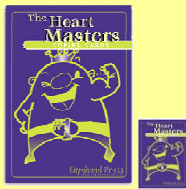




## Catalogue for Social Emotional Learning

[Cards](#)   [Books](#)

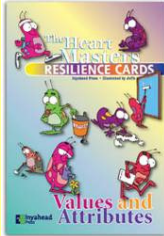
### CARD RESOURCES

No.	Title	Descriptions
18		<b>The Heart Masters: Coping Strategies for Young People – Cards &amp; A4 booklet</b> Used in games, lessons or when communicating with young people about health, positive behaviour, classroom management, emotional intelligence and social skills.
19		<b>The Heart Masters: Communication Cards</b> Use the cards to explore verbal and non-verbal behaviour. An accompanying booklet provides many ideas for using the cards in discussions, role-plays, games and activities.
20	 	<b>The Heart Masters: Resilience Cards - Feelings</b> Accompanied by a book full with ideas, these cards are a lovely resource for helping children to develop an emotional vocabulary and emotional awareness. Each colourful card has an illustration with a feeling word. This helps children and young people to build the vocabulary and awareness that is essential to the development of social and emotional skills, including self awareness, empathy, motivation and self-regulation.
21		<b>The Heart Masters: Resilience Cards - Behaviours</b> Used as teaching aids in class or as discussion starters in counselling situations. The booklet cover topics on resilience, coping, emotions, teamwork, friendship, supportive relationships, bullying and problem solving. The 'Ghost' character exhibits many behaviours, some helpful, some not-so-helpful. Just like most humans really. People of all ages find them humorous and thought provoking.



# Relational Resources

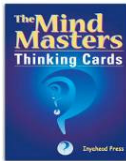
22



### The Heart Masters: Resilience Cards – Values and Attributes

Central to building resilience is an awareness of the qualities that give young people the strength to overcome challenges. These cards provide a great resource for scaffolding positive, playful and non-threatening discussion about young peoples' similarities and differences. They also assist young people to see others in a positive light, in terms of personal values and qualities rather than in more superficial ways.

23



### The Mind Masters – Thinking Cards

Encourage children to ask questions, use multiple perspectives, consider other viewpoints, reflect on their personal thinking dispositions, create deep learning processes and develop meta-cognitive skills.

24



### The Bully Free Card Game

Cards are divided into 4 categories; What would you do if...? Self Esteem boosters; Ways to stay bully-free; Why should you do this? Children get rid of cards by offering helpful suggestions and responses.



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### What Do You Stand For? Character Building Card Game

Turn learning into a game and kids will want to play. This card game spotlights ten top character traits: Caring, Citizenship, Cooperation, Fairness, Forgiveness, Honesty, Relationships, Respect, Responsibility, and Safety. To win, players collect cards of each trait. Each card features a "What If" scenario or question about character that gets kids thinking about what they would do-and what they stand for. The game includes an insert with rules and basic character education concepts.

## BOOKS RESOURCES

No.	Title	Descriptions
11	 	<b>The Heart Masters: Emotional Literacy Game</b> A fun game that teaches about feelings: "What are they? When do they occur? How do they affect you?" Includes instructions, 60 'feeling cards' and 'descriptor cards' on laminated photo-capable sheets.



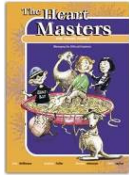
# Relational Resources

- 13   **The Heart Masters: Social and Emotional Problem Solving Game**  
This is an entertaining and non-threatening game to encourage discussion about social and emotional problems. The game includes instructions, reflective questions, problem solving and scenario cards, delivered in an A4 size plastic envelope for easy storage.
- 14   **The Heart Masters: Coping Skills Game**  
Encourage discussion about coping and problem solving in stressful situations. This game includes instructions, reflective questions, 30 coping cards, a scenario sheet and a dice.
- 15  **The Heart Masters: Junior Primary School**  
Packed with stories and activities aimed at building emotional awareness and creating a sense of belonging for young children in the classroom.
- 16   **The Heart Masters: Dreamer's Club**  
Full of great stories, games, fun activities and reflective questions to guide discussions that encourage social and emotional development.
- 17  **The Heart Masters: Middle to Senior Primary School**  
Has an emphasis on building emotional awareness, as well as social confidence and competence.
- 25  **The Heart Masters: Junior Secondary School**  
Has an emphasis on emotional, social and study skills. Mastery of these skills provides a platform for creating the sense of belonging that is critical to individual well-being and success in secondary school. Full of games and energisers for teachers to use in a variety of ways to introduce topics and build skills.
- 26   **The Heart Masters: Building Resilience and Managing the Difficult Emotions – teacher resource**  
For teachers to help young people who are at the on-set of adolescence to develop awareness, skills and behaviours that will help them to manage their difficult emotions.



# Relational Resources

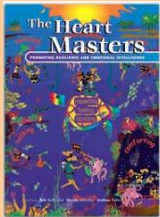
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## **The Heart Masters Managing the Difficult Emotions – student resource**

There are plenty of enjoyable quizzes and activities that will help young people to understand their own profiles, while giving them new ideas to try out.

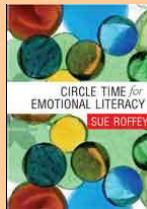
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## **The Heart Masters: Promoting resilience and Emotional Intelligence**

Has a set of experiential activities, worksheets and reflective questions that encourage young people to explore different elements of empathic behaviour.

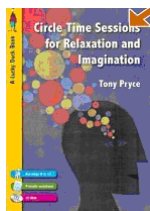
46



## **Circle Time for Emotional Literacy**

A new addition to the wealth of available resources on Circle Time and building emotional literacy in schools.

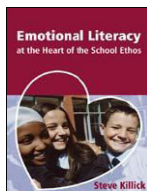
50



## **Circle Time Sessions for Relaxation and Imagination**

Provides a range of exercises which promote relaxation, inner confidence and a positive sense of self. The exercises are accompanied by questions, discussion prompts and activity sheets.

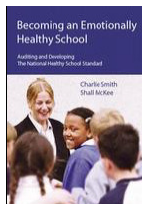
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## **Emotionally Literacy at the Heart of the School Ethos**

Translating the theory of emotional literacy into a practical whole school approach. To introduce and implement the rationale, the practice and policy development.

49



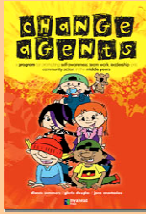
## **Becoming an Emotionally Healthy School**

Helps school staff and people working with schools develop and promote a whole school approach to emotional health and wellbeing.



# Relational Resources

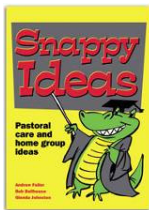
111



## Change Agents

Change Agents is a Middle School curriculum-based program aimed at supporting young people to bring about changes in their lives and in the world around them. The program focuses on four inter-related areas; Knowing Yourself, Working With Others, Leading Others, and Taking Community Action and Making a Difference.

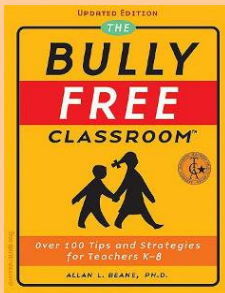
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## Snappy Ideas

The activities in this book may be used flexibly and adapted for different purposes depending on the specific key learning area or objective of the teacher using the activity. The main themes of the resource are identity, success, relationships, conformity, future and careers.

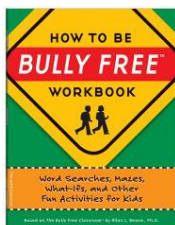
108



## BULLY FREE CLASSROOM

Up to 90 percent of students say they are bothered by bullying. From 10 to 24 percent of students say they are bullied in school. Bullying is a big problem in schools today—and you can do something about it. You can create a peaceful, caring classroom that promotes a sense of belonging in all students and stops bullying in its tracks. This book shows you how. Allan Beane spells out over 100 prevention and intervention strategies you can start using immediately. Some are classroom-centered—designed to change everyone's attitudes, thinking, and behaviors. Some are victim-centered, focusing on students who are current or potential victims of bullying. Some are bully-centered, because bullies need help as much as victims.

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## HOW TO BE BULLY FREE WORKBOOK

Based on The Bully Free Classroom(tm) by Allan L. Beane, Ph.D., this hands-on, consumable workbook is full of engaging activities that help kids recognize bullying behaviours, understand that bullying is not acceptable, respond appropriately if they are bullied, know what to do when others are bullied, and more. Other activities focus on raising self-esteem, building assertiveness skills, managing anger, celebrating diversity, and showing kindness to others. The workbook may be used as a stand-alone, as a companion to The Bully Free Classroom, or as part of an anti-bullying effort already in place in a classroom, school, district, or youth group.