 posters, A3 (30.5 x 42.5cm), encapsulated; guidance notes. ISBN 978-1-909380-94-3

**Blob Tree Posters** Ref 215-CI £22.95\*



## Blob Emotions Posters

By Pip Wilson & Ian Long



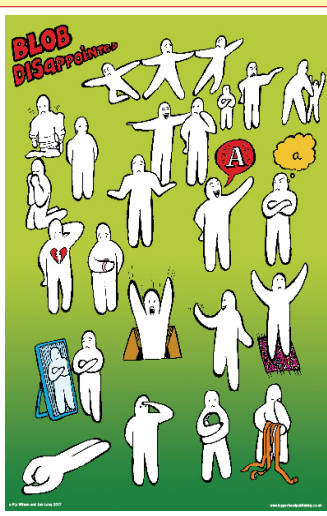
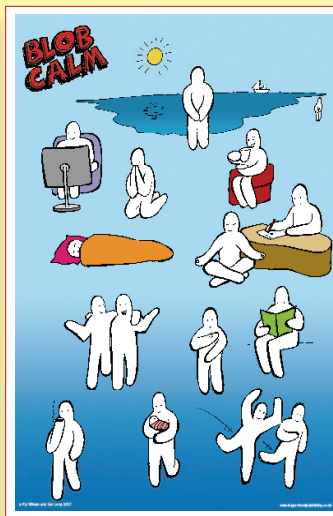
Four posters to help children talk about specific emotions

From the creators of the hugely successful Blob Tree phenomenon - four more posters on the specific emotions of:

- Happy
- Disappointed
- Calm
- Anger

All ages 4 posters, A3 (30.5 x 42.5cm), encapsulated; guidance notes. ISBN 978-1-909380-36-3

**Blob Emotions Posters** Ref 214-CI £22.95\*



**PURCHASE BOTH SETS OF POSTERS AT A SAVING** Blob Tree and Blob Posters Set Ref 217-CI £43.50\*



## Blob Depression

**NEW**

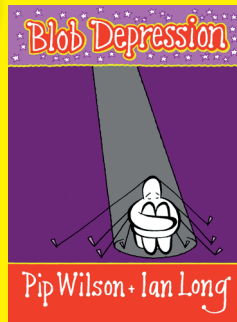
Use these Blob pages as discussion starters on the subject of depression

By Pip Wilson & Ian Long

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

- Blob Depression Tree • Blob Cycle of Depression
- Blob Causes of Depression
- Blob Symptoms of Depression • Blob in Hiding • Blob Dealing with Depression
- Blob Long-Term Depression • Blob Bi-Polar Tree • Blob Disappointed • Blob Self-Harming • Blob Support • Blob Grief • Blob Resilient Traits • Blob Relationships
- Blob Caged • Blob Mindfulness • Blob Health • Blob Personal Wellness • Blob Bridge • Blob Sleep

Age 11-18 96 pages, A4, photocopiable. ISBN 978-1-9164122-4-8



**Blob Depression**

Ref 308-CI

**£29.95**

## Blob Depression Cards

52 cards to help talk about depression

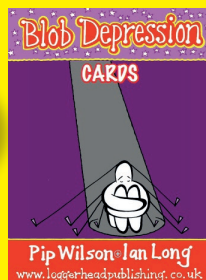
By Pip Wilson & Ian Long

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

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

Age 11-18 52 cards 90 x 130mm, booklet, tin  
ISBN 978-1-9164122-5-5

**NEW**



**Blob Depression Cards**

Ref 309-CI

**£39.95\***

**SPECIAL OFFER**

**VALUE BUY BLOB DEPRESSION AND BLOB DEPRESSION CARDS AT A SAVING**

Ref 321-CI

**£66.40\***

## Blob Themed Trees

This innovative visual tool applies to many of the most emotive topics of today

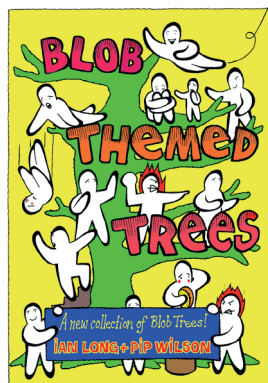
By Pip Wilson & Ian Long

Blob themed trees covering a wide range of emotionally important discussion topics, including:

- Mental health • Gender • Power
- Terrorism • Disability • Anxiety • OCD
- Pornography • Empathy • Global warming • Emotional intelligence

This set of photocopiable sheets will enable individuals, small groups and larger gatherings to consider the topics from a feelings' perspective as well as reflecting upon opinions. Each sheet comes with a set of discussion starters which can be built upon, depending upon the needs of the person/group.

Ages 11-18 108 pages, A4, photocopiable ISBN 978-1-909380-45-5



**Blob Themed Trees**

Ref 243-CI

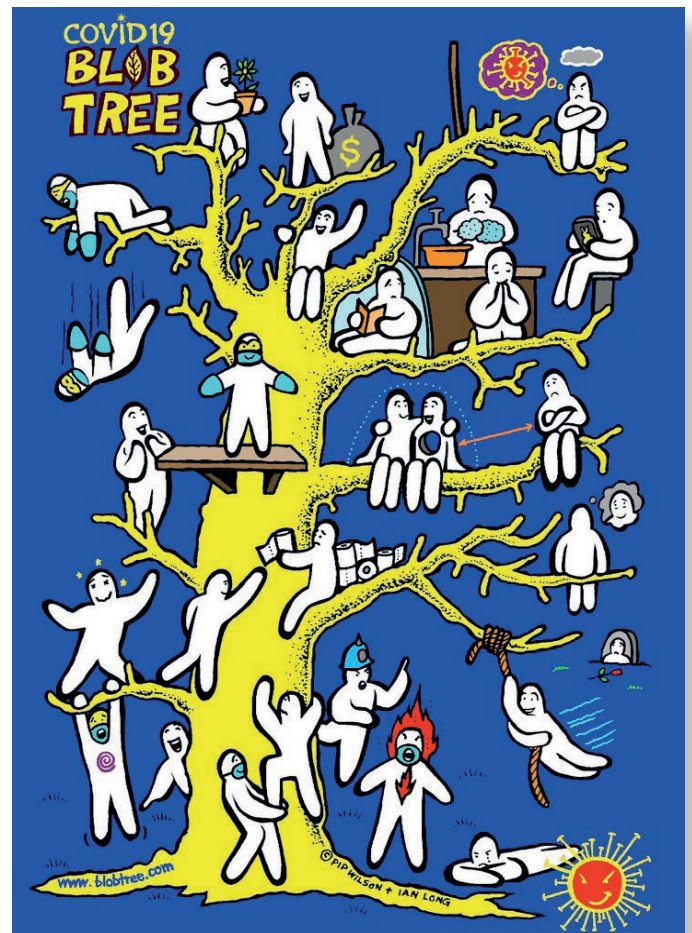
**£32.50**

## Coronavirus Blob Tree Poster

Use this Blob Tree Poster to initiate discussion of feelings during this unprecedented time

By Pip Wilson & Ian Long

A3 size. Set of 4 posters. All ages ISBN 978-1-909380-77-7



**Coronavirus Blob Tree Poster**

Ref 328-CI

**£24.95\***

## Blob Loss

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

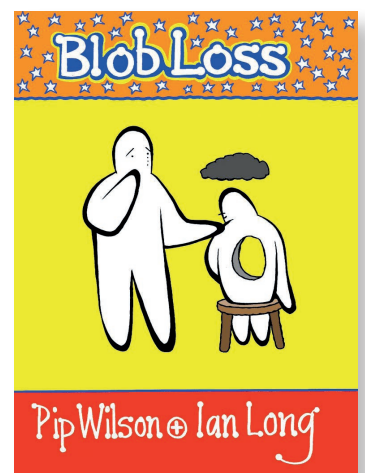
By Pip Wilson & Ian Long

For many people, losing a loved one is one of the most challenging emotional periods of their life. Grief is a process that can take months and even years to work through fully. This set of visual materials has been devised to help people of any age to reflect upon a wide range of traumatic experiences. Topics covered include:

- Illness • A car crash • Murder
- Suicide • Loss of a child • Accidental death
- Military death • The funeral • Grief
- Stages of grief • Keepsakes

Includes sheets for individuals, small groups and larger gatherings as well as cards with a set of activities.

Ages 11-18 108 pages, A4, photocopiable, ISBN 978-1-909380-44-8



**Blob Loss**

Ref 244-CI

**£32.50**



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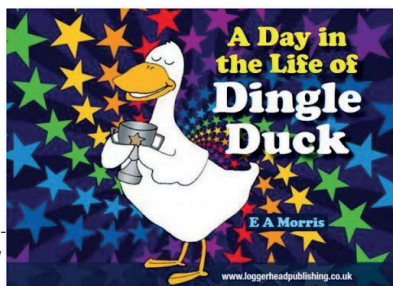
### A Day in the Life of Dingle Duck

An easy-to-use resource for exploring feelings in everyday situations with young children

By E A Morris

Meet Dingle Duck, a charming character who encounters all kinds of emotional situations, from a happy birthday surprise to an annoying time when another duck knocked over his tower of bricks. These drawings act as prompts for discussions in Circle Time or one-to-one time so that children can safely explore the emotions involved in everyday situations. Building up a good emotional vocabulary and emotional awareness is an important first step for young children as they develop social, personal and behavioural skills. This resource, developed by specialists in this field, will give early years' practitioners an excellent tool to enhance their work in this vital area of child development.

Ages 2-6 26 A5 cards ISBN 976-1-909380-70-7



**A Day in the Life of Dingle Duck** Ref 165-CI £27.50\*

### What are They Feeling?

Help children develop an understanding of others by 'putting themselves in their shoes' with these probing question cards

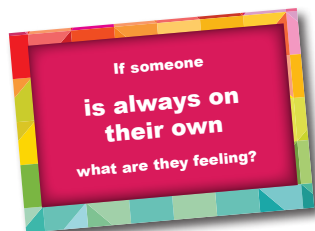
By Eve Wilson

These 60 cards offer a range of questions that will allow children to think about and discuss what others may be feeling in a given situation. They can develop their empathy skills and understanding of other people, thus enhancing their social and communication abilities.

The cards can be used with groups where discussion can be extended to comparing and analysing responses. They are equally useful for individual work and cards could be selected to target an area of importance to a particular person. Each question starts with 'If Someone ...' and is followed by one of 60 situations, for example:

- asks to speak to me
- avoids me
- disagrees with me
- snaps at me

60 cards, 90 x 130mm Ages 7-16 ISBN 978-1-909380-00-4



**What are They Feeling?** Ref 1-307-CI £29.95\*

### Blob Colouring Book

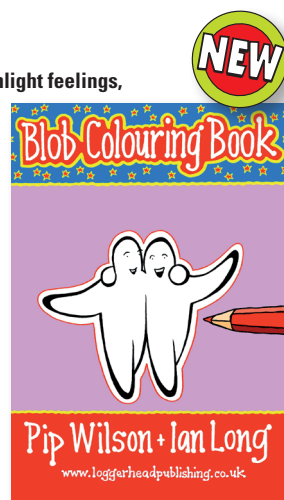
Experience the Blobs as never before – highlight feelings, annotate and reflect upon life as you colour them in.

By Pip Wilson & Ian Long

It is designed to be used both as a personal calming set of images, and for professionals to photocopy and provide as a resource for small and medium sized groups. The images also incorporate significant phrases which lie at the heart of personal growth and encouragement. Sections include:

- Angrr! • Attitude • Mental Health • Charitable • Sadness • Helpful • Relationships • Behaviour • Grit

A4, 94 pages ISBN 978-1-9164122-2-4



**Blob Colouring Book** Ref 335-CI £32.50

### Being Me

A time-saving and useful publication. Realistic, positive and practical.

By Sue Neame & Ashley Ross

Designed to open discussions with pupils about issues of body image and self-awareness. This useful programme of lesson plans includes activities, resource sheets and background information and has been written in the light of increased concerns regarding how youngsters 'view themselves'. Sensitive and supportive, this publication will prove useful as part on your school's PSHE and Citizenship programme.

ISBN 978-1-907370-35-9 (Ages 5-11)  
ISBN 978-1-907370-36-6 (Ages 11-16)



**Being Me Ages 5-11 USB Memory Stick** Ref 2-289-CI £39.95\*

**Being Me Ages 11-16 USB Memory Stick** Ref 2-290-CI £39.95\*



### Building Self Esteem Programme

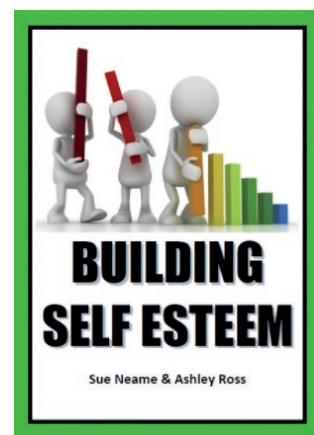
A time-saving and helpful resource. Realistic, positive and practical.

By Sue Neame and Ashley Ross

A programme of lesson plans and activity sheets from subjects across the curriculum:

- Creative writing
- Design & Technology (the game of life)
- PSHEE (awareness of the positive aspects of their lives)
- Citizenship (understanding the legal system)
- History (awareness of the difference between past and present)
- RE (understanding the life of Jesus and all people suffer pain and uncertainty in their lives)
- Geography (understanding how people live in other parts of the world)
- Science (understanding that living creatures grow and change)

ISBN 978-1-907370-37-3



**Building Self Esteem Programme** Ref 2-164-CI £39.95\*



## Blob Kindness

Promote kindness in all aspects of life with the help of the Blobs

By Pip Wilson & Ian Long

What is kindness? Here is a series of visual tools to help children and young people talk through this important question, which may lead to changes in attitudes and behaviours. The content includes:

- Using Blob Trees: Kindness Blob Tree, Unkind Blob Tree
- Blob Kindness Discussion Sheets: Kindness Words, Empathy Words, Listening Words
- Blob Drawing the Line Sheets: Use as part of an assessment
- Blob Self-Bsessment Tools: Kindness, Unkind, Caring, Charitable, Helpful, Generous, Feelings About School, Feelings About Our Current Class

Includes 48 Blob Kindness Cards to photocopy and use in discussions.

A4, ?? pages ISBN 978-1-?????



**Blob Kindness** Ref 334-CI £32.50

## Emotional Intelligence Programme

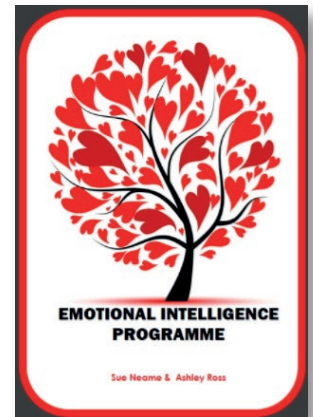
A powerful tool enabling a school to build self-esteem and raise standards

By Sue Neame & Ashley Ross

This planned progressive programme can be used to support a school's PSHEE and Citizenship scheme of work and behaviour management policy. It supports teaching, learning and enhances pupils' motivation, thereby improving performance.

The programme includes activities to help pupils:

- Think for themselves and take responsibility
- Reflect on their views and actions
- Develop attitudes to become more effective learners
- Develop creativity and confidence
- Understand others and how they think
- Build self-esteem
- Become more assertive
- Set realistic goals
- Develop skills of leadership



**Emotional Intelligence Programme 7-11** Ref 2-155-CI £39.95\*

**Emotional Intelligence Programme 11-16** Ref 2-180-CI £39.95\*

## Emotions Discussion Cards

By Eve Wilson

Four sets of discussion cards all about emotions with sentences which are open-ended and invite participants to complete the sentence as personally appropriate.

- 'I feel ... when' and 'When ... I feel' – for identifying and naming personal emotions; also understanding that different

### When I Feel ... Cards

Situation-based cards that will help users learn that they may experience a positive, negative or neutral reaction in response and thus help them identify key 'triggers'. The situations include: 'When someone pays me a compliment I feel ...', 'When I am left out of a game I feel ...' and 'When I don't know what to do I feel ...'. ISBN 978-1-907370-99-1



**When I Feel ... Cards** Ref 1-015-CI £29.95\*

### I Can if ... Cards

These cards each state a positive action and invite the user(s) to complete the sentence by suggesting when it would be appropriate to use it. Some ideas offer good advice generally, such as 'I can ... listen more carefully if ...'; others are more specific recommendations for well-being as in 'I can eat more healthily if ...' and there are plenty of prompts for dealing with difficult situations e.g. 'I can ... say I'm sorry if ...'. ISBN 978-1-907370-96-0

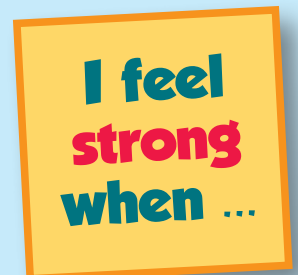


**I Can if ... Cards** Ref 1-028-CI £29.95\*

### I Feel When ... Cards

A set of cards each focusing on a separate emotion word. Both positive and negative emotions are covered.

Users complete the sentence by stating when they feel that particular emotion. The statements include: 'I feel thrilled when ...', 'I feel angry when ...', 'I feel different when ...' and 'I feel confident when ...'. ISBN 978-1-907370-97-7



**I Feel When ... Cards** Ref 1-014-CI £29.95\*

### If I Can ... Cards

Each of these discussion cards features a statement linked to a negative emotional state and users are encouraged to complete the sentence with an appropriate response. A few examples are: 'If I feel anxious I can ...', 'If I have been rude to someone I can ...', 'If I am bored with nothing to do I can ...' plus many more. ISBN 978-1-907370-98-4



**If I Can ... Cards** 1-029-CI £29.95\*



**PURCHASE ALL 4 CARD SETS AT A SAVING** Emotions Discussion Cards Ref 1-033-CI £113.85\*

## Activities to Help Young People Deal with Bullying

Activities to support professionals working with young people on all areas related to bullying

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

A book of activities to help professionals work through bullying issues with young people, covering:

- The impact of the group
- Belonging
- Social settings
- Norms
- Values
- Peer groups
- Friendships
- Power
- Isolation
- Responsibility
- Restorative work
- Conciliation work

The activities cover the range of bullying behaviours seen in educational settings such as whether a student is exhibiting bullying behaviours, the role of the bystander, the perception of bullying as a behaviour choice and the impact of bullying upon others.

74 pages, A4, spiral-bound book, photocopiable, Ages 11-18

ISBN 978-1-909380-52-3

**Activities to Help Young People Deal with Bullying** Ref 105-CI £36.99



## Anti-Social Behaviour DVD

Address the issues of anti-social behaviour head on with this impactful DVD pack with six lesson plans

By Sue Neame & Ashley Ross in conjunction with Kent Police

A DVD with supporting activities, lesson plans and resources to help teachers address the issues of anti-social behaviour. The resources and lesson plans use a variety of active learning teaching strategies and provide suitable approaches for different types of learners and differing levels of ability.

The programme includes:

- What is anti social behaviour?
- Perceptions
- How anti-social behaviour affects different groups of people
- Choices
- Consequences
- Respect

Contents: 6 lesson plans.

Ages 7-16

ISBN 978-1-907370-32-8 (ages 7-11)

ISBN 978-1-907370-31-1 (ages 11-16)



**Anti-Social Behaviour Ages 7-11 DVD** Ref 2-178-CI £44.95\*

**Anti-Social Behaviour Ages 11-16 DVD** Ref 2-103-CI £44.95\*



## Top Tips for Internet Safety Posters



By Eve Wilson

Packed with practical tips, these attention-grabbing posters outline essential rules for safety on the Internet

This set of posters outlines and reinforces 8 basic rules relating to safe use of the Internet:

- Stay anonymous!
- Privacy!
- Think before you post
- Passwords
- Are they real?
- Feeling uncomfortable
- Remember ...
- Believe ... NOT!

The CD-Rom includes an A4 version of the poster to print off and hand out to students individually or for group activities. Also includes useful information and websites for teachers/parents.

All ages A3. ISBN 978-1-909380-10-3

**Top Tips for Internet Safety Multi Pack of 5 with 1 FREE CD-Rom** 1-328-CI £25.00\*

**Top Tips for Internet Safety Multi Pack of 10 with 2 FREE CD-Roms** 1-329-CI £45.00\*



**Top Tips for Internet Safety Multi Pack of 15 with 3 FREE CD-Roms** 1-330-CI £65.00\*

## Superhero Behaviour Missions

A game to promote good behaviour

By Rad & Annie Radburn

This fun game is designed to empower children by giving them 'secret missions' that encourage responsibility, empathy, self-control and respect for others. The 'missions' are to:

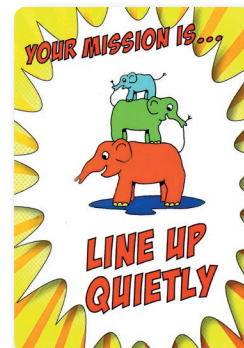
- Speak up for others
- Listen to your classmates
- Help someone with a problem
- Say please
- Say thank you
- Sit at the table
- Sit nicely on the carpet
- Be kind
- Help someone carry their belongings
- Do your best
- Explain yourself calmly
- Get involved
- Hold the door open for somebody
- Listen to your teacher
- Put up your hand in class
- Respect others
- Show that you have listened
- Take turns
- Respect your environment

20 postcard-sized mission cards, CD-Rom and teacher's guide.

Ages 3-9 ISBN 978-1-909380-62-2



**Superhero Behaviour Missions** Ref 101-CI £29.95\*





## Guns and Knives DVD

Hard-hitting and thought-provoking film addressing this important issue with accompanying activities

By Sue Neame & Ashley Ross

This innovative resource was developed to help young people understand the real-life implications of becoming involved in a weapons culture. It graphically illustrates what can happen when young people carry weapons and shows in vivid detail the subsequent involvement of an armed response team.

The programme provides a mechanism for young people to observe a situation involving guns and knives and to learn through discussion.

The DVD is supported by teacher's notes and a detailed lesson plan on a separate CD. Activities, based on a decision-making card game, help students learn about actions, consequences, facts and the law.

Contents: 1 Comprehensive lesson plan, board game (Board on CD to be printed off), activity sheets, also 4 additional activities.

This education pack is an innovative approach to help address this difficult issue. The DVD demonstrates how confrontation can rapidly escalate into violence and tragedy, with the reality of a subsequent police intervention. The programme provides a mechanism for young people to observe a situation involving guns and knives, and to learn through discussion, reflection and student activities.

Ages 11-16 ISBN 978-1-907370-49-6



**Guns and Knives DVD**

Ref 2-105-CI

**£49.95\***



## Circle Time Activities

Effective, stimulating and easy to use. This programme of lesson plans can quickly be developed into your own style.

By Sue Neame & Ashley Ross

Includes 'warm-up' rounds, learning objectives, key questions, focused activities and plenary rounds. A set of comprehensive guidance notes support the lesson plans.

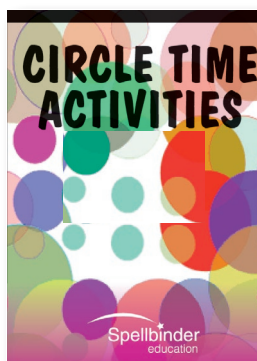
### TOPICS INCLUDE

- Listening, empathising, reflecting
- Making safe choices
- Respecting difference
- Who can you trust?
- What do I think?
- Risks, dangers, conflicts

ISBN 978-1-907370-39-7 (ages 7-11)

ISBN 978-1-907370-40-3 (ages 11-16)

USB



**Circle Time Activities Ages 7-11 USB Memory Stick**

Ref 2-300-CI

**£39.95\***

**Circle Time Activities Ages 11-16 USB Memory Stick**

Ref 2-301-CI

**£39.95\***

## CIRCLE TIME DISCUSSION CARDS

### Circle Time Discussion Cards ... Families

**BEST  
SELLER**

This set encourages participants to discuss their own position within all types of family and home environments. They have an opportunity to share the joys, responsibilities and stresses of being a family member. The use of cards offers youngsters an opportunity to express concerns and anxieties within a safe environment.

All ages ISBN 978-1-907370-82-3

**Circle Time Discussion Cards - Families**

Ref 1-202-CI

**£22.50\***

A Mum is a special person because ...

A special person in my family is ...

### Circle Time Discussion Cards ... Myself

These cards encourage participants to really consider their views of themselves, and to find ways to improve their self-worth. By sharing and discussing the statements they will develop confidence in expressing their own views

All ages ISBN 978-1-907370-84-7

**Circle Time Discussion Cards - Myself**

Ref 1-201-CI

**£22.50\***

When people disagree with me I ...

If I have to learn something new I ...

### Circle Time Discussion Cards ... Feelings

These cards promote discussion on issues surrounding feelings. Participants are encouraged to consider how they feel and what impacts upon those feelings, and therefore begin to understand not only the huge range of human emotional states and triggers, but also an awareness that other people may react differently. This understanding will eventually lead to empathy with others and to knowing that we all have control over our emotions.

All ages ISBN 978-1-907370-83-0

**Circle Time Discussion Cards - Feelings**

Ref 1-207-CI

**£22.50\***

I feel envious of my friend because ...

I feel really surprised when ...

### Circle Time Discussion Cards ... Friends

This best-selling set of discussion cards has enormous potential for use in developing self-awareness, self-esteem, self image and a personal belief system. This set covers all the important aspects of friendship including the qualities of good friends, the emotioxxve impact that effective, healthy friendships have on our emotional well-being.

ISBN 978-1-907370-83-0

**Circle Time Discussion Cards - Friends** Ref 1-200-CI

**£22.50\***

If someone is unkind to my friend I ...

You can make a new friend by...

### Circle Time Discussion Cards ... Occasions

For many people, celebrations can be times of stress and anxiety. These cards cover a whole range of such occasions including Christmas and other religious festivals, a new baby, birthday and seasons of the year. Participants are encouraged to share feelings and develop strategies that they can use to cope with these times.

All ages ISBN 978-1-907370-85-4

**Circle Time Discussion Cards - Occasions** Ref 1-203-CI

**£22.50\***

When it gets near my Birthday I begin to feel...

When it gets near Christmas I feel...



**BUY ALL 5 CARD SETS AT A SAVING** Circle Time Cards SET Ref 1-208-CI

**£106.85\***

## Let's Talk About Life Skills

50 discussion cards to help enhance life skills

By Ester R. A. Leutenberg & Carol Butler Cooper

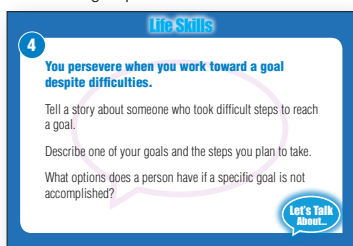
These discussion cards explore five areas relating to:

- Self
- Health
- Social
- Education
- Career

Each card has an informational sentence and three insight-oriented

questions to help develop self-management and life-management skills. Individuals can respond to each card or the cards can stimulate group discussion and other activities described in the booklet for the facilitator. Participants learn to manage their thoughts, feelings and actions; develop attributes needed in today's world; make decisions that promote physical and emotional wellness; engage in supportive relationships; study productively; and work toward altruistic, extracurricular and vocational goals.

Ages 11+ 50 cards in a tin, booklet ISBN 978-1-9161866-0-6



**Let's Talk About Life Skills**

**Ref 303-CI**

**£32.00\***

## Drug Education

A popular and widely used publication that is flexible and simple to use

By Sue Neame & Ashley Ross

An easy to use and flexible planned programme of 38 comprehensive lesson plans. The lesson plans include learning objectives, starter activities, main activity and include resource sheets, and plenary sessions. They are based on active learning and address a wide range of drug related issues.

The lesson plans include:

- Prescribed and non-prescribed drugs
- Taking risks and making decisions
- Alcohol and tobacco
- Saying no
- Solvent abuse
- Illegal drugs
- Challenges
- People you can trust
- Stereotyping

This popular programme can be easily adapted to your own school and student needs.

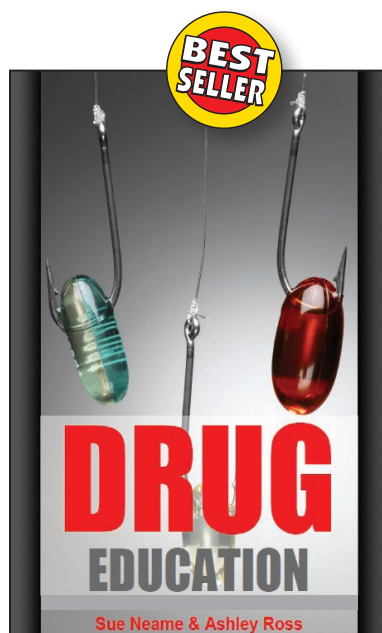
Contents: 29 Lesson plans

ISBN 978-1-907370-44-1 (ages 5-11) ISBN 978-1-907370-45-8 (Ages 11-16)

 **USB**

**Drug Education Ages 5-11 USB Memory Stick Ref 2-304-CI £39.95\***

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## Alcohol

Thought-provoking activities on the issue of alcohol including how to avoid risky situations

By Ashley Ross & Sue Neame

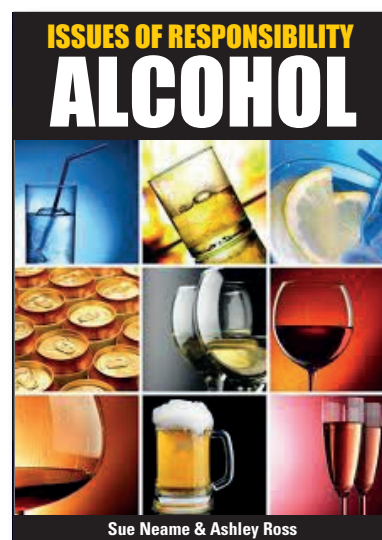
Session plans on CD-Rom using discussion and practical activities to cover the big issue of alcohol. The activities present information regarding the law and facts, and put young people in decision-making situations. The thought-provoking activities will help youngsters consider how to avoid risky situations where alcohol might adversely affect their judgement. Information and resource sheets to accompany the activities are ready to print out. Contents include:

- Understanding units of alcohol
- Alcohol quiz
- Alcohol and drugs – what are the facts?
- Alcohol and drugs – what are the risks?
- Alcohol and driving
- Alcohol and sex
- Alcoholism and addiction
- Circle time activity
- Binge drinking
- Alcohol in society

ISBN 978-1-907370-74-8 Ages 11-16

 **USB**

**Alcohol USB Memory Stick Ref 2-306-CI £29.95\***





## Relationships in Sex Education

Detailed lesson plans that address relationships and complement the biological elements of any sex education programme



By Sue Neame & Ashley Ross

This CD-Rom includes 28 carefully planned lessons on a range of topics, with supporting resource sheets. There are 28 lessons with supporting resources sheets.

### TOPICS INCLUDE

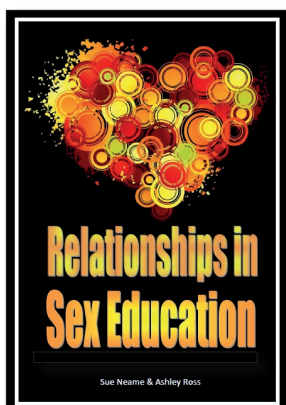
- Friendships • Boys' and girls' emotions
- Growing up • Families • Responsibilities
- Boys' responsibilities • Teenage pregnancy and its implications

ISBN 978-1-907370-62-5 (ages 5-11) ISBN 978-1-907370-63-2 (ages 11-16)



Relationships in Sex Education Ages 5-11 USB Memory Stick Ref 2-302-CI £39.95\*

Relationships in Sex Education Ages 11-16 USB Memory Stick Ref 2-303-CI £39.95\*



## Activities to Help Young People Build Character

Character-building activities for all professionals working with young people

By Stephanie George & Jeba Begum

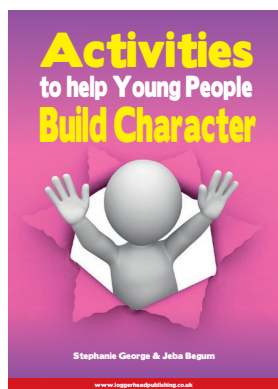
Focus on character building with these photocopiable activities which cover:

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

Includes a photocopiable Student Feedback and Tracking Workbook.

Ages 10-16. 80 pages, A4, photocopiable.

ISBN 978-1-909380-77-6



Activities to Help Young People Build Character Ref 211-CI £36.99

## Friendship Skills

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



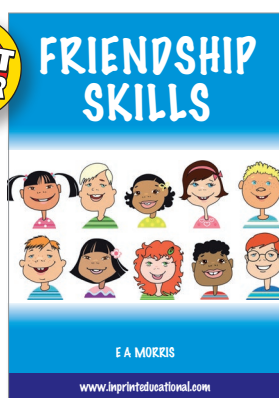
By E A Morris

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

Areas covered include:

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

80 cards 90 x 130cm Ages 7-13 ISBN 978-1-909380-63-9



Friendship Skills Ref 102-CI £29.95\*

## Blob Relationships

Use Blobs as an innovative way to discuss relationships



By Pip Wilson & Ian Long

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

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

Age 5-11 Approx 80 pages, A4, photocopiable

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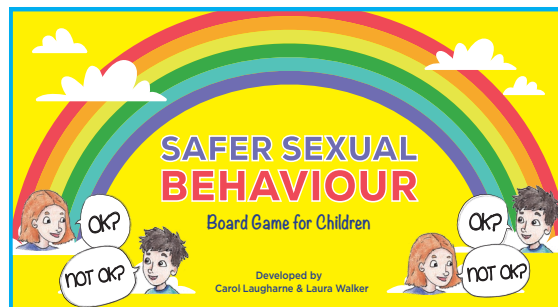


Blob Relationships

Ref 311-CI

£32.50

## Safer Sexual Behaviour Board Game for Children



A game to enable discussion with children about 'OK/Not OK' or unsafe sexual behaviour in schools, including issues of risk to Child Sexual Exploitation

By Carol Laugharne & Laura Walker

This game is for teachers, learning mentors or SENCOs to play with a small group of up to six children aged 5-11 (or older if they have learning needs) where there have been worries about low-level sexual behaviour. It will enable such children to understand what's OK and what's NOT OK in terms of sexual behaviour.

Children remember more of what they have learnt through taking part in discussions with other children while having fun playing. They will identify with the visual depictions of a school day – this is particularly important for those children with Autism Spectrum Disorders or learning needs.

Players take it in turns to move around the board answering questions from one of nine areas:

- School bus • Classroom • Playtime • Swimming lessons • Games & PE
- Lunchtime • Toilets • Trips out • Walking home

Guidance for responding to each scenario is given in the instruction manual but the best results will be had from facilitating a group discussion so that the children can hear each other's views – the facilitator can then 'round up' the discussion drawing on relevant points from the guidance.

Includes some 'just for fun' and blank cards to personalise for your group.

Ages 5-11 ISBN 978-1-909380-09-7

Safer Sexual Behaviour Board Game for Children Ref 232-CI £45.00\*

## The Mentoring Toolkit

The essential guide for mentors working in any setting

By Stephanie George

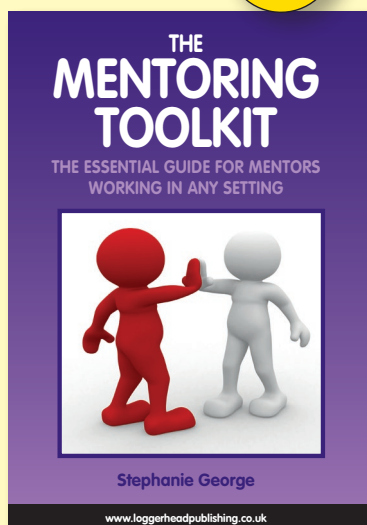
As one of the UK's leading practitioners/trainers in mentoring, Stephanie George shares her vast experience in this practical resource book for learning mentors, intervention workers, behaviour mentors and pastoral support teams. Whether used within a school, pupil/student referral unit, exclusion/inclusion unit or any other educational establishment the resources in this toolkit will ultimately help improve progress and attainment. Includes a step-by-step guide to the process of mentoring and covers identification of students, resources for intervention, monitoring, assessment and evaluation, including:

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

Ideal for all forms of intervention: one-to-one, workshop or large group and for the AQA Unit Award Qualification – Progress and Review with a Learning Mentor.

A4, 112 pages, photocopyable

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## Activities for Mentoring Young People

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

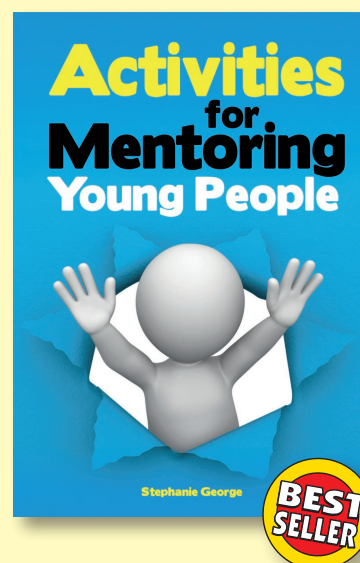
By Stephanie George

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

- Knowing Me, Knowing You
- Planning the Journey
- Initial Self-Assessment
- Target Setting and Action Planning
- Improving Attendance
- Conflict – What it is and How to Deal with it
- I'm Seeing Red/Stop Seeing Red
- It's About Time
- A Place to Study

Essential for learning mentors, behaviour mentors, inclusion teams and SEN teams.

ISBN 978-1-909380-03-5, A4, 92 pages, photocopyable Ages 11-16



**"In her manual Activities for Mentoring Young People Stephanie George has developed a comprehensive programme of activities to enable children and young people in their life choices and relationships ... the supportive, patient and caring mentorship this programme endorses can only enhance, encourage and equip the children and young people we seek to support."** Bill Rogers, Education Consultant

**The Mentoring Toolkit**

Ref 191-CI £40.00

**Activities for Mentoring Young People**

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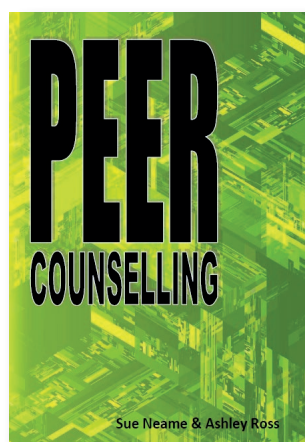
Successfully helps you train students to be peer counsellors

By Sue Neame & Ashley Ross

Suitable for students in years 11,12, and 13, the course can be delivered by teachers or support staff. Focusing on basic counselling and active listening techniques, it can be used to improve emotional health, reduce bullying and improve behaviour in your school.

Ages 11-16

ISBN 978-1-907370-53-3



USB

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Comprehensive resource on setting up and reviewing a peer support programme with lesson plans and supporting documentation

By E A Morris

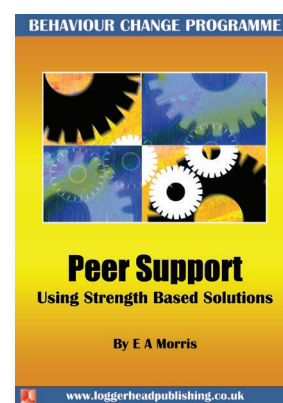
For any professional looking to set up a Peer Support programme or who wishes to review a programme already running. This will be a useful tool in creating best practice approaches that seek to develop the emotional literacy of students to enable them to develop and help others.

This essential pack covers every aspect of developing a Peer Support programme from conception to celebrating success. It is divided into sections to assist with specific needs followed by lesson plans and resources, all supported with sample documents such as planning sheets, forms and a certificate. All information is given as a guide and can be adapted to use in any setting.

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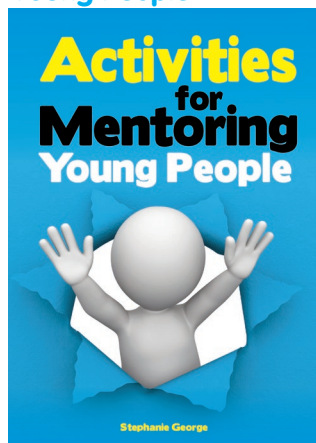




Stephanie George is a deputy head teacher, trainer and established author whose best-selling titles are featured here. Stephanie has been responsible for the training and development of Learning Mentors since their inception and regularly runs courses and INSET on all aspects of mentoring practice in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

Age **11-18**

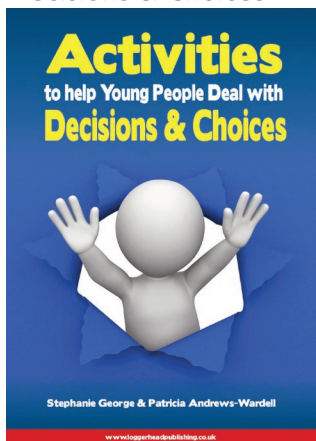
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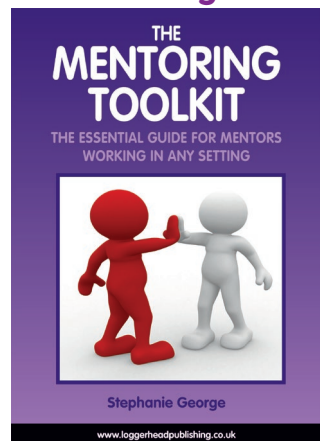
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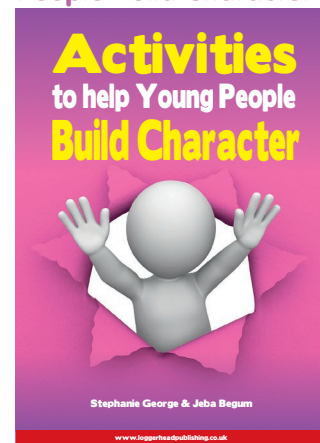
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The essential guide for mentors working in any setting

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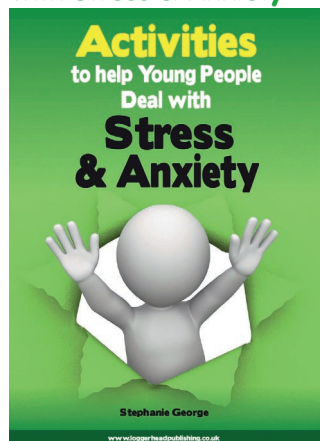
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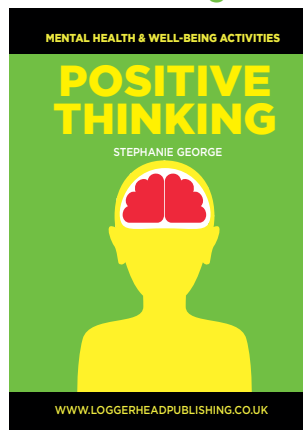
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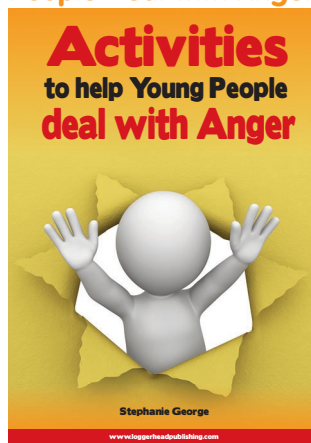
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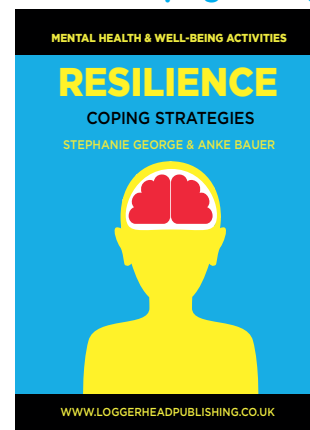
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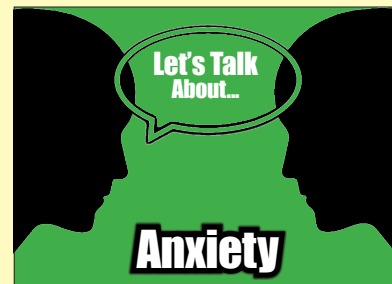
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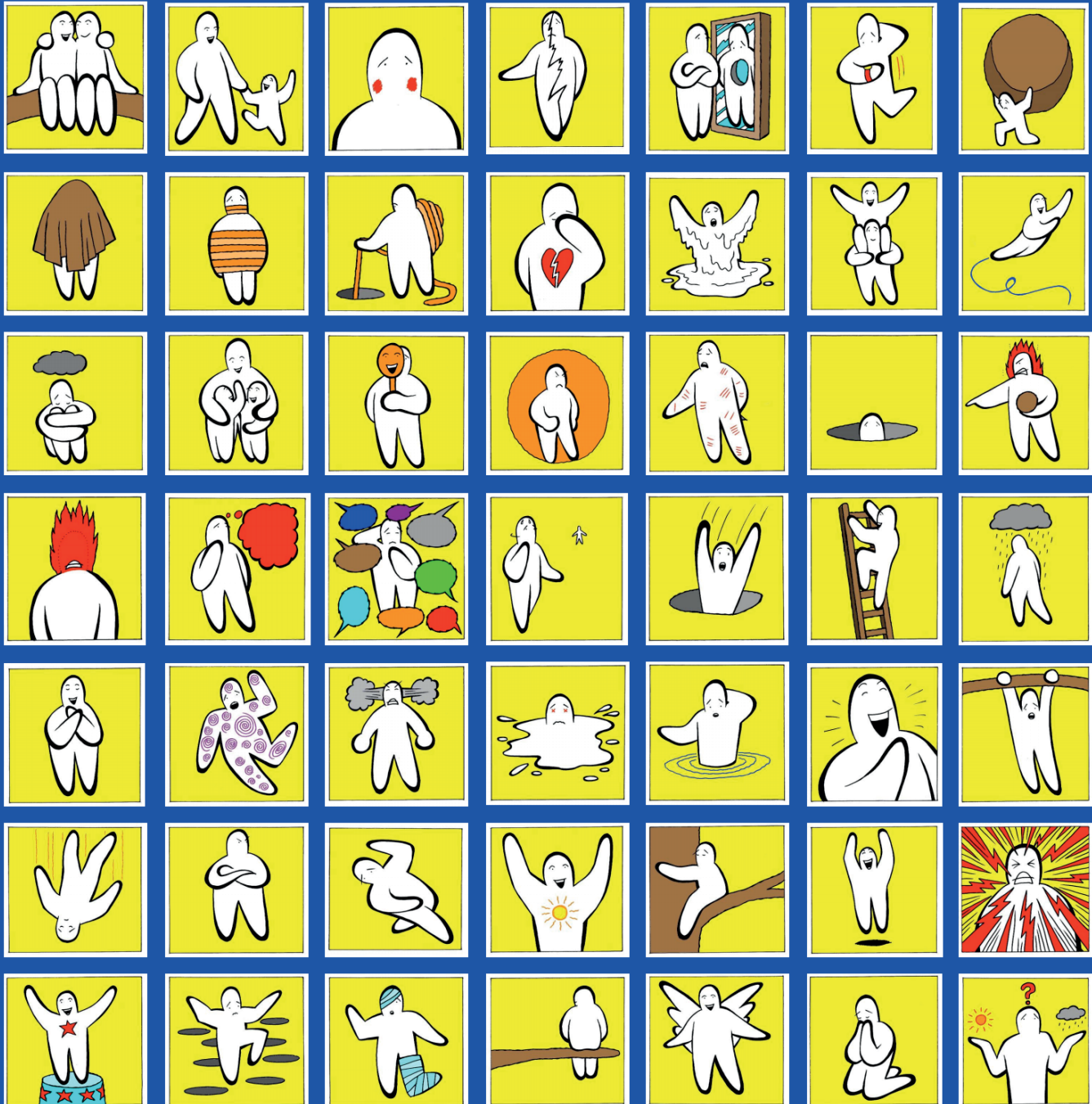
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