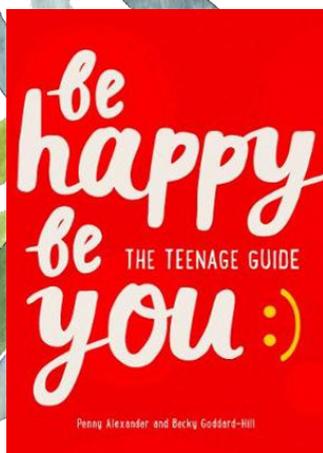




Resilience Resources



Be Happy Be You

*Alexander, Penny
Goddard-Hill, Becky*

This book has tons of ideas to try from creating an anxiety toolkit or planning a digital detox, to meditating and forest bathing, plus you'll learn the science behind why they work. Carry out the activities independently or with family and friends and take your happiness into your own hands!

Paperback \$24.99

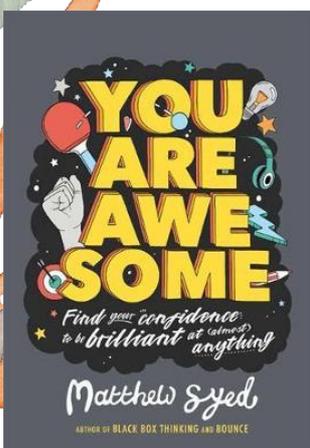
Awesome Ends In Me

Awesome Inc

This journal not only teaches kids how to get the most out of practicing gratitude, but also has heaps of fun activities to help them build resilience and boost happiness, focus on what is important, stay calm when facing challenges and build a positive attitude. Kids can learn to manage emotions, create a growth mindset, and focus on their strengths.

Most suitable for Yr9 and below.

Paperback \$23.99



You Are Awesome

Syed, Matthew

Does 'I'm no good at sport/maths/exams' sound familiar? If you believe you can't do something, the chances are you won't try. But what if you really could get better? In fact, what if you could excel at anything you put your mind to? This book can help you do just that, inspiring and empowering young readers to find the confidence to realise their potential.

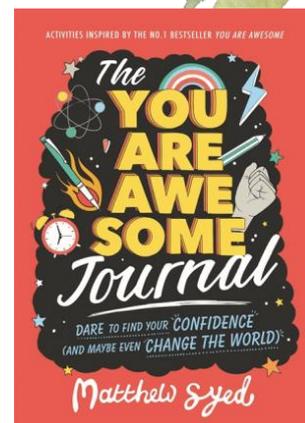
Paperback \$24.99

You Are Awesome Journal

Syed, Matthew

An interactive journal full of life hacks, challenges and activities to give kids the confidence to come up with their own plan of action to be the best they can be. Because, with the right mindset, you really CAN do (almost) anything, whether you want to supercharge your maths, try out for the team or be the first person to walk on Mars.

Paperback \$19.99



Kia Maia: Aku Whakamiha Gratitude Journal

Awesome Inc

Research shows that by practising gratitude daily you can not only increase your levels of happiness, but also have a positive effect on your health and well-being. Included is a happiness scale which can be coloured in each day and is a great way for caregivers to flick through the pages to check their kids are doing OK.

Paperback \$21.99

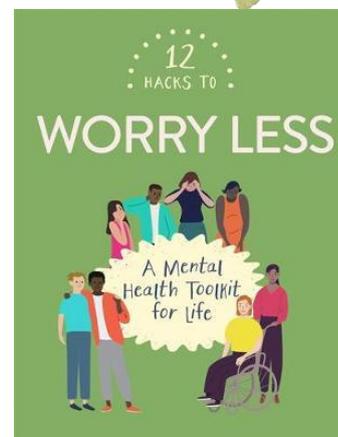


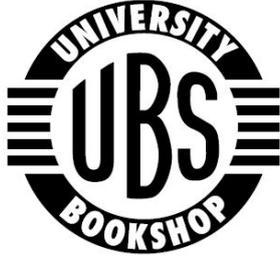
12 Hacks to Worry Less

Head, Honor

The 12 Hacks series helps readers to improve their mental health not just now, but for the rest of their lives. These simple steps might seem obvious to some, but it is important to raise awareness of these relatively simple steps that people can take to improve their overall mental and physical well-being.

Hardback \$34.99





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| 9780995118751 | Awesome Ends In Me | Awesome Inc | Awesome Inc | \$23.99 | |
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