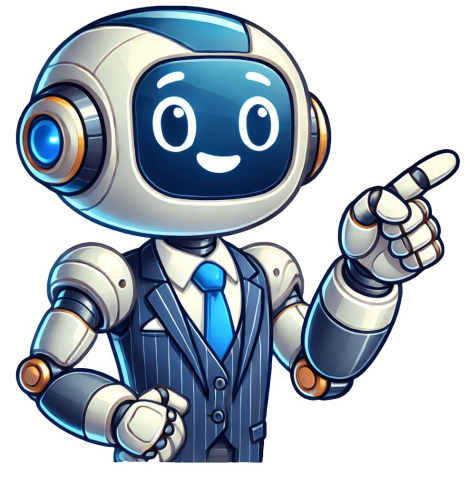


I'm not a robot



All about me activity sheet

•“Healthy Body Image: Information & Interactive Activities” provides an extensive resource to promote healthy body image through its 107 pages. The Self-Esteem Journal enhances feelings of well-being by encouraging users to reflect on their successes and qualities. •“Talk with Your Teen About E-cigarettes” is a practical guide for parents, offering essential knowledge to engage teens about e-cigarettes. • “The Don’t Worry Book” helps children cope with stress through colourful illustrations and a child-friendly approach. • Play Like Share educates 8-10 year olds on online safety through its 3-episode series featuring Sam, Ellie, and Alfie. • The parental conflict tool identifies indicators for professionals to assess the emotional impact on children. • “Say it your own way” is an inclusive booklet prioritising child voices, feelings, and views with engaging worksheets. • Ready to Remember: Jeremy’s Journey of Hope and Healing addresses death and grief in a heartwarming storybook. • “Ruby’s Dad: A Story of Living with a Heavily Drinking Parent” supports children coping with parental addiction through a compassionate narrative. • Lara the Yellow Ladybird promotes self-confidence, uniqueness, and acceptance through its beautiful illustrations. • When My Parents Say No helps children understand why adults say “no” and how to respond calmly in this gentle social story. • The Brushing Teeth Social Story explains the importance of oral hygiene using simple sentences and child-friendly language. • ADHD Strengths Cards offer affirmation and strength-based cards for children with ADHD to celebrate their uniqueness. • Saying Sorry teaches children the value of apologising through clear language and everyday examples. • When Plans Change helps children cope with disrupted routines in a gentle and reassuring manner. • Beyond the Golden Rule guides parents to discuss prejudice, racism, and diversity with their children. • The Psychology Book by DK provides an accessible guide to psychology with its “Big Ideas Simply Explained” series. Helping Kids Understand Life Skills Engaging activities and conversation prompts are essential for fostering connections and promoting understanding between adults and children, creating a supportive environment for self-expression. The provided tool offers a versatile approach to encourage positive interactions. To prepare the activity, print out the pictures of animals from the downloadable document, cut them into 24 individual images, and choose an activity suitable for the child you work with. Options include: 1) Icebreaker: Explore favourite animals, discussing reasons behind choices and associated emotions. Example conversation: “What makes you feel this way about a particular animal?” 2) Establishing feelings: Ask children to consider how animals in pictures might be feeling, exploring similarities and emotional connections. Additionally, the tool can be used to discuss topics of choice, such as needs or qualities. To encourage self-reflection, ask children to choose an animal they’d like to be, discussing qualities they possess and those they’d like to acquire. The workbook “Autism, My Sibling, and Me” helps young kids understand their sibling with autism through colorful illustrations & cartoon characters. It’s essential for kids to acknowledge and manage fear, which can be overwhelming but also natural. The guide from Mind charity explains personality disorders, linking them to mental health issues & potential causes, involving persistent difficulties in relating. The Family Meeting Parents’ Guide & Templates supports social workers by providing practical info & step-by-step instructions for parents & carers. The personal safety book developed by The Canadian Centre for Child Protection teaches 10-11 year olds about boundaries & healthy relationships using engaging activities. The Face Emotions Sheet is a tool used by social workers to identify emotions in children, consisting of various facial expressions representing different feelings. The ADHD Life Management Planner helps individuals with ADHD organize their lives, providing clear structure & planning tools. “These Things Called Emotions” empowers young people to understand and manage their emotions confidently. The Dealing with Trauma workbook assists therapists working with teenagers who’ve experienced traumatic events. Beyond the Golden Rule is a free guide for parents to talk about prejudice, racism, discrimination, and respect for diversity. 40 simple icebreakers are suitable for various age groups & can be used in small spaces. This booklet helps individuals understand common eating disorders & their causes, providing info on how to seek help. Entertaining videos, games, & songs teach young children essential life skills like listening & self-esteem. Navigating the complexities of emotional well-being requires varied approaches; this free eBook offers a collection of therapeutic tools for professionals & parents.