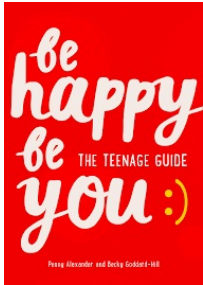




Wellbeing in Education

Health & Wellbeing for Children

Year 8+



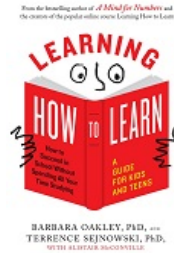
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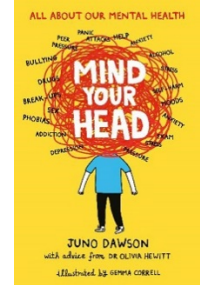
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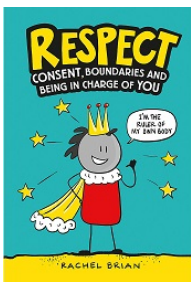
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This book teaches kids about the importance of both focused concentration and letting their minds wander, how the brain makes connections between different pieces of information, the value of metaphors in developing understanding,



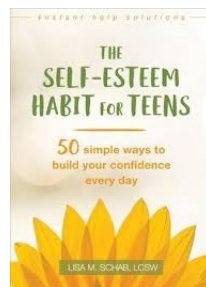
Mind Your Head

We all have a mind, so we all need to take care of our mental health as much as we need to take care of our physical health. And the first step is being able to talk about our mental health.



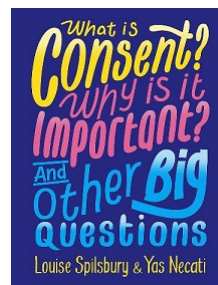
Respect: Consent, Boundaries and Being in Charge of YOU

From setting boundaries, to reflecting on your own behaviour, this book will have you feeling confident, respected, and 100% in charge of yourself and your body.



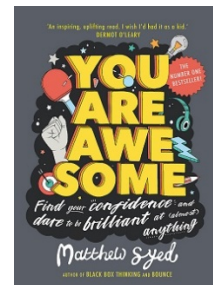
Self-Esteem Habit for Teens

Offers 50 simple, positive thoughts and immediate actions to help you practice gratitude, see things from a different perspective, celebrate strengths, and cultivate healthy relationships



What is Consent? Why is it Important?

The book encourages children to think about what consent means to them, and about the importance of personal boundaries - both knowing your own, and respecting other people's.



You are Awesome

This book will inspire and empower young readers to find the confidence to realise their potential.

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