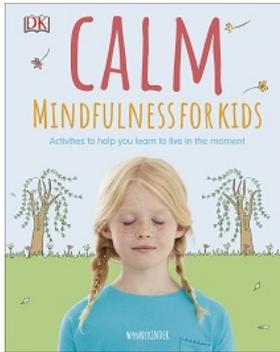




# Wellbeing in Education

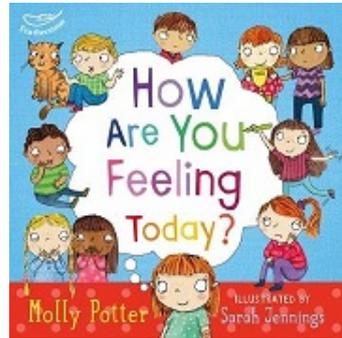
## Health & Wellbeing for Children up to Year 7



### Calm: Mindfulness for Kids

Mindfulness activities are a great way to teach children about their thoughts and feelings and how to understand them - while having fun at the same time.

Flash cards also available.



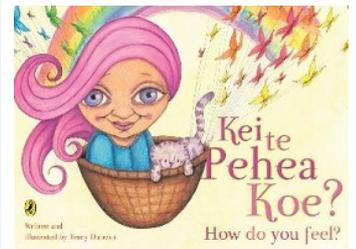
### How Are You Feeling Today?

This book provides children with several straightforward, entertaining and appropriate interactive ideas to help them deal with a selection of significant emotions.



### How Not to Lose It: Mental Health Sorted

How Not To Lose It is the go-to guide for achieving a balanced mind and strong emotional well-being. Topics covered include anxiety, depression, relationships, phobias, bullying, peer pressure, self-esteem, and much more.



### Kei te Pehea Koe? How Do You Feel?

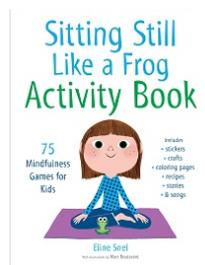
A gorgeously illustrated book to help readers to describe how they feel in Maori and English. A delightful, easy introduction to saying how you feel using te reo.



### Ravi's Roar

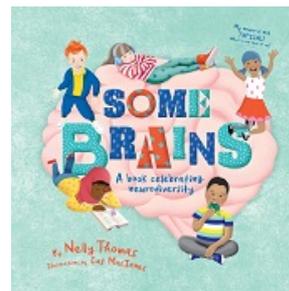
A clever and engaging book about temper tantrums, dealing with emotions and learning to express and understand your feelings.

**Ruby's Worry** also available.



### Sitting Still Like a Frog: Activity Book

80 fun mindfulness games and activities to teach children ages 5-8 to calm themselves down, focus, be attentive to people around them, and to feel more peaceful.



### Some Brains

Some Brains encourages us all look for our strengths and to understand that brains are like fingerprints - uniquely, wonderfully ours.



### Today I Feel

Follows a child through a whole range of emotions, from adored to curious to strong. Not all of the emotions are positive and not all of them are simple, but they are all honest and worthy of discussion with a young child.



*University Bookshop Canterbury*  
**Health and Wellbeing for Children up to Year 7**  
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TITLE	AUTHOR	PRICE	QUANTITY
Calm: Mindfulness for Kids	Kinder, Wynne	\$24.00	
Calm: Mindfulness Flash Cards for Kids	Kinder, Wynne	\$24.00	
How Are You Feeling Today?	Potter, Molly	\$18.99	
How Not to Lose It: Mental Health Sorted	Williamson, Anna	\$19.99	
Kei Te Pehea Koe? How do you Feel?	Duncan, Tracy	\$19.99	
Ravi's Roar	Percival, Tom	\$16.99	
Ruby's Worry	Percival, Tom	\$16.99	
Sitting Still Like a Frog Activity Book	Snel, Eline	\$35.00	
Some Brains: A Book Celebrating Neurodiversity	Thomas, Nelly	\$26.00	
Today I Feel	Moniz, Madalena	\$24.99	

These are just eight of the titles that we hold in this category. To see more go to <http://ubscan.e-web.com.au/positive-education-conference-2018/hlth-wellbeing-for-chn-up-to-yr7>

Please email your completed order to [mary@ubscan.co.nz](mailto:mary@ubscan.co.nz).