

# Targeting Wellbeing

## Class Set ADOPTION OFFER



**Targeting Wellbeing** supports teachers to guide their students through the myriad of being responsible and happy in today's world. Positive topics include Resilience, Responsibility, Growth Mindset, Awkward Situations, Consent, and Self Control. The activities can be done independently or by collaborating in small groups.

A unique feature of Targeting Wellbeing is two activities in each book with QR Codes. These are linked to audio tracks with either a guided meditation for relaxation or strategies to manage any negative feelings and return to a sense of calm.

**Aligned to the Australian Curriculum**



Topics covered include:		
loving yourself	coping with bullying	managing emotions
being creative	recognizing body language	showing kindness
being a good friend	growth mindset	doing positive self-talk
making good choices	valuing cultural differences	developing empathy
reflecting on feelings	developing self-awareness	reducing anxiety



**PLUS with every Class Set you receive a FREE Blake Education Subscription**

12 Month Access • 650+ resources • Valued at \$99

**1 x Teacher Subscription for each Class Set purchased**



### CONTACT OUR EDUCATION SPECIALISTS

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**Melissa Coleman** - Education Consultant **m:** 0417 337 042 **e:** education@pascalpress.com.au

**Terms & Conditions:** Offer available to 31 March 2026. To qualify a school must purchase min. 25 copies of one Activity Book title.

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### TARGETING WELLBEING ACTIVITY BOOKS - RRP \$15.95

TITLE	ISBN	QTY
Targeting Wellbeing - Building Social & Emotional Skills - Year 1	9781925726374	
Targeting Wellbeing - Building Social & Emotional Skills - Year 2	9781925726381	
Targeting Wellbeing - Building Social & Emotional Skills - Year 3	9781925726398	
Targeting Wellbeing - Building Social & Emotional Skills - Year 4	9781925726404	
Targeting Wellbeing - Building Social & Emotional Skills - Year 5	9781925726411	
Targeting Wellbeing - Building Social & Emotional Skills - Year 6	9781925726428	

Name: \_\_\_\_\_ Position: \_\_\_\_\_

School: \_\_\_\_\_ Order No: \_\_\_\_\_

School Address: \_\_\_\_\_

Email: \_\_\_\_\_ Tel: \_\_\_\_\_



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