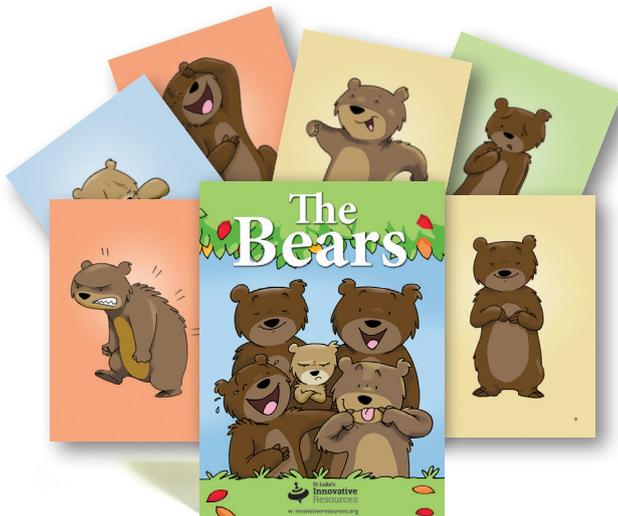


INNOVATIVE RESOURCES FOR SOCIAL WORK

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 organisation. And all the card sets come with a booklet full of great ideas for use.



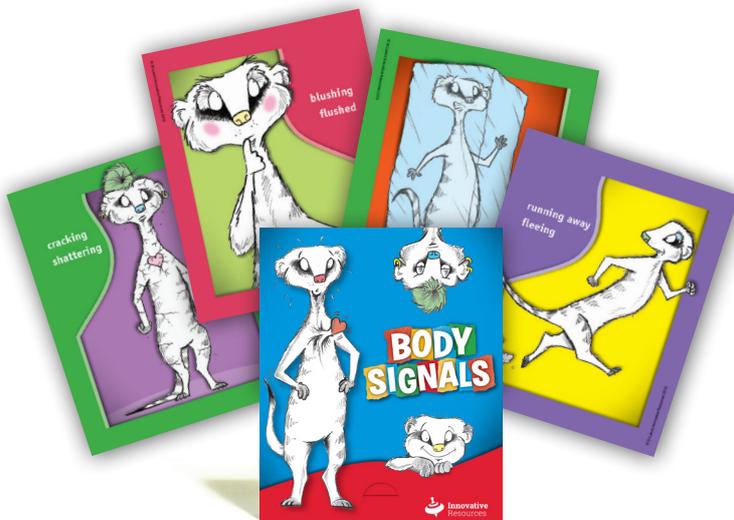
The Bears

48 endearing bear cards
ideal for talking about feelings

Talking about feelings is one of the cornerstones of emotional literacy. Here are 48 colourful, loveable bear characters – happy, sad, confident, afraid, shy, energetic, tired, noisy, caring, grumpy, and many more. Use these cards to help children communicate feelings about family, friends and classmates. There are no words on the cards so this resource is very accessible to young children and those with literacy challenges. They can be used in a variety of situations: as an ice-breaker, and for one-to-one and group sessions.

CAT NO: 0200 \$55.00

* *Stickers Available*



Body Signals®

Teach children to recognise
the body's messages

Body signals are sometimes called our 'early warning signs'; they let us know immediately when we feel stressed or unsafe. That's why they're crucial for protective behaviours, trauma-informed practice or simply for navigating everyday life.

Pick cards for what happens in your body when you're happy, sad, scared, angry, tired.

Which body signals mean you feel unsafe?

Pick several cards — what other words could describe the body signals?

How can you soothe unwanted body signals?

CAT NO: 4970 \$55.00



Self-Care Cards

for Home and Work

50 designs to inspire, surprise
and delight to enhance self-care

Self-care is critical. Working with others who are facing significant difficulties can take a toll on our resilience. Unless human service organisations actively support self-care, then sick days and staff turnover can escalate. This resource is designed to put self-care on the agenda in supervision, teams, planning, policies and procedures at work, and in our personal lives at home. Use them to create a self-care plan: Pick cards for where you would like to be heading. What steps you could take today, tomorrow, next week?

CAT NO: 4936 \$55.00

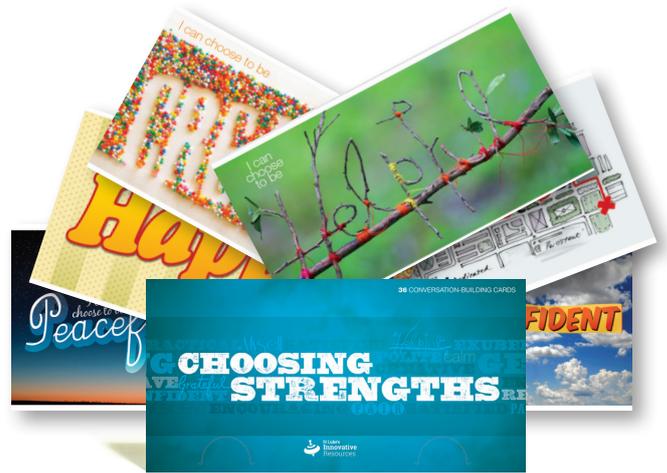


Anxiety Solutions for Kids

50 fun strategies for managing anxiety and promoting wellbeing

These cards are based on techniques used for many years by consulting psychologist Selina Byrne M.A.P.S. to help children manage worry and anxiety, build resilience and increase their sense of wellbeing. They have arisen out of solution-focused, strengths-based approaches, Cognitive Behavioural Therapy, brain research, optimism theory, mindfulness practices, interpersonal therapy and behaviour models. These cards are great for teaching children to soothe their anxiety using movement, repetition, distraction, reframing and humour.

CAT NO: 4937 \$59.95



Choosing Strengths

36 cards to help clients build on their strengths

Everyone has strengths! Sometimes they are hidden and sometimes they shine like blazing lights. This conversation-building resource is founded in the rich tradition of CHOICE THEORY and STRENGTHS-BASED PRACTICE. Each card, beautifully illustrated and designed, identifies a potential strength that anyone can choose to cultivate and make their own.

CAT NO: 2400 \$55.00

* Stickers Available



Positive Parenting

A wonderful storytelling tool for opening up conversations about parenting

Use these beautifully-designed cards to have conversations with parents about their experiences, struggles, ideas, and hopes for their children and for themselves. Each of the 40 cards features an original line drawing of an everyday object that can be found in many family homes, such as a toaster, a ball, a shoe, a pet's bowl, a sandwich, a toothbrush or a garden spade. Accompanying the image is a sentence starter to get the conversation rolling, for example:

I was proud of my children when...

Something I find difficult as a parent is...

CAT NO: 4926 \$55.00



Strength Cards®

54 cards to help us name and mobilise strengths

Did you know that strengths are contagious? Or that they can be borrowed and shared? Or that everyone has strengths? Use these fun, lively cards to help adults or children name their personal strengths and skills, build a positive sense of identity and notice the strengths of others. These iconic cards belongs in the tool kit of everyone who takes a strengths approach to working with others.

CAT NO: 0100 \$55.00

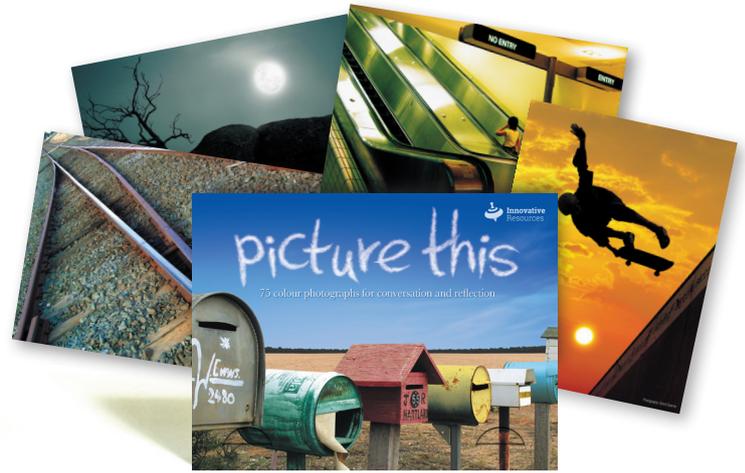


Bears Stickers

Double the fun! Now with 10 full sets – that's 480 individual stickers!

The Bears are beloved by people everywhere and The Bears stickers are perfect for letting everyone know how you're feeling. Forget word-based surveys and scales of 1 to 10; make evaluation fun by inviting clients to show what they think with a sticker. You might have to bear with some very honest responses...

CAT NO: 0251 \$12.90



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 \$59.95



Anxiety Solutions

50 ways to calm your mind and soothe your body

Anxiety is one of Australia's most common mental health conditions. It's empowering to have some simple, effective and discrete strategies to use anywhere, anytime. The 50 strategies are based on clinically-proven techniques used for many years by consulting psychologist Selina Byrne M.A.P.S., and include:

- Mindfulness
- Brain Research
- Positive Psychology
- Cognitive Behavioural Therapy
- Solution-focused Brief Therapy

CAT NO: 4960 \$59.95



No Room For Family Violence

30 cards for conversations about abuse and respectful behaviour in intimate partner relationships

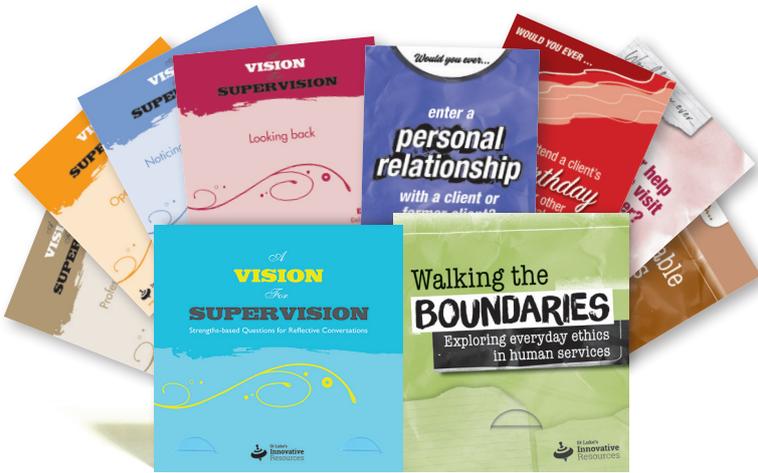
This card set explores 10 key aspects of a relationship in which abusive or respectful behaviour can be recognised by asking three simple, clarifying questions: What do I want MORE of? What CONCERNS me? What do I want NONE of?

Use these cards to create dynamic, open conversations about intimate partner relationships in schools, sporting clubs, family violence services, refuges and community services, counselling, health education and mental health settings, groups for men, women, couples and parents.

CAT NO: 4945 AU\$55.00

New!

New!



Professional Practice Value Pack

A pair of professional resources to support strengths-based, reflective conversations about practice approaches and work challenges

VISION FOR SUPERVISION

The 40 cards provide 160 strengths-based, reflective questions divided into key themes, to help you plan your supervision sessions from start to finish.

Use these cards to explore expectations of supervision, roles and responsibilities, or to introduce a touch of novelty into an existing supervisory relationship. *A Vision for Supervision* is also ideal for supervisors and practitioners to use between supervision sessions.

WALKING THE BOUNDARIES

Walking the Boundaries offers 80 probing, surprising, challenging—even confronting—questions that reflect the ambiguities and complexities of professional practice. Designed by social workers to be used by anyone who works with others, *Walking the Boundaries* is perfect for stimulating forthright, fun, unpredictable and revealing conversations with colleagues, supervisors, teams and new professionals!

CAT NO: 1117 \$95.00



Social Work Value Pack

Add to your client resources with this collection of bestselling cards sets, available as a pack for a limited time

This family focused value pack includes these card sets:

- *Positive Parenting*
- *Picture This*
- *No Room for Family Violence*
- *Deep Speak*
- *Strength Cards for Kids*
- **BONUS SET:** *Cavepersons*

CAT NO: 1118 Special price: \$242.00

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/

HOW TO ORDER: Order online or download an order form from our website www.innovativeresources.org • Call us on +61 3 5446 0500

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