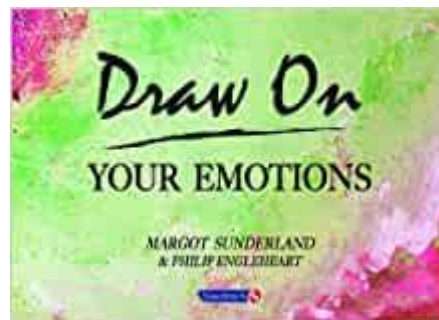




Outreach Resource Library



This manual contains a series of structured, easy to do picture exercises to help people of all ages express, communicate and deal more effectively with their emotions in everyday life.

Providing a series of photocopiable illustrations, it is a source of effective ready made material.

Contains exercises and pictures specifically designed to ease the process of talking about feelings. It helps to promote a new clarity of thought as a first step towards positive action and bring seemingly huge, unmanageable and insoluble problems into a new perspective.

It also offers opportunities to rehearse other ways of functioning by trying out alternatives safely on paper in exercises that can be adapted for any age range and ability.

A superb non-verbal counselling tool.