



## Outside The Box Parent Resources - Helping parents to help their child.

- Help your child to improve their self-esteem, resilience, social skills, behaviour and general well-being



Available from



W6W Tougher's Business Park,  
Newhall, Naas, Co. Kildare, W91 YR82  
+ 353 (0) 45 409322  
sales@otb.ie  
www.otb.ie





# Off We Go! Series

## Social Storybooks

100%  
IRISH

for Children with Autism and other Communication Difficulties

Author: Avril Webster

The books are used in lots of different ways - as social storybooks, as a preparation before an outing or as visual prompts to explain what comes next in a particular activity. The books also act as a great template for making homemade books or visual cards that can be focused on what is most important for your child.



Ar fáil i  
nGaeilge  
freisin



Also  
available  
in English

An Chomhairle um Oideachas  
Gaeilachta & Gaelscolaíochta



These books are of particular  
benefit to:

- Children on the autism spectrum
- Children with intellectual disabilities
- Children with communication difficulties
- Pre-school children
- Children who are learning English as a second language
- Children starting to learn Irish

Ages: 5-10+

OFF WE GO!		SEO LINN!	
Title	ISBN	Ainm	ISBN
Going to the Supermarket	9781906583002	Ag dul chuig an ollmhargadh	9781913225605
Going to the Dentist	9781906583019	Ag dul chuig an bhfiacloir	9781913225612
Going to the Doctor	9781906583026	Ag dul chuig an dochtuir	9781913225629
Going to the Hairdresser	9781906583033	Ag dul chuig an ngruagaire	9781913225636
Going to the Restaurant	9781906583040	Ag dul chuig an mbialann	9781913225643
Going Swimming	9781906583057	Ag dul ag snámh	9781913225650
Going to a Birthday Party	9781906583064	Ag dul chuig cóisir	9781913225667
Going to Buy Clothes	9781906583071	Ag dul chun éadaí a cheannach	9781913225674
Going to Buy Shoes	9781906583088	Ag dul chun bróga a cheannach	9781913225681
Going to the Cinema	9781906583095	Ag dul chuig an bpictiúrlann	9781913225698
Going to the Optician	9781906583101	Ag dul chuig an radharceolaí	9781913225704
Going on a Plane	9781906583118	Ag dul ar eitleán	9781913225711
Off We Go: Full series (12 books)	9781913225735	Seo Linn: Sraith iomlán (12 leabhar)	9781913225728



[www.otb.ie/offwego](http://www.otb.ie/offwego)

€7.95  
each

Any 6 - €45.00  
Any 12 - €85.00  
Full Set (all 24) €160.00

This contemporary series covers a range of topics about the social and emotional challenges that a young person may encounter. By teaching parents and carers a diverse set of practical skills to support children through stressful events and challenging behaviours, this collection will assist in confident navigation through many different emotions and support the work being done in schools.



Titles in the Series	ISBN
▲ <b>Anger</b> - Helping a child to identify why they are angry and techniques to support them	9781913225018
▲ <b>Anxiety</b> - Understanding anxiety with practical exercises to promote well-being	9781913225025
▲ <b>Bullying</b> - Identifying the causes and effects of bullying and how to build resilient children	9781913225032
▲ <b>Family Resilience</b> - Helping to cope with family challenges through improving personal strengths	9781913225049
▲ <b>Grief</b> - Understanding loss and grief and how to support a child through sad times	9781913225056
▲ <b>Parenting</b> - Practical parenting ideas to meet the needs of your children with proven techniques	9781913225063
▲ <b>Self-Esteem</b> - Building self-confidence through competencies and life-skills	9781913225087
▲ <b>Sibling Rivalry</b> - Examining why children compete negatively and practical steps to reduce the conflict	9781913225094
▲ <b>Strong-Willed</b> - How to promote cooperative behaviours in those children that could but won't	9781913225100
▲ <b>Working with Professionals</b> - Giving parents/carers the tactics to promote successful outcomes for their children	9781913225070

## About the Authors

**Dr. Rob Long** - Rob is a chartered educational psychologist whose main interest is supporting children who face social, emotional and mental health difficulties. He is committed to providing practical solutions to help understand the challenges that many children and young people face.

**Keith Hodgins** - Having spent half of his 30-year police career working with young people, Keith has dealt with many complex family matters approaching each with honesty, openness and humour. His main influences are his psychological and family therapy training - as well as his wife and daughter, who provide him with constant angst, fun and love.

**Sandra Curtin-Maggs** - Sandra has worked in education for the past 12 years. She supports parents/carers of children with various degrees of additional needs, be it a long-term condition or a temporary blip. She has a particular interest in improving the emotional well-being of both children and parents/carers, with a focus on helping the family to help themselves.

€7.95  
each

5 for €35.00  
10 for €65.00



[www.otb.ie/Helpful-Handbooks](http://www.otb.ie/Helpful-Handbooks)



**ALSO AVAILABLE  
AS POSTERS (A2)**

## Kindfully Me - Book Series

This *Kindfully Me* series consists of three colourfully illustrated children's books that introduce children to practices of mindfulness, kindness, compassion and gratitude. Each book in the series focuses on teaching children practical and effective self-care and interpersonal skills which promote children's positive mental health and positive relationships with others. The series introduces children to evidence-based techniques that once learned, will last a lifetime and can help children live happier and healthier lives. The books include colourful workbook pages. Recommended ages: 4-8+

**Author:** Louise Shanagher

**Illustrator:** Úna Woods

**€9.95  
each**

**Set of 3 for  
€26.85**

	ISBN
Book 1: Kind Wishes	9781913225322
Book 2: Kindness is Contagious	9781913225339
Book 3: Thankfully Me	9781913225346
Set of 3	9781913225353

## Magic Word - Laminated Cards (A6)



The *Magic Word* cards and posters consist of ten beautifully illustrated cards/posters each with a special affirmative message for children. Children are encouraged to read the message whenever they would like to give themselves a 'boost'. The more they read them, the more the magic grows and this will give them comfort and improve their self-esteem and self-efficacy.

Recommended ages: 4-8+

**Authors:** Louise Shanagher & Rose Finerty (Illustrator)

**ALSO AVAILABLE  
AS POSTERS (A2)**

	ISBN	PRICE
Cards	9781913225247	<b>€14.95</b>

## Who's Visiting Now? - Laminated Cards (A6)

The *Who's Visiting Now* cards and posters consist of ten beautifully illustrated cards to help explore emotions with children. Each one represents a different emotion and the cards have prompts, questions and statements on the back for discussing, exploring and managing each specific emotion.

Recommended ages: 4-8+

**Authors:** Louise Shanagher & Rose Finerty (Illustrator)



	ISBN	PRICE
Cards	9781913225261	<b>€14.95</b>

[www.otb.ie/Creative-Mindfulness](http://www.otb.ie/Creative-Mindfulness)

**ALSO AVAILABLE  
AS POSTERS (A2)**





### Calm Cards for Tweens - Laminated Cards (A6)

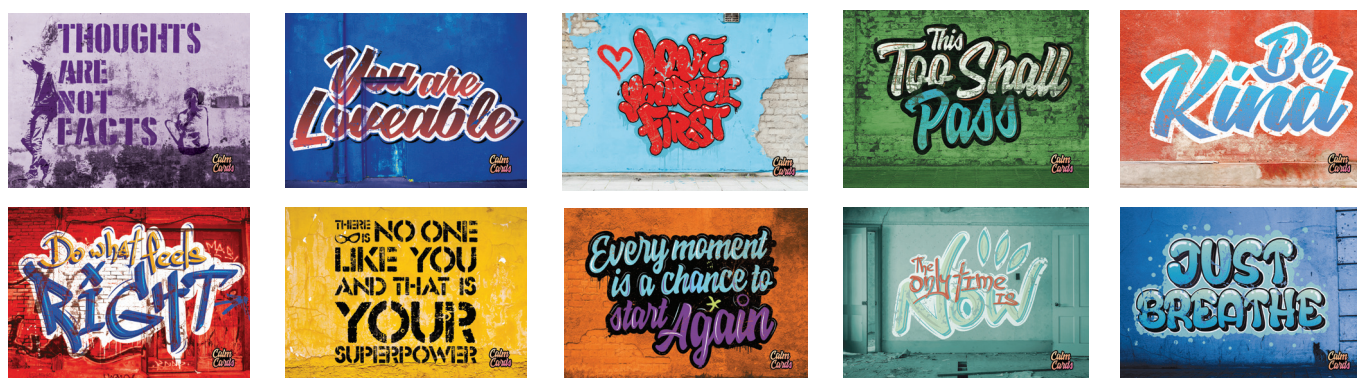
The *Calm Cards for Tweens* cards consist of ten beautifully illustrated cards designed to promote positive mental health for tweens (8 to 12 year-olds). The cards focus on helping tweens practice mindfulness and self-compassion in their daily lives. The cards contain one mental health skill prompt and has practical suggestions on the back.

Recommended ages: 8-12

**Authors:** Louise Shanagher & Charlene Elliott (Illustrator)

**ALSO AVAILABLE  
AS POSTERS (A2)**

	ISBN	PRICE
Cards	9781913225360	€14.95



### Calm Cards for Teens - Laminated Cards (A6)

The *Calm Cards for Teens* cards consist of ten beautifully illustrated (graffiti-style) cards designed to promote positive mental health for teens (13 to 17 year-olds). The cards focus on helping teens practice mindfulness and self-compassion in their daily lives. Each card contains one mental health skill prompt and the cards have practical suggestions on the back.

Recommended ages: 13-17+

**Authors:** Louise Shanagher & Charlene Elliott (Illustrator)

**ALSO AVAILABLE  
AS POSTERS (A2)**

	ISBN	PRICE
Cards	9781913225285	€14.95



What's in the Box:

- ▲ 56 original cards
- ▲ 250+ meaningful questions
- ▲ Unlimited ideas and meaningful conversations

### Think Tanglers

– P4C – Philosophy for Children  
– Cards for Thinking Together

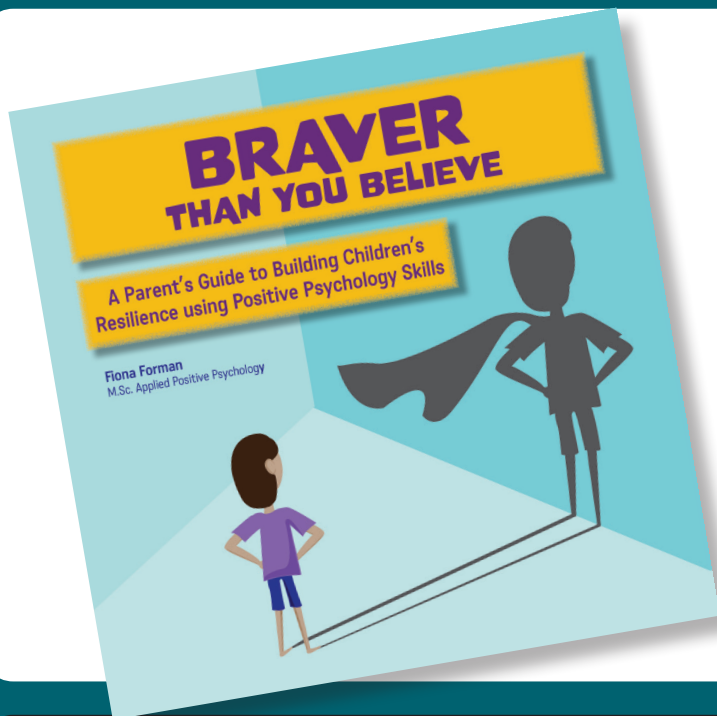
Think Tanglers are a set of cards containing lots of tangled questions to provoke thinking. The cards are designed to promote both an immediate response and further enquiry. Think Tanglers are a set of cards designed to spark meaningful conversations with a philosophical twist at home or in school. Challenge children with some fun and surprising questions and follow their thinking about big ideas. Ages: 7 - Adult

**Author:**

Łukasz Krzywoń



	ISBN	PRICE
Cards	9781913225889	€34.95



## Braver than you Believe

- A Parent's Guide to Building Children's Resilience using Positive Psychology Skills

*Braver than you Believe* is a timely and practical resource for parents on how to equip children with skills and strategies to help them to flourish and thrive in life, despite the inevitable challenges, difficulties and obstacles that will come their way. In doing so, parents can lay the groundwork for children to reach their full potential and to blossom into happy, fulfilled adults. Suitable for parents of children aged 5 to 12.

**Author:** Fiona Forman

<b>PRICE</b>	<b>€19.95</b>	<b>ISBN:</b> 9781913225872
--------------	---------------	----------------------------

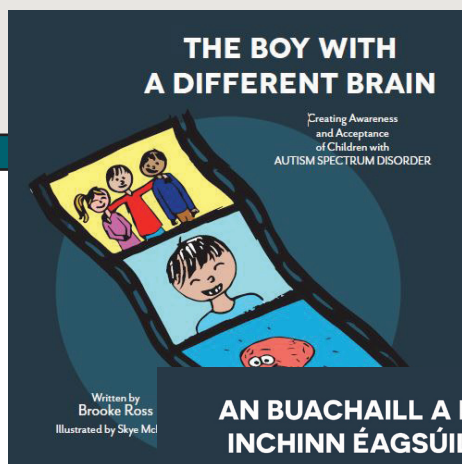
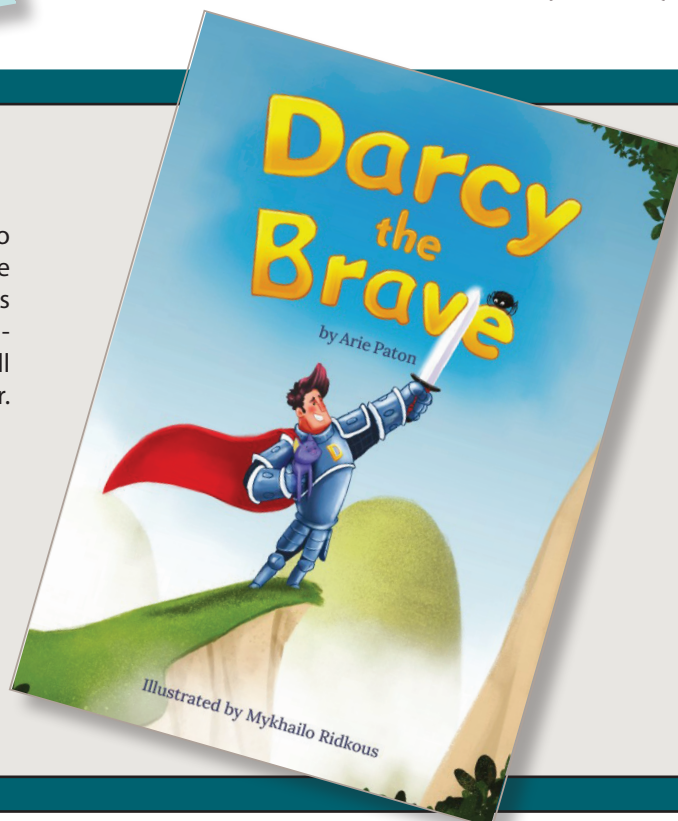


## Darcy the Brave

This children's book is a story of bravery and believing in who you are. Darcy the Brave shows that sometimes to show the greatest courage you need to forget about battling dragons and monsters and face the fears that no one else can see - the fears hidden deep down inside yourself. Children will thoroughly enjoy this beautifully illustrated little reader. Ages: 8-11

**Author:** Arie Paton

<b>PRICE</b>	<b>€14.95</b>	<b>ISBN:</b> 9780995135093
--------------	---------------	----------------------------



## The Boy with a Different Brain

- Creating Awareness and Acceptance of Children with Autism Spectrum Disorder

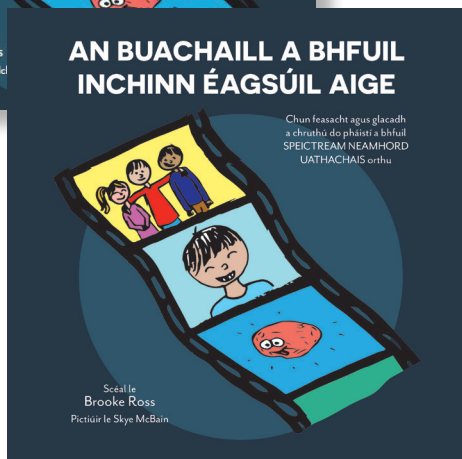
**An Buachaill a bhfuil Inchinn Éagsúil aige**



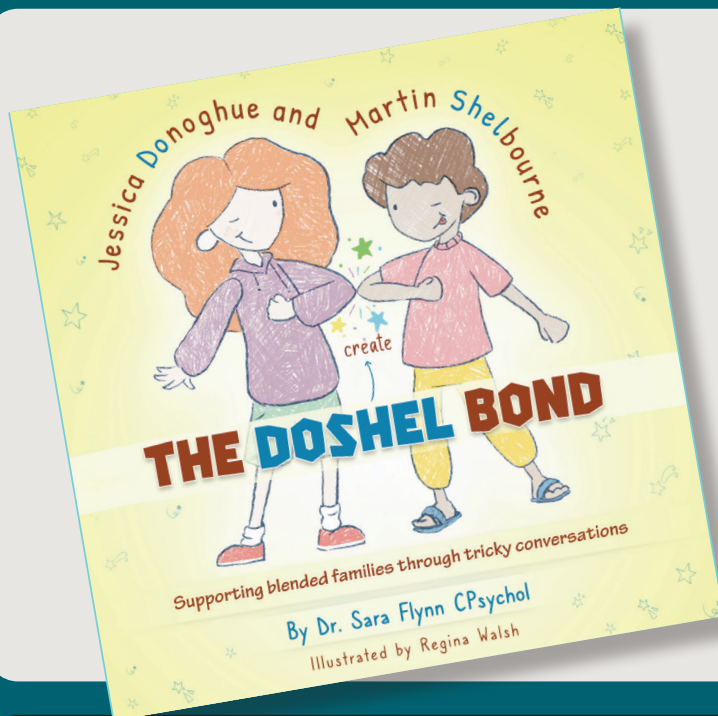
Written from the perspective of an eight-year-old child, *The Boy with a Different Brain* offers readers a beautifully honest and uncensored account of exactly what it feels like to be friends with a person with Autism Spectrum Disorder (ASD). Through descriptions of everyday situations and some of the more common ASD quirks, the narrator seeks to break down the stigma associated with ASD. This book is a definite must for parents, carers, individuals and schools looking to help reduce the number of ASD children diagnosed annually with depression and anxiety as a direct result of being bullied at school. Ages: 6-10+

**Author:** Brooke Ross (Irish translation by COGG)

<b>PRICE</b>	<b>€12.50</b>	<b>ISBN:</b> 9781760563394
<b>Praghas</b>	<b>€12.50</b>	<b>ISBN:</b> 9781913225780







## The Doshel Bond

- Supporting blended families through tricky conversations

This is a heart-rending tale of parent and sibling relationships within a contemporary blended family. Some aspects of blended families can cause big emotions for children, young and old. *The Doshel Bond* highlights the importance of not shying away from the difficult conversations about these issues and provides caring adults with a gentle vehicle for open communication with children and also for personal self-reflection. Ages: 7-12+

**Author:** Dr. Sara Flynn



<b>PRICE</b>	<b>€12.50</b>	ISBN: 9781913225834
--------------	---------------	---------------------

## Self-Kindness for Kids - Whizzo-Voice to the Rescue

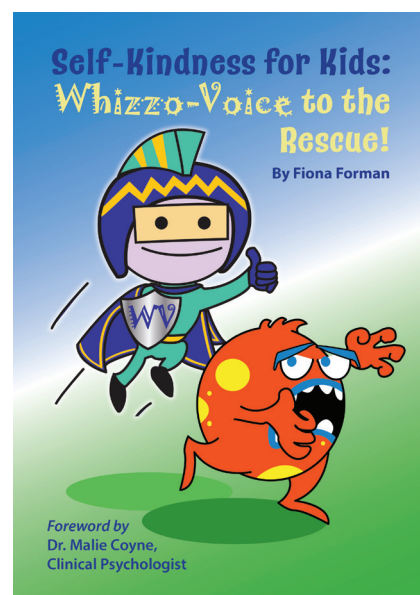
This little book will help children to engage in positive self-talk and be kind to themselves.

- ▲ Have you ever said things like this to yourself?
- ▲ I'm such an idiot!
- ▲ Why did I do that?
- ▲ I can't believe I did that, I'm so stupid!
- ▲ Why am I not as good as everyone else?

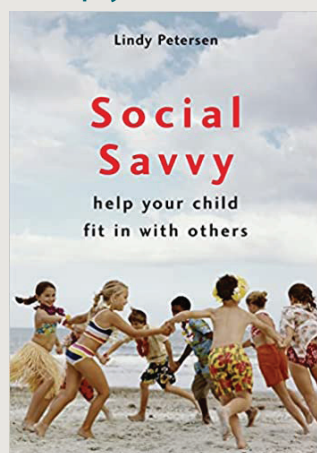
The truth is that we all speak to ourselves unkindly sometimes and judge ourselves harshly. This story book for kids will help them to be kinder to themselves. Ages: 6-8+

**Author:** Fiona Forman

<b>PRICE</b>	<b>€7.95</b>	ISBN: 9781906926984
--------------	--------------	---------------------



## Social Savvy - Help your Child Fit in with Others

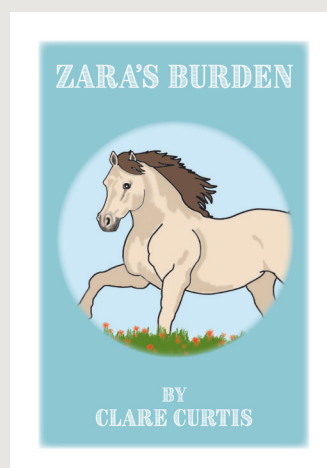


*Social Savvy* is about helping your child to make friends and fit in socially; improving your own relationship with your child and dealing effectively with your child's misbehaviour. This is a how-to book for all adults caring for children, who want a more positive family and social life. Suitable for parents of children aged 7 to 12.

**Author:** Lindy Petersen

<b>PRICE</b>	<b>€7.95</b>	ISBN: 9780864315777
--------------	--------------	---------------------

## Zara's Burden



This standalone title is a therapeutic story using metaphor to support a child in their struggle to move forward in their life. The book addresses the reality of encountering sadness. *Zara's Burden* is the story of how one young horse gets help to put down her sadness and grow into the best version of herself. Ages: 5-8

**Author:** Clare Curtis

<b>PRICE</b>	<b>€7.95</b>	ISBN: 9781906926540
--------------	--------------	---------------------

## ORDER FORM (Please photocopy)

ISBN/CODE	Book Title	Qty	Price	Total
Delivery Charge (including Packaging, Insurance & VAT)				€ 7.80
			TOTAL	€

### Payment Details

Enclosed is my Cheque: ☐

Please Invoice (Professional Address only): ☐

I wish to pay by Card: ☐

VISA DEBIT: 

☐

VISA: 

☐

MASTERCARD: 

☐

Card Number:

Expiry Date:

CVV No:

Electronic payments accepted –  
email [info@otb.ie](mailto:info@otb.ie) for details

### Your Contact Details

Full Name:

Principal:

School/Organisation:

A/C/Roll Number:

Address:

Tel:

Email:

Your Order Ref:

**Available from:**



  
**OUTSIDE  
the BOX**  
LEARNING RESOURCES

W6W Tougher's Business Park,  
Newhall, Naas, Co. Kildare, W91 YR82  
+ 353 (0) 45 409322  
[sales@otb.ie](mailto:sales@otb.ie)  
[www.otb.ie](http://www.otb.ie)