

NEW FOR 2020! SPECIAL OFFER

A Toolkit of Wellbeing

**Helpful strategies & activities for
children, teens, their carers &
teachers**

Tina Rae

A must-have collection of easy-to-use activities to enhance emotional wellbeing in all children and young people, and to support the Recovery Curriculum in schools in response to the COVID-19 pandemic.

For use at home and school by parents, carers, teachers and others concerned with the wellbeing of children and young people, with much-needed practical advice and ideas to support you in protecting mental health and wellbeing at a time of uncertainty and fear.

These therapeutic tools, ideal for use by non-specialists, will provide an excellent means of developing a whole-school culture of support and nurture as young people transition back into school after what, for many, will have been a stressful period of lockdown.

Contains **user-friendly** and **evidence-based strategies** to build good mental health and develop the resilience needed to move on from stressful situations and trauma – including those related to the Coronavirus pandemic.

The activities are divided into sections for **younger children, teenagers** and **whole groups or classes**, and are grouped under the three key trauma recovery approaches of:

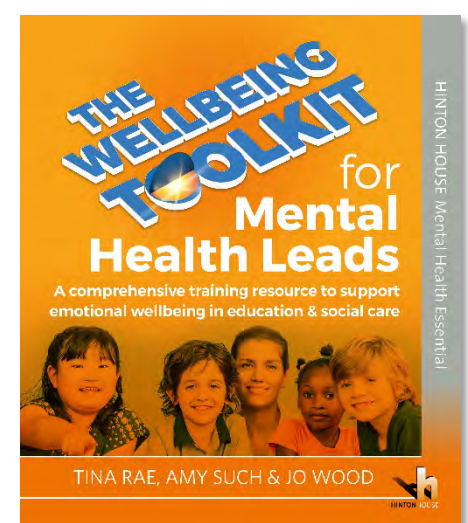
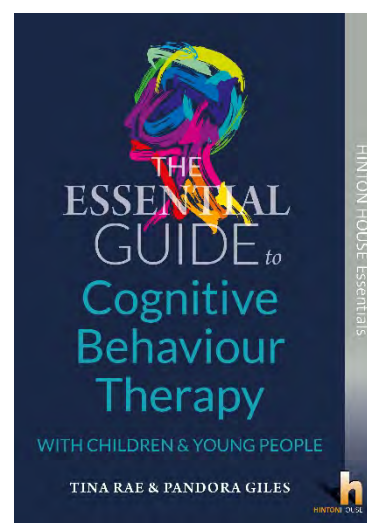
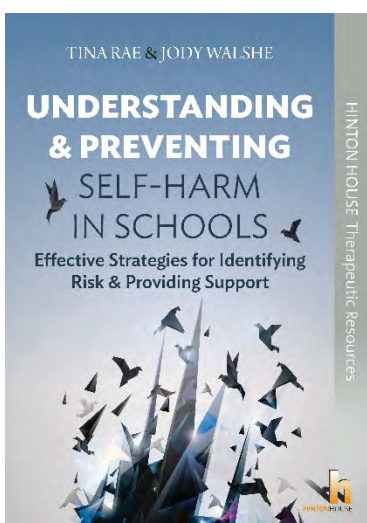
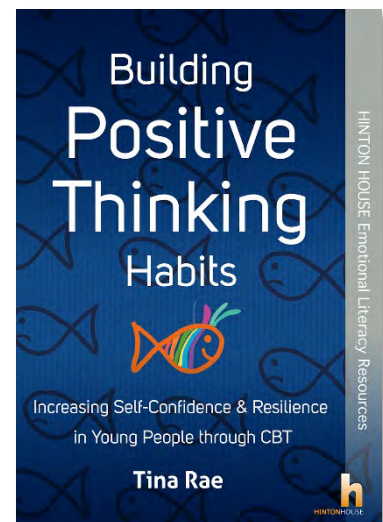
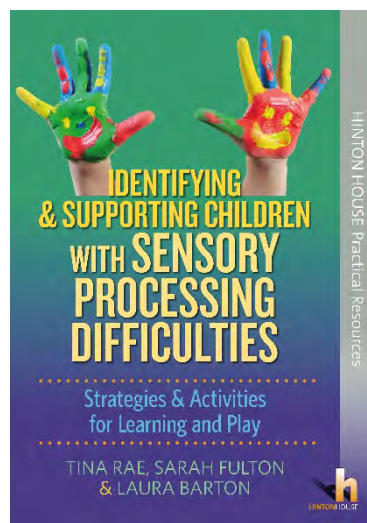
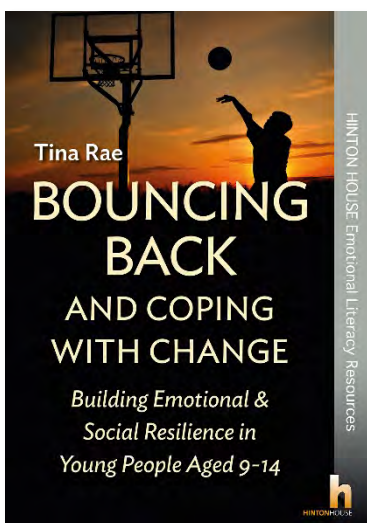
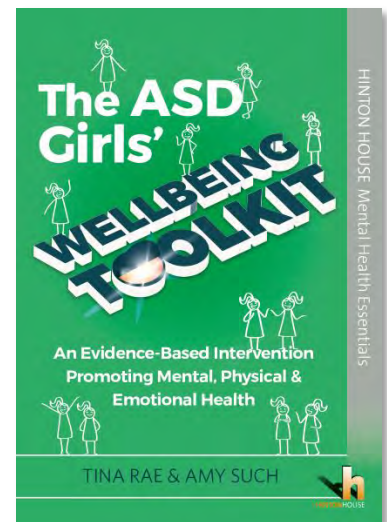
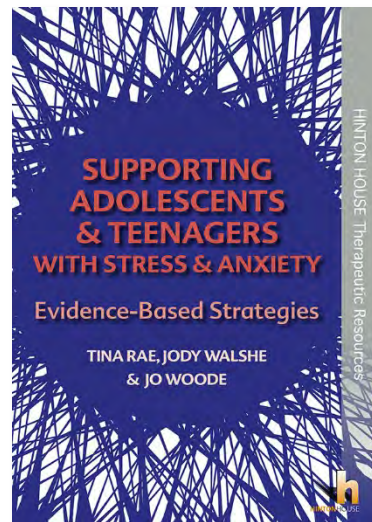
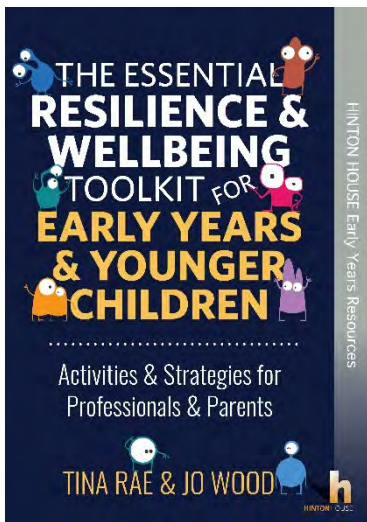
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- **Get Moving Mentally & Physically for Wellbeing**
- **Connect for Wellbeing**

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