



**Iceland - LBF/BBF24 - Activity**

# Hello Happy! Mindful Kids



**Children can colour and doodle their way to happiness, calm and confidence.**

- *Mindful Kids* is an activity book series designed and written for children about emotions and feelings.
- Includes an introduction to the book, and notes for grown-ups by consultant Dr Sharie Coombes, Child & Family Psychotherapist.
- Use creativity to combat negative feelings, work out worries and put anger back in its place with the writing and doodling activities.
- Combined, the *Mindful Kids* series has sold 1 millions copies worldwide (as of July 2022)

# Hello Happy! Mindful Kids

**I'M FEELING KINDA...**

How are you feeling? Whether you're happy, sad or full of joy, it's okay. All emotions are okay - which is a good thing as we have loads of them!

Circle a one and draw the permission to fill the emotion or add the emotion to fit the expression.

I'M FEELING Happy

I'M FEELING Sad

I'M FEELING

I'M FEELING

I'M FEELING

I'M FEELING

embarrassed  
shocked  
frustrated  
angry shy  
scared  
lonely tired  
anxious

**BRAIN BREAK!**

To calm your emotions and feelings you need to spend your time. To do this you need to give your brain a break by switching off from the every day things which have caused difficulty on your head.

The first thing to do is to get rid of the noise around you and learn to be silent. It may feel uncomfortable at first, but here's what you need to do:

- Turn off the TV
- Turn off any video games
- Turn off any radio or stereo
- Put smart technology, phones, tablets etc away
- Close windows to the outside world so you can't hear car engines and sirens
- Take yourself away from people talking

Once you've done this...

Sit still in a comfortable position, close your eyes and concentrate on breathing in and out, in and out.

Now, in this quiet calm state ask yourself how you are feeling.

See yourself the chance to recognize any underlying feelings of anger, sadness, worry or anxiety and give yourself permission to feel that feeling.

For example say:

"I am feeling SAD. I feel SAD because I had a bad day at school. I will not always feel SAD, but right now I feel SAD and that's OK."

Repeat the sentence 5 times.

**FEELING FEELINGS**

Sometimes your feelings don't want to stay inside. Sometimes they want to JUMP AND EMERGE OUT!

Write where and how you feel when you're sad on this dummy.

Write where and how you feel when you're angry on this dummy.

**MY BEATING HEART**

Take some time to get to know your heart rate. Take your pulse by holding the two fingers nearest your thumb to your neck or to the underside of your wrist.

**TRY TAKING YOUR PULSE WHEN YOU HAVE...**

- JUST WOKEN UP
- RUN ON THE SPOT FOR 3 MINUTES
- HAD A ROW WITH SOMEONE
- EATEN A BIG MEAL
- JUST BEGUN A PIECE OF HOMEWORK
- READ A CHAPTER OF A BOOK
- BEEN FOR A WALK

Write down the beats per minute for each of these.

**REMEMBER!** Anger can be positive. Many people have made good changes in the world because they felt so angry about something they used the anger to spur them on to positive action. What makes you angry in the world? How could you make a difference?

**DID YOU KNOW?** Your heart rate will also increase when you are stressed or afraid.

**THE ANGER ICEBERG**

Anger never exists on its own - there are always underlying emotions causing it. Add more emotions to the underwater part of the iceberg to show the other emotions which might lead to you feeling angry.

ANGER

frustrated

lonely

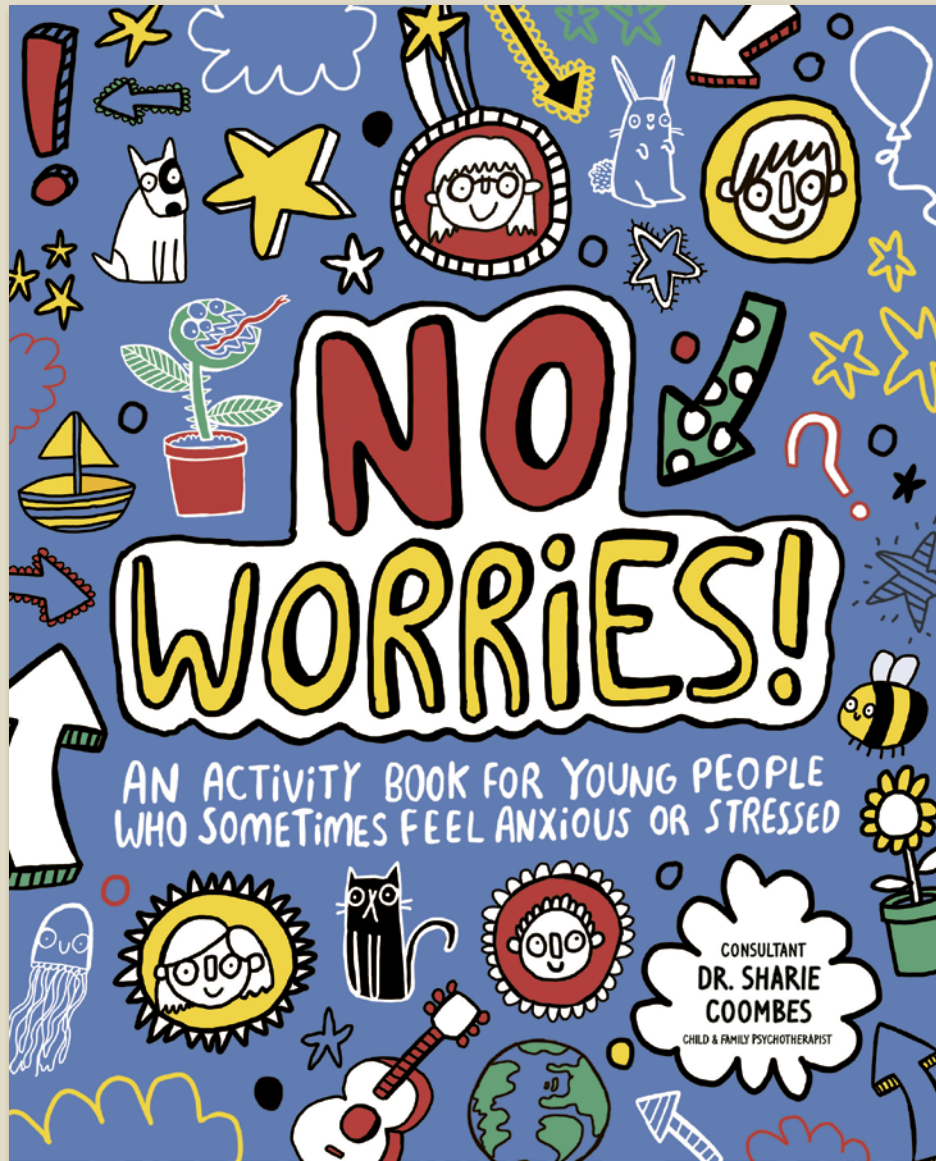
worried

SCARED

ALONE

Pub Date	27/07/2017
Pub Price	£9.99
ISBN	9781783708994
H x W	235 x 190mm
Binding	Paperback
Age Range	7-9 years
Author	Stephanie Clarkson Sharie Coombes
Illustrator	Katie Abey
Extent	96pp
Rights Available	World

# No Worries! Mindful Kids



## No Worries!

- Includes an introduction to the book, and notes for grown-ups by consultant Dr. Sharie Coombes, Child & Family Psychotherapist.
- *Mindful Kids* is an activity book series designed and written for children about emotions and feelings.
- Use creativity to combat stressful moments, work out worries and put anxiety back in its place with the writing and doodling activities.
- Combined, the *Mindful Kids* series has sold 1 millions copies worldwide (as of July 2022)



# No Worries! Mindful Kids

COLOUR THIS IN WITH POSITIVE COLOURS

I  
AM  
IMPORTANT

COLOUR YOUR FEELINGS

Do you think feelings have their own colours? Colour in each of these feeling words with the colour that you think suits them best.

ANGER Happy  
Sad FEAR  
Laughter WORRY

YOGA POSE

Try these poses before bedtime or when you want to feel calm.

TREE POSE  
Place your feet on your ankles or above your knee and balance. Then change to your other leg.  
SAY "I AM BALANCED"

BUTTERFLY POSE  
Sit on the ground, press your feet together, and roll your shoulders back.  
SAY "I AM SAFE"

LADYBIRD POSE  
Bend your knees, roll your shoulders back, and press your hands together.  
SAY "I AM HAPPY"

CHILD'S POSE  
Bend your legs, fill your body on to your thighs and either rest your arms by your sides or extend them in front of you, whichever feels more comfortable.  
SAY "I AM AT REST"

CAT POSE  
Breathe in and look up, lifting your back drop down. Breathe out and tuck in your chin, lifting your back in a high arch.  
SAY "I AM AT EASE"

SLEEP POSE  
Lie on your back and take slow breaths. Close your eyes if you want. Try to empty yourself of thoughts. If your mind wanders away, notice where it goes, then bring your attention back to your breathing.  
SAY "I AM AT HOME"

COLOUR THIS IN

EVERY PROBLEM HAS AN ANSWER

YOUR SAFE PLACE

Draw or stick a picture of somewhere you feel completely safe and happy.

Your safe place could be somewhere you've seen or been to, heard about, read about or dreamt about. A special, safe place where everything feels peaceful, useful and wonderful.

COLOUR THIS IN

I AM  
LOVED

TAKE A BREATH!

Try this breathing exercise to help you relax:

STEP 1  
Make sure you are sitting comfortably in a quiet and safe place. When you feel ready, close your eyes. Notice your breathing. Think about how it feels breathing in and breathing out. Try to breathe in through your nose and out through your mouth.

STEP 2  
Place your hand on your tummy and focus on the feeling of your stomach rising and falling with each breath. When you breathe in, quietly say 'in' to yourself, and when you breathe out, quietly say 'and out' to yourself.

STEP 3  
Concentrate on nothing but your breathing and try to let go of any other thoughts you may have.

When you've had lots of practice at the breathing exercise, see if you can think about a happy memory at the same time. This way, your happy memory will take up all the space in your brain, and there won't be any room for the worries.

DO THIS FOR 2 MINUTES

Pub Date	27/07/2017
Pub Price	£9.99
ISBN	9781787410879
H x W	235 x 190mm
Binding	Paperback
Age Range	7-9 years
Author	Lily Murray Sharie Coombes
Illustrator	Katie Abey
Extent	96pp
Rights Available	World



# Be Green! Mindful Kids Global Citizen

### BUY NOTHING DAY

You much do you consume and throw away in a single day? The answer probably varies on different days of the week and at different times of the year. In quality part of the world, we make waste and pollution a problem. Talk a day and ask everyone in your household to agree to make it a buy nothing day.

Set down with your family and make a list of all the things you buy in a normal week. It could include everything from your food to magazines, clothes and gifts.

At the end of the day, make a list of the money you spend. How much less did you spend than last week?

Now consider the future. How could you buy less and waste less in your everyday life?

WHY DO YOU THINK PEOPLE BUY SO MUCH STUFF?

DO YOU THINK THEY NEED EVERYTHING THAT THEY BUY WHY?

### THINK POSITIVE

When it comes to creating a greener, cleaner world there is a lot to do, but lots of good things are also happening every single day, right across the globe. Fill in a sticky note every time you find out about something positive. Being happy to help the environment. It could be locally or in a wider world.

WRITE ONE:

- Wish the national news?
- Talk to your friends?
- Check out local community initiatives?

### PROJECT PROTECT

Many animal species being today are endangered and some have already become extinct. Name some and their actions are the biggest threat that animals face today.

As we spread out across more and more of the planet, we destroy natural habitats, making it very difficult for some species to survive.

Do your bit to find out about animal conservation! Pick an endangered species that you care about, then find out about it either online or at the library. Now write about it on these project pages.

THE TYPE OF ANIMAL I WANT TO PROTECT IS:

DRAW A PICTURE OF IT HERE:

DRAW AN ARROW TO SHOW WHERE THIS ANIMAL LIVES:

Reasons why this animal is endangered:

Three things that I can do to help:

This animal is amazing because:

### I CAN SEE A RAINBOW

#### MAKE A BEAUTIFUL RAINBOW OUT OF OLD MAGAZINES

- 1 Tear up the pages of a glossy magazine or come back with small scraps of paper.
- 2 Sort the scraps into coloured piles.
- 3 Fold some glue, then stick the main mosaic pieces onto the rainbow arch.

PAPER IS SIMPLE AND EASY TO RECYCLE. INSTEAD OF THROWING YOUR COMICS AND MAGAZINES AWAY, CONSIDER:

- Using them to cover your schoolbooks
- Creating party, multicultural bunting
- Flashing them into card to make gift tags
- Cutting out headlines letters and creating cool slogan posters

## OUR FRIEND, THE EARTH

Colour in our amazing planet

The Earth gives us a home to live in, food to eat, medicine to heal us, water to drink, air to breathe, and energy to run our machines, towns and cities. It is more important than ever to treasure and protect it.

**WHAT IS THE ENVIRONMENT?**  
When we talk about the environment, we mean everything in the world around us. This includes the air, water, plants, animals and food chains.

**ONE AND ONLY**  
The Earth is the only planet in the Solar System with exactly the right conditions for us to survive. It is not too hot, nor too cold, allowing it to support life.

**NATURAL HABITATS**  
The Earth is very diverse. There are mountains and deserts, forests and oceans, ice caps and grasslands. This rich variety provides homes for countless species of plants and animals.

**UNDER THREAT**  
Over the course of many centuries, the Earth's human population has grown. We have had a massive impact on the environment in which we live. We have created pollution on the land, in the skies and in the seas.

**CLIMATE CHANGE**  
One of the biggest consequences of pollution is climate change - the Earth is warming up faster than ever before. Scientists believe that this warming could seriously disrupt the way that our environment works.

**ALL CONNECTED**  
The Earth is finely balanced. The water cycle, weather, plants and animals, and the passing of the seasons, all work in harmony with each other. A small change to any of these can affect others massively.

**WE'VE ONLY GOT ONE EARTH. IT'S OUR JOB TO TRY TO PRESERVE THIS UNIQUE ENVIRONMENT. LET'S DO IT TOGETHER!**

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Binding	Paperback
Age Range	7-9 years
Author	Mandy Archer
Illustrator	Katie Abey
Extent	96pp
Rights Available	World







# Be Kind! Mindful Kids Global Citizen

### BEHAVIOUR BOTHER

When someone says or does something unkind, it can make you feel sad, bad or angry. Being unkind to someone can make you feel negative emotions too. You may also feel guilty for your actions.

**YOU ARE REALLY RUBBISH AT RUNNING!**  
I wish I could run as fast as you.

**ONLY BABIES AREN'T ALLOWED TO PLAY OUT IN THE PARK AFTER SCHOOL.**

**YOU ARE NO FRIENDS!**  
I'm not sure if people really like me.

**HE WORRIED THAT ELISA MIGHT PICK ON ME NEXT!**  
I wish I didn't have to play out, but I don't really want to go home because Mum and Dad aren't getting on.

**ELISA SAYS NO ONE SHOULD TALK TO YOU BECAUSE YOU'RE SNEAKY.**

It is important to understand that you are not a bad person just because you have said or done something negative. The important thing is to apologise and to do things differently next time.

Look at the people below. Draw a line between the matching thought and speech bubble.

It can be difficult but useful to think about your own mistakes. Write down some of the unkind things you have said or done in the past on the label tape. Think about how the other person felt, any consequences of your unkindness and what you have learned since.

**WHAT CAN WE LEARN ABOUT OURSELVES?**  
Being unkind is often a reaction to anger rather than malice. It's important not to take unkindness personally, but not do you have to tolerate it. Take some time to look at yourself, and think about when and why you've been unkind.

### SMILING IS CONTAGIOUS

A heartfull smile is the first step on the road to kindness. Smiling is a simple way to brighten anyone's day. It is also contagious. The more you smile, the more you'll make others smile.

Draw a smile on each face once you've given each of these practical activities a try.

Smile when you walk into a shop.

Smile at your teacher.

Smile at the person who answers your post.

Smile at someone who is not in your school year.

Smile at a neighbour.

Smile while you talk on the phone, even though they can't see you.

**STUCK FOR SMILES?**  
On a separate piece of paper, write down three silly things that have happened this week and share the funny stories with anyone who needs a giggle.

### #CHOOSE KIND

With online bullying and social media issues often in the spotlight, it's easy to forget that technology can also be a force for good. Sending an email or a text message is a super-fast way to spread some joy.

Think about the people in your life and then write some short but positive messages on these screens.

**WORD TO THE WISE!**  
Check with a trusted adult before sending text or online messages.

### ONE WORLD

How much do you know about our world?

Start by finding the part of the world you live in, then complete the statements opposite about other places you know about or have visited. Spend some time thinking about areas of the world you're less familiar with.

**DID YOU KNOW?**  
You're one of the 7.6 billion people in the world who make up the global community.

**DID YOU KNOW?**  
We live on 7 continents and in 195 different countries!

**DID YOU KNOW?**  
ADD THE COUNTRY NAME AND COLOUR IN THE AREAS OF THE MAP FOR EACH POINT BELOW:

I have visited \_\_\_\_\_

I have been on holiday to \_\_\_\_\_

I have friends in \_\_\_\_\_

I have family in \_\_\_\_\_

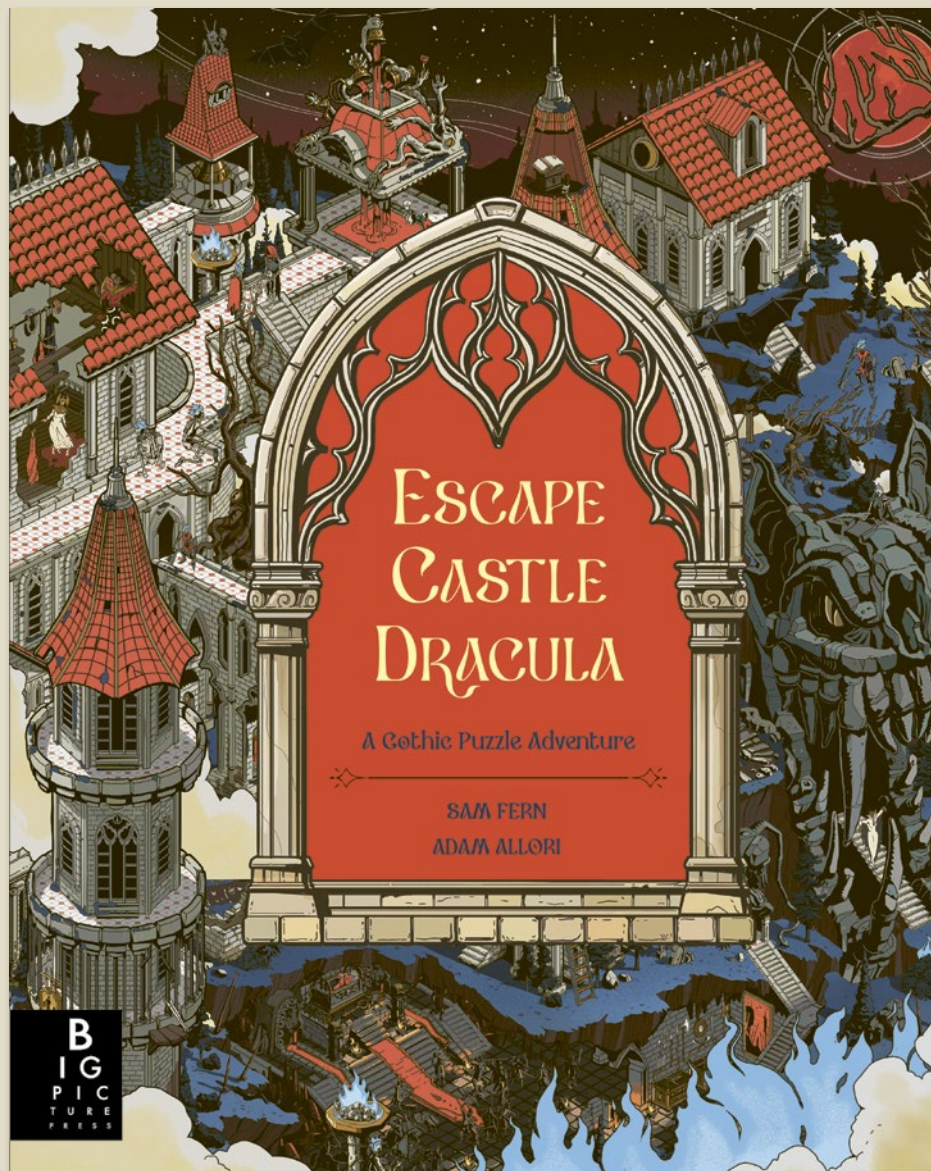
I would most like to travel to \_\_\_\_\_

I know a cool fact about the people in \_\_\_\_\_

I would love to know more about \_\_\_\_\_

Pub Date	07/03/2019
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Binding	Paperback
Age Range	7-9 years
Author	Stephanie Clarkson
Illustrator	Katie Abey
Extent	96pp
Rights Available	World

# Escape Castle Dracula



## A stunningly illustrated gothic puzzle adventure!

- Expanding our high-end activity offering - a core part of the Big Picture Press list
- Perfect for introducing readers to classic horror stories
- A fresh approach to an evergreen, universal subject
- Adam Allori's immersive artwork will appeal to readers of all ages
- Strong backlist and series potential - our follow up title could focus on classic adventure stories



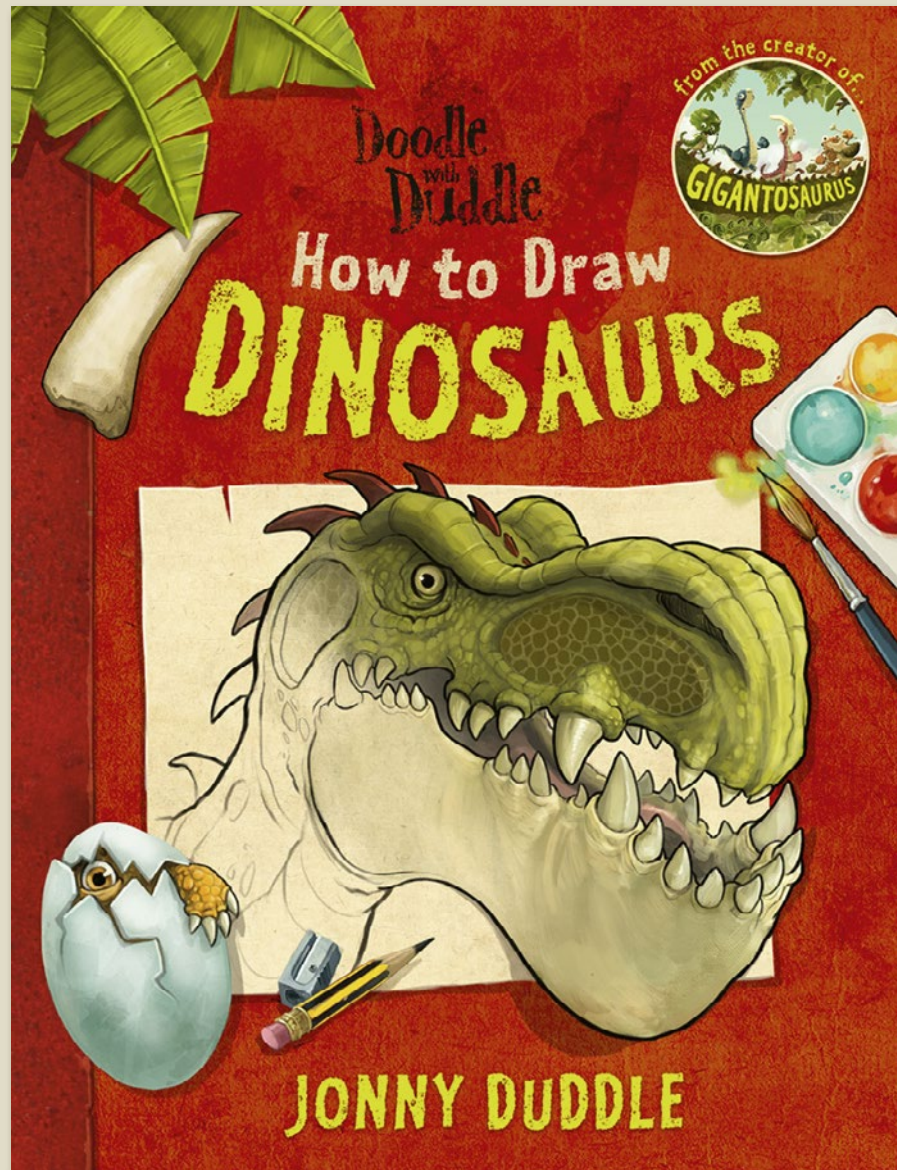
# Escape Castle Dracula



Pub Date	12/09/2024
Pub Price	£14.99
ISBN	9781800783423
H x W	340 x 270mm
Binding	Hardback
Age Range	12+ years
Author	Sam Fern
Illustrator	Adam Allori
Extent	40pp
Files To Printer	06/05/2024
Freight On Board	25/07/2024
Rights Available	World



# Doodle with Duddle: How to Draw Dinosaurs

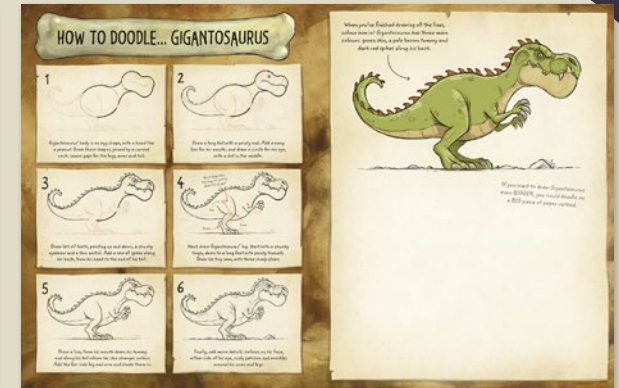
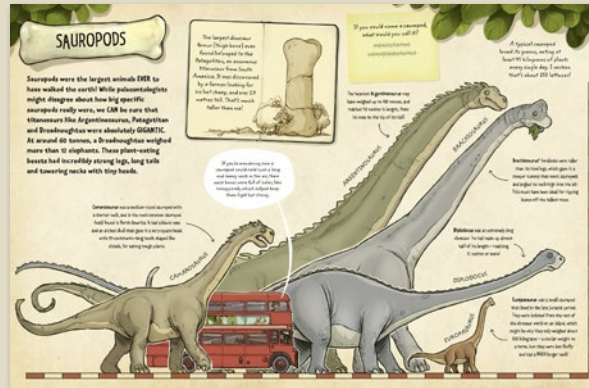
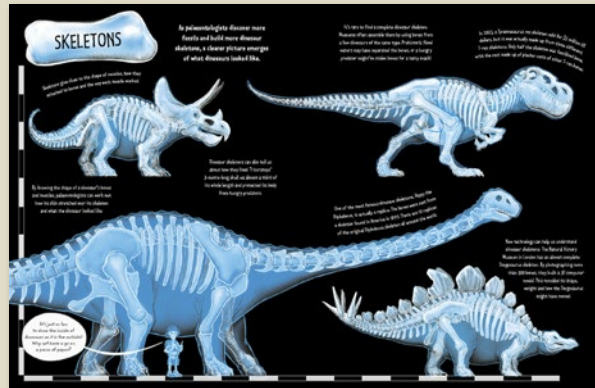


Embark on a dinosaur-doodling adventure with expert illustrator and *Gigantosaurus* creator, Jonny Duddle!

- Step-by-step instructions from expert illustrator Jonny Duddle, showing how to draw a range of real-life dinosaurs and characters from his original books - perfect for Giganto super-fans and dino-loving kids alike
- Over 2 million Jonny Duddle books sold worldwide, including over 150,000 copies of the original *Gigantosaurus* book.
- A new strand using the original *Gigantosaurus* material, expanding the brand's reach beyond the TV show
- Published to celebrate 10 years of *Gigantosaurus*.

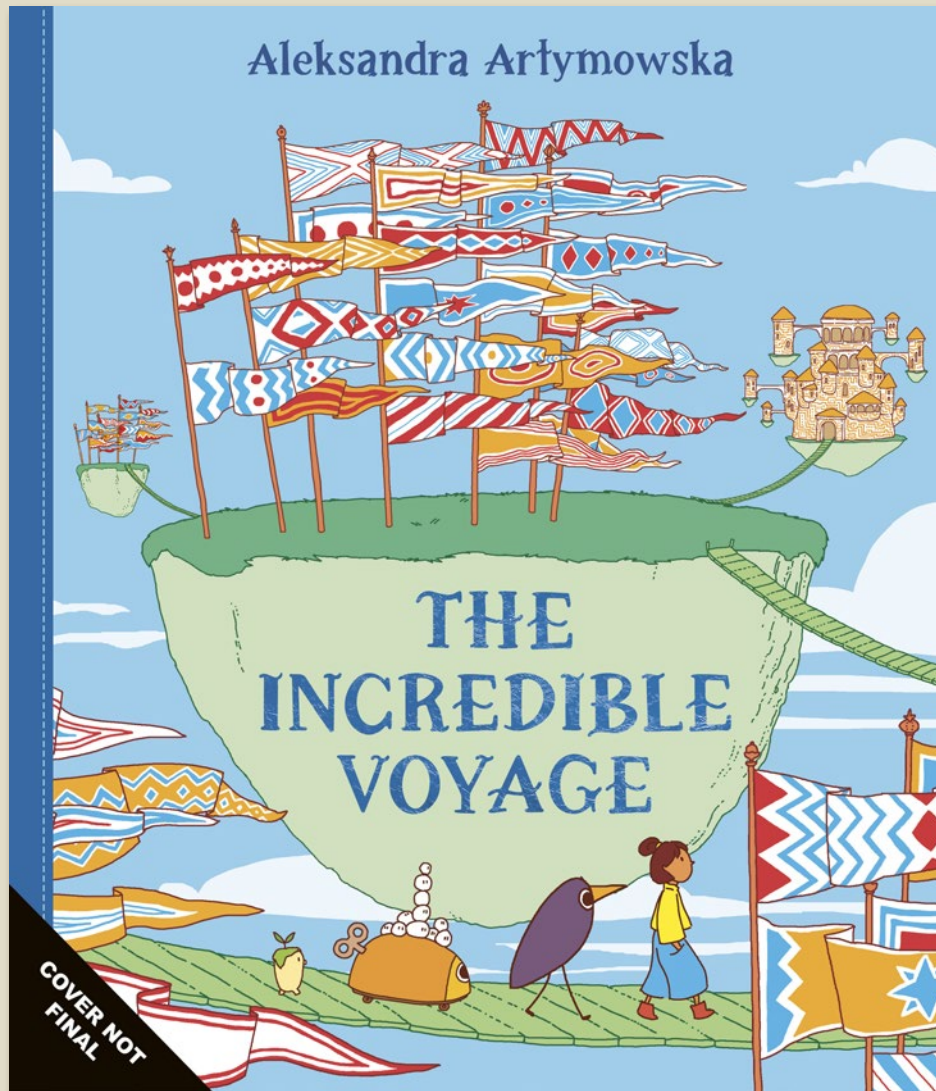


# Doodle with Duddle: How to Draw Dinosaurs



Pub Date	20/06/2024
Pub Price	£8.99
ISBN	9781800784376
H x W	280 x 215mm
Binding	Paperback
Age Range	5-7 years
Author	Jonny Duddle
Illustrator	Jonny Duddle
Extent	64pp
Freight On Board	17/05/2024
Rights Available	World

# The Incredible Voyage



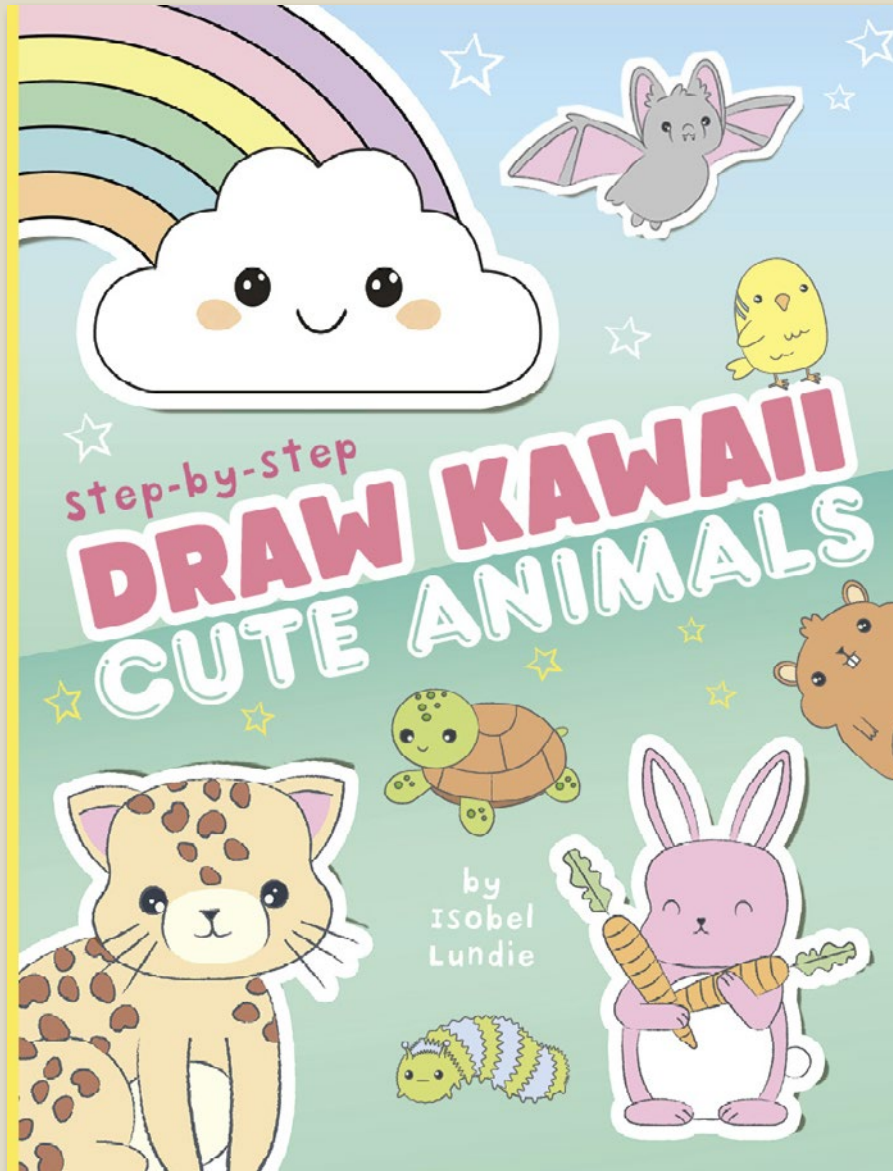
**Embark on an incredible adventure in a magical land this beautifully whimsical puzzle book.**

- A beautifully whimsical puzzle book, mixing the fun and interactivity of puzzles with an epic adventure story. Perfect for unlocking the joy of reading.
- Written and illustrated by Aleksandra Artymowska, illustrator of bestselling *Around the World in 80 Puzzles* and *20,000 Leagues Under the Sea: A Puzzle Adventure*. Ola's puzzle books have sold over 100,000 copies worldwide.
- Featuring a strong female protagonist who shows that bravery and a sense of adventure isn't only for boys.





# Draw Kawaii: Cute Animals

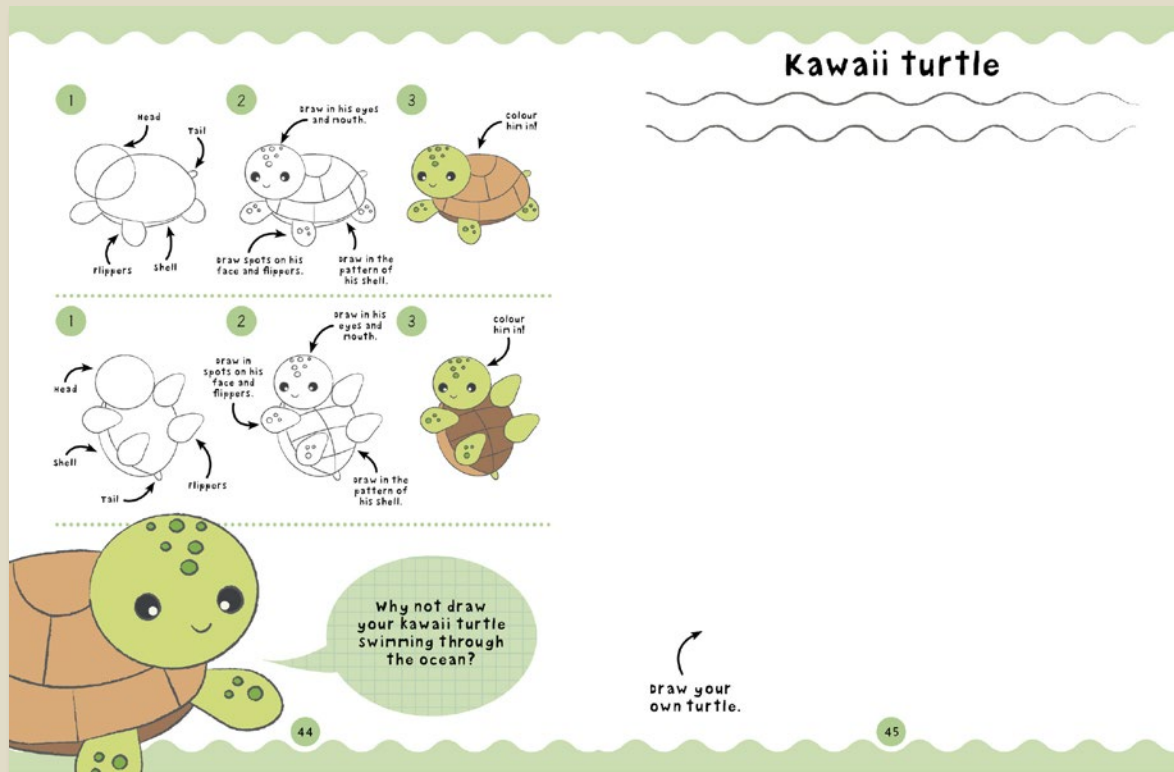
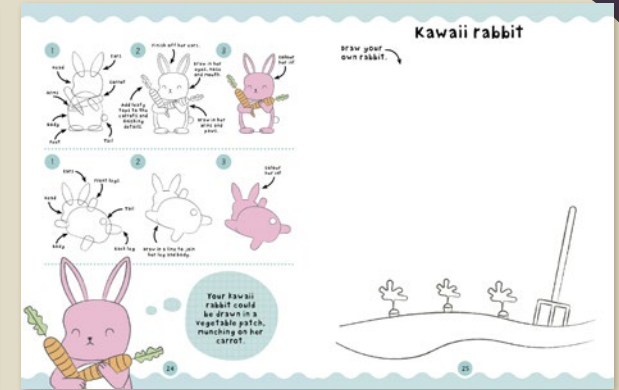
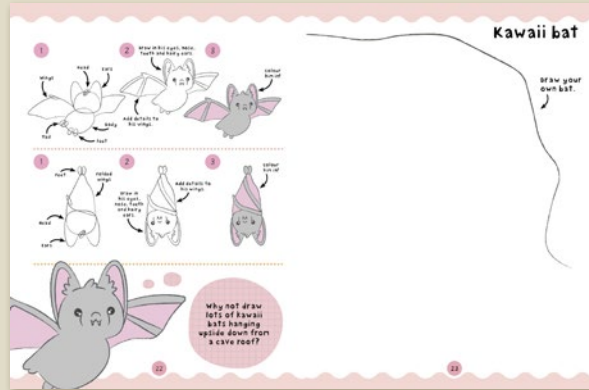
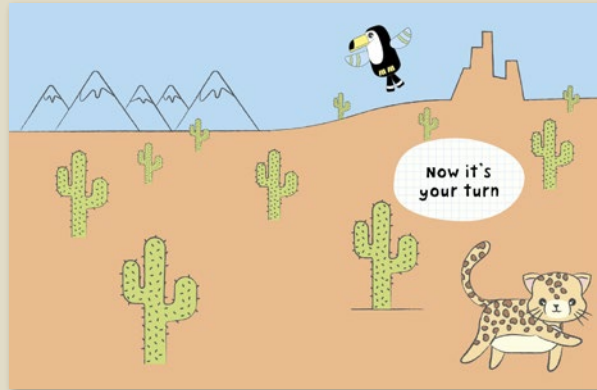


**Introduce your child to the charming world of kawaii!**

- Easy to follow instructions and guides throughout.
- Learn how to draw a range of different cute kawaii animals - perfect for young girls in particular.
- A brilliant beginners guide to introduce children to different drawing techniques, mediums and art styles, helping them to gain confidence.



# Draw Kawaii: Cute Animals



Pub Date	04/07/2024
Pub Price	£7.99
ISBN	9781800789937
H x W	246 x 189mm
Binding	Paperback
Age Range	7-9 years
Author	Isobel Lundie
Extent	64pp
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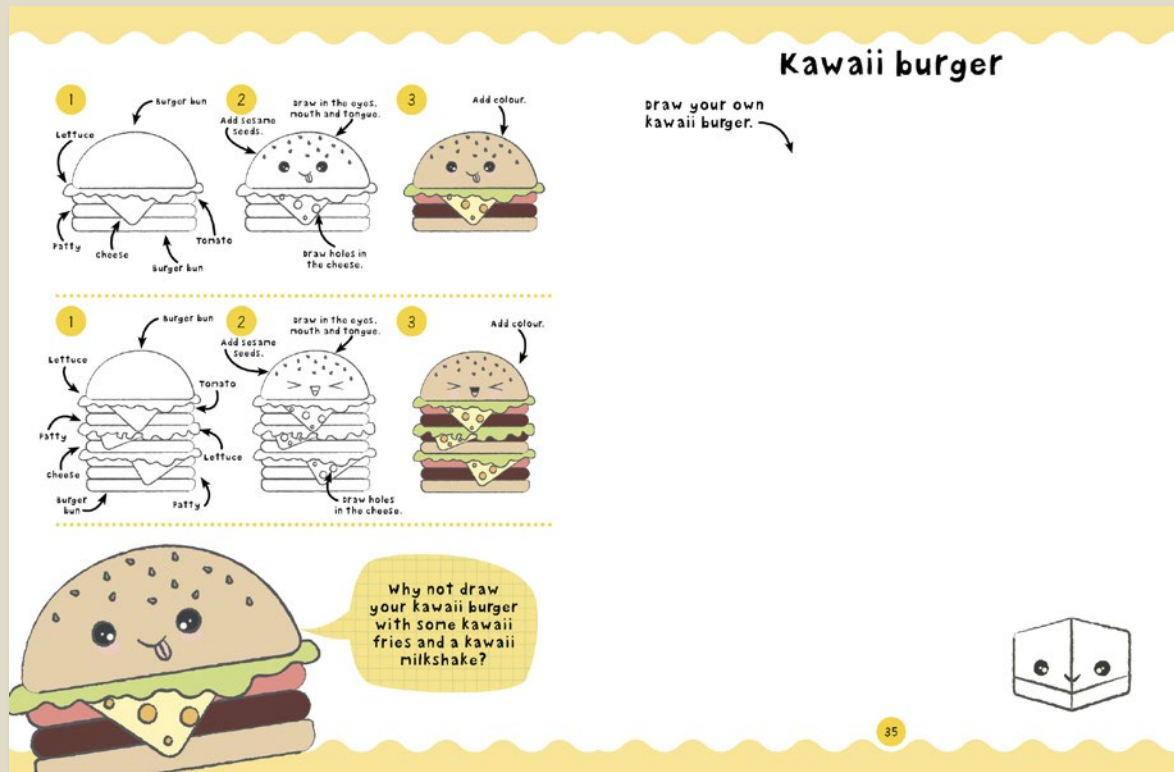
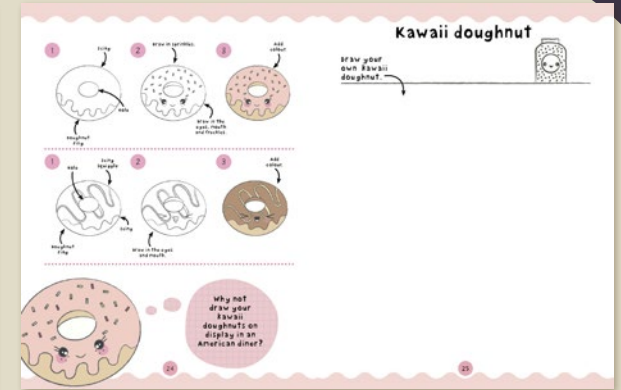
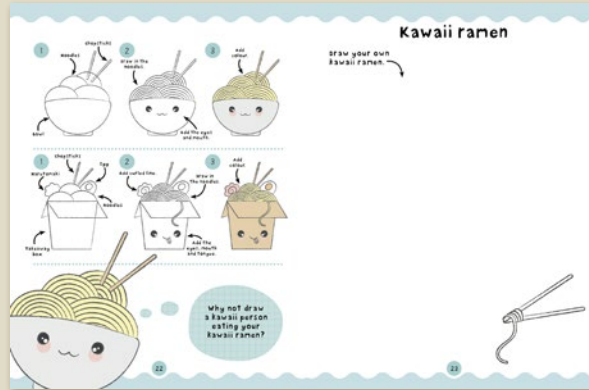
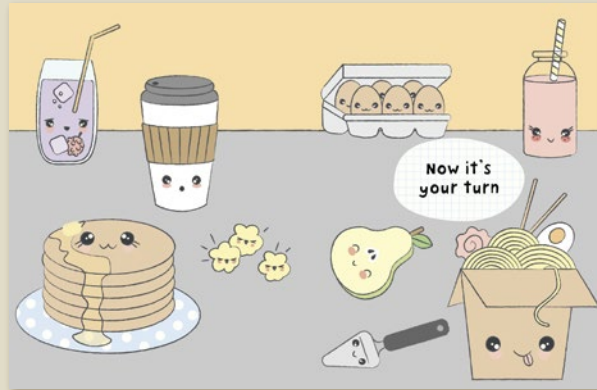
# Draw Kawaii: Cute Food



**Welcome to the charming world of kawaii!**

- Easy to follow instructions and guides throughout.
- From fries to cupcakes, learn how to draw a range of different cute kawaii food - perfect for young girls in particular!
- A brilliant beginners guide to introduce children to different drawing techniques, mediums and art styles, helping them to gain confidence.

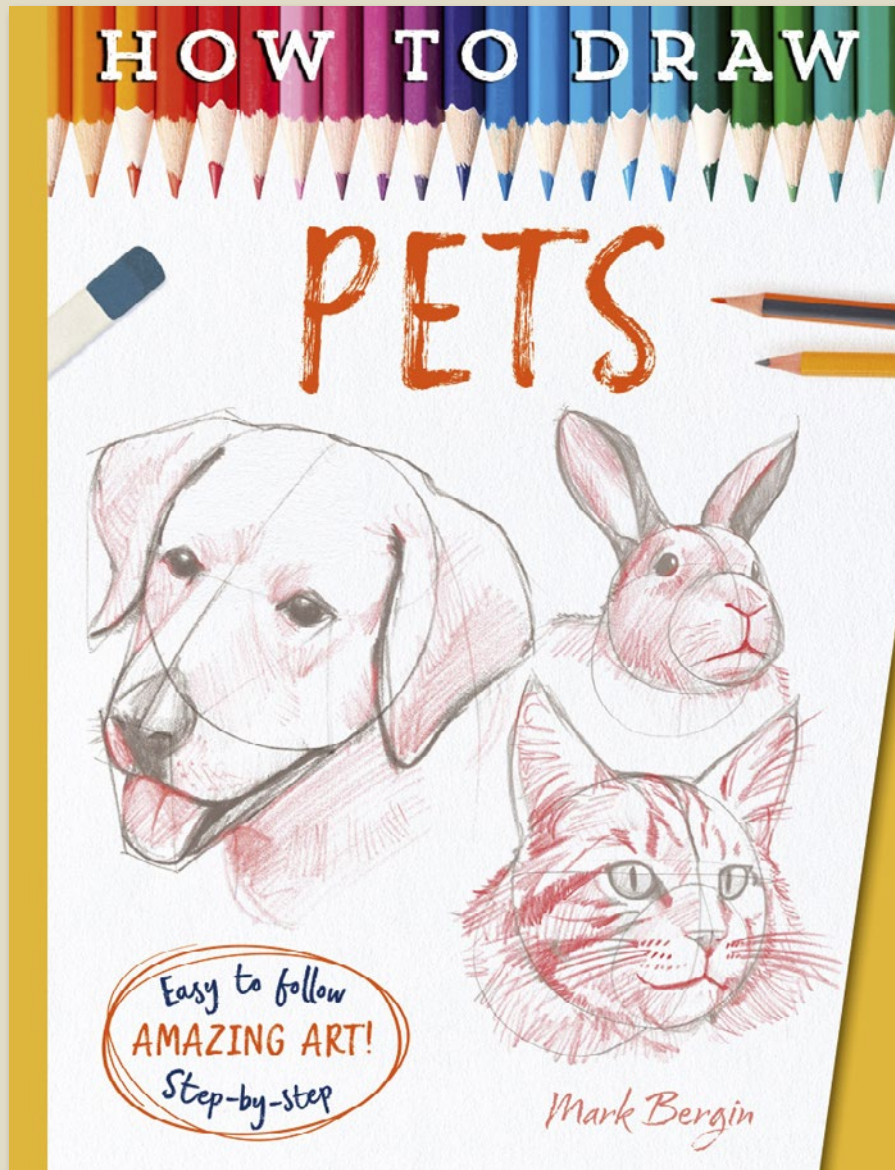
# Draw Kawaii: Cute Food



Pub Date	04/07/2024
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H x W	246 x 189mm
Binding	Paperback
Age Range	7-9 years
Author	Isobel Lundie
Extent	64pp
Freight On Board	02/05/2024
Rights Available	World



# How To Draw Pets



## A step-by-step guide to drawing your furry friends

- Easy to follow instructions, simple steps and diagrams throughout.
- Learn to draw 9 different pets, from dogs and cats to parrots, snakes and bearded dragons!
- Perfect beginners guide to introduce children to art. Ideal for 9 to 12 year olds.
- Continue the series with 55 other How to Draw titles available!



# How To Draw Pets

## Heads, paws and claws

Pets have many different types of heads, paws and claws. Studying and sketching the detailed features of a pet will help you with your final drawings.

Quick pencil sketches can help you to understand the structure of paws and claws.

Look for areas where hair should be darker and also for changes of texture.

The more you study a subject and your final drawing is the more accurate your drawing will become.

Always consider the light source and add tone to the darker areas.

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## Using photos

Drawing from photographs of pets can help you develop both your drawing skills and your eye for detail.

Make a tracing of a photograph and line up all of straight lines.

Use this as a guide to draw your own pet. You can use the grid to help you get the proportions and line lengths right. You can also use the grid to help you get the proportions and line lengths right. You can also use the grid to help you get the proportions and line lengths right.

12

## Dog

Dogs are often kept as domestic pets but some, like sheepdogs, are used for work.

Draw a circle for the head. These two circles for the legs are the same size for the front legs and the same for the back legs.

Draw the shape of the tail with curved lines.

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## Rabbit

Rabbits are popular pets that are usually kept outside in a hutch.

Draw a circle for the head and two ovals for the shoulders and rear.

Draw two long connecting curved lines.

Add two front legs using straight lines and use half circles for the front paws.

Sketch in the basic shape of the rear legs and paws.

Position the rabbit's ears on its head.

Add a little round tail.

Add the head details draw in the ears, eyes, small nose and mouth.

Add tone to the rabbit's body to give the impression of fur.

Add shading to areas where the light would not reach.

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Pub Date	<b>28/03/2024</b>
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Age Range	<b>9-11 years</b>
Author	<b>Mark Bergin</b>
Illustrator	<b>Mark Bergin</b>
Extent	<b>32pp</b>
Word Count	<b>2955 words</b>
Rights Available	<b>World</b>

# How To Draw Dragons



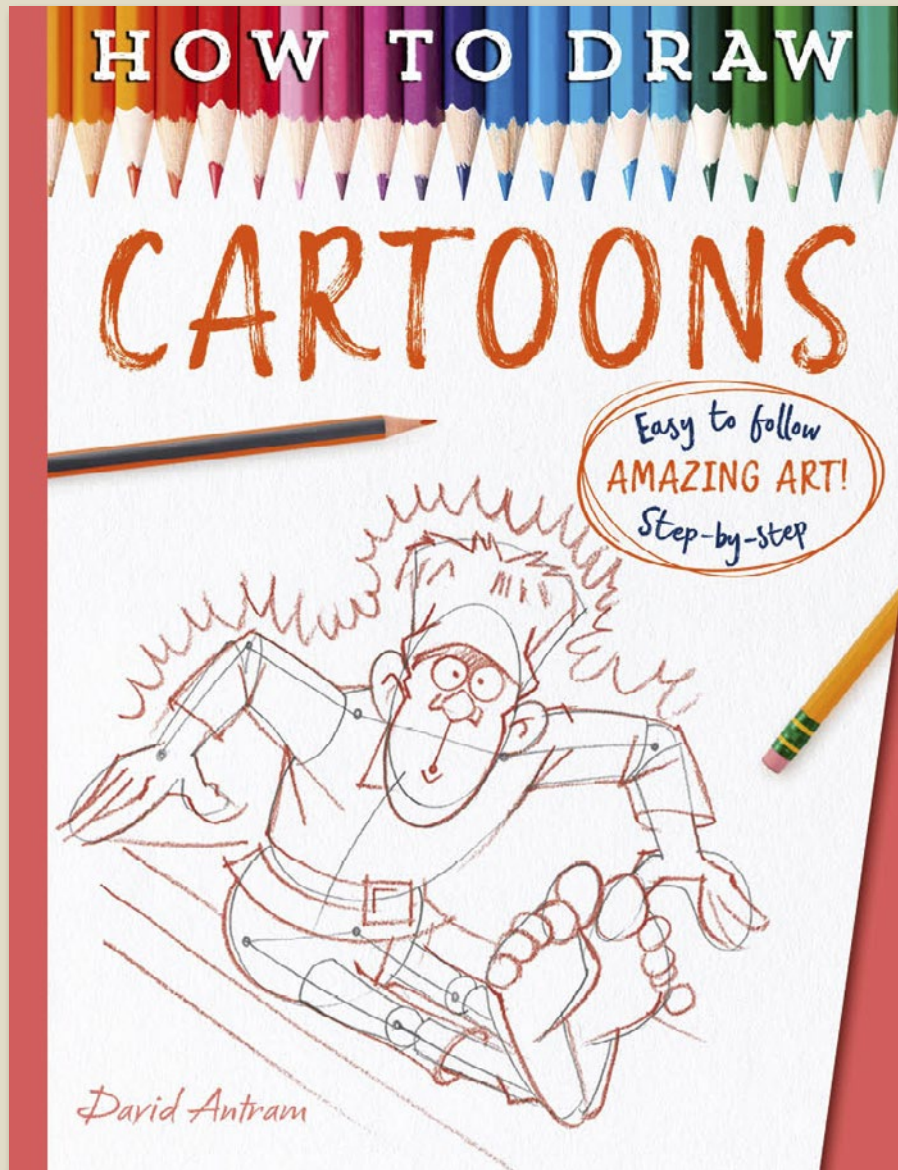
## A step-by-step guide to drawing dragons

- Easy to follow instructions, simple steps and diagrams throughout.
- Learn to draw a range of different dragons and mythical beasts in all their intricacy!
- Perfect beginners guide to introduce children to the art of drawing. Ideal for children and dragon enthusiasts 9 to 12 years old.
- Continue the series with 55 other How to Draw titles available!





# How To Draw Cartoons



## A step-by-step guide to drawing cartoons

- Easy to follow instructions, simple steps and diagrams throughout
- Learn to draw a range of cartoon characters and scenes, encouraging children to get creative and make their own stories
- Perfect beginners guide to introduce children to art. Ideal for 9 to 12 year olds.
- Continue the series with 55 other How to Draw titles available!





# How To Draw Manga



## A step-by-step guide to drawing manga

- Easy to follow instructions, simple steps and diagrams throughout.
- Learn to draw Manga from scratch and kickstart your comic journey
- Manga and Japanese illustration styles are increasingly popular among all ages, so this is the perfect beginners guide for children and adults alike to fine tune their skills.
- Continue the series with 55 other How to Draw titles available!





# Paper Adventures

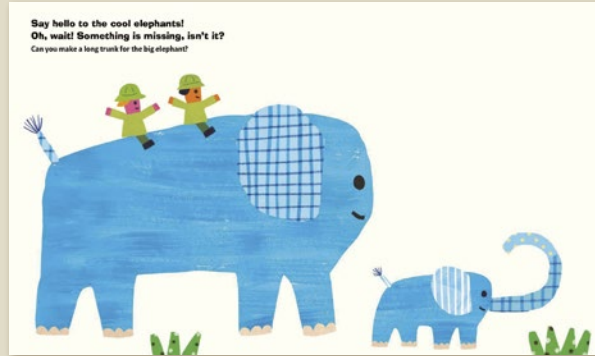


**A rip-and-glue activity book perfect for creative little hands.**

- Simple and engaging prompts encourage children to complete the scenes using craft paper in the back of the book.
- A perfect introduction to different animals and wildlife, ripping and gluing also helps children develop their fine motor control skills and keeps little hands busy for hours.
- Inspires children to create art from materials they have on hand, bringing paper to life in delightful and unexpected ways.
- Vibrant artwork from rising talent, Japanese illustrator Aya Watanabe. Other books for Templar include the wonderfully creative *Imagine if* board book series.

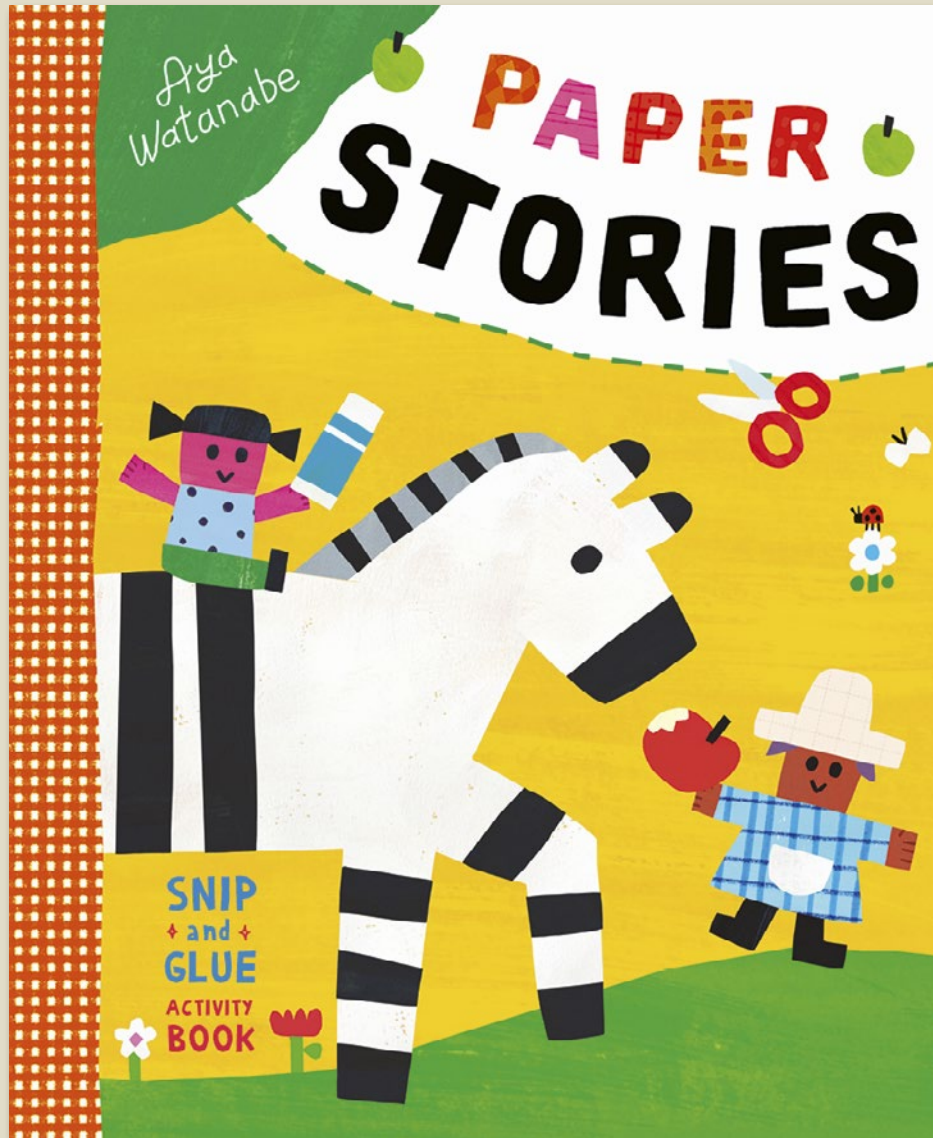


# Paper Adventures



Pub Date	30/05/2024
Pub Price	£7.99
ISBN	9781800788145
H x W	280 x 235mm
Binding	Paperback
Age Range	7-9 years
Author	Aya Watanabe
Extent	64pp
Word Count	550 words
Rights Available	World ex IT,CN,N. AMERICA

# Paper Stories



**A snip-and-glue activity book perfect for creative little hands.**

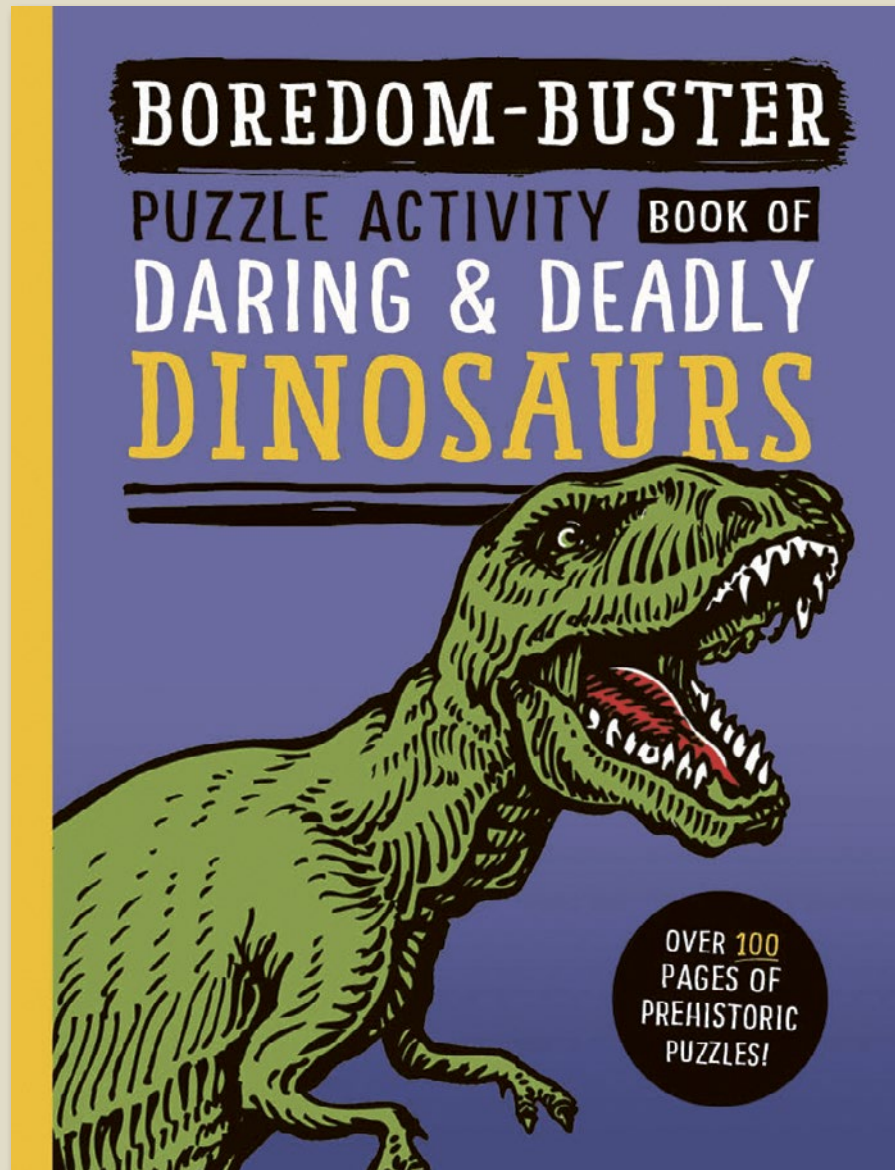
- Simple and engaging prompts encourage children to complete the scenes.
- The second book in the series, cutting and sticking helps practice and improve fine motor control skills whilst each scene is a fantastic story prompt for children's imagination.
- Vibrant artwork from rising talent, Japanese illustrator Aya Watanabe. Other books for Templar include the wonderfully creative *Imagine if* board book series.



# Paper Stories



Pub Date	01/08/2024
Pub Price	£7.99
ISBN	9781800788152
H x W	280 x 235mm
Binding	Paperback
Age Range	7-9 years
Author	Aya Watanabe
Illustrator	Aya Watanabe
Extent	64pp
Freight On Board	30/05/2024
Rights Available	World ex IT,CN,N. AMERICA



## A deadly, daring dinosaur activity book!

- Containing 112 pages of roarsome brain games and bite-sized facts, this book will entertain and educate children for hours.
- Features a brain-busting, ultimate dinosaur quiz for children to test their knowledge.
- The perfect accompaniment for children studying the prehistoric era at school or dinosaur lovers in general.
- The Boredom Busters series is perfect for long journeys, waiting rooms and summer holidays, keeping children entertained for hours on end.



# Boredom Buster: Puzzle Activity Book of Daring & Deadly Dinosaurs

**FINISH DRAWING IN THESE DINOSAURS**

Tyrannosaurus rex

Pteranodon

Triceratops

Stegosaurus

**TROODON CHASE**

Which one of these Troodons will catch their lunch?

**SPINOSAURUS**

Spinosaurus was one of the largest known carnivorous dinosaurs. Like a modern crocodile, it lived on land and in water. A tall sail ran down its spine - nearly as tall as a human!

A	S	C	D	B	M	I	L	S	R	O	C	T	U
M	A	S	P	I	N	O	S	A	U	R	U	S	P
F	B	B	S	H	I	F	F	L	P	D	V	T	S
N	E	G	B	H	C	U	I	O	E	W	O	U	P
F	Z	K	J	G	Y	V	N	F	X	I	N	S	I
L	S	I	S	E	D	R	O	Q	L	M	N	S	N
G	P	S	P	I	N	O	S	A	U	R	U	S	O
K	I	M	I	F	W	N	A	K	W	S	X	P	S
H	N	I	E	S	G	J	U	V	S	Y	X	T	A
D	O	C	S	P	V	H	R	S	P	Z	S	N	U
B	S	X	I	I	U	V	U	I	Y	J	O	R	
Y	A	T	J	N	I	F	S	C	N	D	E	S	U
Z	U	A	K	O	G	N	A	T	O	Z	I	A	S
E	R	M	L	S	H	S	O	S	S	P	O	U	R
F	U	N	D	A	R	I	S	S	A	H	O	R	E
S	S	O	S	U	R	P	I	G	U	N	O	U	U
O	B	P	O	R	J	J	S	S	R	U	R	S	V
C	O	R	X	U	K	L	M	Y	U	X	R	W	T
B	A	Z	S	S	R	O	Y	R	S	Z	S	U	E
W	P	S	S	P	I	N	O	S	A	U	R	U	S

The word 'Spinosaurus' appears nine times in this wordsearch.  
Can you find all of them?

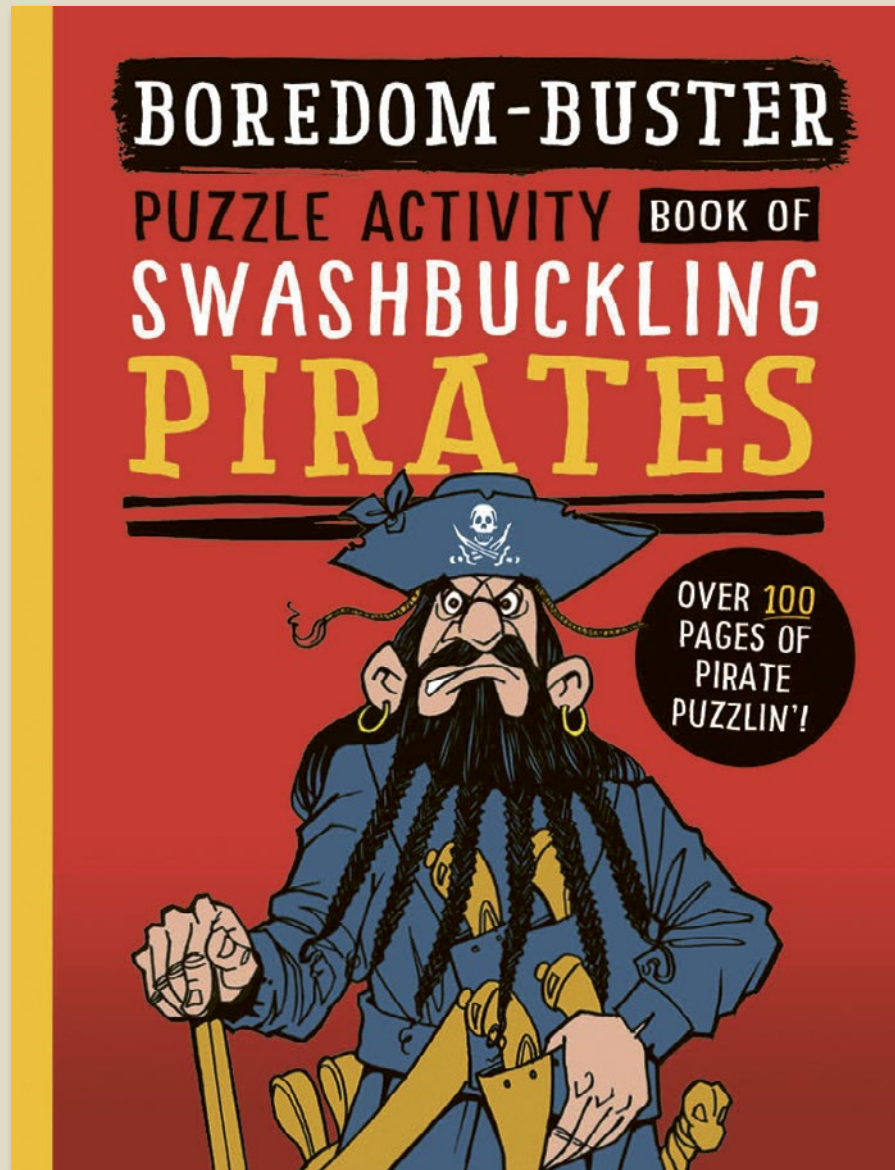
**TRICERATOPS**

Measuring 9 metres in length, Triceratops was about the same size as a modern African elephant. This powerful beast had an enormous neck frill and three large horns sprouting from its huge skull. It likely moved about in herds for protection and was a social animal.

**BRACHIOSAURUS MASK**

Pub Date	<b>10/10/2024</b>
Pub Price	<b>£5.99</b>
ISBN	<b>9781800788480</b>
H x W	<b>280 x 215mm</b>
Binding	<b>Paperback</b>
Age Range	<b>7-9 years</b>
Author	<b>David Antram</b>
Extent	<b>112pp</b>
Word Count	<b>3986 words</b>
Files To Printer	<b>13/05/2024</b>
Freight On Board	<b>08/08/2024</b>
Rights Available	<b>World</b>

# Boredom Buster: A Puzzle Activity Book of Swashbuckling Pirates



## A treasure trove of swashbuckling pirate puzzles!


- Containing 112 pages of swashbuckling brain games, this book is a treasure trove of entertainment, engaging and educating pirate lovers for hours.
- Features a brain-busting, ultimate pirate quiz for children to test and apply their newfound knowledge.
- Introduces children to non-fiction topics such as the 'Golden Age' of piracy in an engaging, interactive manner. The perfect curriculum accompaniment.
- The Boredom Busters series is perfect for long journeys, waiting rooms and summer holidays, keeping children mentally stimulated for long periods of time.




# Boredom Buster: A Puzzle Activity Book of Swashbuckling Pirates

## TATTOOS

In the early nineteenth century over 90 per cent of all sailors sported a tattoo. They marked milestones in a sailor's voyage and served as reminders of the places they had been. But mainly, tattoos were believed to be good luck talismans.



Spot the only tattoo opposite that matches this one above.




33


## HOW TO DRAW A PIRATE CAPTAIN

Copy this step-by-step pencil drawing

Use simple ovals to draw in the main shapes of Blackbeard's head. Add construction lines for his pirate hat.




Draw in more details like the rim on his hat, his eyes, eyebrows, nostrils, ears and nostrils. Finally add his teeth and draw in the hairs of his beard.



Start drawing in his hat and his facial features.

Add Blackbeard's eyepatch, beard and moustache.

Use a soft pencil to build up tone by crosshatching.



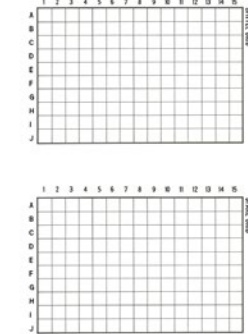

34

## BATTLESHIPS

YOU WILL EACH NEED:  
2 grids (see page 81)  
A black pen  
A red pen

**BATTLESHIP RULES (2 PLAYERS)**

- Both players have two grids. Each player must secretly place (either horizontally or vertically) a Square rigger, a Brigantine, a Schooner and two Sloops on one grid. Use the key below to see how many squares each type of ship should fill.
- Players take turns to call out a 'co-ordinate' (a letter and a number) to guess where their opponent's ships are placed. Your opponent checks their grid, and shouts 'hit' if you have guessed correctly and 'miss' if not.
- Keep a record of all your guessed co-ordinates on your spare grid. Use black for a 'miss' and red for a 'hit'.
- The first player to sink all his enemy's ships is the winner.





35

## BUCCANEERS

Colour in this picture.

Most early buccaneers lived on Hispaniola (now Haiti) and other nearby Caribbean islands during the 17th and 18th centuries. They regularly attacked Spanish vessels and made their headquarters on Tortuga island.

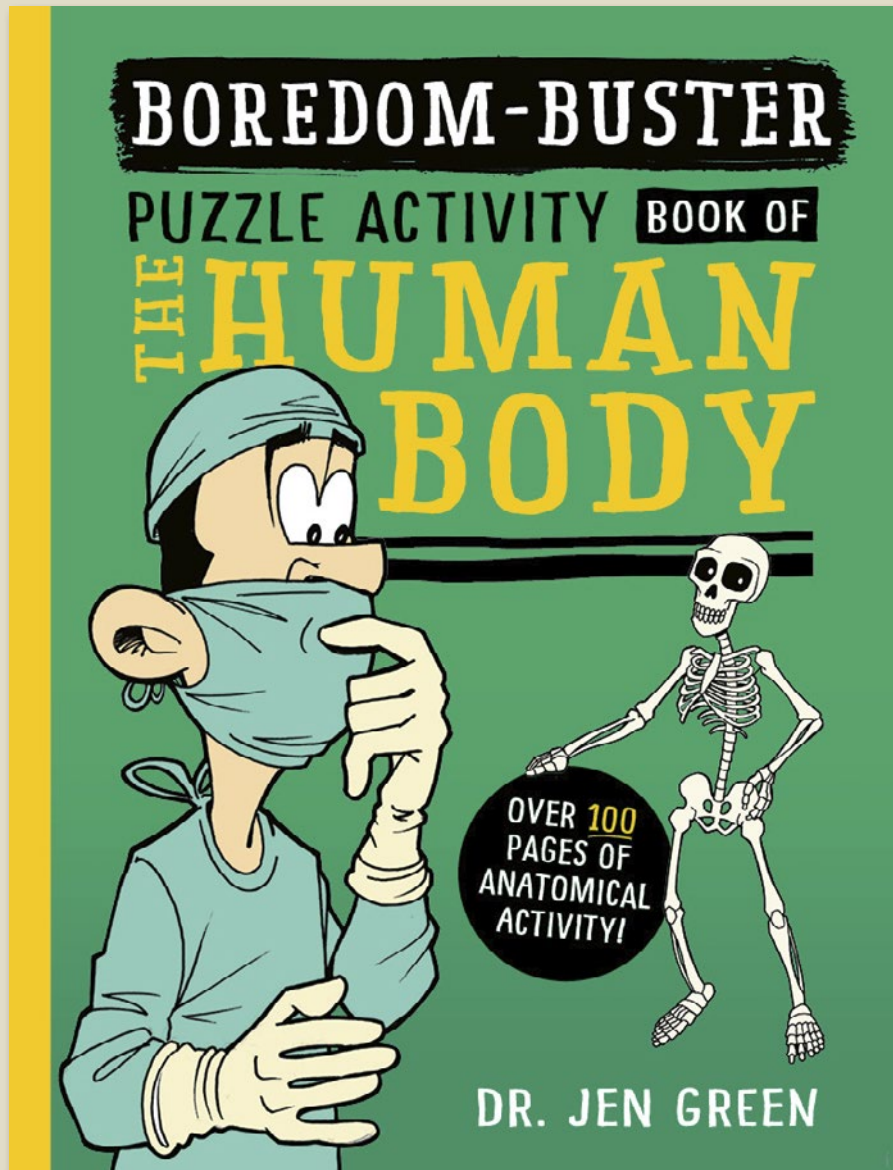


22

23

Pub Date	10/10/2024
Pub Price	£5.99
ISBN	9781800788510
H x W	280 x 215mm
Binding	Paperback
Age Range	7-9 years
Author	David Antram
Extent	112pp
Word Count	3885 words
Files To Printer	13/05/2024
Freight On Board	08/08/2024
Rights Available	World

# Boredom Buster: A Puzzle Activity Book of the Human Body



## A spectacular STEM-themed puzzle book.

- Containing 112 pages of mind-boggling brain games, this book will entertain and educate children for hours.
- Introduces children to human anatomy and biology in a highly engaging, informative and interactive manner.
- The perfect curriculum companion for key stage 2 scientific study.
- The Boredom Buster series are perfect for long journeys, waiting rooms and the summer holidays, keeping children mentally stimulated and engaged for long periods of time.



# Boredom Buster: A Puzzle Activity Book of the Human Body

**How you see**

Light passes through a hole called the pupil, in the coloured part of your eye. It passes through the lens which focuses it on the retina at the back of the eye. This sends signals via nerves to your brain.

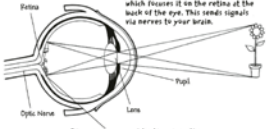
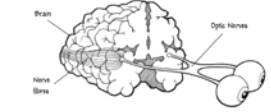




Image appears upside down on retina



Colour the pictures

**Tricking the eye**

Look at this picture for a minute or two. Then close your eyes. You should see an image of the skull even though your eyes are closed.






Look at the circles in the centre. Which looks bigger? Now measure them with a ruler.

**Check your pulse**

Every time your heart beats, it sends a surge of blood through your arteries. These little surges are your pulse.


Feel your pulse by pressing two fingers on your wrist below the base of your thumb.

Eating and exercise make your heart beat faster. Time your pulse after doing different activities for two minutes. Record the results below.

Activity	Resting	Eating	Walking
Beats per 10 seconds			
Activity	Running	Hopping	Swimming
Beats per 10 seconds			
Activity			
Beats per 10 seconds			

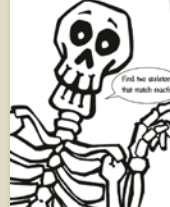
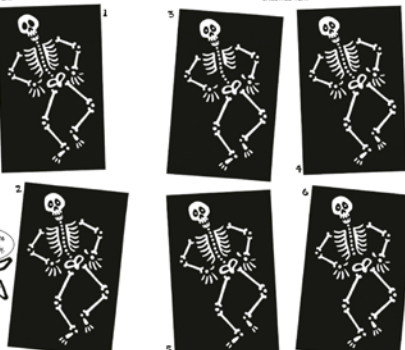
Multiply the number of beats by 6 to find the number of beats per minute.



**Match the skeletons**

The adult skeleton contains about 206 bones. The smallest bones are in your ears!

Find the skeletons that match exactly

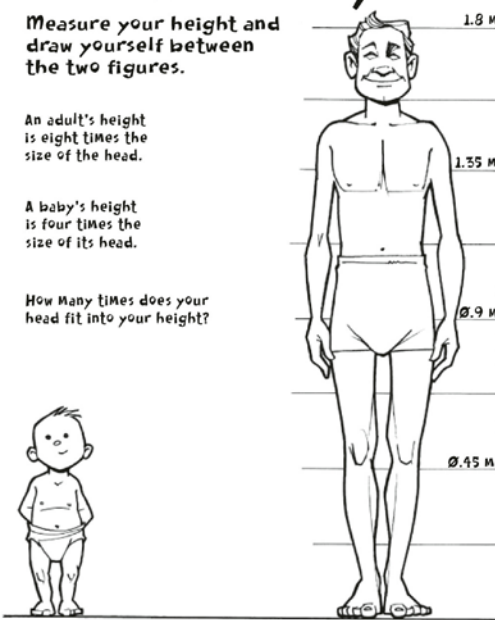
**How tall are you?**

Measure your height and draw yourself between the two figures.

An adult's height is eight times the size of the head.

A baby's height is four times the size of its head.

How many times does your head fit into your height?



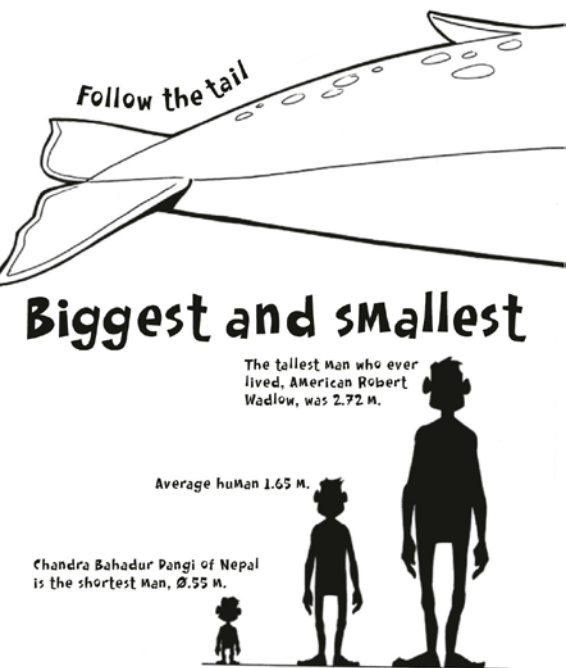
**Follow the tail**

**Biggest and smallest**

The tallest man who ever lived, American Robert Wadlow, was 2.72 m.

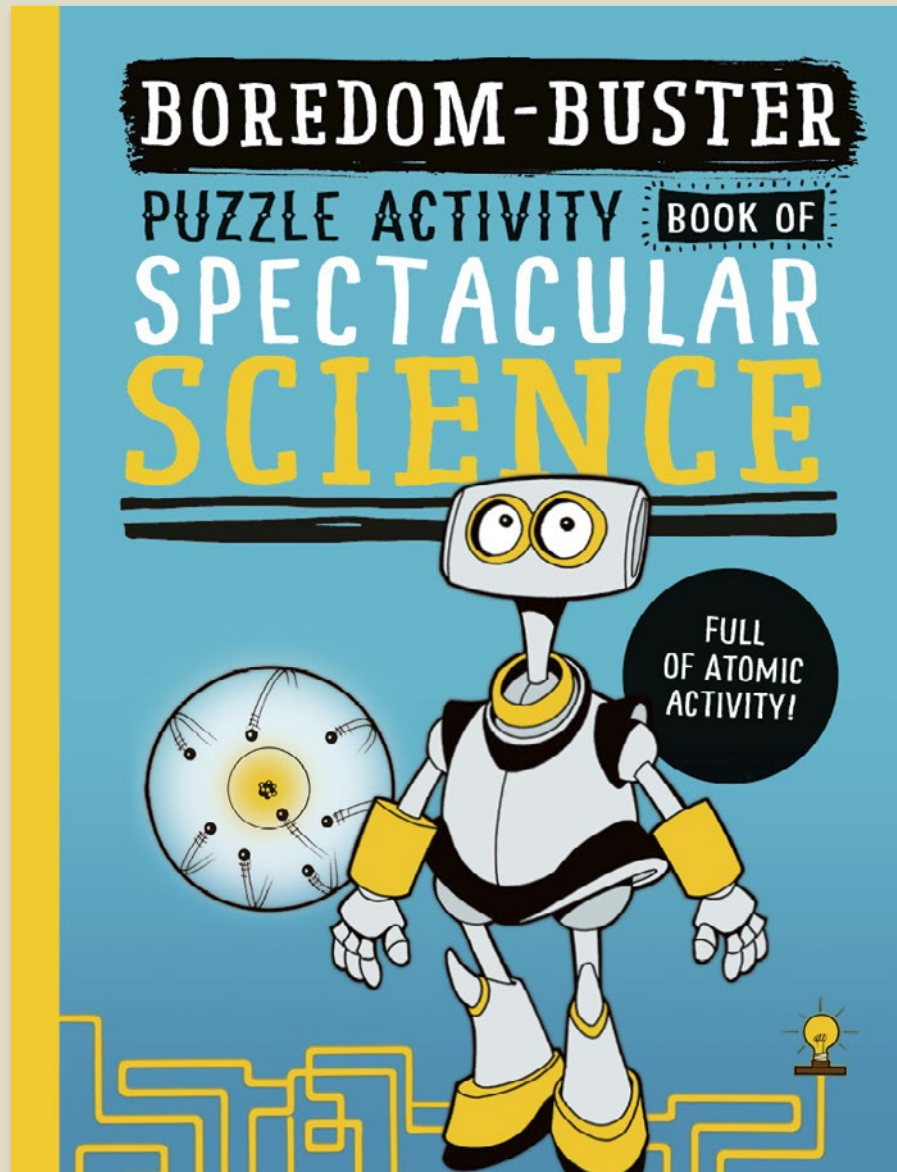
Average human 1.65 m.

Chandra Bahadur Dangi of Nepal is the shortest man, 0.55 m.



Pub Date	10/10/2024
Pub Price	£5.99
ISBN	9781800788787
H x W	280 x 215mm
Binding	Paperback
Age Range	7-9 years
Author	Dr Jen Green
Extent	112pp
Word Count	411 words
Files To Printer	13/05/2024
Freight On Board	08/08/2024
Rights Available	World

# Boredom Buster: A Puzzle Activity Book of Spectacular Science



## A spectacular STEM-themed puzzle book!

- Containing 112 pages of STEM-themed brain games, this book is an excellent curriculum resource that will keep children entertained for hours.
- Introduces children to important non-fiction scientific concepts, such as gravity, outer space, radiation, and atoms, in an easy, accessible and highly engaging manner.
- The perfect curriculum companion to help children practise their maths and science skills.
- The Boredom Busters series is perfect for long journeys, waiting rooms and summer holidays, keeping children engaged and mentally stimulated for long periods of time.



# Boredom Buster: A Puzzle Activity Book of Spectacular Science

## On the level

If you pour water into a series of tubes that are connected together, the water finds the same level in all the tubes.

All tubes connected to jar A should have water reaching the same level as in jar A. All tubes connected to jar B should have the same water level as jar B. But some of these tubes have been drawn wrongly! Can you find which tubes contain water at the wrong level?

**HINT:** It will help if you colour all the tubes connected to jar A red, and all the tubes connected to jar B blue.

28 29

## Tricks with light

Optical illusions are tricks that fool the eye. They make you think you see something that's not really there.

Hold the book up in front of you and tilt it to the left or right. What happens to the curved lines in this drawing?

Stare very hard at the picture on the left, then slowly move it towards or away from you. What happens?

Are the horizontal lines level or slanting?

Can you see a triangle here? There isn't one in the drawing!

Are the sides of the square straight or curved? Check with a ruler.

Did you know? Optical illusions are not just for fun - they help scientists to understand how the eyes and brain work together.

## Put the fish in the bowl

1 Trace the fish and bowl onto card. Colour them in, then cut out the two circles.

2 Tape the two pictures to a pencil, so both pictures face out.

3 Spin the pencil between your hands. Can you see the fish in the bowl?

49 47

## Radioactivity

Maria Curie was one of the great scientists of the 20th century.

She was born in Poland in 1867. Her father was a science teacher. He taught Maria at home. Later she went to university in Paris, France, to study physics. There she met and married a fellow scientist, Pierre Curie. The Curies spent their lives finding out about radioactivity. They discovered a new radioactive element called radium. Their work was vital for the use of X-rays in medicine.

How Many laboratory flasks (bottles) are hidden in this picture? To find out, colour in all the shapes that have dots in them.

48 49

## Rising air

When air is heated it rises. This is what makes a hot-air balloon rise. Air spirals upwards in currents called thermals where the sun heats the air near the ground.

This experiment uses the warm air from a radiator.

colour the snakes, then cut them out to make a spiral. Gently pull the head and tail apart. Use scissors to make a hole in the nose, and attach a string. Hang the snakes over a radiator and watch them spin around!

10 11

Pub Date	10/10/2024
Pub Price	£5.99
ISBN	9781800788794
H x W	280 x 215mm
Binding	Paperback
Age Range	7-9 years
Author	Dr Jen Green
Extent	112pp
Word Count	6143 words
Files To Printer	13/05/2024
Freight On Board	08/08/2024
Rights Available	World

# Art of Drawing Manga: Action and Movement



## A step-by-step guide to manga style drawing

- Easy step-by-step instructions, perfect for beginners to grow their confidence.
- Manga has established itself as a hugely popular art style among both teenagers and adults.
- Teaches aspiring artists all the basics including which materials to use when, values of light and dark, and how to use perspective in their drawings.



# Art of Drawing Manga: Action and Movement

## Creases and folds

**C**lothes fall into natural creases and folds when worn. Look at real people to see how fabric drapes and how it falls into creases. This will help you to dress your characters more realistically.

The way fabric is drawn can instantly get a sense of movement and action to a pose.

Fabric can flow or bill with movement or weight.

The weight and material of a fabric will affect the way it hangs on a character.

Practice drawing characters in different poses and different clothes to perfect your skills.

28

29

## Action poses

**M**otion and balance are important aspects to consider in your drawing. Use basic construction lines to create a variety of poses. Then build the drawing up from there.

Sketching real people to see how their bodies move, whilst performing different actions, will help you create more realistic drawings. You can always hat the actions yourself if you're not sure.

Concentrate the curve of the centre line to give movement and action to your figure.

Use construction lines to make sure the balance of the fighting figure is accurate.

Use circles and oval shapes to position the joints.

Pay particular attention to the curve and direction of the eyes and lips.

Keep the drawing quite light and sketchy at first, until you are confident that the proportions are right.

Add shading to any areas where light would not reach.

30

31

## Adding movement

**C**hanging the style and position of the movement lines can create many different types of fighting movements.

Start by simplifying these simple shapes.

Draw an oval for the head and body, and smaller ovals for hands.

Use your construction lines as a guide, sketch simple tube shapes for the arms.

Complete the facial features.

Add shading and tone to create muscle definition.

By changing the position and style of the movement lines, you can change the action of the figure.

Curved, sweeping lines create the effect of an air-shaped punch.

Straight lines drawn in one direction give the impression of a strong impact.

Each movement line creates the effect that the hand is moving very fast.

Sketch in the arms using straight lines. Add lines to indicate the joints.

Sketch in the positions of the facial features and hair.

Add circles for the joints.

32

33

## Jumping fighter

**T**his character has launched himself off the ground and is swinging a punch at the same time.

Draw two lines to indicate the position and angle of the shoulders and hips. Draw a line for the spine.

Sketch the positions of the facial features.

Indicate the joints with dots.

Using the construction lines as a guide, start drawing in the main shapes of the body.

Draw in tube shapes for the legs, note how the legs appear shorter as they angle towards or away from the viewer.

Add the outline of the fighter's clothing.

Draw in the fingers in a clenched fist shape.

Add more detail to the face and add the hair.

Add lines to indicate movement.

Shade in the bottom half of the leg. The angle of the leg causes it to be in shadow.

Finish the details of the boots.

Shade in any areas where light will not reach.

Remove any unwanted construction lines.

40

41

Pub Date	01/03/2020
Pub Price	£8.99
ISBN	9781800789050
H x W	225 x 175mm
Binding	Paperback
Age Range	9-11 years
Author	Marlborough Max Marlborough
Illustrator	David Antram
Extent	64pp
Word Count	5125 words
Rights Available	World

# Art of Drawing Manga: Monsters and Pets

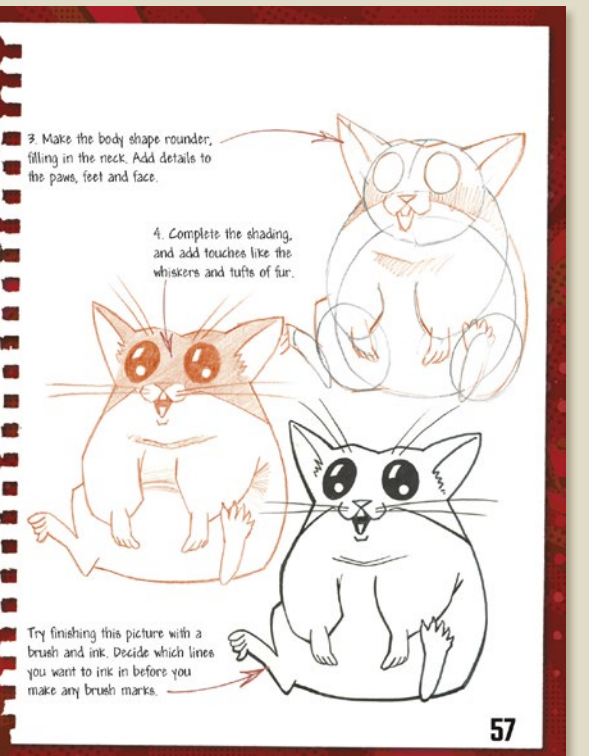
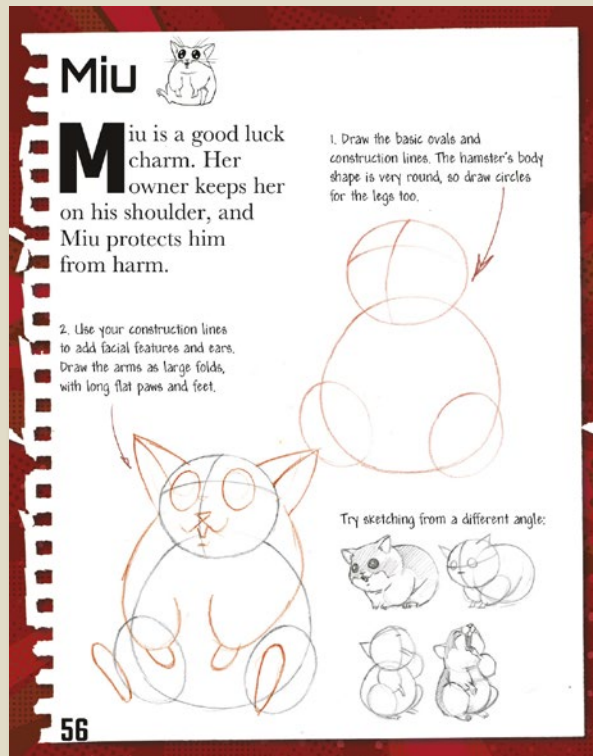
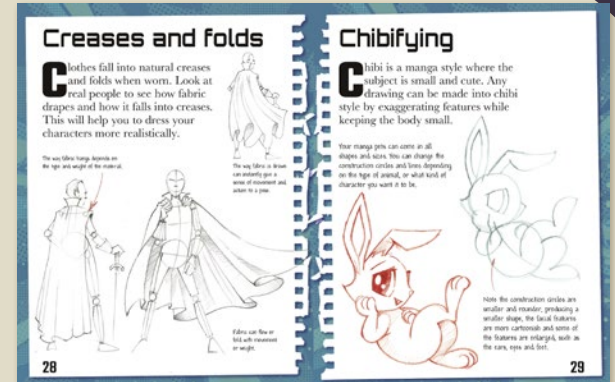
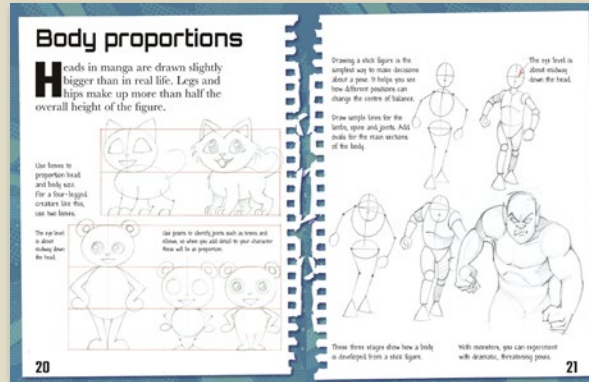
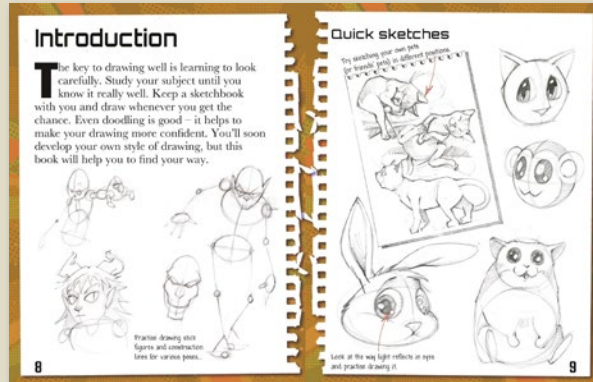


## An easy step-by-step guide to drawing manga creatures!

- An easy, accessible step-by-step guide that makes creating masterpieces easy.
- Manga has established itself as an incredibly popular art style amongst both children and adults.
- This book also teaches readers all the basics, including which materials to use when, values of light and dark, and how to use perspective in their drawings.
- The perfect gift for both manga lovers and animal enthusiasts alike!

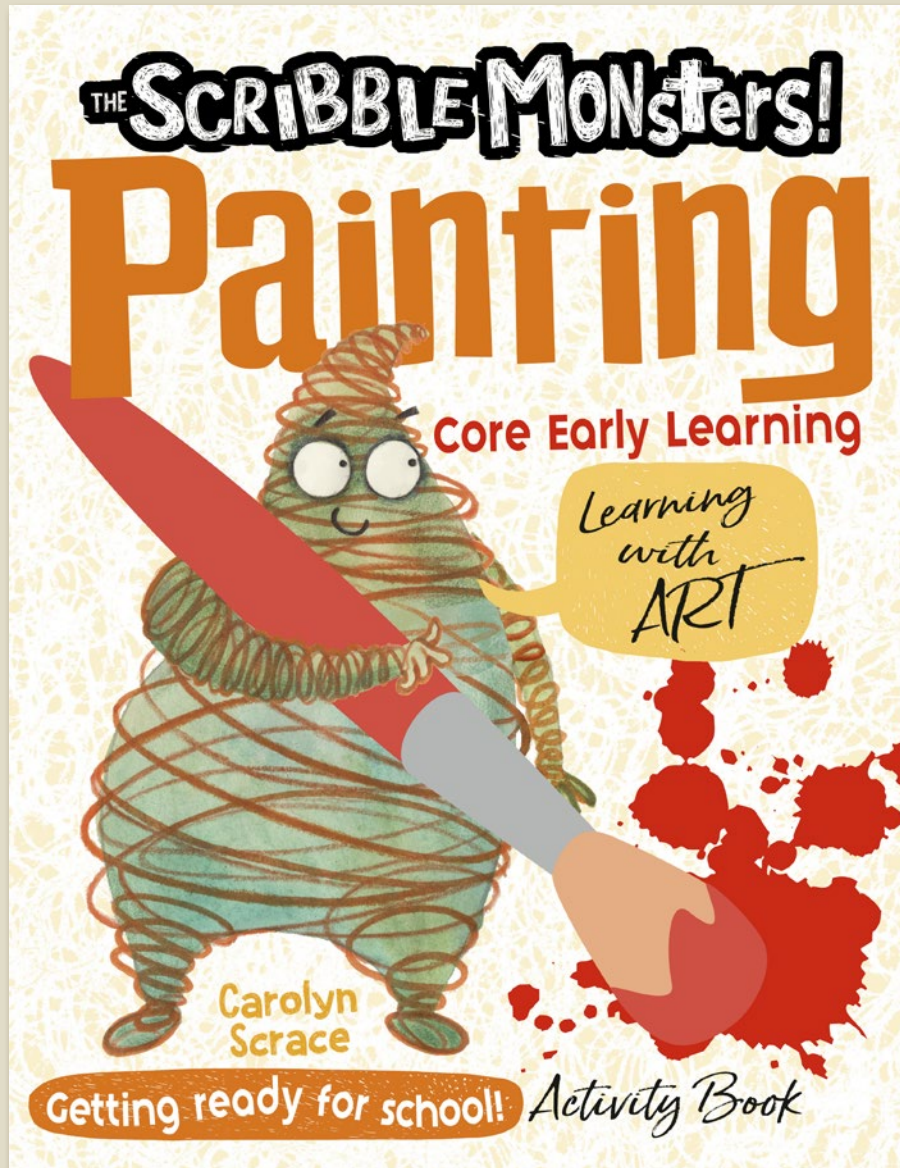


# Art of Drawing Manga: Monsters and Pets



Pub Date	01/01/2019
Pub Price	£8.99
ISBN	9781800789067
H x W	225 x 175mm
Binding	Paperback
Age Range	9-11 years
Author	Marlborough Max Marlborough
Extent	64pp
Word Count	5025 words
Rights Available	World

# Scribble Monsters!: Painting



**A playful painting activity book for children up to 5 years old!**

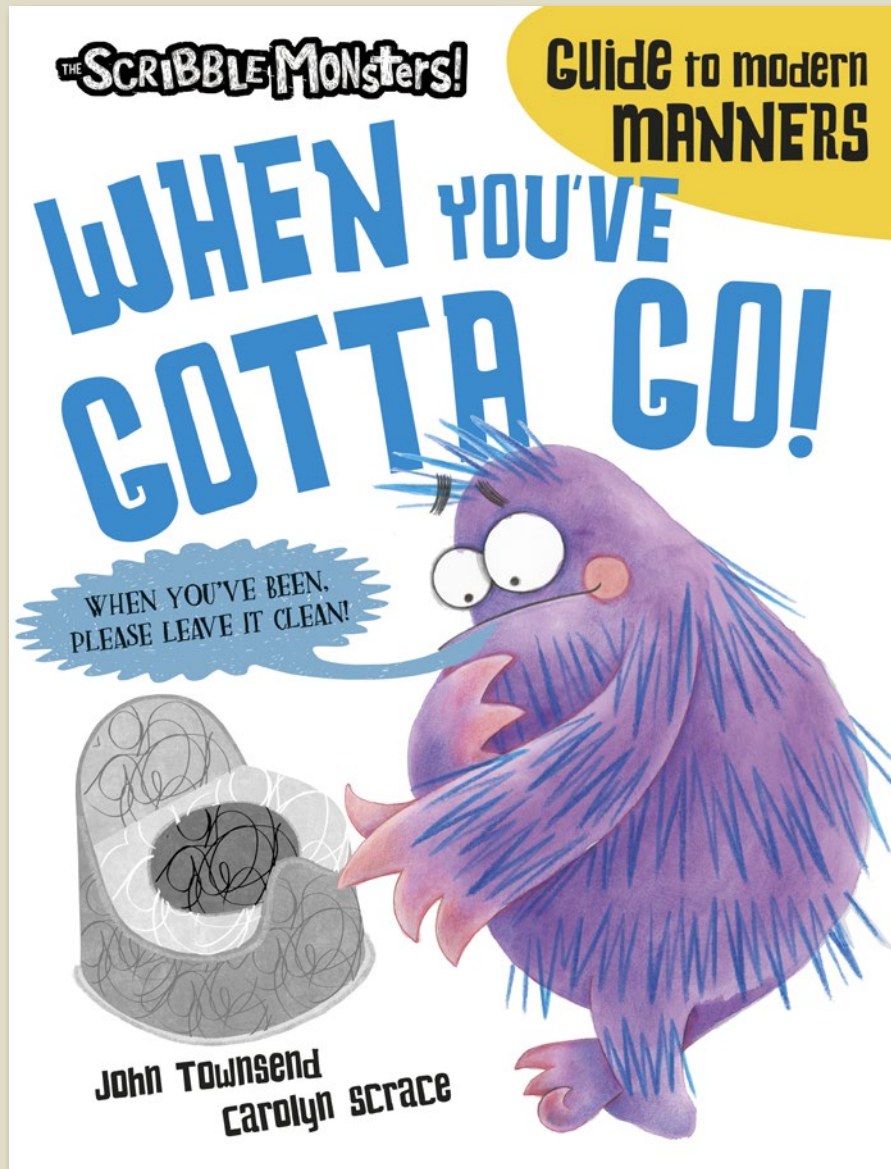
- Improves manual dexterity, visual spatial awareness and co-ordination skills in little ones.
- Introduces children to concepts of shape, colour, size and pattern.
- Engaging, simple prompts encourage children to complete the scenes and take authority over their own creations.
- Encouraged children to draw artistic inspiration from everyday objects, producing unexpected masterpieces and expanding imaginations.



# Scribble Monsters!: Painting



Pub Date	01/09/2020
Pub Price	£7.99
ISBN	9781800789081
H x W	280 x 216mm
Binding	Paperback
Age Range	0-5 years
Author	Carolyn Scrase
Extent	32pp
Word Count	998 words
Rights Available	World

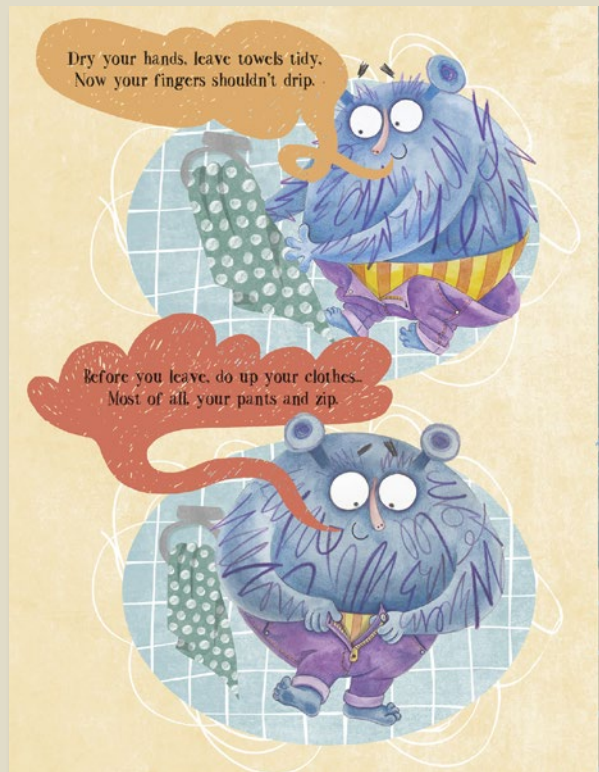


**A fantastically funny toilet training guide for little ones!**

- Featuring bright, bold monster role models for children demonstrating good toilet etiquette for children to replicate.
- End matter includes a toilet training quiz to test children's knowledge in a fun, engaging way.
- Follows every step on your toilet training adventure, from recognising the signs you need to go to the importance washing your hands afterwards.
- Fun rhyming text to read aloud with your child, helping them to remember each stage and encouraging independence.

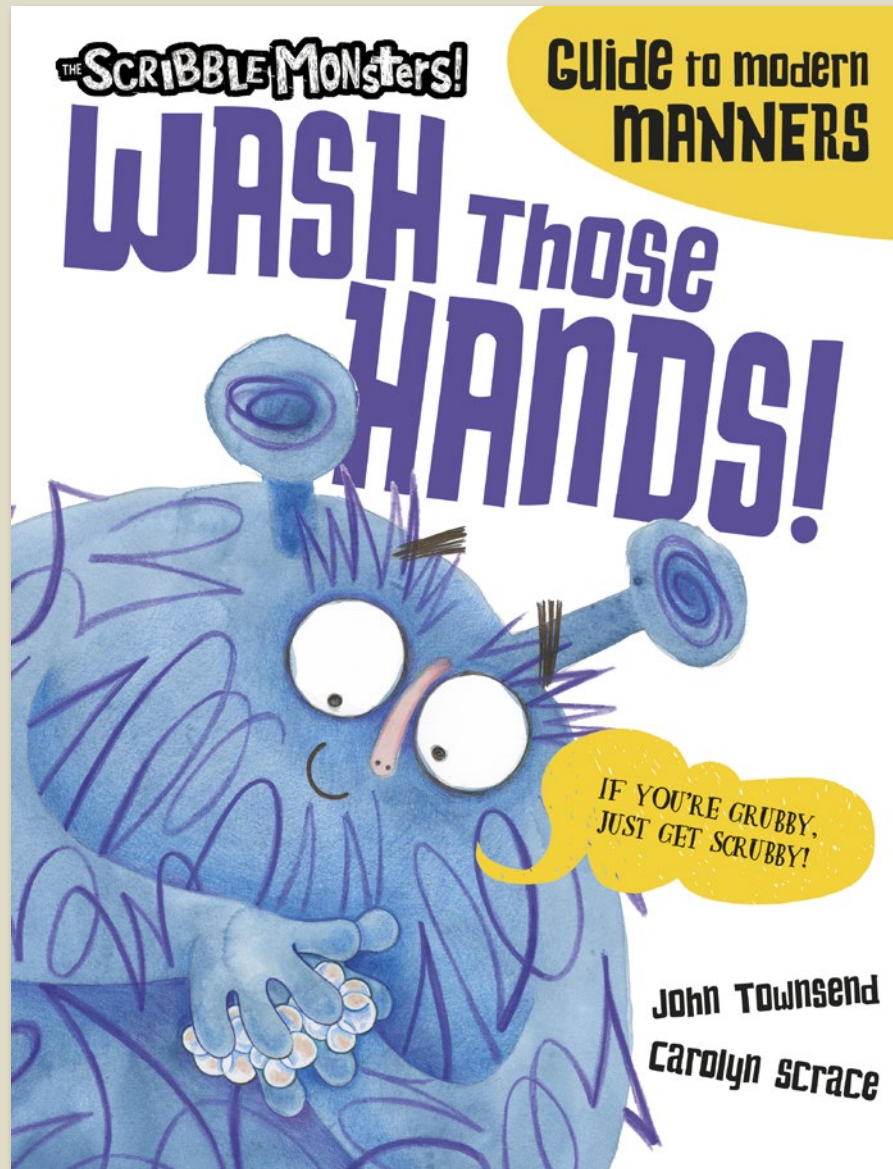


# Scribble Monsters Guide to Modern Manners: When You've Gotta Go!



Pub Date	<b>28/03/2021</b>
Pub Price	<b>£7.99</b>
ISBN	<b>9781800789111</b>
H x W	<b>280 x 215mm</b>
Binding	<b>Paperback</b>
Age Range	<b>0-5 years</b>
Author	<b>John Townsend</b>
Illustrator	<b>Carolyn Scrase</b>
Extent	<b>32pp</b>
Word Count	<b>971 words</b>
Rights Available	<b>World</b>

## Scribble Monsters Guide to Modern Manners: Wash Those Hands



**Scrub up on your cleanliness with this fantastically funny introduction to personal hygiene!**

- Featuring bold, vibrant monster role models, demonstrating excellent hygiene skills for children to replicate.
- End matter includes a fun hygiene skills quiz to test children's knowledge in an engaging way.
- Follows every step of a proper cleanliness routine, from introducing germs to washing your hands, showering your body and brushing your teeth.
- Fun rhyming text is perfect for reading aloud with your child, helping them to remember each stage and encouraging independence.

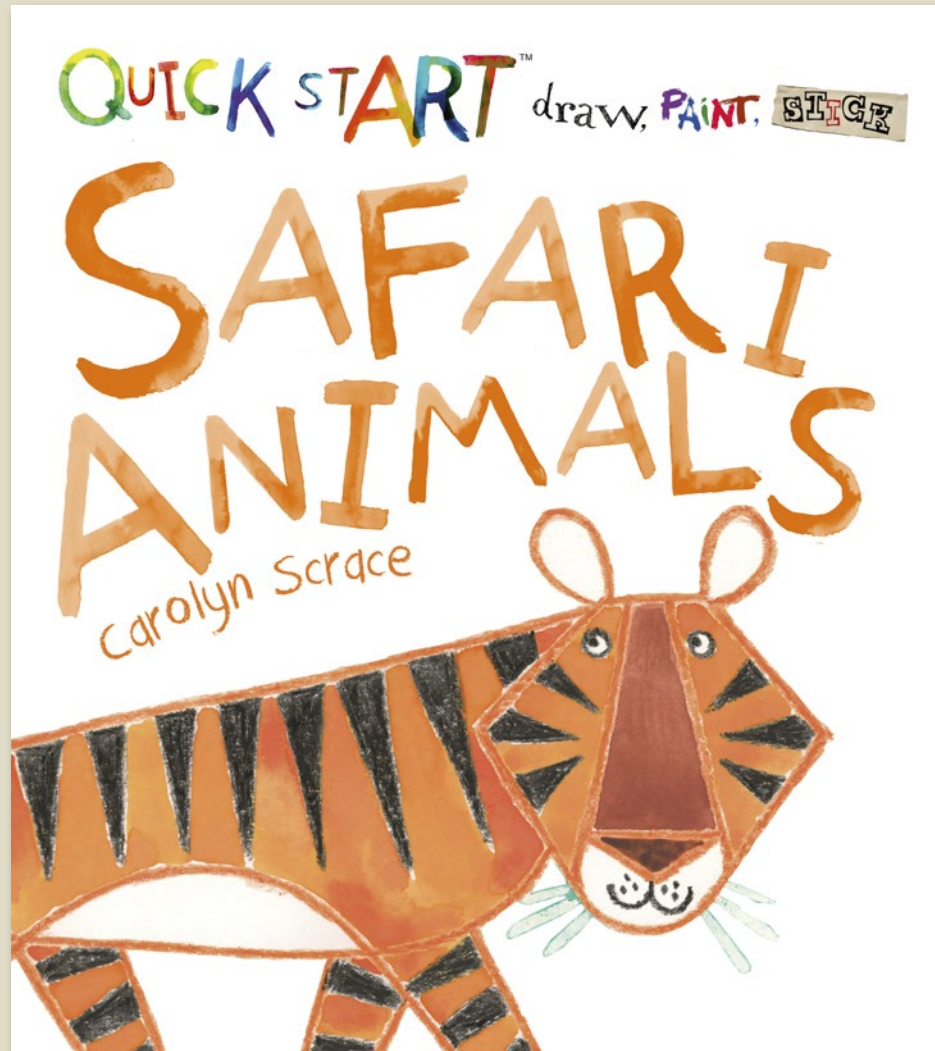


# Scribble Monsters Guide to Modern Manners: Wash Those Hands



Pub Date	<b>28/03/2021</b>
Pub Price	<b>£7.99</b>
ISBN	<b>9781800789128</b>
H x W	<b>280 x 215mm</b>
Binding	<b>Paperback</b>
Age Range	<b>0-5 years</b>
Author	<b>John Townsend</b>
Illustrator	<b>Carolyn Scrase</b>
Extent	<b>32pp</b>
Word Count	<b>1098 words</b>
Rights Available	<b>World</b>

# Quick Start: Safari Animals



## An animal-themed introduction to arts and crafts!

- An easy-to-follow, accessible guide to arts and crafts that helps encourage children to think creatively.
- Perfect school companion to advance in arts classes.
- Great boredom buster for children to create their own little masterpieces over the holidays.



# Quick Start: Safari Animals

## Handprint Elephant

**You will need:**  
 • Paint  
 • Poster paint  
 • Large brush  
 • Small brushes  
 • Coloured paper  
 • Ink  
 • Washable markers

Here fun making your handprint then draw and paint on it to turn it into an elephant.

- 1 Paint your hand with poster paint and press it down onto paper. Leave your handprint to dry.
- 2 Use a felt tip pen to draw the elephant's ears, eye and trunk.
- 3 Add the end of the elephant's trunk and draw eight legs on it.
- 4 Use a felt tip pen to draw the elephant's trunk and its horns.
- 5 Draw its tail. Place its trunk and eye white.
- 6 Cut around the elephant and glue it onto coloured paper.

Make some finger-paint leaves for your elephant to eat.

Make some more handprint elephants for you to draw and paint.

14

## Folded Paper Tiger

**You will need:**  
 • Squared paper  
 • Scissors  
 • Poster paint  
 • Markers

Make sure you use paper that is thin enough to fold easily.

- 1 Fold a square sheet of paper with orange poster paint. Leave to dry.
- 2 Place the paper painted side downwards. Fold the bottom corner up to the top corner (as shown).
- 3 Fold the right corner up to the left (as shown). Unfold again.
- 4 Fold the right corner up at an angle (as shown).
- 5 Fold the right corner up at the same angle.
- 6 Fold the top point downwards (as shown).

Now turn the tiger's head away. Draw on its nose, eyes and mouth. Add some stripes.

Paint the tiger's nose white and add brown to the nose above it. Place in the eyes and the stripes. Add all finishing details.

Try making more paper models to print like this leopard and cheetah!

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## Torn Paper Giraffe

**You will need:**  
 • Scissors  
 • Thin paper for cutting  
 • Coloured paper  
 • Ink  
 • Washable markers

- 1 Place in single shapes for the head and neck.
- 2 Draw a single shape for the body and legs.
- 3 Add the other two legs to fill in the body.
- 4 Use over the pencil lines to transfer the drawing onto cream-coloured paper.
- 5 Tear all the shapes from the cream-coloured paper.
- 6 Arrange the shapes onto a contrasting paper and glue down.

Use thin squares of coloured paper to make the giraffe's body, neck and mouth. Glue in place.

Use little bits of coloured paper to make its ears, horns, mane, hooves and tail. Glue in place.

Use a felt tip pen to draw in the giraffe's eye, nostril and mouth. Draw horns on the end of its tail.

Make a tree out of torn paper with plenty of leaves for the giraffe to eat!

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## Paper Cup Monkey

**You will need:**  
 • Paper cups  
 • Poster paints  
 • Paintbrushes  
 • Pipe cleaners  
 • PVA glue  
 • Scissors  
 • Pencil  
 • Paper

These cheeky paper cup monkeys are easy to make. Why not make a whole tribe?

- 1 Use a pencil to draw in the monkey's face. Add its eyes, nose and mouth.
- 2 Draw in the area of white fur around its face and its chest shape.
- 3 Use poster paints to paint the monkey's face and chest. Paint the rest of the cup black.
- 4 Use a fine brush to paint in the monkey's eyes, nose and mouth. Add little painted lines for the fur.
- 5 Draw and then paint the monkey's ears and legs on paper. Leave to dry and cut them out.
- 6 Glue the ears to each side of the face. Glue the top part of its legs inside the cup (as shown).

16

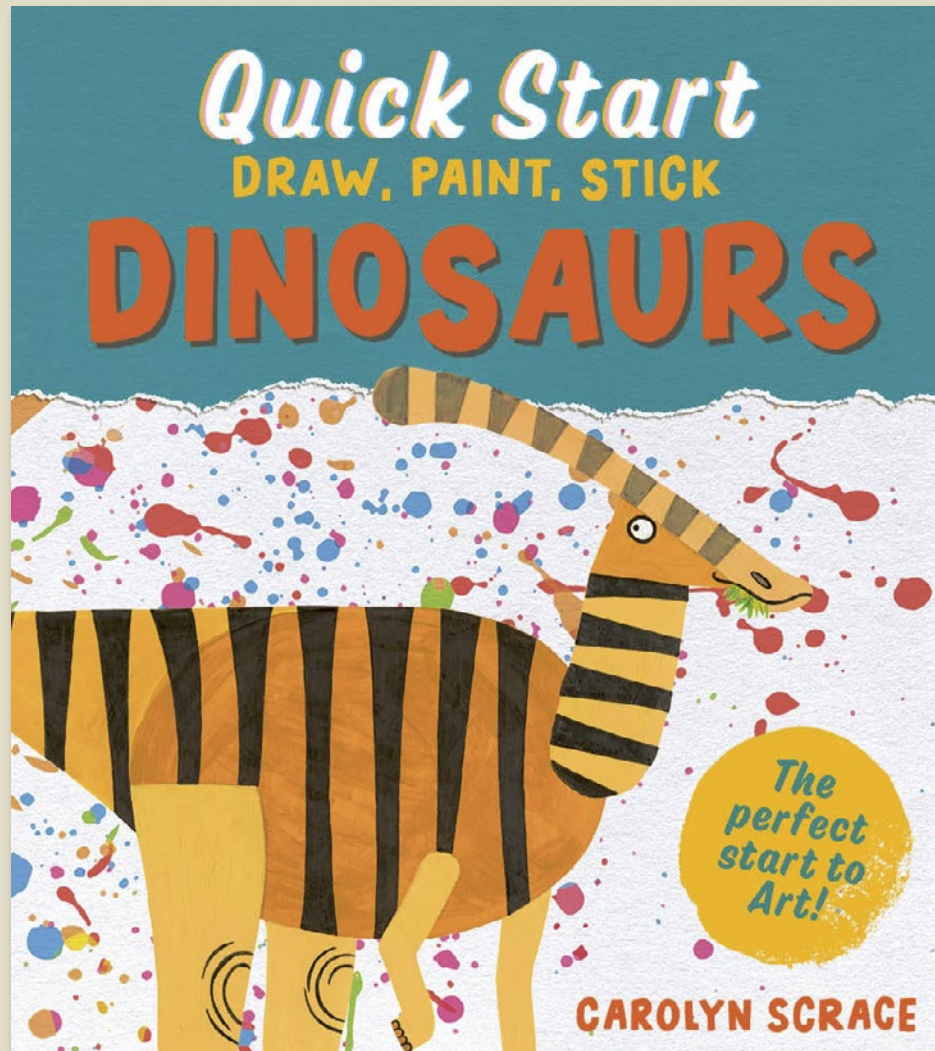
Glue a pipe cleaner onto the back of the paper cup to make a tail. Bend the top round into a curl.

Here are some more paper cup monkeys to try, or you can draw and paint your own ideas!

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# Quick Start: Dinosaurs



## An engaging introduction to arts and crafts!

- An easy-to-follow accessible guide to arts and crafts that helps encourage children to think creatively.
- Perfect school companion to advance in art classes.
- Great boredom buster for children to create their own little masterpieces over the holidays.



# Quick Start: Dinosaurs

## Painted Shapes Parasaurolophus

Build up the shape of a Parasaurolophus by painting a series of simple shapes. Then draw in the finishing details using a felt-tip pen.

**You will need:**  
 poster paints  
 coloured paper  
 black felt-tip pen

- 1 Paint an oval shape for the Parasaurolophus's body.
- 2 Paint a triangle for its head, then add a rectangle for its neck.
- 3 Paint two long rectangles for its back legs.
- 4 Paint two thin shapes for the Parasaurolophus's front legs.
- 5 Paint a large rectangle for its tail, and a long curved shape for its head crest. Add details.
- 6 Use a black felt-tip pen to draw in its horns and to outline its nostrils.

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## Paper Cup Dinosaurs

Turn an awesome dinosaur and use it to create a paper cup dinosaur.

**You will need:**  
 paper cups  
 poster paints  
 poster pens  
 PVA glue  
 scissors  
 PVA glue  
 black paper

- 1 Draw on the shape of your dinosaur's head with its mouth wide open.
- 2 Draw a curved shape for the dinosaur's horn. Add two small ones.
- 3 Draw an eye in the pointed neck and big long tongue.
- 4 Add the nostrils. Draw a curved line for its back with added spikes (see diagram).
- 5 Paint your dinosaur brown and blue. Make its tongue and mouth red, its back white and the background dark green.
- 6 Use paper to draw and glue a tail and two legs (see diagram). When dry, cut the shapes out.

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## Painted Pebble Dinosaur Eggs

When collecting pebbles, look for flat, smooth ones, as these will be the easiest to paint.

**You will need:**  
 poster paints  
 poster pens  
 large pebbles  
 felt-tip pen  
 coarse paper  
 glue  
 PVA glue

- 1 Cover the pebble with white poster paint and leave to dry.
- 2 Use a pencil to draw a rough outline for the dinosaur's eggshell.
- 3 Draw a rectangle for the baby dinosaur's head shape.
- 4 Draw in its neck and a small shape for its belly. Draw in two short arms and hands with two fingers.
- 5 Paint the eggshell with coarse red and brown poster paint. Paint the back of the shell black.

Use a black felt-tip pen to draw circles on the eggshell. Paint some grey yellow spots on the baby dinosaur!

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## Painted Pebble Dinosaur Eggs

Use this edge of coloured paper to arrange into the shape of a dinosaur's nest. Glue down across large sheets of card and place your dinosaur eggs on top.

**You will need:**  
 poster paints  
 poster pens  
 large pebbles  
 felt-tip pen  
 coarse paper  
 glue  
 PVA glue

- 1 Use a black felt-tip pen to draw circles on the eggshell. Paint some grey yellow spots on the baby dinosaur!

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## Handprint Triceratops

Have fun making your own painted handprint and then turn it into a scary Triceratops!

**You will need:**  
 poster paints  
 Large paintbrush  
 Small paintbrush  
 coloured paper  
 Felt-tip pen  
 Scissors  
 PVA glue

- 1 Paint your hand with poster paint and press it firmly onto the paper. Leave your print to dry.
- 2 Use a black felt-tip pen to draw in the Triceratops's neck frill and mouth.
- 3 Now draw in its three large horns. Add an eye and a nostril.
- 4 Draw in Triceratops's big tail and its toenails.
- 5 Use the poster paints to point in the Triceratops's eye and horns. Add stripes to its tail.
- 6 Cut around the Triceratops. Glue it onto a sheet of coloured paper.

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## Using the poster paints, make some 'fingerprint plants' for your Triceratops to eat.

Here are some more dinosaur handprint ideas for you to draw and paint.

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