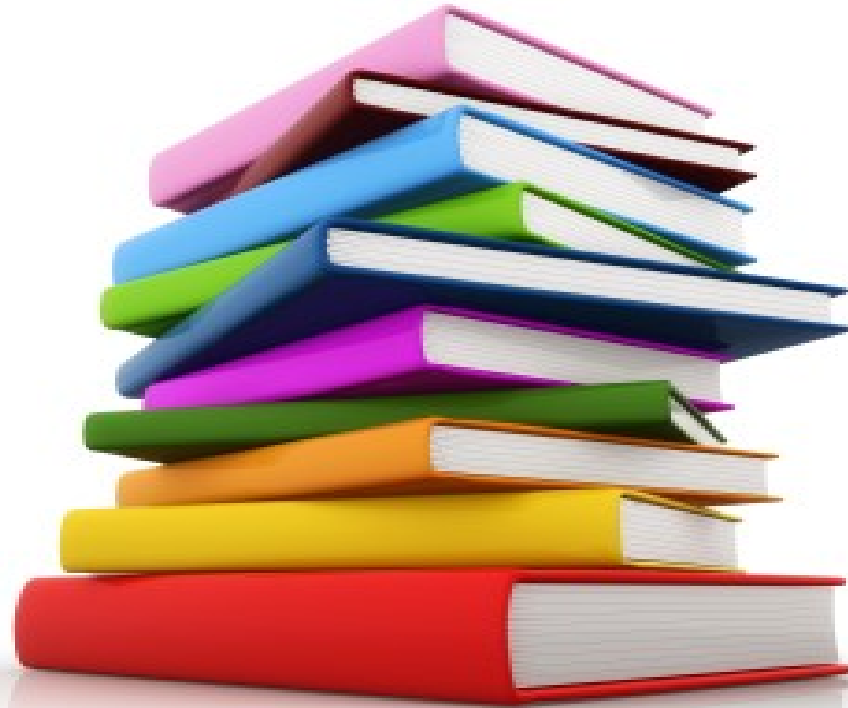


Catalogue of Direct Work Resources



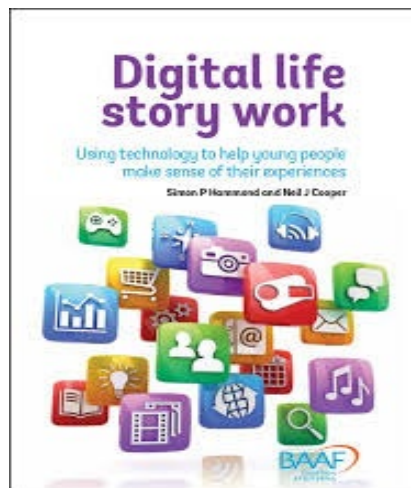
Contact Deannie Harris and Trish Cox – Life Work Development Officers to borrow from this catalogue.

Books





The book illustrates current theory and practice and looks at how the approach is being used in a variety of settings including schools, intensive services, youth justice, and post-adoption support, highlighting its versatility. The importance of trauma-informed practice when working with vulnerable children is emphasised throughout, to help practitioners provide the best for the children in their care. **Suitable for 10 and above**



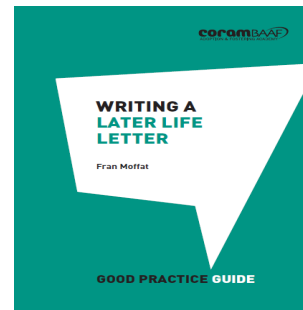
This innovative guide brings the benefits of life story work - traditionally undertaken with younger children - to young people and adolescents. Digital life story work charts new territory through the use of computers, free software, smartphones and camcorders in a range of contemporary and exciting ways. ... **Suitable for 10 and above**



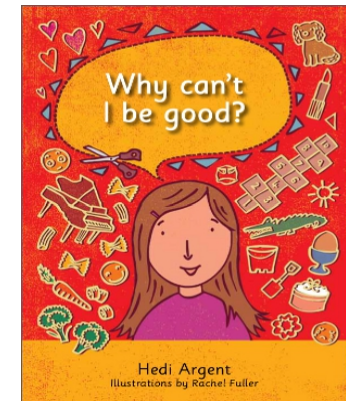
Roll the cubes and make a story; a creative and educational tool to stimulate the imagination
Nine dice with six images each means over one million combinations on every roll for limitless storytelling fun
Non-competitive fun; there's no right or wrong way to play, just enjoy sharing stories with family and friends
Suitable for players 6 years old and above



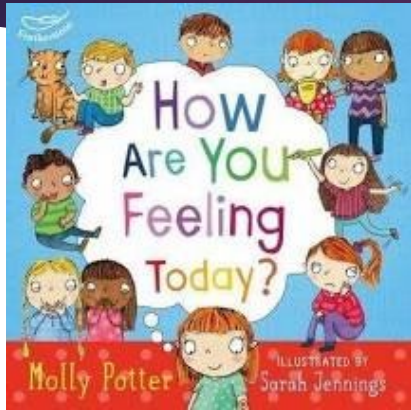
Aimed at children aged three and over, these picture books address key issues for all young people - feeling safe, the importance of memories, and dealing with fears and worries.



Designed to help the writing of Later Life Letters, contains examples. **Suitable for teenagers and over.**

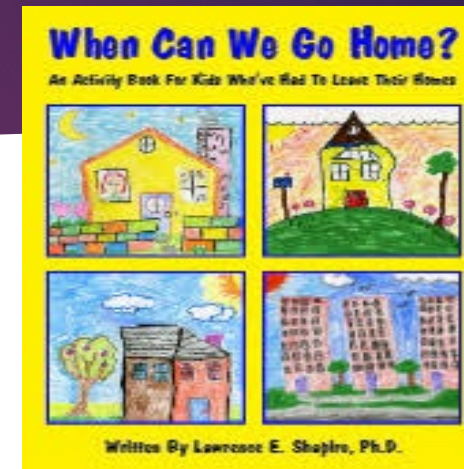


Any child aged seven to 11 whose behaviour frequently gets them into trouble, or who knows someone who can't be good. The booklet is designed for a child to read with a parent, carer or worker available to talk through it with them and answer possible questions.

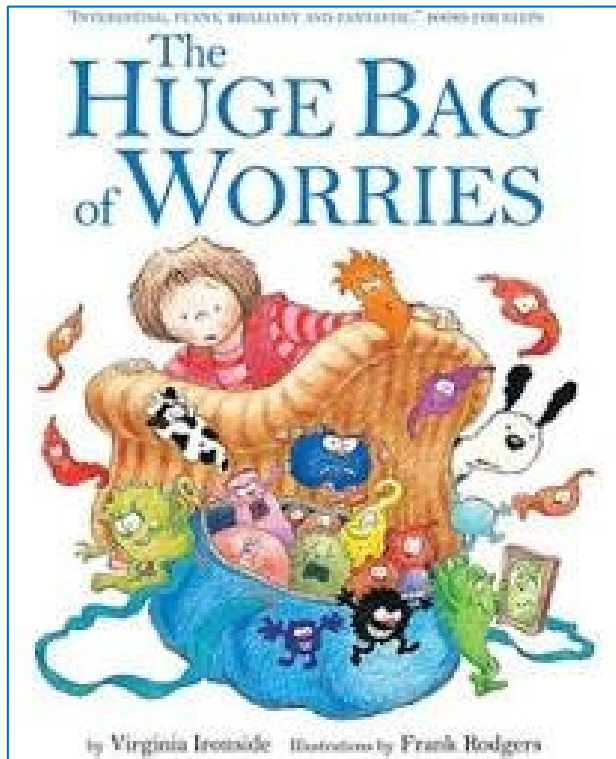


Children have strong feelings and they can't always handle them very well. Perfect for sharing, *How Are You Feeling Today?* is packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions. This delightful book gives parents/carers the tools they need to help their child deal with those feelings - without it all ending in tears!

A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. **Suitable for early years.**



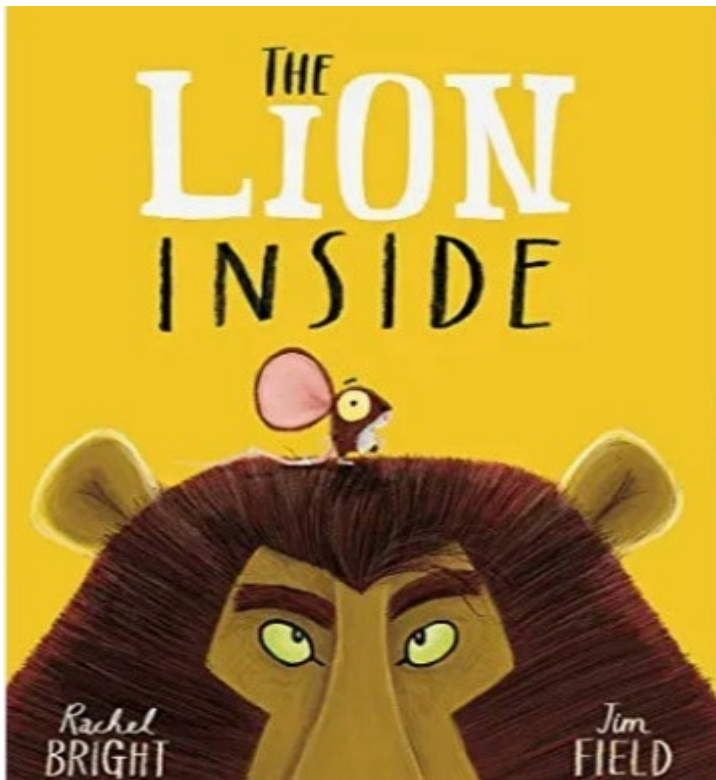
This book is designed to help children do two things: cope with the reality of being away from their homes and develop the “emotional intelligence” skills they need to be resilient throughout life. Although children may not truly be satisfied until you can answer the question posed by the title of this book – *When can we go home?*— you need to know that there are things you can do every day to make life easier for children who have had to leave their homes **Suitable for 8 plus**



The perfect book to soothe worries during stressful times.

Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them?

A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child. **Suitable for 2 - 5 years and over.**

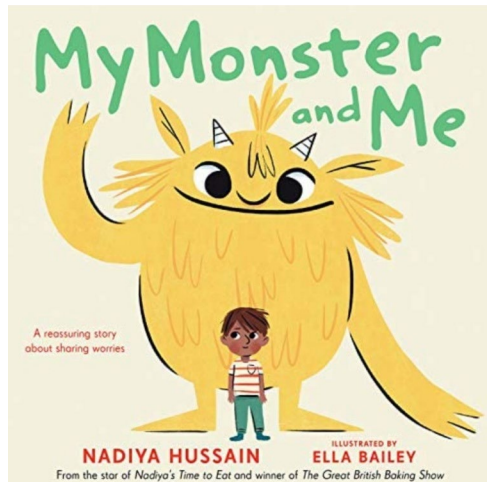


A bestselling story about confidence, self-esteem, and a shy little mouse who sets out on a journey to find his roar.

In a dry dusty place where the sand sparkled gold, stood a mighty flat rock, all craggy and old. And under that rock in a tinyful house, lived the littlest, quietest, meekest brown mouse.

Fed up of being ignored by the other animals, Mouse wishes he could roar like Lion. But, as he discovers, even the biggest, bossiest people are scared sometimes ... and even the smallest creatures can have the heart of a lion!

Suitable for 3-5 years.

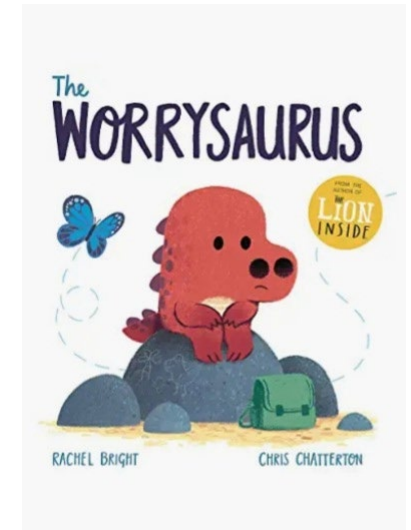


A touching story about a little boy whose worry monster follows him everywhere he goes. It's there when he gets dressed, when he wants to play with his toys, and even when his friends come over to visit. How can he escape his worries? **Suitable for 3-5 years and above**

It's a beautiful day and Worrysaurus has planned a special picnic.

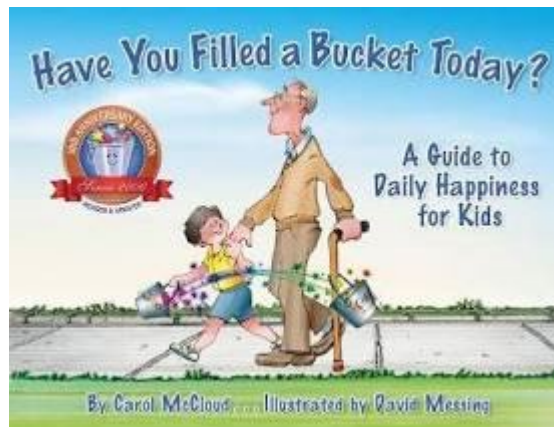
But it isn't long before a small butterfly of worry starts fluttering in his tummy . . .
What if he hasn't brought enough to eat?
What if he gets lost in the jungle?
What if he trips and falls?
What if it rains?!

Can Worrysaurus find a way to chase his fears away and have fun? The perfect book to help every anxious little dinosaur let go of their fears and feel happy in the moment. **Suitable for early years.**

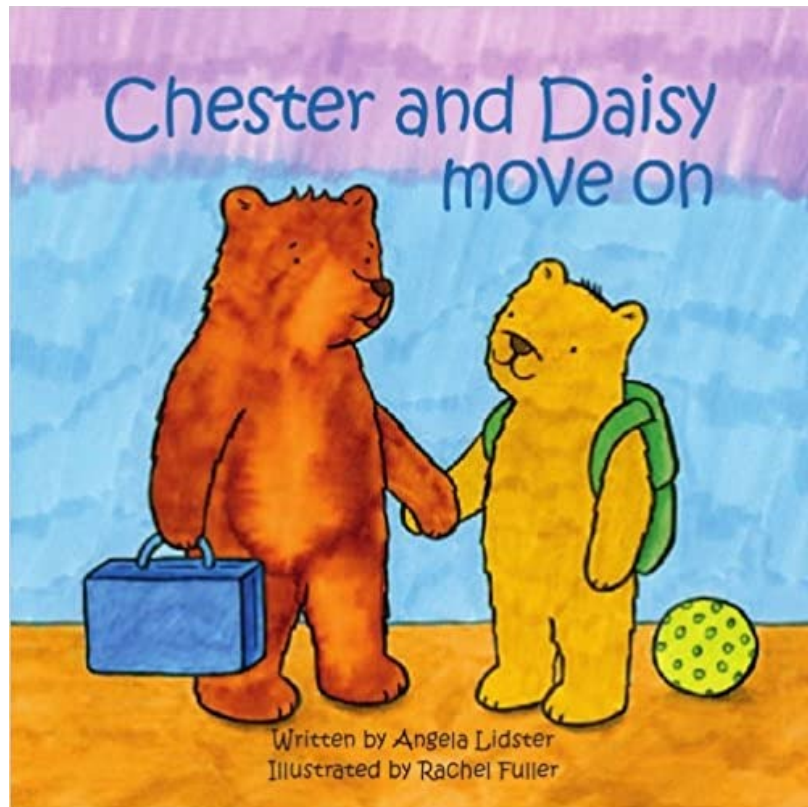




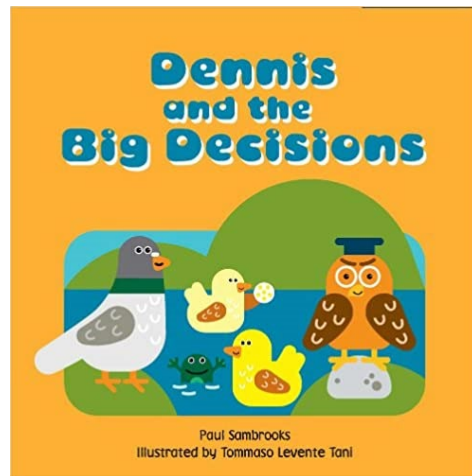
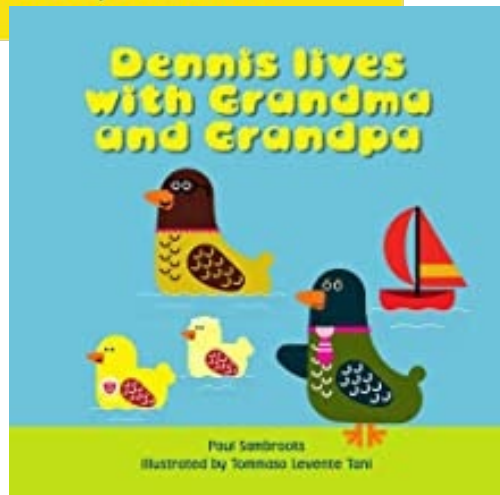
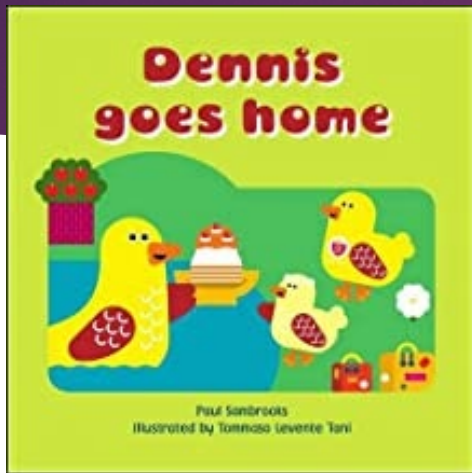
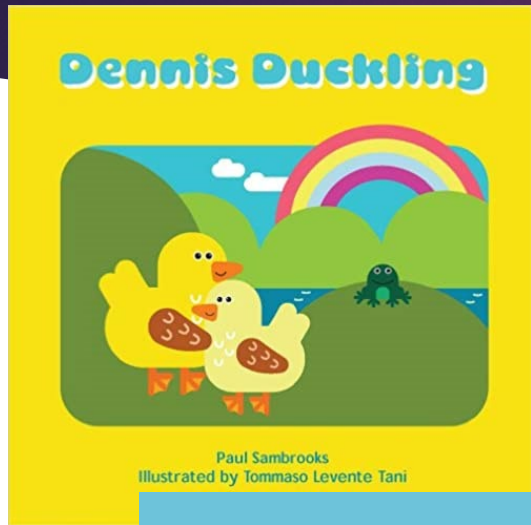
This series follows Nutmeg the squirrel and his brother and sister on their adoption journey. It includes titles on being adopted, managing painful feelings, contact issues, post-adoption support, problems in the school environment, and sibling adoption. Comprehensive practice guidelines are available with each title to help adults reading with a child to encourage them to explore their own history and make sense of their experiences and feelings. **Suitable for early years.**



While using a simple metaphor of a bucket and a dipper, author Carol McCloud illustrates that when we choose to be kind, we not only fill the buckets of those around us, but also fill our OWN bucket! Conversely, when we choose to say or do mean things, we are dipping into buckets. All day long, we are either filling up or dipping into each other's buckets by what we say and what we do. When you're a bucket filler, you make the world a better place to be! This 32-page picture book is perfect for children, parents, grandparents, teachers and people that want to teach empathy, nurture kindness and create a positive environment in their home, classroom, workplace and community. **Suitable for 4 - 7 years.**



This popular and engaging picture book is for use with children who are moving on to adoption. It tells the story of two little bear cubs who have to leave their parents and live with a foster bear family. Soon they learn they are to be adopted. The story encourages children to compare their own stories with that of Chester and Daisy. Work pages are provided for the children to write about their own experiences. **This book can be used with children aged 4 -10 years old** to help them explore feelings about their past and their moves, and to help carers identify these issues from the child's perspective.



This charming illustrated series of books are ideal for very young children (aged 2-5 years old) who are leaving their birth families for the first time to be looked after by foster carers. Dennis and his sister need someone to look after them, someone to help wash their feathers and feed them. A grown-up duck called Annie comes to talk with them.

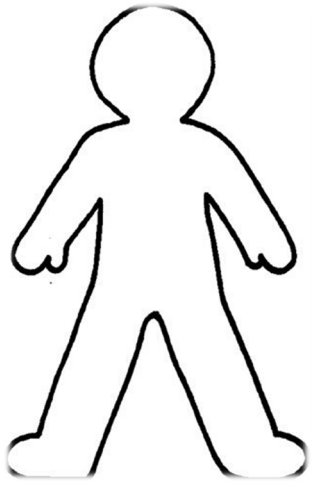
Through Dennis's story, this colourful picture book explains what may be happening to young children and helps them to express some of the emotions they may be feeling about upsetting and confusing events.

The simple text and open story ensure that Dennis Duckling is a flexible resource that can be used with children in a range of settings and circumstances.

Arts & Crafts



Toolkit continued ...



Story books/Puppets and
Arts and Crafts materials



This worry monster will just love to eat up your every worry helping you rest easy again. Every night and every day they turn fears, worries or bad moods into nice stories to enjoy together or alone. Worry monster loves to eat worries - they are his favourite meal!



A Therapeutic Treasure Deck of Feelings and Sentence Completion Cards. Dr. Karen Treisman. Offering a simple and creative way for children or teens to talk about their thoughts and feelings, this deck of cards is the perfect tool for adults working with children aged 6+.



Finger puppets to act out situations, people, memories and have fun.....

Direct work toolkit available from Workforce development Team

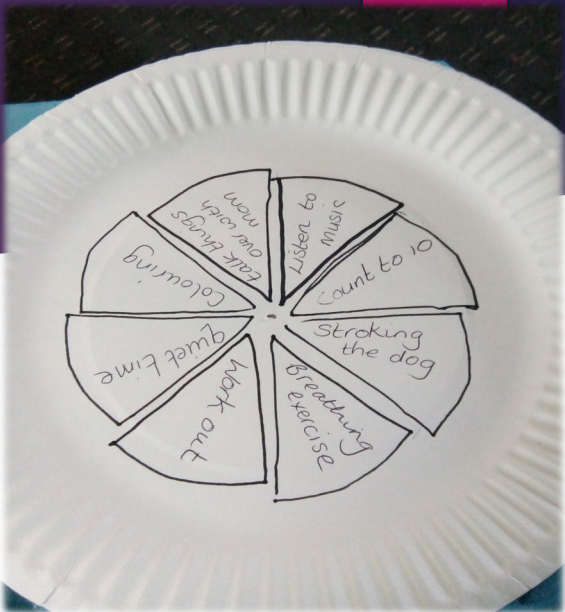




Feelings pebbles



Coping wheel



- Feelings pebbles
- Family Tree
- Coping wheel
- Chatterbox

Family Tree



Chatterbox



DIY puppets that can help with role play and can also be used as worry puppets/Monsters.



DIY worry, question or idea jars can be used for a child to express any worries/concerns or questions they may have about their past or present situation.



Games





Humpty Dumpty Wall

The idea behind the use game is to use each brick to represent what a baby/child needs to grow and thrive i.e. *safety, healthy diet, boundaries etc.* What happens as you remove a brick from the wall? This is a great physical representation for children to help them to understand early childhood events.

Suitable for 4 and over.

Timberrr Tumbling Tower

The blocks in this tower can have questions written on them to aid communication between a worker and child or young person, carers can also get involved. Or they can be coloured coded to represent question for you, question for child or young person and carer. E.g. **Red - Social Worker, Blue - Child or young person, Green - Carer.**

Examples of questions:

What is your favourite colour?

Do you have any hobbies?

How do you feel when.....?

What do you enjoy doing?

When I am upset I

Suitable for 5's and over.



Useful websites

www.thejoyoflifework.com

www.lifestoryworks.org

www.behindthename.com

www.sheffkids.co.uk

www.socialworkerstoolbox.com

www.communitycare.co.uk

