

INNOVATIVE RESOURCES FOR SECONDARY SCHOOLS

Many of our card sets are available as interactive digital resources. You can draw, write, highlight, tag, save and send. Contact us for support in using them or to discuss licencing for your school. And all the card sets come with a booklet full of great ideas for use.

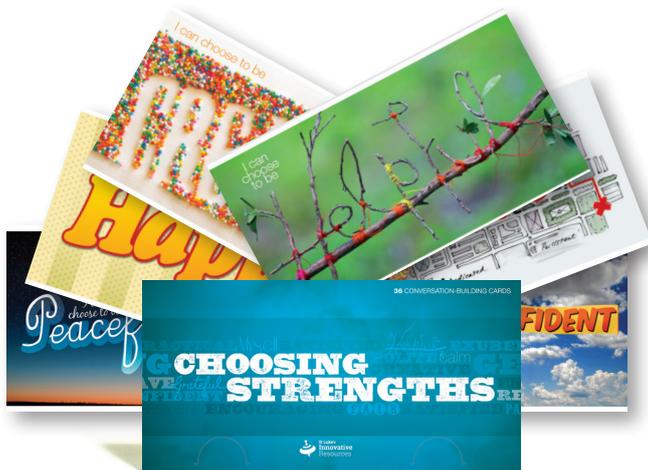


Anxiety Solutions

50 ways to calm your mind and soothe your body

Anxiety can affect a student's ability to learn. These cards offer 50 simple, fun, clinically-proven strategies for managing anxious thoughts. Catering for different learning styles, the cards include a range of creative, cognitive and physical activities that can be done anywhere, anytime. Experiment with different strategies to see which ones work best for your students.

CAT NO: 4960 \$59.50

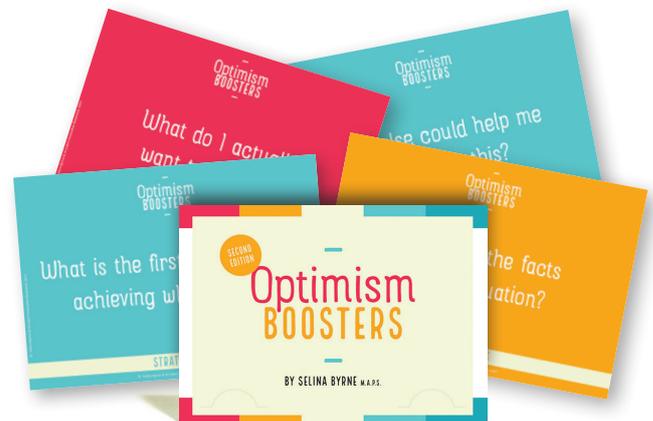


Choosing Strengths

Choices are powerful

Strengths are not only qualities that we have, they are also choices we make. We can actively choose to develop new strengths. Learning to make wise choices is a crucial skill – it is at the heart of change-oriented conversations and self-esteem building with young people. This conversation-building resource identifies a range of strengths that anyone can choose to cultivate and make their own.

CAT NO: 2400 \$52.50

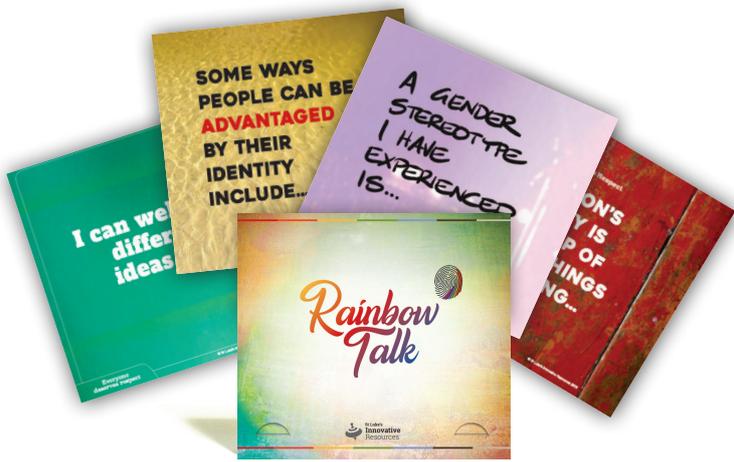


Optimism Boosters

You can "Do" optimism

Optimism Boosters can help students find new perspectives and solutions. Each of the 30 cards ask a question about goals, possibilities and strategies. Written by consulting psychologist, Selina Byrne, the cards draw on a range of therapeutic approaches and have a strengths-based questioning style. Use one, some, or all of them to stimulate thinking, trigger conversations, navigate unhelpful feelings or provide a point of focus.

CAT NO: 3775 \$44.50

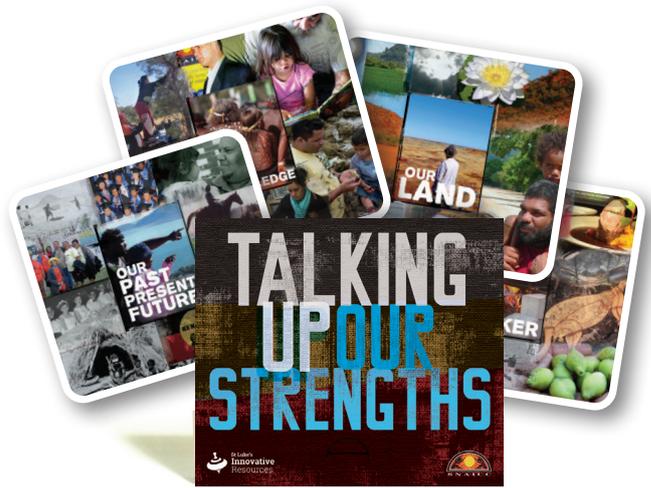


Rainbow Talk

Cards for creating LGBTIQ-inclusive conversations

Create respectful conversations with young people about gender, sexuality and biological sex with *Rainbow Talk's* set of 40 cards. This beautifully designed resource does not tell anyone what to think. It invites students to reflect on stereotypes, assumptions, language, social messages and hopes for the future. The booklet contains many suggestions for creating safe environments to have inclusive conversations, plus lots of ideas for activities.

CAT NO: 4620 \$49.50



Talking Up Our Strengths

Celebrate the strengths of Aboriginal and Torres Strait Islander cultures

Talking Up Our Strengths is a visual feast and catalyst for conversations and storytelling in schools. A set of 22 evocative, photomontage cards, they celebrate the strengths and values of Aboriginal and Torres Strait Islander cultures. These family snap-style photos show people being 'strong in culture'. They are designed to foster recognition of what Aboriginal people have done—and continue to do—to nurture pride, identity and resilience.

CAT NO: 4825 \$42.50

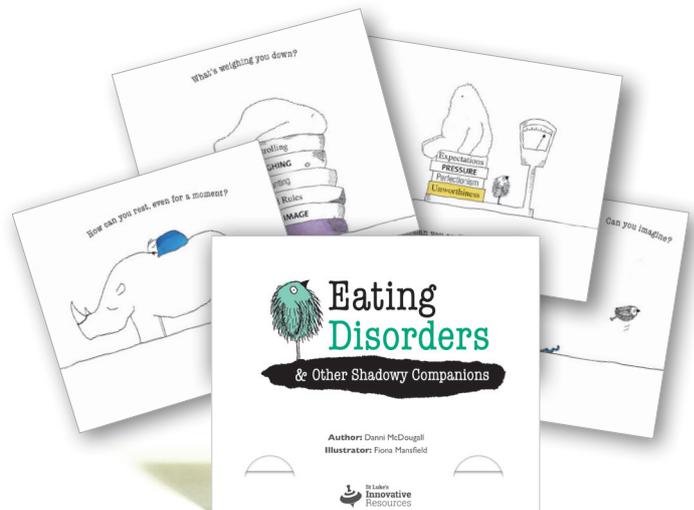


Picture This

Stunning, full-colour photographs to ignite storytelling and discussion

The 75 original and evocative photographs that make up *Picture This* offer students opportunities to reflect on their experiences and communicate with others. This highly interpretive, versatile tool captures different aspects of life: the mundane, the whimsical, the soulful, the playful, the challenging, the joyful, the imaginative, and can be used to open up conversations and create storytelling opportunities on a range of topics.

CAT NO: 2900 \$59.50



Eating Disorders

Hearing and validating the experience of an eating disorder, before the focus can shift to recovery

This beautiful, highly-visual tool supports young people to lessen the isolation of living with an eating disorder by helping them share their experience with family, friends, teachers, counsellors and health professionals. The questions on each card can gently open a way forward. The cards can also be used to talk about other mental health issues like depression and anxiety.

CAT NO: 4630 \$54.50



Reflexions

Real conversations with young people about feelings, goals and identity

This set of 34 full-colour cards can be used to have REAL conversations with young people about the hard stuff, the painful stuff, as well as the good stuff. The cards combine key words, such as Angry, Caring, Assertive, with great visuals, and are designed to encourage young people to talk about feelings, goals and identity.

CAT NO: 3210 \$49.50



Deep Speak

Questions for opening up dynamic conversations

This classic card set—a must for classrooms—is an engaging and thought-provoking resource of 120 question cards, each one pertinent to the issues that absorb young people as they deal with relationships, identity, emotions, beliefs and values. Open up dynamic conversations with young people with the transformational power of simple questions.

CAT NO: 4200 \$59.50



Strength Cards®

An indispensable resource for naming, celebrating and building strengths

The original *Strength Cards®* have, for over 20 years, played a vital self-esteem building role in the lives of countless students by helping them identify their strengths, find solutions and achieve their goals. This indispensable resource has 54 delightful images for naming, building and celebrating strengths. Simple, gentle and versatile, these cards will spark curiosity and ignite a multitude of questions.

CAT NO: 0100 \$52.50

* Stickers Available



Talking Ecological

Environmental educators and change managers: create a buzz, sow a seed

Talking ecoLogical is a set of 40 cards that can be used to create lively, thoughtful, provocative and progressive conversations about environmental sustainability. Developed with a dual focus on sustainability and social justice, the cards are designed to spark rich discussions about identity, shaping the future and our relationships with the environment.

CAT NO: 4940 \$29.50



Cars 'R' Us

**Where are you heading?
Who is in the driver's seat?**

Cars 'R' Us is a unique, interactive tool for exploring both emotions and choices. The cards are designed to help students think about the choices they make and the interconnections between feelings, body messages, thoughts and actions. Built around a fleet of very human-looking cars, they are ideal for talking about goals, overcoming challenges and how we feel or respond in particular situations.

CAT NO: 4400 \$59.50



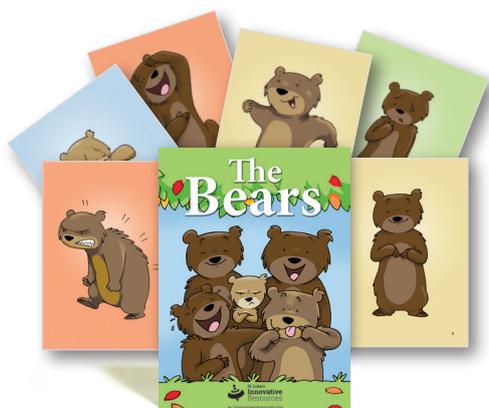
Self-Care Cards

**Exquisite cards for exploring
self-care at home and at work**

We can't look after others if we don't know how to look after ourselves. These beautifully illustrated cards encourage the art of 'noticing' – noticing how you're doing, what you're feeling, what your own insights are revealing about what's working well and what to do differently to support self-care. Great for staff meetings, supporting colleagues and professional development.

CAT NO: 4936 \$54.50

Best Seller!



The Bears

**48 cards for talking
about feelings**

A bestseller for over 20 years, *The Bears* is a simple yet powerful resource for identifying, talking about and reflecting on feelings. The cards speak directly to our feelings and emotions at a very deep level. As they have no words and the characters are bears, they can be used by people with different literacy levels, cultural backgrounds, ages and genders. This classic edition of 48 full colour cards is possibly the simplest and most versatile tool you can use to teach students about emotions.

CAT NO: 0200 \$52.50

** Stickers Available*

Training: In-person and online

Yes, we can deliver workshops and training sessions remotely via teleconferencing, featuring our range of colourful, interactive digital resources.



Our strengths approach training and tools workshops are for people who wish to:

- **focus on strengths and solutions rather than problems**
- **invigorate their teams**
- **build organisational culture**
- **create better outcomes for people**
- **use tools to bring meaningful conversations alive in their work.**

We specialise in tailoring the content and duration of our online and in-person workshops to the needs of your organisation, and or you can select from our growing range of courses.

More information:

[W: innovativeresources.org/training/](http://www.innovativeresources.org/training/)