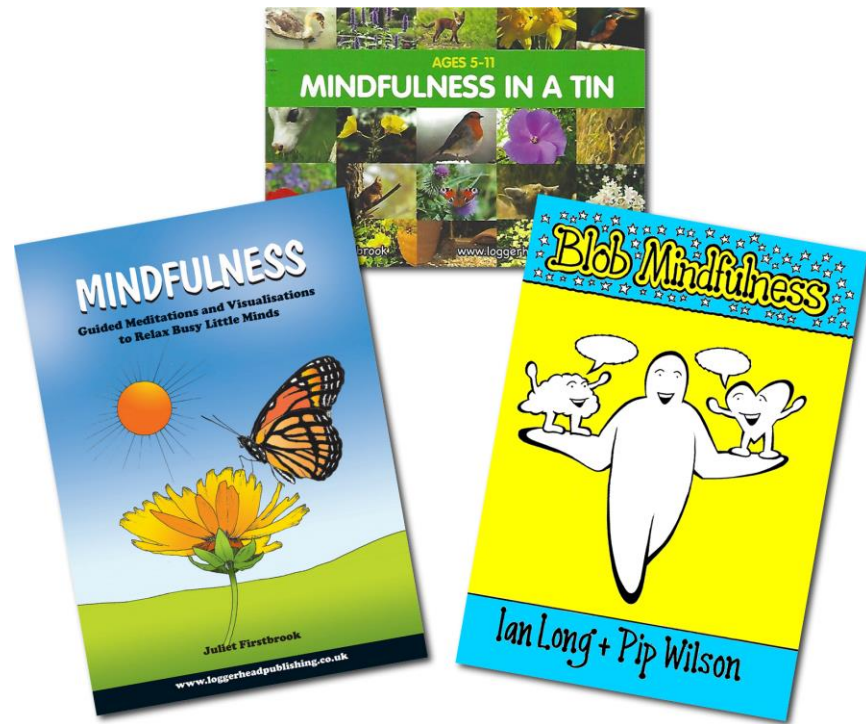
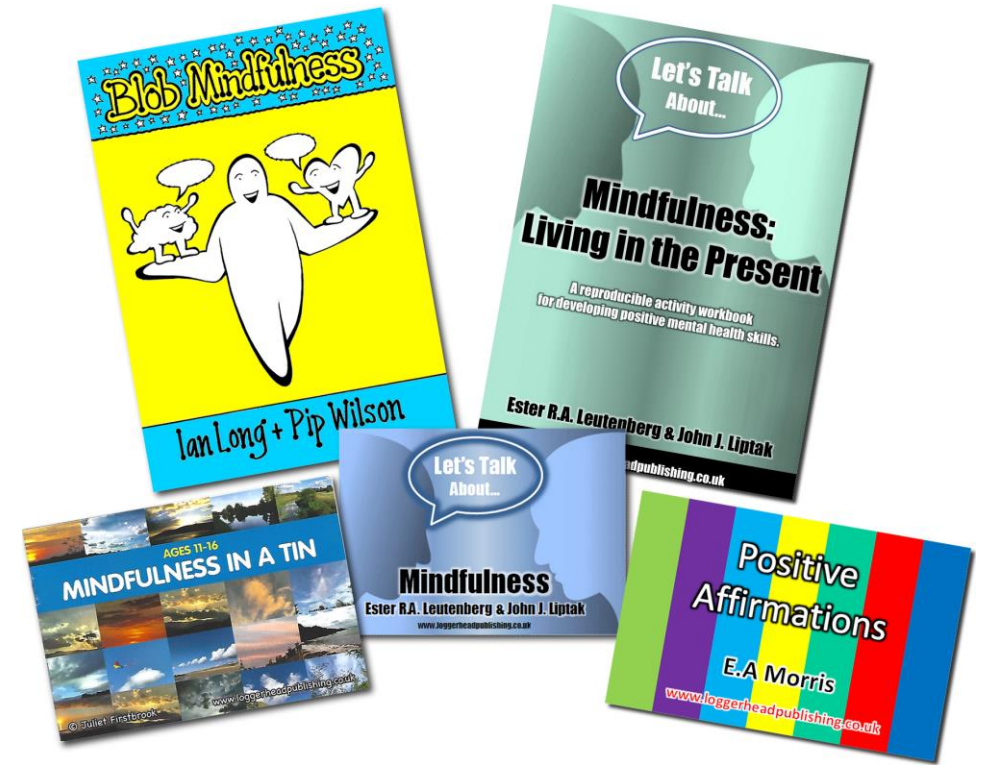


# Mindfulness products

Primary bundle



Secondary bundle



# Mindfulness – primary bundle

## Mindfulness in a Tin - Primary

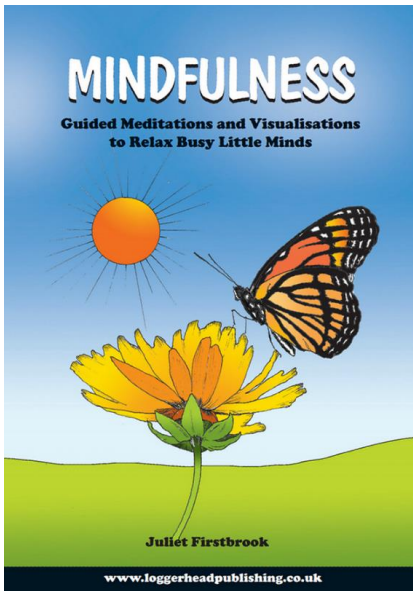
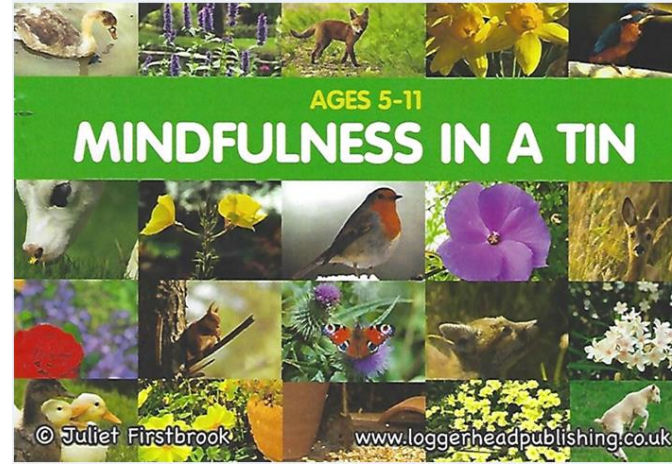
40 cards depicting natural images for introducing children to mindfulness. By Juliet Firstbrook.

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.

40 cards 90 x 130mm in a tin.



## Mindfulness

How to Calm your Class - Guided meditations and visualisations to relax busy little minds

By Juliet Firstbrook

These meditations encourage children to stop and reflect in a relaxing and enjoyable way, making them eager for more opportunities to seek calming activities. They also help children to fully understand the meaning of 'calmness' and to realise the benefits of being able to achieve a state of calm in any circumstance.

This programme includes 20 meditations on the theme of nature. Each one takes the listener on a journey into the countryside or seaside and to a place where they feel safe, happy and calm. The meditations encourage the children to let go of their thoughts and worries and to focus on a place where they can be themselves.

The meditation themes include and more:

- Beach • Butterfly • Campfire • Garden • Woods

Each meditation is accompanied by a follow-up activity which allows the children to express how they felt during the meditation. There is also an illustration to inspire them and to colour in. Along with the meditations and writing activity, there is also a FREE CD of soothing nature sounds. These help to set the scene during the guided meditations if required but can also be used independently for short, quiet meditations.

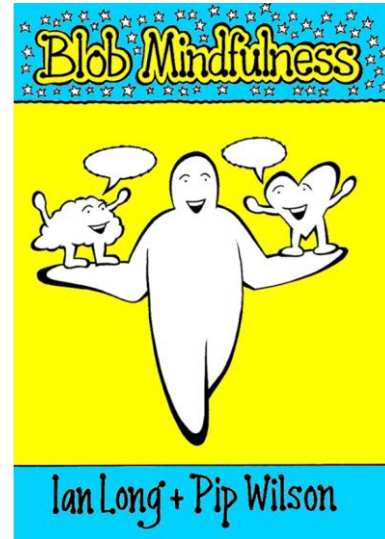
A4 74-page ring-bound book

# Mindfulness – primary / secondary bundle

## 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. 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 • Mindfulness Cards • Mindful Holidays, Mindful Sleep

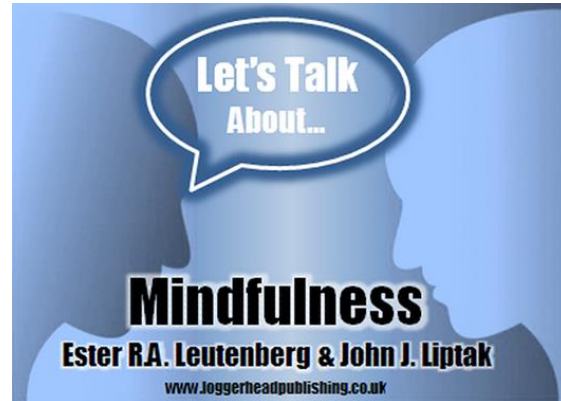
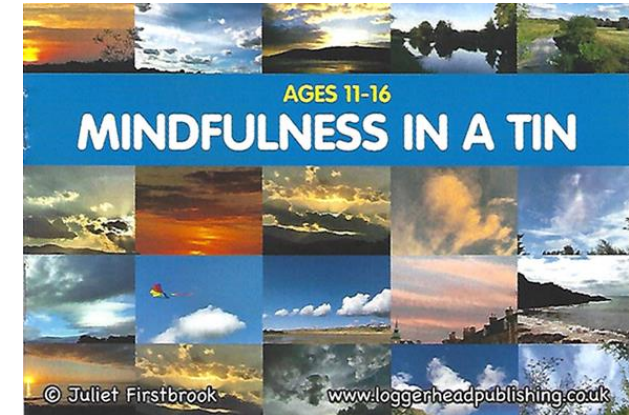


## Mindfulness in a Tin - Secondary

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

These photographs of skiescapes 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.



## Let's Talk About Mindfulness: Living in the Present

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 and topics to debate covering five essential areas:

- Stay present • Slow down • Self-Love • Inner calmness • Pay attention
- Ages 11+ Approx. 80 pages, A4, photocopiable



## Positive Affirmation Cards

50 Positive affirmation cards to build bounce back ability By EA 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'.

Affirmations have been used for many years as part of the personal development toolkit but now the process of using them has been refined and improved by recent scientific discoveries. 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 positive mind set
- Understand that they can learn new things and make changes.

# Calming Strategies Kit

This bulk set includes a wide range of sensory and personal development resources. There are 2 display sets – one contains 5 posters (43 x 58cm) each with a calming strategy and a header. The second display set contains 10 posters (largest 43 x 61cm) to promote social skills, emotions and positive behaviour. You will also receive a set of 16 double-sided yoga cards (22 x 28cm) which are split into 3 levels of difficulty. A teacher guide includes stretching exercises and follow up activities to integrate yoga into other areas of the curriculum.



# Emotions Kit



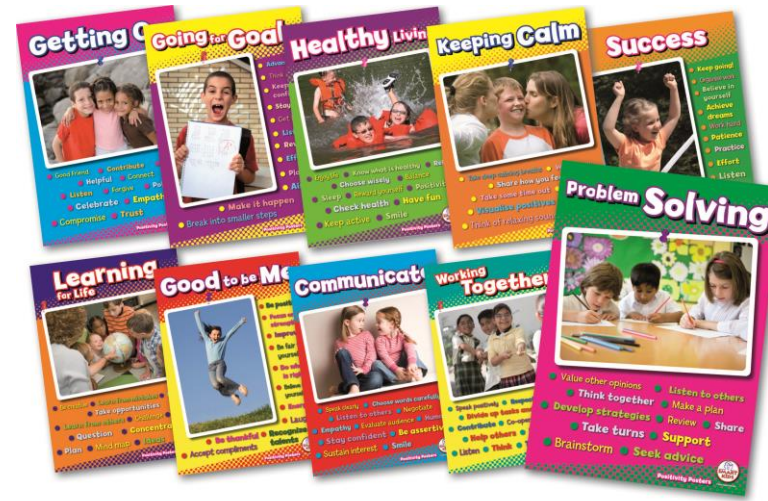
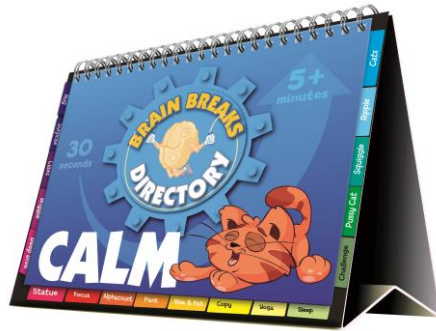
Embrace all of your emotions in a positive way through play! Through activities, poems and games, children will develop an understanding of their emotions and the impact they have on themselves and others. They will learn to talk about and regulate their feelings. This engaging collection of resources will help children understand :

- from fidgety fingers to tense toes, emotions affect our whole body!
- Accepting and naming emotions to regulate their impact. Kit includes: Feeling Snappy Card Game, Feeling Funny Flip Book, Block Heads Cards, Poems with Feelings and Bag of Buddies.



# Healthy Living Kit

Exclusive interactive resources to promote and encourage Healthy Living for all pupils. Includes a Brain Breaks Directory, a set of 10 positivity posters and a set of 6 healthy living board games.



# Healthy Eating Games Kit

## Healthy Eating Games

This is a great set for promoting healthy eating and food groups and contains a shopping bags game and a matching pairs game. With the shopping bags game, children have to sort the cards into the correct bag. The set contains 46 double-sided cards (7 x 7cm), 5 shopping bags (20 x 14cm), a 12 page teacher guide and the Eatwell Guide. The Matching Pairs Cards contains 56 cards (2 each of 28 photos measuring 8cm diameter) printed with real life photos of different healthy foods.

